

from MATTHEW KELLY'S

I Heard
God
Laugh

**"7 STEPS PRAYER PROCESS"
DAILY JOURNAL**

Prayer is the most basic activity that builds our relationship with God. All relationships require communication. And prayer, in a word, is simply that: communication with God.

For the next 21 days, pray daily for 10 minutes. Use your own words and speak from the heart.

Writing your prayers on this journal will help you focus on the prayer process so that after 21 days, it may become a natural part of your daily communication with the Lord.

God bless you in living out the
"7 Step Prayer Process".



**ST. TIMOTHY
CATHOLIC CHURCH**

1515 Dolan Ave • San Mateo, CA 94401

Phone: (650) 342-2468

REV. ALNER NAMBATAC, Pastor

DAY: 1

1. GRATITUDE:

Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

2. AWARENESS:

Revisit the times in the past 24 hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.

3. SIGNIFICANT MOMENTS:

Identify something you experienced today and explore what God might be trying to say to you through that event (or person).

4. PEACE:

Ask God to forgive you for any wrong you have committed (against yourself, another person, or him) and to fill you with a deep and abiding peace.

5. FREEDOM:

Speak with God about how he is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.

6. OTHERS:

Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

7. FINISH:

By praying the Our Father.

DAY: 2

1. GRATITUDE:

Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

2. AWARENESS:

Revisit the times in the past 24 hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.

3. SIGNIFICANT MOMENTS:

Identify something you experienced today and explore what God might be trying to say to you through that event (or person).

4. PEACE:

Ask God to forgive you for any wrong you have committed (against yourself, another person, or him) and to fill you with a deep and abiding peace.

5. FREEDOM:

Speak with God about how he is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.

6. OTHERS:

Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

7. FINISH:

By praying the Our Father.

DAY: 3

1. GRATITUDE:

Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

2. AWARENESS:

Revisit the times in the past 24 hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.

3. SIGNIFICANT MOMENTS:

Identify something you experienced today and explore what God might be trying to say to you through that event (or person).

4. PEACE:

Ask God to forgive you for any wrong you have committed (against yourself, another person, or him) and to fill you with a deep and abiding peace.

5. FREEDOM:

Speak with God about how he is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.

6. OTHERS:

Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

7. FINISH:

By praying the Our Father.

DAY: 4

1. GRATITUDE:

Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

2. AWARENESS:

Revisit the times in the past 24 hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.

3. SIGNIFICANT MOMENTS:

Identify something you experienced today and explore what God might be trying to say to you through that event (or person).

4. PEACE:

Ask God to forgive you for any wrong you have committed (against yourself, another person, or him) and to fill you with a deep and abiding peace.

5. FREEDOM:

Speak with God about how he is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.

6. OTHERS:

Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

7. FINISH:

By praying the Our Father.

DAY: 5

1. GRATITUDE:

Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

2. AWARENESS:

Revisit the times in the past 24 hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.

3. SIGNIFICANT MOMENTS:

Identify something you experienced today and explore what God might be trying to say to you through that event (or person).

4. PEACE:

Ask God to forgive you for any wrong you have committed (against yourself, another person, or him) and to fill you with a deep and abiding peace.

5. FREEDOM:

Speak with God about how he is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.

6. OTHERS:

Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

7. FINISH:

By praying the Our Father.

DAY: 6

1. GRATITUDE:

Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

2. AWARENESS:

Revisit the times in the past 24 hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.

3. SIGNIFICANT MOMENTS:

Identify something you experienced today and explore what God might be trying to say to you through that event (or person).

4. PEACE:

Ask God to forgive you for any wrong you have committed (against yourself, another person, or him) and to fill you with a deep and abiding peace.

5. FREEDOM:

Speak with God about how he is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.

6. OTHERS:

Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

7. FINISH:

By praying the Our Father.

DAY: 7

1. GRATITUDE:

Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

2. AWARENESS:

Revisit the times in the past 24 hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.

3. SIGNIFICANT MOMENTS:

Identify something you experienced today and explore what God might be trying to say to you through that event (or person).

4. PEACE:

Ask God to forgive you for any wrong you have committed (against yourself, another person, or him) and to fill you with a deep and abiding peace.

5. FREEDOM:

Speak with God about how he is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.

6. OTHERS:

Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

7. FINISH:

By praying the Our Father.

DAY: 8

1. GRATITUDE:

Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

2. AWARENESS:

Revisit the times in the past 24 hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.

3. SIGNIFICANT MOMENTS:

Identify something you experienced today and explore what God might be trying to say to you through that event (or person).

4. PEACE:

Ask God to forgive you for any wrong you have committed (against yourself, another person, or him) and to fill you with a deep and abiding peace.

5. FREEDOM:

Speak with God about how he is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.

6. OTHERS:

Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

7. FINISH:

By praying the Our Father.

DAY: 9

1. GRATITUDE:

Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

2. AWARENESS:

Revisit the times in the past 24 hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.

3. SIGNIFICANT MOMENTS:

Identify something you experienced today and explore what God might be trying to say to you through that event (or person).

4. PEACE:

Ask God to forgive you for any wrong you have committed (against yourself, another person, or him) and to fill you with a deep and abiding peace.

5. FREEDOM:

Speak with God about how he is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.

6. OTHERS:

Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

7. FINISH:

By praying the Our Father.

DAY: 10

1. GRATITUDE:

Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

2. AWARENESS:

Revisit the times in the past 24 hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.

3. SIGNIFICANT MOMENTS:

Identify something you experienced today and explore what God might be trying to say to you through that event (or person).

4. PEACE:

Ask God to forgive you for any wrong you have committed (against yourself, another person, or him) and to fill you with a deep and abiding peace.

5. FREEDOM:

Speak with God about how he is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.

