

Psalm 86:3 (AMP)

*"Be gracious and  
merciful to me,  
O Lord,  
For to You I cry out  
all the day long."*

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**How do you adopt the attitude of  
"Praying without ceasing"?**

**Any statement you think or say can be turned  
into a prayer.**

You say/think: "I'm so glad ..... it rained!"

"Thank you, God for the rain!"

A step further: "Help me to see the growth it  
brings!"

You say/think: "This is so frustrating"

A deep breath begins your prayer..

"God, I am frustrated."

A step further: "Help me to pause, have patience  
and understanding."

You say/think: "I wish.... I wouldn't have said that"

"God, I wish I wouldn't have said that."

A step further: "Guide me in this time. Should I  
apologize? Help me have grace with myself."

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