



Saint Michael the Archangel

*St. Michael the Archangel,
defend us in battle.
Be our protection against the
wickedness and snares of the Devil.
May God rebuke him, we humbly pray,
and do thou,
O Prince of the heavenly hosts,
by the power of God,
cast into hell Satan,
and all the evil spirits,
who prowl throughout the world
seeking the ruin of souls.
Amen.*

Catholic Jung

4 PEACE: Ask God to forgive you for any wrong you have committed (against yourself, another person, or Him) and to fill you with a deep and abiding peace.

5 FREEDOM: Speak with God about how He is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.

6 OTHERS: Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

7 Pray the *Our Father*.

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THE PRAYER PROCESS

1 GRATITUDE: Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

2 AWARENESS: Revisit the times in the past twenty-four hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.

3 SIGNIFICANT MOMENTS: Identify something you experienced in the last twenty-four hours and explore what God might be trying to say to you through that event (or person).