

3. Using the form below as much as possible, write out a prayer in which you commit yourself to focusing attention on God, yourself, and your communication. Be sure to mention why you hope to do this. Then read this prayer before the Lord.

O Lord, as we begin this study of prayer, we seek Your grace.

Help us to focus our hearts on You because \_\_\_\_\_  
(Express your reason for this request.)

\_\_\_\_\_

\_\_\_\_\_

Help us to look carefully at ourselves because \_\_\_\_\_

\_\_\_\_\_

(Express your reason for this request.)

\_\_\_\_\_

Also help us to give attention to what we say because \_\_\_\_\_

\_\_\_\_\_

(Express your reason for this request.)

\_\_\_\_\_

As You bless us in this endeavor, we will \_\_\_\_\_  
(Make a promise to God.)

\_\_\_\_\_

\_\_\_\_\_ . Amen.

### Extended Exercise

Before three meals this week, take a few moments to write down a four- or five-sentence blessing for the meal. Be sure to vary your focus on God, yourself, and the kind of prayer you are offering. Keep these prayers and compare them through the week. Ask yourself, "How am I deepening my awareness of God, myself, and my prayers?"