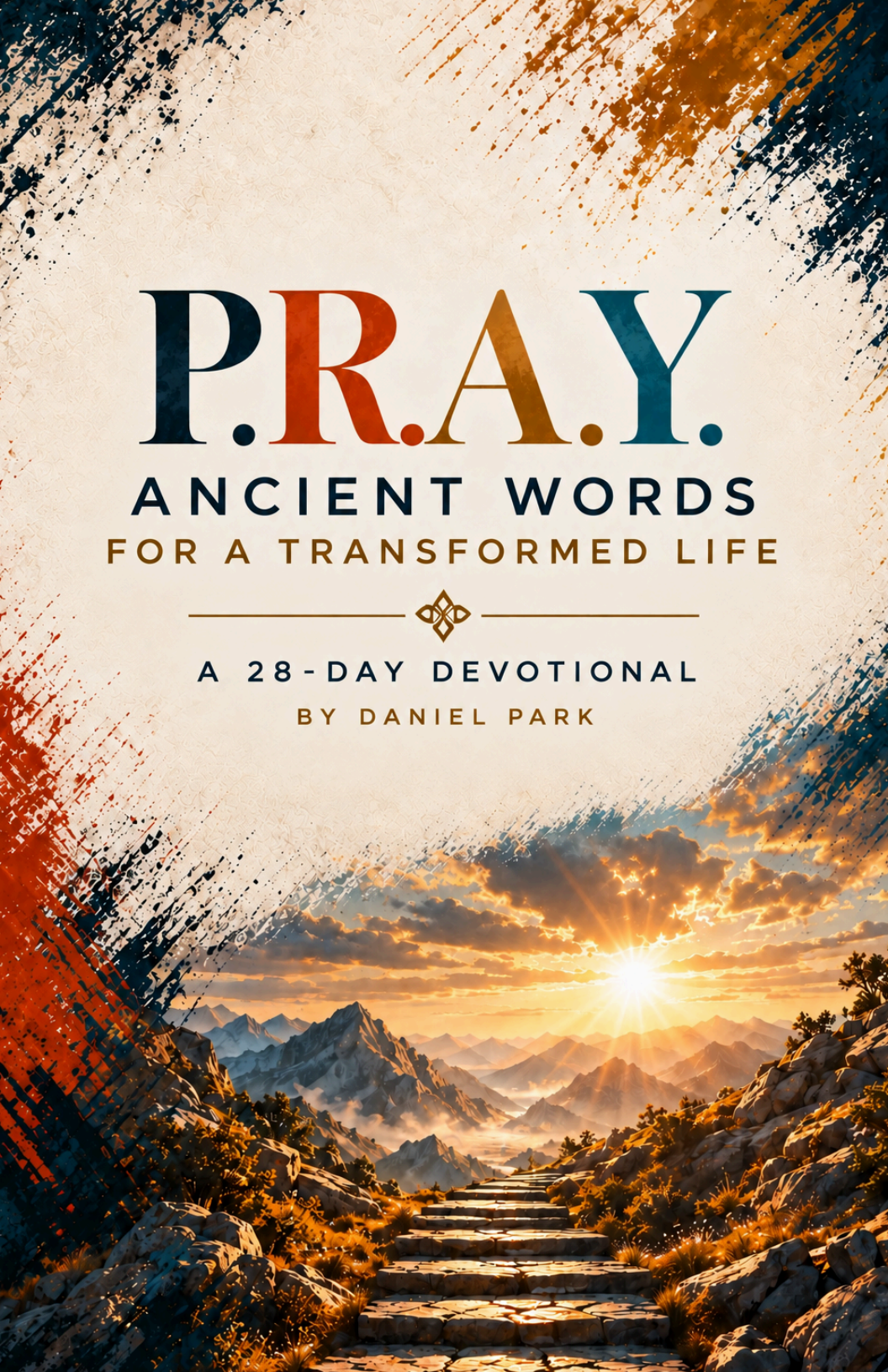




P.R.A.Y.

ANCIENT WORDS
FOR A TRANSFORMED LIFE



A 28-DAY DEVOTIONAL
BY DANIEL PARK

A 28-DAY JOURNEY
THROUGH THE
LORD'S PRAYER



“Lord, teach us to pray.”

LUKE 11:1



An Invitation to a Deeper Life

“Lord, teach us to pray.”

It is one of the simplest requests the disciples ever made of Jesus. They had watched Jesus heal the sick, feed crowds, teach with authority, welcome outsiders, confront injustice, and announce the kingdom of God. But they also noticed something else: **Jesus prayed**. So they asked him to teach them. Jesus responded with words Christians have prayed for nearly two thousand years. These are ancient words. But they are not dead words.

