

# a shifter's prayer template

**God, i used to think you were...** (any qualities of God that you used to really believe)

**i used to be able to say to others, to myself...** (one or two phrases that you were sure of in your faith)

**when i read the Bible i used to feel...** (several feeling words)

**now i sometimes feel...** (several feeling words)

**oh, how i miss...** (several things you miss about your faith before)

***but God, i'm trying to lean into the present, to experiencing you in new ways.***

**i see you in...** (several areas of your life where you are seeing God somehow, some way)

**i feel you in...** (several areas of your life where you are feeling God somehow, some way)

**i hear you in...** (several areas of your life where you are hearing God somehow, some way)

**i smell you in...** (several areas of your life where you might smell God somehow, some way)

**i touch you when i touch...** (several areas of your life where you are touching God somehow, some way)

***thank you for these gifts.***

**despite all the things i don't know, i can still cling to this....** (one truth that is sustaining you right now)

***and for that i, too, am thankful.***

***God, please keep sustaining me in these shifts.***

***i do want more of you in my life.***

***amen.***