

How I pray

My Prayer Formula

There is definitely no formula to prayer, but I have a simple guideline that I follow. Firstly, I sing the Lord's Prayer, always right when I get off the bus and walk towards the gates of the garden.

The way I pray is the ASK model. In order to ask for something, however, you first must acknowledge your imperfections.

I Am Flesh

And so I start my prayer by acknowledging that I am flesh, that I cut, that I believe, that I feel sorrow, pain, and greed, that I lust for the flesh of others. However, despite this nature of flesh, with my roots planted in suffering and strife and hell, I seek to strive upwards like the trees growing towards the light, to seek God.

Forgiveness

I then acknowledge my sins and ask for forgiveness. I remind myself of the sacrifice Jesus made on the cross, the only begotten Son of God who takes away the sins of the world. I simply ask for His mercy.

Gratitude

I then thank God for the simple things in life—for the green grass, for the water in my cup, the breath in my lungs, and my ability to walk. I spend a few moments in silence at this time, thinking of all that I am grateful for, no matter how small, which then puts a deep smile on my face, thanking God for His love.

Ask, Seek, Knock

I then ask God to keep me on the narrow path, acknowledging that I seek His kingdom, knocking at the door of wisdom, and that He may grant it to me.

The Battle Cry

Then, when I approach the gates to the garden, I simply recite the prayer to Saint Michael the Archangel, seeking his protection throughout the day.

Silence

From there, maybe I sing a few hallelujahs, but mostly I will remain in silence for 15 minutes, walking through the garden, thinking of more things I'm grateful for, or simply speaking with God more directly, but within my mind—more like a conversation at this point. At this time, I'm in deep gratitude and smiling, just so eager for the day. There really is a superpower to prayer, and I just wanted to share it with you exactly how I do it, because there is something to be said about this method and how it provides peace and joy in my everyday life.