The Lord's Prayer is more than something to memorize or recite. Jesus gives us a way of entering into relationship with God. These words teach us where to turn our attention, what to release, how to order our desires, and where to place our trust.

For the next four weeks, we will pray through four movements: **Praise. Release. Align. Yield**. Let's journey through this prayer movement together.

Pastor Daniel Park
October 2026



How to Use This Devotional



READ

Take a moment to slowly read the Scripture passage.



REFLECT

Read the short devotion and consider how it speaks to your life today.



PRAYER HOLD

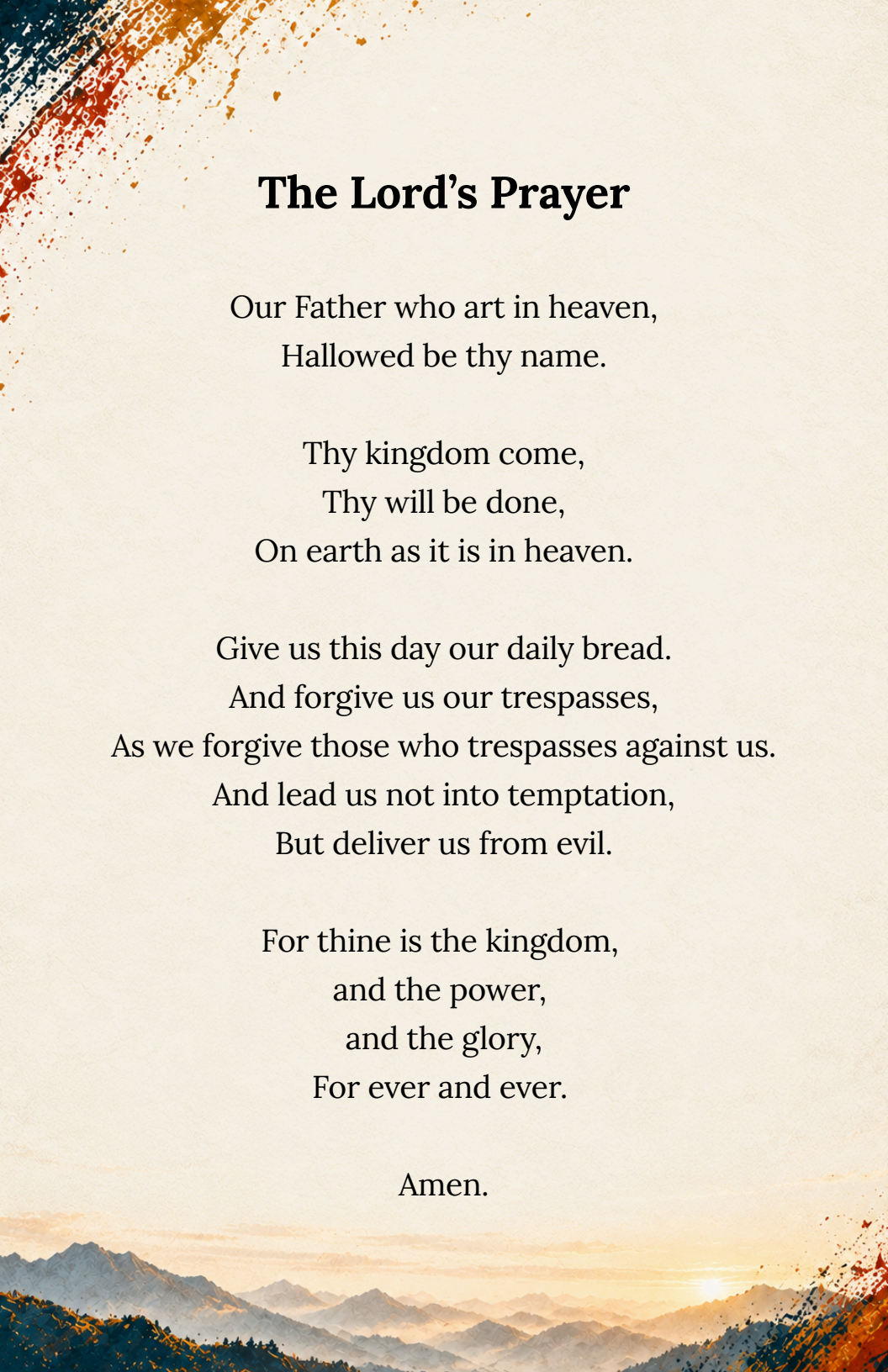
Carry the simple prayer with you throughout the day. Return to it while driving, walking, working, waiting, or whenever you need to turn your attention toward God.



WRITE

Take a moment to journal your response to the question. One honest sentence is enough.

READ | REFLECT | HOLD | WRITE



The Lord's Prayer

Our Father who art in heaven,
Hallowed be thy name.

