

Live the present moment in the presence of GOD.

## **PRAY DAILY**

### **1. Place yourself in the presence of GOD.**

- Choose a time and place with the least distraction.
- Read slowly a short verse or phrase from the Scriptures or recite prayerfully the Our Father or your favorite prayer. Repeat if necessary.
- Let yourself enter the presence of the merciful and loving GOD and stay there as long as the moment lasts.

### **2. Go over what you have done.**

- Acknowledge your mistakes and sins and ask the Lord for pardon and strength. Note how your heart was in those situations.
- Thank GOD for what you have accomplished. Cherish them as gifts from the Lord. It was the Lord who fulfilled his work in you.
- Treasure these gifts and they will turn into good habits.

### **3. Tell GOD what you want to do next.**

- What you really desire to do, big and small, share them with the Lord.
- Remember that you must be committed to doing them for the love of GOD. In other words, you consecrate what you do to the Lord.
- Make a list of the tasks, projects, appointments, hobbies, and so on to stay on track.

### **4. Carry out your tasks joyfully and faithfully.**

- Joyfully because it is for the Lord
- Faithfully because you are with the Lord
- Be open to the unexpected, but necessary and immediate needs, and when done, go back to your tasks.

Benefits of this Pray Daily:

- You gain a good sense of accomplishment at the end of the day.
- You live with the least distraction.
- You become a more responsible person.
- Tasks are more meaningful and enjoyable.
- The Lord becomes truly your friend and companion.
- Your life, everything you do, becomes a prayer praising GOD.