

ENNEAGRAM + MARRIAGE

Refresh PRAYER *Cycle*

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Refresh Prayer Cycle

<p>Overview</p>	<p>Use this prayer template daily to find emotional depths, to process pain, to rise up in gratitude, to make healthy plans for your day, and to release the ultimate plans to God since often our days don't go exactly as planned.</p>
<p>A Time of Lamentation, Angst, or Anxiety</p>	<p>Give God your issues. All of the things that are coming up for you.</p> <p>These 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. Consider anything and everything.</p> <p>Take time to do this well, if needed. If there's nothing you're struggling with, use this moment to pray for others.</p>
<p>A Time of Gratitude</p>	<p>Spend time letting God know you've seen the amazing provisions that have been provided. Transition away from lamenting your past, financial stresses, or worries of other kinds. This segment of prayer is just about acknowledging what is GOOD about life and relationships.</p> <p>If you see yourself spiraling down and needing more time in lamentation, spend a few more minutes there. Then commit to a time of pure gratitude for what has already happened or is currently happening well in your life.</p>
<p>A Time of Planning</p>	<p>For this third phase of the prayer, begin by offering God complete control so you will be present with your day the way it needs to happen.</p> <p><i>For example, I plan to finish this project today, but should another issue present itself that is more necessary, I will work with that first. I will attend to my plans and work a little later or try again tomorrow. Either way, I will not sacrifice the joy and replenishment that each night requires for a peaceful rest. This also requires trust in Your ultimate plans for my life.</i></p>