Thy kingdom come,
Thy will be done,
On earth as it is in heaven.

Give us this day our daily bread.
And forgive us our trespasses,
As we forgive those who trespasses against us.
And lead us not into temptation,
But deliver us from evil.

For thine is the kingdom,
and the power,
and the glory,
For ever and ever.

Amen.

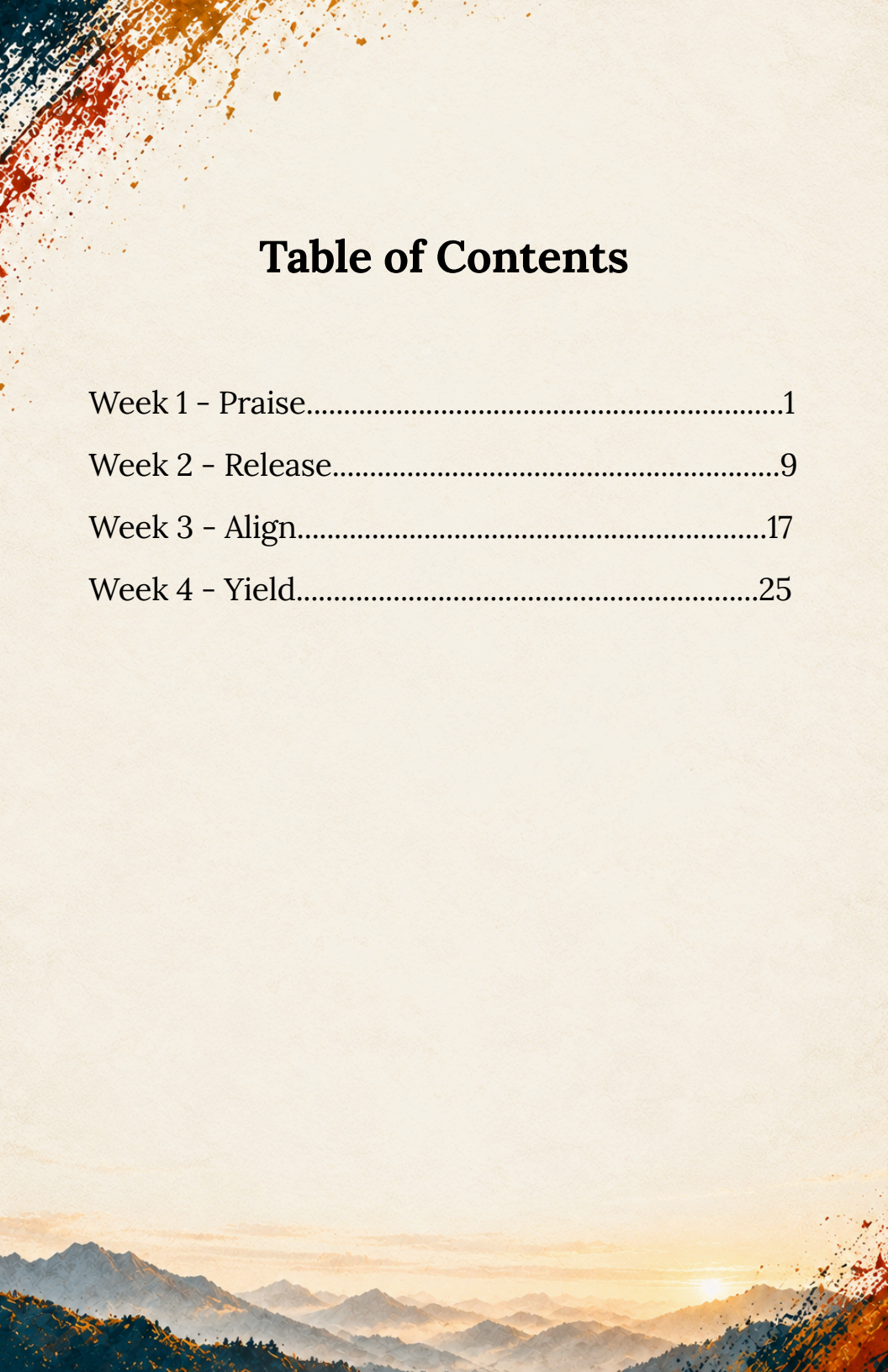


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WEEK ONE

PRAISE

OUR FATHER IN HEAVEN,
HALLOWED BE YOUR NAME.

Prayer begins by turning our attention toward God.

Before Jesus teaches us to ask for bread, forgiveness, guidance, or deliverance, he teaches us to remember who God is. This week, practice beginning with God.

Begin with God

SCRIPTURE

Matthew 6:9

“Our Father in heaven, hallowed be your name.”

REFLECT

Notice where Jesus begins. Not with our problems. Not with our needs. Not even with our sins. Jesus begins with God.

