



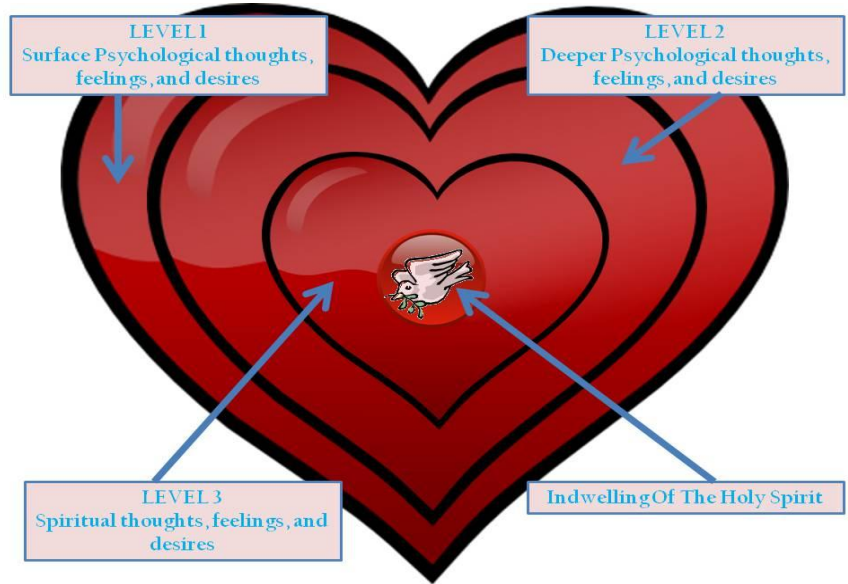
PRAYER PROCESSING WORKSHEET

1. Describe Prayer Experience

1a. Scripture Passage: _____

1b. Please describe prayer experience to the best of your ability: _____

2 Acknowledge: You have sat with God's Word. You have entered into the scene. Now, once you feel God is saying something to you, acknowledge what stirs within you. Pay attention to your thoughts, feelings, and desires. These are important.



2a. Level one of the Heart

Thoughts: _____

Feelings: _____

Desires: _____

2b. Level two of the Heart

Thoughts: _____

Feelings: _____

Desires: _____

2c. Level three of the Heart

Thoughts: _____

Feelings: _____

Desires: _____

3. **Relate:** Once you've acknowledged what's going on inside your heart, relate this to God. Don't just think about what's going on. Don't simply think about God. Don't think about how God might react. Relate to God. Tell him how you feel. Tell him what you think. Tell him what you want. Share all your thoughts, feelings, and desires with God. Share everything with Him.

4. **Receive:** Once you've shared everything with God, receive. Listen to what He's telling you. It could be a subtle voice you hear. It could be a memory that pops up. Maybe He invites you to re-read the Scripture passage. Perhaps you feel something in your body. Perhaps he invites you into a still, restful, silence. Trust that God is listening to you and receive what He wants to share with you. Describe what you are receiving:

5. **Respond:** Now respond however you want. It could be more conversation. It could be a resolution. It could be tears or laughter. Respond to what you're receiving.



Other:
