

## October Week 4 – Creative Prayer Instructions for Waves of Gratitude & Letters to God

### Waves of Gratitude

What It Is

A simple prayer of gratitude towards the Lord

How To Do It

1. Ask God to bring to mind something you're grateful for from your childhood. Thank God for His hand in providing this.
2. Ask God to bring to mind something you're grateful for from the previous year. Thank God for His hand in providing this.
3. Ask God to bring to mind something you're grateful for from right now. Thank God for His hand in providing this.
4. Ask God to bring to mind something He's promised in the future for which you're grateful. Thank God for His hand in providing this.

### Letters to God

What It Is

A way to share your heart with the Lord

How To Do It

1. Ask yourself: What are the emotions that have been stirring around in my heart? What do I feel right now?
2. Write it down as a letter or e-mail to God. If you know, include why you feel how you do.
3. Pray and share what you've written.
4. Ask God, "Father, what would you say to the \_\_\_\_\_ I'm experiencing now." Wait and see how the Lord leads. Write out any Scripture the Holy Spirit brings to mind.

\*\* For additional creative ways to pray, see Ron Parrish's Building Your Spiritual Core: 101 Creative Ways to Connect with God.

## October Week 4 – Creative Prayer Waves of Gratitude & Letters to God

**Mon** | Letters to God

**Tues** | Waves of Gratitude

**Wed** | Letters to God

**Thurs** | Waves of Gratitude

**Fri** | Letters to God

**Sat** | Waves of Gratitude