“Our Father” reminds us that the One to whom we pray desires relationship with us. “In heaven” reminds us that God is greater than anything we face. “Hallowed be your name” turns our attention toward God's holiness.

We often enter prayer carrying everything happening in our lives. Jesus doesn't tell us those things don't matter. In fact, he will teach us to bring them all to God. But first: God. Prayer begins by remembering who God is.

PRAYER HOLD

Our Father, hallowed be Your name.

WRITE

What is one word that describes who God is for you today?

Remember

SCRIPTURE

Psalm 103:1–5

“Bless the Lord, O my soul, and do not forget all his benefits.”

REFLECT

Apparently, souls forget. We forget God's faithfulness when anxiety gets loud. We forget God's provision when we become consumed by what we lack. We forget God's grace when our failures become the loudest voices in the room. Oh how often this has been my reality!

The psalmist speaks to his own soul: Do not forget. Remember the God who forgives. Remember the God who heals. Remember the God who redeems. Remember the God whose steadfast love surrounds you.

Praise is an act of remembering. Today, before rehearsing everything that might go wrong, remember what remains true about God.

PRAYER HOLD

God, I will remember Your goodness

WRITE

What about God do you need to remember today?

God Is Near

SCRIPTURE

Psalm 145:18

“The Lord is near to all who call on him.”

REFLECT

Sometimes we imagine prayer as trying to get God's attention. Maybe if we find the right words. Pray long enough. Believe strongly enough. Many years ago, I thought that if I could be loud enough, my prayers would be better and more effective. I thought prayer was based on my performance. But Scripture begins somewhere else: **God is near**. Prayer isn't shouting across an infinite distance. It is awakening to the presence of the God who is already here. You may feel God's presence today. You may not. God's nearness does not depend upon your ability to perceive it. God's is simply with us. Wherever today takes you, practice this simple awareness: **God is here**.

PRAYER HOLD

God, You are here.

WRITE

In what area of your life do you need to be aware of God's presence?

Recover Wonder

SCRIPTURE

Psalm 8:3-4

“When I look at your heavens, the work of your fingers, the moon and the stars that you have established; what are humans that you are mindful of them?”

REFLECT

Look up. The psalmist looks into the night sky and is overwhelmed by wonder. Sometimes familiarity makes diminishes the miracles before us. Sunlight. Stars. Breath. Laughter. Friendship. Music. A meal. Another human being. We live the fast-paced, schedule-packed life and rush past miracles every day. Praise slows us down enough to notice. Today, pay attention. What would happen if you take time to live in wonder? Look at the sky. Notice someone's face. Listen carefully. Receive something ordinary as gift. Wonder may be one of the ways God awakens prayer in us.

PRAYER HOLD

God, awaken wonder in me.

WRITE

What ordinary gift can you notice and receive with wonder today?

Yet I Will

SCRIPTURE

Habakkuk 3:17-18

“Though the fig tree does not blossom... yet I will rejoice in the Lord.”

REFLECT

Habakkuk does something remarkable. He names everything that is wrong. And then he says, **“Yet.”** In the midst of our sorrows and our griefs, we can pause and say “yet.” When we are faced with troubles and everything seems wrong in this world, we can say “yet.”

Biblical praise is not pretending everything is okay. It does not require us to ignore grief, disappointment, uncertainty, or pain. Praise says that even here, even before anything changes, God is still God. Some days praise flows naturally. Other days, praise is an act of trust. Perhaps today your prayer needs only two words: **Even here.**

PRAYER HOLD

Even here, I will praise You.

WRITE

Where is it difficult for you to praise God right now?

My Life Is Praise

SCRIPTURE

Psalm 150:6

“Let everything that has breath praise the Lord.”

REFLECT

Take a moment to breathe. Breathe in. Breathe out. There, you just praised the Lord. Each breath we take, we breathe in God’s grace and we breathe out God’s praise. Praise is not limited to the songs we sing or the words we speak in worship. The way you move and the way you simply are, can be a praise to the Lord. How you work and how you rest can be praise to the Lord. Your generosity is praise. Your hospitality is praise. Your acts of kindness and mercy are praise.

When we limit praise to weekly worship services, we might miss the infinite opportunities for our whole lives to be a praise to God’s name. So when you breathe, know that your very life is a praise to God’s name.

PRAYER HOLD

God, let my life praise You

WRITE

What ordinary part of your day can be an act of praise?

Prepare to Release

SCRIPTURE

Psalm 46:10

“Be still, and know that I am God!”

REFLECT

Praise reminds us who God is. Every day as I spend time in worship, I reminded of who God is. It is so easy to begin my day caught up in all the tasks I need to do and places I need to be. When I remember who God is, I see myself loosening the grip on everything I have been trying to control.

