

'Pray then like this: "Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.'" Matthew 6:9-13 (ESV)

'Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from your presence, and take not your Holy Spirit from me. Restore to me the joy of your salvation, and uphold me with a willing spirit. Then I will teach transgressors your ways, and sinners will return to you.' Psalm 51:10-13 (ESV)



P - Praise: _____

R - Reflect: _____

A - Admit: _____

Y - Yield: _____

E - Express: _____

R - Restore: _____