

## PRAYER STEPS

From: The Gathering, by Jim Rosemergy (used with permission)

STEP 1: I release my human need.

STEP 2: I accept my human condition, so I can express my spiritual nature.

STEP 3: I willingly release any part of my human self that is a barrier to God.

STEP 4: I willingly forgive others.

STEP 5: I willingly forgive myself. I am precious to God.

STEP 6: I acknowledge that a consciousness of God is the answer ... That life is a consciousness of God.

STEP 7: A Time Beyond Time (quiet loving acceptance)

STEP 8: I have learned, in whatever state I am, to be content. (affirming contentment as we finish)

STEP 9: The Three Reminders For Groups--

\*there is to be no discussion of what happened in our interior world during the time of prayer and meditation.

\*we are not to grade ourselves on how well we are doing in our prayer life. "All is well" is a phrase we like to use.

\*what is important is that we have gathered in God's name, and we will gather again.