Tomorrow our prayer moves toward surrender: “Your kingdom come. Your will be done.” Release begins by remembering that we are not God. We can stop striving long enough to trust the One whose name we have spent this week praising. What might happen if you entered the next week with open hands?

PRAYER HOLD

You are God, I can release my grip.

WRITE

What are you carrying that you may need to place into God’s hands?

WEEK TWO

RELEASE

YOUR KINGDOM COME. YOUR WILL BE
DONE, ON EARTH AS IT IS IN HEAVEN.

Prayer does not only invite God into what we are doing. Prayer opens us to what God is doing. When we pray, “Your kingdom come. Your will be done,” we loosen our grip on our plans, preferences, expectations, and need for control. Release is not passive resignation. It is making room for the power and presence of the Holy Spirit to bring the reality of heaven into our ordinary lives.

Your Kingdom, Not Mine

SCRIPTURE

Matthew 6:10

“Your kingdom come, Your will be done, on earth as it is in heaven.”

REFLECT

What a difficult teaching of Jesus! **Your kingdom. Your will.** We often come to prayer hoping God will bless our plans, change our circumstances, or make things happen the way we want them to happen. There is nothing wrong with bringing our desires to God. But Jesus takes us deeper. Prayer also means loosening our grip on our way so we can become open to God's way. “Your kingdom come” is about releasing our kingdom because we want to participate in God's kingdom. We release our will because we want God's life to become more visible in ours. **On earth as it is in heaven.** And God wants to begin with us.

PRAYER HOLD

Your kingdom, not mine. Your will, not mine.

WRITE

What are you holding tightly that God may be inviting you to release?

Open Your Hands

SCRIPTURE

Lamentations 3:41

“Let us lift up our hearts as well as our hands to God in heaven.”

REFLECT

There are things we hold with open hands and things we grip tightly. Our plans. Our expectations. Our relationships. Our futures. Our ideas about how something should turn out. Sometimes our grip becomes so tight that we begin carrying responsibilities that belong to God. The prophet Jeremiah invites us to be different. We are called to be release.

Imagine opening your hands before God today. Name what you have been gripping. You do not have to stop caring about it. Simply stop pretending that everything depends upon you.

PRAYER HOLD

God, I release what I cannot control.

WRITE

What have you been trying to control that you need to place into God’s hands?

Make Room

SCRIPTURE

Isaiah 43:18-19

“Do not remember the former things, or consider the things of old. I am about to do a new thing.”

REFLECT

Sometimes we cannot receive something new because our hands are still full of what was. A former season. An old expectation. A disappointment. The way things used to be. The future we imagined. **Release creates room.** God tells Israel not to become so consumed with what lies behind them that they fail to recognize what God is doing now. “See, I am doing a new thing.”

What if God is already at work in a place you have not yet noticed? Prayer helps us loosen our grip on what was so we can become attentive to what the Holy Spirit is doing now.

PRAYER HOLD

God, make room in me for something new.

WRITE

What might you have to release in order to notice what God is doing now?

Not My Will

SCRIPTURE

Luke 22:41-42

“Father, if you are willing, remove this cup from me; yet, not my will but yours be done.”

REFLECT

Jesus knows what it means to struggle with surrender. In Gethsemane, Jesus does not pretend that he has no preference. He tells the Father exactly what he wants. “Remove this cup.” And then he prays the words he taught his disciples: **Your will be done.**

Release does not require us to become indifferent. We can tell God exactly what we want. We can name our fears, hopes, disappointments, and desires. Surrender happens when we trust God enough to be honest about what we want and still place the outcome into God's hands.

PRAYER HOLD

Not my will, but Yours.

WRITE

What outcome is especially difficult for you to entrust to God?

On Earth as in Heaven

SCRIPTURE

Matthew 6:10

“On earth as it is in heaven.”

REFLECT

Release is not retreat. When we release our kingdom for God's kingdom, we become available to participate in what God is doing. Jesus teaches us to pray for the reality of heaven to become visible here. Earth is a fresh expression of heaven. Jesus invites us to pray for things of earth to look like heaven because that is what earth was designed to be. Where there is hatred, heaven looks like love. Where there is injustice, heaven looks like justice. Where there is isolation, heaven looks like belonging. Where there is despair, heaven looks like hope. We release our way not so that we can do nothing, but so the Holy Spirit can lead us into something greater than what we could create on our own. Prayer makes room for God's extraordinary to enter our ordinary.

PRAYER HOLD

Let heaven take shape here.

WRITE

What can you do to make heaven more visible today?

Seek First

SCRIPTURE

Matthew 6:33

“But seek first the kingdom of God and his righteousness.”

REFLECT

Everyone organizes life around something. Security. Achievement. Approval. Comfort. Success. Family. Politics. Money. Control. Many of these things can be good. Yet Jesus challenges us to consider what comes first and what becomes the priority of all priorities that shapes our total life. To pray “Your kingdom come” is to allow God to rearrange our priorities. That may change how we spend our time. How we use our resources. How we treat people. What we pursue. What we are willing to release. Prayer does not simply ask God to become part of the life we have already designed. Prayer allows God to reorder our lives around the kingdom. When we reorder our lives around the kingdom, we act on faith.

PRAYER HOLD

God, let Your kingdom come first.

WRITE

What does your life reveal about what you are seeking first?

Search Me

SCRIPTURE

Psalm 139:23-24

“Search me, O God, and know my heart... and lead me in the way everlasting.”

REFLECT

Release opens our hands. Now we invite God to look within them. **“Search me”** is a courageous prayer because God may reveal places in us that are out of alignment with the way of Jesus. Resentment. Pride. Fear. Harm we have caused. Wounds we refuse to release. Relationships that need attention. But the God who searches us is the same Father whose name we praised in the beginning. Tomorrow we will pray: “Forgive us our debts, as we also have forgiven our debtors.” Grace invites us to tell the truth so God can begin restoring what has become misaligned. When we have a gracious God, we can open our hearts.

PRAYER HOLD

Search me, God, and lead me in Your way.

WRITE

Where might God be inviting you to become more honest about your life?

WEEK THREE

ALIGN

FORGIVE US OUR TRESPASSES,
AS WE FORGIVE THOSE WHO TRESPASS
AGAINST US.

Sin pulls us out of alignment with God and with one another. Grace brings us back. Jesus teaches us to receive forgiveness and extend forgiveness in the same prayer. This week, we allow grace to move through our relationship with God, our relationship with ourselves, and our relationships with others, bringing us back into the way of love.

The Way of Grace

SCRIPTURE

Matthew 6:12

“And forgive us our trespasses, as we forgive those who trespass against us.”

REFLECT

Jesus places two movements of grace in one sentence. Forgive us. As we forgive. We receive grace, and we extend grace. Prayer does not allow us to separate our relationship with God from our relationships with other people. Something happens when we sin. Something happens when we wound another person. Something happens when another person wounds us. Things become misaligned. Jesus teaches us to bring those broken places into grace. Forgiveness does not pretend that nothing happened. Grace tells the truth about what happened and refuses to let brokenness have the final word. God desires to restore us to the way of love.

PRAYER HOLD

God, Your grace aligns my life.

WRITE

Where in your life do you most need the restoring work of grace?

Come Into the Light

SCRIPTURE

1 John 1:8-9

“If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us.”

REFLECT

Alignment begins with honesty. We cannot bring something back into alignment if we refuse to acknowledge that it has moved. Confession simply tells the truth. We name where we have chosen something other than love. Where pride has shaped us. Where our words have wounded. Where our actions have harmed. Where we have turned away from God.

Notice where confession leads: **Forgiveness**. We do not confess because God is waiting to condemn us. We confess because God is faithful. Grace gives us the courage to stop pretending and step into the light.

PRAYER HOLD

God, Your grace makes me honest.

WRITE

What truth do you need to bring honestly before God today?

Create In Me

SCRIPTURE

Psalm 51:10

“Create in me a clean heart, O God, and put a new and right spirit within me.”

REFLECT

David does not stop at “Forgive me.” He asks God to **create something new**. That is the deeper work of grace. Forgiveness is not simply about erasing what happened. God wants to restore what has become distorted within us.

A clean heart. A right spirit. New desires. New patterns. A new way of relating to God and others. Alignment is not simply getting back to where we were before. Grace can take us somewhere new. So today, do not only ask God to forgive what has been. Ask the Holy Spirit to form who you are becoming.

PRAYER HOLD

Create in me a heart aligned with Yours.

WRITE

What do you want God to restore or reshape within you?

Make It Right

SCRIPTURE

Matthew 5:23-24

“First be reconciled to your brother or sister, and then come and offer your gift.”

REFLECT

Jesus says something startling. If you are worshiping and remember that a relationship has been broken, pay attention to it. Our relationships matter to God. Sometimes asking God for forgiveness is only the beginning. Grace may call us to take responsibility: to apologize, to listen, to repair what we can, to change a behavior, or make restitution.

Reconciliation is not always possible, and it is not always safe. But where repair is possible, grace moves us toward it. Prayer aligns not only our hearts but also our actions.

PRAYER HOLD

God, give me courage to make right what I can.

WRITE

Is there a step toward repair that God may be inviting you to take?

Forgiveness

SCRIPTURE

Colossians 3:13

“Just as the Lord has forgiven you, so you also must forgive.”

