

Creating a 'Fear to Faith Easy Prayer'

I



Following are the instructions for developing and using a 'Fear to Faith Easy Prayer.' The form for doing this is on the next page. A blank master form for making multiple copies of the Easy Prayer form is at the back of the workbook in the Toolbox section of this manual.

Prior to preparing an Easy Prayer it will be necessary to have completed a 'Fear to Faith' worksheet.

1. Begin by creating a name for your prayer and placing it on the blank at the top of the Easy Prayer form after the words 'My Prayer for:'
2. Next, place the Word of God you identified on your Fear to Faith worksheet on the small blank provided in the first paragraph of the Easy Prayer form.
3. Next, enter the Word of Error and the Word of Resistance you identified on your Fear to Faith worksheet in the short blank spaces provided on the far right hand side of the Easy Prayer form, about half way down the page.
4. Next, on the two blank lines a little less than half way down the Easy Prayer form, write in an affirmation of being based on what you had 'hoped would happen' on your Fear to Faith worksheet. **This affirmative statement should begin with the words "I am..." and should communicate an intention of what you want to give, create, or express.**
5. Next, on the two blank lines located a little more than half way down the page of your Easy Prayer form, write down the scriptural Promise from God that supports the expression of your Prayer. You may wish to use the 'Finding Your Promise From God' worksheet located in the Toolbox section of this manual.
6. Next, once the upper portion of the Easy Prayer form has been filled out, close your eyes and try to remember a time when you previously had an experience of the Word of God you have identified in Step #1. Try to recreate as vividly as possible the *feeling* of that experience. Once you are established in that *feeling*, open your eyes and in the space provided near the bottom of the worksheet record what that experience was.
7. Finally, return to the remembrance and *feeling* of the experience described in the previous step, and read the "Easy Prayer" out loud to yourself. Repeat this step of the process once or twice a day, until some change comes about in the condition that you are praying for.

Once you have a feel for the flow of the prayer, you are encouraged to "ad lib" or rewrite it completely in your own words. The most important thing is to pray in faith, which is with the feeling of the "Presence of God" as Love, Joy, Peace, etc.

My Prayer for: _____

There is only one Life. This Life is good, this Life is God, this Life is my Life now! I know that I am one with this great and wondrous Life. Therefore, I know that I am one with all that this Life is. And, because I know that this Life is a source of infinite _____, I therefore know that this divine and sacred quality is also an expression of my very own being as Spirit.

So here and now, I declare my intention to express this Word of God into my own experience of life in order to affirm that:

I am _____

_____ My Intention
Additionally, I am willing to fully release my belief in _____, My Word of Error
as I also release whatever need that I may have _____ to/for... My Word of Resistance.

I further know that this prayer is fully supported by the Word of God, for it is written: _____

_____ My Promise From God
As I accept this good into my life, I give thanks with a gracious, faithful and loving heart. I know that as I release these sacred words into the Creative Process of Life Itself, then so indeed do I know that they shall be revealed as my experience in the world.

I am grateful God is gracious. So be it now! Amen. 🍀

🍀 This is when I previously experienced the Word of God identified above.

Signed _____

Date _____

Instructions: On a daily basis, begin by singing the 'GodSong' with your Word of God, and/or remember back to the previous experience that you had with your Word of God. Once you have connected with the *feeling* of that experience, read your prayer aloud. (The 'GodSong' is available at www.SacredDays.org)