

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Directions:** Use the template below to prepare your prayer.

Lord, we come to you in this season of \_\_\_\_\_.

We seek (insert what you are looking for from God) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

and want you to know that we (insert what you want God know about your feelings during this season) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

**Directions:** After prayer, present the following things in order to guide prayerful reflection.

**Scripture Passage:** \_\_\_\_\_

**Image:** \_\_\_\_\_

Or

**Song:** \_\_\_\_\_

**End with one of the following:**  
(Circle one)

Our Father

Hail Mary

Glory Be