REFLECT

Some debts cannot be repaid. Someone cannot unsay the words. Undo the betrayal. Return the years. Reverse what happened. Forgiveness does not mean that the wound did not matter. It does not erase healthy boundaries. It does not require restored trust when trust has been broken.

Forgiveness means we refuse to allow another person's wrong to determine what grows within us. We release our claim to revenge and place justice into God's hands. Sometimes forgiveness comes quickly. Sometimes it becomes a prayer we pray again tomorrow. Grace received slowly becomes grace extended.

PRAYER HOLD

God, teach me to give grace as I have received grace.

WRITE

In what ways do you need to receive or give forgiveness?

The Way of Love

SCRIPTURE

Ephesians 4:31-32

“Be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.”

REFLECT

What does a life aligned with grace look like? Paul gives us a picture. **Kindness. Tenderheartedness.**

Forgiveness. These are not signs of weakness. They are evidence that the grace we have received is reshaping the way we inhabit the world. Prayer can become very private if we allow it to. Jesus will not let it stay there. The forgiveness we receive from God begins changing the way we speak, respond, disagree, listen, and love.

Grace moves outward. The question is not simply, “Am I forgiven?” It is also, “What is God's forgiveness producing in me?”

PRAYER HOLD

Jesus, teach me the way of love.

WRITE

Where could grace change the way you respond to someone today?

Open Hands Again

SCRIPTURE

Philippians 4:6-7

“In everything by prayer and supplication with thanksgiving let your requests be made known to God.”

REFLECT

We open our hands again. We have praised God, released our way, and allowed grace to realign our lives and relationships. Tomorrow, Jesus teaches us to ask: **“Give us this day our daily bread.”** We come to God as people who need something. Provision. Wisdom. Strength. Direction. Healing. Courage. Prayer teaches us that dependence on God is good. Paul writes this letter, encouraging his readers to not be anxious, but instead to by prayer and supplication with thanksgiving make requests know to God. When we align ourselves to the God who provides. We align ourselves to the God who loves. We align ourselves not to anxiety, but to the peace that comes from God our provider.

PRAYER HOLD

God, I bring You what I need.

WRITE

What do you need from God as you enter next week?

WEEK FOUR

YIELD

GIVE US...
LEAD US...
DELIVER US...

The Lord's Prayer eventually brings us to dependence. We need provision. We need direction. We need deliverance. Yielding does not mean becoming passive. It means entrusting what we cannot control to the God we have learned to trust.

IN GOD'S HANDS

SCRIPTURE

Matthew 6:11, 13

“Give us this day our daily bread... And lead us not into temptation, but deliver us from evil.”

REFLECT

Give us. Lead us. Deliver us. Listen to the dependence in those words. Jesus teaches us to bring our real needs to God. Food. Direction. Protection. Temptation. Fear. Tomorrow. Yielding may communicate a sense of passivity, but it is an active move to relinquish self-reliance and grab hold of God. It is an active movement towards faith-centered living, a deep dependence on God as provider. We stop pretending we are self-sufficient. Imagine your hands open before God. What do you need? What are you afraid of? What are you trying to control? Bring it all. Open hands can ask boldly because open hands trust God with the answer.

PRAYER HOLD

God, my life is in Your hands.

WRITE

What are you trying your hardest to control right now, that you can yield to God's control?

DAILY BREAD

SCRIPTURE

Exodus 16:4

“I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day.”

REFLECT

Enough for the day. Israel wanted security for tomorrow. God gave manna for today. Jesus echoes this ancient story when he teaches us to pray for daily bread. We naturally want guarantees. Enough money. Enough certainty. Enough answers. Enough control over what happens next. Sometimes God gives us something different: Enough grace for today. God’s grace does not run out. There is an infinite supply of grace for us, and it is new every morning. God’s grace is inexhaustible. What if today’s prayer doesn’t need to solve tomorrow? Receive today’s bread. Tomorrow has its own manna.

PRAYER HOLD

God, give me what I need for today.

WRITE

What “tomorrow” are you carry today that you can yield to God?

Ask

SCRIPTURE

Matthew 7:7

“Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you.”

REFLECT

Yielding is not passive. Jesus tells us to ask.

Tell God what you desire. Name what hurts. Ask for healing. Ask for wisdom. Ask for provision. Ask for someone you love. Ask boldly. Yielding does not mean pretending we don't care about the outcome. Jesus himself prayed honestly about what he wanted.

The difference is that we bring our desires to God without demanding that we remain in control. God also knows already before we ask, yet God invites us to ask so that we might know the way of faith. Continued asking forms us to be people of faith. We continue to depend on God. So ask boldly and regularly!

PRAYER HOLD

God, You know what I need, and still You invite me to ask.

WRITE

If you could ask God boldly for one thing today, what would it be?

