

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 ^{the} 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. And my case, I'm automatically frowned upon because of current residence.

But love listens when we have nothing particularly interesting to say. It listens because only when we have been heard and validated, do we feel cherished. With you, I like someone has finally heard me and I cherish you 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 programed myself to 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
I confess any sin that may be blocking my fellowship
with Him. I Acknowledge Christ as my only
to forgiveness and as my only advocate before
God. I confess my sins openly. I seek for
for specific sins, not for sin in general
helps identify, acknowledge and correct
specific sins in my life.

Worship - Praise adores God for who He is - His per-
character, and attributes. I use words ex-
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
requests of God. In petition I seek to know
will in a particular decision or situation.

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

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

All five of these elements are found in the Bible: Confessions (2 Chronicles 7:14), Worship (John 4:23), Petition (Mat

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

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



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