

# My Morning Prayer Guide

## 1. Stop and Breathe

Sit comfortably. Take a slow breath. **Say:** *"Lord, thank You for this day. I am here with You."*

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## 2. Read a Little

Read 1 or 2 verses. **A Good Verse:** *"The Lord is my shepherd; I have everything I need."* (Psalm 23:1)

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## 3. Say Thank You

Tell God three things that make you happy today.

1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
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## 4. Pray for Others

Ask God to help your family and friends. **Say:** *"Lord, please bless my children, my grandchildren, and my neighbors."*

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## 5. Be Still

Sit quietly for a moment. Feel God's peace. **Say:** *"Amen."*

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## Bible Verses for Your Mornings

*These are short and easy to remember:*

- **Psalm 46:10:** *"Be still, and know that I am God."*
- **Psalm 118:24:** *"This is the day the Lord has made; let us rejoice and be glad in it."*
- **1 Peter 5:7:** *"Give all your worries to God, because He cares for you."*
- **Philippians 4:13:** *"I can do all things through Christ who gives me strength."*