Cast Your Cares

SCRIPTURE

1 Peter 5:7

“Cast all your anxiety on him, because he cares for you.”

REFLECT

Why can we release our anxiety to God? Peter gives a remarkably simple answer: Because God cares for you. Not because your concerns are insignificant. Not because everything will unfold exactly as you want. Because **you matter to God**. In fact, the word “cast” in Greek means to hurl with force. God invites us to release it to God quickly because God cares and wants to carry it for you. Sometimes anxiety convinces us that constant worrying is the same thing as caring. If we stop worrying, perhaps we have stopped taking something seriously. Prayer offers another possibility. We can care deeply without carrying the weight alone. We can name our anxiety and give it to God because we know that God cares for us.

PRAYER HOLD

God, You care for me. I give this to You.

WRITE

What anxiety do you need to give to God?

Lead Me

SCRIPTURE

Psalm 25:4-5

“Make me to know your ways, O Lord; teach me your paths. Lead me in your truth.”

REFLECT

Sometimes we ask God to bless the path we have already chosen. We think we have the best way. We may be seeking God’s approval for our choices rather than aligning ourselves to God and yielding to God’s pathway. The psalmist prays: **show me Your path**. Such a prayer requires humility. Maybe the direction we assumed was right isn’t. Maybe there is another conversation to have, another possibility to consider, or another path to take. Maybe there is a wisdom that we have not considered. Yielding means allowing God to lead, not for God to follow us. You don’t need to see the entire path. You only need enough light for the next faithful step.

PRAYER HOLD

God, lead me in Your way.

WRITE

Where do you need God’s direction rather than simply God’s approval?

Lead Us Not

SCRIPTURE

Matthew 6:13

“Lead us not into temptation, but deliver us from evil.”

REFLECT

Jesus teaches us to pray honestly about our vulnerability. There are pressures we cannot overcome by determination alone. There are temptations that know our weak places. There are moments when we need wisdom, protection, and strength beyond our own. Jesus teaches us God leads us in a path away from temptation, and rescues us from evil. “Lead us” is a prayer of dependence. We ask God to guide our steps, guard our hearts, and keep us close when the path becomes difficult. Yielding means admitting that we need the Holy Spirit's power to live the life Jesus calls us to live. We do not walk into struggle alone. We depend on God to lead us.

PRAYER HOLD

Lead me, guard me, and keep me close.

WRITE

Where do you need the Holy Spirit's guidance or strength today?

When Words Run Out

SCRIPTURE

Romans 8:26

“The Spirit helps us in our weakness; for we do not know how to pray as we ought.”

REFLECT

Twenty eight days ago, we began learning to pray. And we end by admitting: Sometimes we don't know how. What grace. Prayer never depended upon our ability to find perfect words. When words disappear, the Spirit remains. When faith feels weak, the Spirit remains. When all we have is silence, tears, longing, or a sigh too deep for words, the Spirit remains. So perhaps the goal of these twenty eight days was never to make us experts in prayer. It was to help us become people who keep turning toward God. **Praise. Release. Align. Yield.** With all this, when you don't know what to say in prayer, you can pray the prayer the Lord taught us to pray, and know it holds it all.

PRAYER HOLD

Holy Spirit, pray in me and through me.

WRITE

How has your understanding of prayer changed?

A Practice to Carry Forward

The 28 days are finished. The prayer is not.

P — PRAISE

Our Father in heaven, hallowed be your name.

Who is God? What can I praise God for?

R — RELEASE

*Your kingdom come. Your will be done,
on earth as it is in heaven.*

What do I need to surrender so I can become open to
God's way?

A — ALIGN

*Forgive us our trespasses
as we forgive those who trespass against us.*

Where is grace inviting me back into right relationship?

Y — YIELD

Give us... Lead us... Deliver us.

What do I need to ask for and then entrust into God's
hands?

You can pray these four movements in thirty minutes.

You can pray them in five. You can pray them in sixty
seconds. The goal is not to master a formula.

The goal is to keep returning to the God Jesus taught us
to seek in prayer.

PRAISE. RELEASE. ALIGN. YIELD.

P.R.A.Y.

ANCIENT WORDS FOR A TRANSFORMED LIFE

Prayer is more than words we say. It is a practice that draws us into the presence of God and positions us to live in the power of the Holy Spirit.

Rooted in the Lord's Prayer, *P.R.A.Y.: Ancient Words for a Transformed Life* is a 28 day journey through four movements of prayer: **Praise**, **Release**, **Align**, and **Yield**. Each day offers a short Scripture passage, a two minute reflection, a simple prayer to carry with you, and space to respond.

As these ancient words become part of the rhythm of our lives, we become more attentive to the presence and movement of God, creating space to experience God's extraordinary work in the midst of our ordinary lives.

