

# ***Praying Over Your Day***

## **STEP ONE**

Take a look at your calendar and review what is already scheduled.

## **STEP TWO**

Ask God for any insights on meetings you might have, decisions you might have to make and how to best use your time for the day.

## **STEP THREE**

Write down your top three priorities for the day. This is what is most important for you to accomplish. Some items may take a long time but not much emotional energy. Some may take a great deal of emotional and mental energy.

Priority One:

Priority Two:

Priority Three:

## **STEP FOUR**

Fill in any open time in light of your priorities for the day.

Close in prayer with an Our Father or a prayer from your heart.