6. OTHERS:

Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

7. FINISH:

By praying the Our Father.

DAY: 11

1. GRATITUDE:

Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

2. AWARENESS:

Revisit the times in the past 24 hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.

3. SIGNIFICANT MOMENTS:

Identify something you experienced today and explore what God might be trying to say to you through that event (or person).

4. PEACE:

Ask God to forgive you for any wrong you have committed (against yourself, another person, or him) and to fill you with a deep and abiding peace.

5. FREEDOM:

Speak with God about how he is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.

6. OTHERS:

Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

7. FINISH:

By praying the Our Father.

DAY: 12

1. GRATITUDE:

Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

2. AWARENESS:

Revisit the times in the past 24 hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.

3. SIGNIFICANT MOMENTS:

Identify something you experienced today and explore what God might be trying to say to you through that event (or person).

4. PEACE:

Ask God to forgive you for any wrong you have committed (against yourself, another person, or him) and to fill you with a deep and abiding peace.

5. FREEDOM:

Speak with God about how he is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.

6. OTHERS:

Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

7. FINISH:

By praying the Our Father.

DAY: 13

1. GRATITUDE:

Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

2. AWARENESS:

Revisit the times in the past 24 hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.

3. SIGNIFICANT MOMENTS:

Identify something you experienced today and explore what God might be trying to say to you through that event (or person).

4. PEACE:

Ask God to forgive you for any wrong you have committed (against yourself, another person, or him) and to fill you with a deep and abiding peace.

5. FREEDOM:

Speak with God about how he is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.

6. OTHERS:

Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

7. FINISH:

By praying the Our Father.

DAY: 14

1. GRATITUDE:

Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

2. AWARENESS:

Revisit the times in the past 24 hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.

3. SIGNIFICANT MOMENTS:

Identify something you experienced today and explore what God might be trying to say to you through that event (or person).

4. PEACE:

Ask God to forgive you for any wrong you have committed (against yourself, another person, or him) and to fill you with a deep and abiding peace.

5. FREEDOM:

Speak with God about how he is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.

6. OTHERS:

Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

7. FINISH:

By praying the Our Father.

DAY: 15

1. GRATITUDE:

Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

2. AWARENESS:

Revisit the times in the past 24 hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.

3. SIGNIFICANT MOMENTS:

Identify something you experienced today and explore what God might be trying to say to you through that event (or person).

4. PEACE:

Ask God to forgive you for any wrong you have committed (against yourself, another person, or him) and to fill you with a deep and abiding peace.

5. FREEDOM:

Speak with God about how he is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.

6. OTHERS:

Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

7. FINISH:

By praying the Our Father.

DAY: 16

1. GRATITUDE:

Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

2. AWARENESS:

Revisit the times in the past 24 hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.

3. SIGNIFICANT MOMENTS:

Identify something you experienced today and explore what God might be trying to say to you through that event (or person).

4. PEACE:

Ask God to forgive you for any wrong you have committed (against yourself, another person, or him) and to fill you with a deep and abiding peace.

5. FREEDOM:

Speak with God about how he is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.

6. OTHERS:

Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

7. FINISH:

By praying the Our Father.

DAY: 17

1. GRATITUDE:

Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

2. AWARENESS:

Revisit the times in the past 24 hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.

3. SIGNIFICANT MOMENTS:

Identify something you experienced today and explore what God might be trying to say to you through that event (or person).

4. PEACE:

Ask God to forgive you for any wrong you have committed (against yourself, another person, or him) and to fill you with a deep and abiding peace.

5. FREEDOM:

Speak with God about how he is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.

6. OTHERS:

Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

7. FINISH:

By praying the Our Father.

DAY: 18

1. GRATITUDE:

Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

2. AWARENESS:

Revisit the times in the past 24 hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.

3. SIGNIFICANT MOMENTS:

Identify something you experienced today and explore what God might be trying to say to you through that event (or person).

4. PEACE:

Ask God to forgive you for any wrong you have committed (against yourself, another person, or him) and to fill you with a deep and abiding peace.

5. FREEDOM:

Speak with God about how he is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.

6. OTHERS:

Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

7. FINISH:

By praying the Our Father.

DAY: 19

1. GRATITUDE:

Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

2. AWARENESS:

Revisit the times in the past 24 hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.

3. SIGNIFICANT MOMENTS:

Identify something you experienced today and explore what God might be trying to say to you through that event (or person).

4. PEACE:

Ask God to forgive you for any wrong you have committed (against yourself, another person, or him) and to fill you with a deep and abiding peace.

5. FREEDOM:

Speak with God about how he is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.

6. OTHERS:

Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

7. FINISH:

By praying the Our Father.

DAY: 20

1. GRATITUDE:

Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

2. AWARENESS:

Revisit the times in the past 24 hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.

3. SIGNIFICANT MOMENTS:

Identify something you experienced today and explore what God might be trying to say to you through that event (or person).

4. PEACE:

Ask God to forgive you for any wrong you have committed (against yourself, another person, or him) and to fill you with a deep and abiding peace.

5. FREEDOM:

Speak with God about how he is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.

6. OTHERS:

Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

7. FINISH:

By praying the Our Father.

DAY: 21

1. GRATITUDE:

Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

2. AWARENESS:

Revisit the times in the past 24 hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.

3. SIGNIFICANT MOMENTS:

Identify something you experienced today and explore what God might be trying to say to you through that event (or person).

4. PEACE:

Ask God to forgive you for any wrong you have committed (against yourself, another person, or him) and to fill you with a deep and abiding peace.

5. FREEDOM:

Speak with God about how he is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.

6. OTHERS:

Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

7. FINISH:

By praying the Our Father.

Rejoice
ALWAYS
PRAY
WITHOUT
CEASING
IN EVERYTHING
Give Thanks