

## 4 Easy Steps to Writing a Prayer: YOU – WHO – DO – THROUGH

Use this page for your own notes, but only turn in a final prayer for your group on a separate paper!

**TIPS FOR WRITING YOUR GROUP'S PRAYER** for the growth of the Fruits of the Spirit in your life:

YOU

1. **First, we name and bless/praise/thank God.** – We **name God** in many ways: “Heavenly Father...” “Good and gracious God...” “Loving Father...” “Almighty and all-powerful God...” What are some other ways you can think of “ **naming ” God, which might be appropriate to this Fruit of the Spirit?**

Next, we can bless, praise, or thank God in a number of ways: “Blessed are you...” “Our hearts are filled with gratitude this day...” “We bless and praise you...” “Thank you for...” What are some **other ways** you can think of to **bless, praise, and thank** God, which relate to the Fruit of the Spirit you will pray for?

WHO

2. **Second, we gratefully remember the wonderful things God has done for us** – both long ago and up to the present. – We recall the amazing things that God has done – long ago: “You created this wonderful world for us to live in...” “You sent your only Son Jesus...” or recent/up to the present: “You have guided us throughout our lives...” “You have given us every good gift in our lives...” What are some other **things God has done** that we can gratefully remember, which relate to the Fruit of the Spirit you will pray for?

DO

3. **Third, we ask God for something – we petition God.** – Now that we have named and blessed God and recalled his wonderful deeds, we ask for one thing more, pertaining to the reason we are making this prayer: “We ask you to help us grow in **modesty**...” “Bless us with **joy** even in hard times...” “Help us to become more **generous**...” What is one thing you would **ask God to help you with** in your life, which will require this Fruit of the Spirit?

4. Be sure to conclude by making the prayer **through Christ our Lord** or **in Jesus’ name** and wrap it in the **Sign of the Cross** at beginning and end!

THROUGH