

## **TOOLKIT FOR LIFE | PRAYER – BUILDING CONNECTION**

### **Matthew 6:5–13, Philippians 4:6–7**

We all have tools we rely on. They help us repair what's broken, build new things, or keep things running smoothly. So let's build a spiritual toolkit, filled with practices to help us with LIFE (Living In Faith Everyday). These tools will help us live with purpose, love more fully, and find strength for the day. Our first tool is prayer.

### **CONNECTION PRAYER**

#### **Day 1: Read Matthew 6:5-8.**

Prayer for the Day: God, You are present with me. I am here to listen.

Reflection Question: Where do I need to pause today and make room for God's voice to speak to me?

### **RELEASING PRAYER**

#### **Day 2: Read Philippians 4:6.**

Prayer for the Day: Lord, I bring You my worries. I place them in Your care.

Reflection Question: What am I carrying today that God is inviting me to release or share?

### **ALIGNMENT PRAYER**

#### **Day 3: Read Matthew 6:9–10.**

Prayer for the Day: Lord of All Creation, not my will but Yours be done.

Reflection Question: Where do I need to align my life today with God's purpose and the way of Jesus?

### **GRATITUDE PRAYER**

#### **Day 4: Read Matthew 6:11.**

Prayer for the Day: God, thank you for today's gifts. Let them be enough.

Reflection Question: What am I grateful for, and what gifts from God am I tempted to overlook or take for granted?

### **CONFESSION PRAYER**

#### **Day 5: Read Matthew 6:12-13.**

Prayer for the Day: Jesus Christ forgive me, as I forgive others.

Reflection Question: What burden, guilt, mistakes, or hurts do I need to surrender to fully experience and share God's mercy?

### **PEACE PRAYER**

#### **Day 6: Read Philippians 4:7.**

Prayer for the Day: Holy Spirit, in place of tension and fear, fill me with peace.

Reflection Question: Where do I need to let peace replace my fear, anger, or tension?

When life starts to wobble or the pieces don't seem to fit, prayer centers and connects us to the One who holds everything together.

**Prayer isn't a last-ditch tool for emergencies; it's the power tool that shapes every other part of life.**