

REFRESH PRAYER CYCLE

A Time of Lamentation, Angst, or Anxiety - Give God your issues, all of the ones that come up for you. This could be emotional or physical items, doubts, fears, things you dread, things that make you feel unseen or unloved, things that make your heart ache but that aren't really yours to fix, regrets, mistakes, sins, struggles, and more. Anything and everything, but take time to do this well if needed and if there's nothing you're struggling with, this part can be momentarily spent praying for others.

A Time of Gratitude - Spend time letting God know you've seen the amazing provisions that have been provided. This is not a time of lamenting your past, your current financial stress, or worries, it is just acknowledging what IS good about life and relationships. If you see yourself spiraling down and needing more time in Lamentation, spend a few more minutes there and then commit to a time of more pure gratitude for what has already happened or is currently happening well in your life.

Time of Planning - First, make your plans but offer God complete control so you will be present with your day the way it needs to happen. Eg: I plan to finish this project today but should another issue present itself that is more necessary, I will work with that first and then I will attend to my plans and work a little longer or try again tomorrow. Either way, I will not sacrifice the joy and replenishment that each night requires for a peaceful rest, which also requires trust in Your ultimate plans for my life.