

HANNA BANNANA))

Before I begin to give you an insight into my prayer meditation regimen, I would like to articulate a couple purest thoughts. Ever since I received your comments, I has been floating in clouds but I'm making my way back to let you know what I discovered.

Who you are speaks so loud that the world can't hear you say; they're looking at your walk, not listening to talk; they're judging from your actions everyday. In my case, I'm automatically frowned upon because of current residence.

But love listens when we have nothing particular interesting to say. It listens because only when we have been heard and validated, do we feel cherished. With you, I felt someone has finally heard me and I cherish you for bringing that into my heart. We're like two ships floating the roughest of seas and our spiritual sails have brought together bow to bow.

Now with that being said, here's a window into my prayer life. There are five elements I use to pray & meditate. Mind you, we are suggested to find a quiet place to pray & be able to hear God's spirit speak to us. And since prison is with multiple ^{hullabaloo} all day, I have programmed myself to pray in the morning at 3:00 a.m., which I've been doing since. The five elements are: Confession, Worship, Pet Warfare, & Thanksgiving.

Confession- When I feel a barrier separating me from God, I confess any sin that may be blocking my fellowship with Him. I acknowledge Christ as my only source of forgiveness and as my only advocate before God. I confess my sins openly. I seek for God's specific sins, not for sin in general. I help identify, acknowledge and correct specific sins in my life.

Worship- Praise adores God for who He is - His personality, character, and attributes. I use words of honor, greatness, and joy. I use words of such as exalt, extol, adore, magnify, glorify and bless.

Petition- Petition is a form of prayer in which you request of God. In petition I seek to know God's will in a particular decision or situation.

Warfare- Use your weapons (prayer, fasting, the Word etc). Our weapons are from God. Be ready! Satan is out to destroy us, attack him first! Have mercy! Don't give him a foothold! Rebuke

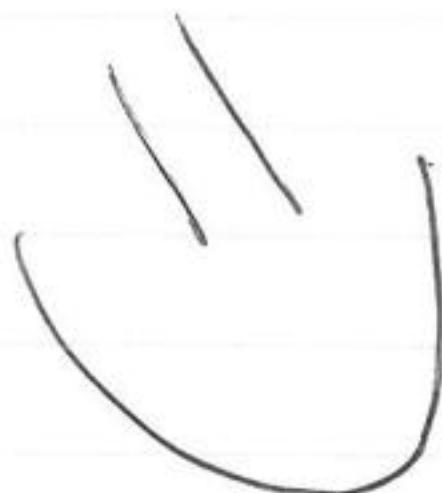
Thanksgiving- Thanksgiving expresses gratitude to God for what He has done. Thanks is our reaction when we realize all we have, receive, and are, is of God's grace.

All five of these elements are found in the Bible: Confession (2 Chronicles 7:14), Worship (John 4:23), Petition (Matthew 6:9-13), Warfare (Ephesians 6:10-18) and Thanksgiving (Philippians 4:6).

7:7; Philippians 4:6), Warfare (Ephesians 6:12; 2 Corinthians
Jeremiah 51:20) & Thanksgiving (Philippians 4:6; Luke 17:12)

So there you have it. I hope this spiritual ride I
stimulated your curiosity. Don't forget, with God,
nothing is impossible. Thank you for lending me your ear.
Much love HannaBannana.

Your friend,
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