





**Enhancing Life's Flow...
with Affirmative Prayer**

Prayer Methods

AFFIRMATIVE PRAYER

Recognize the presence of God
Know that you are one with God
Affirm the Truth for the situation
Feel appreciation
Release

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BINGO

Begin with God
Include yourself
Name the truth
Give thanks
Over and out

Loving Spirit
within me,
there is peace in my heart today.
Thank you for this peace
and so it is.



Today I learned to pray in church
And this is how we pray - O.

B-I-N-G-O, B-I-N-G-O, B-I-N-G-O

And this is how we pray - O.

PRAYER LEADS TO INSIGHTS AND OPPORTUNITIES THAT ENHANCE LIFE'S FLOW.

1. **AFFIRMATIVE PRAYER FOSTERS A DEEPER SPIRITUAL CONNECTION:**
 - a. Awareness of God is the only presence & power in my life.
 - b. I dwell in the heart of God, now & always...as God is in me...

2. **AFFIRMATIVE PRAYER ENCOURAGES INDIVIDUALS TO FOCUS ON WHAT THEY WANT TO MANIFEST RATHER THAN WHAT THEY FEAR...**
 - a. Divine qualities as Infinite ways God expressing through us & our lives. Example: Abundant Good, Beauty, Energy
 - b. Affirm the Truth about God in our lives ... as Heart's desire
Example: Light , Order, Strength

3. **GIVE THANKS & LET GO; OVER & OUT**
 - a. Thank you Spirit for your unlimited love & goodness.
 - b. I let go & allow God's power to flow.

OH...OH..., B-I-N-G-O, B-I-N-G-O, B-I-N-G-O!!!

INVITATION

Five Day Challenge ~ Prayer Habit

JOURNAL PRACTICE

BEGIN OR INCREASE YOUR PRAYER PRACTICE ...

1. **Five mins** daily

2. Each page:

Date, day of week, # of practice day (Pg.1-5++)

3. List **(1-2) Intentions**

4. List **(1-2) Affirmations**



