

# a PRAYER for today

Dearest Father in Heaven . . .

Today I choose to release everything that has tried to hold me back.

I release the past;

I release bitterness;

I release failures;

I release missed opportunities;

I release hate and guilt; sickness, shame and sorrow.

I release worry and fear,

I release me from . . .



# a PRAYER for today

Dearest Father in Heaven . . .

Today, instead, I choose to embrace

Your Grace, Your Peace

Your Power & Strength

Your Wisdom & Discernment

Your Gentleness & Kindness

Your Mercy and Understanding

Your Healing

Your Forgiveness

And most of all Your Love

So that with you at my side, and in my heart, I can boldly move forward into the light of that LOVE and receive all the glorious blessings you have in store for me, keeping me safe as I shine that light, and share those blessings and love with others.



In Jesus' name I pray believing AMEN-AMEN-AMEN!