

## PRAY—a little formula...or guide

**P**raise. Give *thanks* to God. Adoration. Praise for God's goodness, the largeness and goodness of life, as well as the particular blessings of our specific life. A time of gratitude.

**R**econcile. Reviewing our lives, (or our day) and coming to grips with times we have *sinned*, when we did wrong or when we withheld our love and gifts from others and from God. Ask for forgiveness. Trust in the mercy of God who desires us to be close to Him.

**A**sk. This is when we bring others and their *needs* to God (the sick, the troubled, those in need) and when we bring ourselves to God (asking for strength, patience, trust, etc.)

**Y**ield. Stop. Surrender. Allow God to "sit" with you in the *silence*. Allow him to speak to you. (Some use Scripture, or the daily readings to help here.)