

HOW TO REST IN PRAYER

R

RECITE GOD'S GOODNESS

Praise God for who He is and what He has done in your life.

E

EXPRESS YOUR NEEDINESS

Confess your sins and receive His forgiveness, then boldly present your requests to Him.

S

SEEK HIS STILLNESS

Quiet yourself in God's loving presence, then listen to His still, small voice.

T

TRUST HIS FAITHFULNESS

Declare your confidence that God is who He says He is, and He will do what He said He will do.

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TRULY
MY SOUL
FINDS
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IN GOD

PSALM 62:1



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