

PRAY

A prayer to ask for **FORGIVENESS**

A prayer to say **THANK YOU** or **WOW**

A prayer about **ME**

A prayer about **OTHERS**

A prayer with a **QUESTION**

A prayer **JUST TO TALK**

In the same way, the Spirit helps us in our weakness.

We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.

Romans 8:2