

# PRAYER RESOURCE

*you - who - do - through*

Even the most timid among us can create an inspiring prayer quickly using these simple prompts.

*you*

Address God. There are hundreds of scriptural names for God. Draw from your culture to. Examples: Wakan Tanka, Tunkasila, Rock, Savior, Healer, Father, Lord, Protector, Provident One.

*who*

Say what this God does, beginning the phrase with "who." Examples: Who provides for us, who protects us, who created us, who makes us whole, who loves us with abundant compassion.

*do*

Here is where you petition God to do something for you, others or the world. Examples: Watch over me in today's journey, give my sister courage, fill the world with your spirit of peace.

*through*

This is where you ask the intercession of someone. Examples: Through Christ Our Lord, through your servant Black Elk, through your Holy Spirit.

*Amen!*

