

Come to me, all you who are struggling hard and carrying heavy loads, and I will give you rest.

Put on my yoke, and learn from me. I'm gentle and humble. And you will find rest for yourselves.

MATTHEW 11:28–29

A HELPFUL WAY TO PRAY

Listening to our anxiety helps us learn about who we are as an individual, what situations make us feel unsteady, and what healthy coping strategies work for us. When we recognize where God is present and at work in our rocking boat and practice listening to God, we can experience peace and share that peace with others.

Try these five steps to help guide you through a simple prayer practice. You can pray quietly in your heart, or write your thoughts down in a journal.

THE DAILY REPLAY *

1. Become aware of God's presence.

Find a quiet place, away from distractions.

Take several moments to breathe, relax, and invite God to be present with you.

2. Review the day with gratitude.

*What are the good things that have happened today?
What can I give thanks for?*

3. Pay attention to your emotions.

What moments throughout my day have been difficult or tense?

Where is God at work in the midst of my anxious moments?

What might God—or anxiety—be trying to tell me?

4. Forgive, and ask for forgiveness.

Who am I angry or frustrated with?

Are there things I can forgive and let go in order to have peace?

What would I like to be forgiven for?

5. Look toward tomorrow.

How can tomorrow be different?

What would I like to ask God to help me with?

**Also known as the Prayer of Examen or Daily Examen*