

HEAL YOUR HUNGER



Prayer Tips and Suggestions

10 Guidelines for EFFECTIVE PRAYER



1. Set aside a few minutes to be alone and quiet. Relax body, mind and spirit by turning the thoughts away from problems and fixing the mind on God. Think about Him in the way that is most natural.
2. Talk to God simply and naturally, telling Him anything that is on your mind. Do not think you have to use formal words and phrases. Talk to Him in your own language. He understands it.
3. Practice talking to God as you go about the business of the day. On the subway or bus, or at your desk, close your eyes for a moment to shut out the world and have a word or two with God. This will remind you of His presence and give you a sense of His nearness.
4. Affirm the fact that God is with you and helping you. That is to say, do not always beseech God for His blessings, but affirm the fact that He is now giving you His blessings.
5. Pray with the thought that your prayers reach out and surround your loved ones with God's love and care.
6. Think positive, not negative, thoughts when you pray.
7. Always state in your prayer that you are willing to accept God's will, whatever it is. Ask him for what you want, but express your willingness to take what He wants.
8. In your prayer simply put everything into God's hands. Pray for strength to do your best, and with confidence leave the rest to God.
9. Say a word of prayer for people who do not like you or have treated you badly. This will help them and release tremendous power in you.
10. At some time during every day say a word of prayer for this troubled world, for our country and for lasting peace.

~Norman Vincent Peale "A Guide to Confident Living"

Then—believe that your prayers will be answered. *"What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them."*

Mark 11:24

~Norman Vincent Peale

HealYourHunger.com

Prayer of St. Francis

Lord, make me a channel of thy peace;
That where there is hatred, I may bring love;
That where there is wrong, I may bring the spirit
of forgiveness;
That where there is discord, I may bring harmony;
That where there is error, I may bring truth;
That where there is doubt, I may bring faith;
That where there is despair, I may bring hope;
That where there are shadows, I may bring light;
That where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort than
to be comforted;
To understand, than to be understood;
To love, than to be loved.
For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.
It is by dying that one awakens to eternal life.

Amen

The Prayer of Faith

by Hannah More Kohaus

God is my help in every need;
God does my every hunger feed;
God walks beside me, guides my way
Through every moment of this day.

I now am wise, I now am true,
Patient and kind, and loving, too;
All things I am, can do, and be,
Through Christ the Truth, that is in me.

God is my health, I can't be sick;
God is my strength, unfailing, quick;
God is my all, I know no fear,
Since God and Love and Truth are here.

Prayer for Protection

(Originally by James Dillet Freeman, amended by Roy Nelson)

The light of God surrounds us
The Love of God enfolds us
The Power of God protects us
The Presence of God watches over us
The Wisdom of God guides us and prospers us and heals us
God shows us what to do and how to do it and where to do it
and when to do it and with whom to do it
And God gives us the power to carry it out
Wherever we are, God is, and all is well
Thank you, Father!

The inexhaustible resource of Spirit is equal to every demand
There is no reality in lack
Abundance is here and now manifest!

~ Charles Fillmore

Nothing is too good to be true
Nothing is too wonderful to happen
Nothing is too good to last!

~ Florence Scovill Shinn

The Serenity Prayer

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.

by Reinhold Niebuhr