

LEARNING FROM NEHEMIAH

7 WAYS TO ENRICH YOUR PRAYER

1. **Acknowledge God with His Majestic Qualities** expressing humility *“O Lord, God of heaven, great and awesome God, you who preserve your covenant of mercy toward those who love you and keep your commandments.”* What are some majestic qualities that you could use in your own prayer?
2. **Ask God to be attentive-** Nehemiah humbly asks God to listen to his prayer. Do you intentionally ask God to listen to your prayer? How might you ask Him to be attentive?
3. **Acknowledge your sinfulness-** What is in your life that you can acknowledge in God’s presence that makes you unworthy of God’s attention?
4. **Ask for Forgiveness and God’s Mercy** (*For mortal sins make a resolution to receive the sacrament of reconciliation*)
5. **Remember God’s Promises** to you and your loved ones – Remind God of these promises. What do you believe are God's promises to you and your loved ones?
6. **Surrender all to God’s hands and His will**
7. **Make your ask-** Grant us success according to Thy will.