

## **Pray For Your Loved Ones: from *Pray Up Your Life Self-Exploration Companion Workbook*, Charline E. Manuel**

I consistently pray for those whose lives are personally connected to mine.

### **Prayer Practice Suggestion**

Use the “I Am, You Are, The World Is” format. Select a prayer example below or write your own with this format. Pray this format for 7 days and add to it as you desire. The important thing is to make “praying for others” a habit and a regular part of your spiritual practice.

Sample 1: I Am One with the Life, Love and Wisdom of God. \_\_\_\_\_  
(name of loved one), You Are One with the Life, Love and Wisdom of God. The  
World Is the Expression of the Life, Love and Wisdom of God.

Sample 2: *The Prayer of Protection* by James Dillet Freeman:

The Light of God surrounds (me/you/the World).

The Love of God enfolds (me/you/the World).

The power of God protects (me/you/the World).

The Presence of God watches over (me/you/the World).

Wherever (I Am/You Are/We Are), God Is. And All is Well.

Write your own positive statement, incorporating the principle of “Praying for Your Loved Ones.” See how many of the words in the Word Search (on the back of this handout) you can include.

## Word Search:

Find and circle the hidden words within the lettering below:

FAMILY

FRIENDS

HAPPINESS

HEALTH

INTEGRITY

METHOD

OUTCOME

PRAYING

SURRENDER

TRUST

W	A	F	T	I	G	L	Q	O	Z	Q	G
B	M	R	A	P	R	A	Y	I	N	G	Y
I	U	I	S	M	Z	H	X	E	J	Q	Q
N	M	E	M	G	I	X	F	T	L	O	R
T	V	N	H	E	A	L	T	H	H	D	E
E	F	D	S	E	H	V	Y	U	B	O	D
G	M	S	S	E	N	I	P	P	A	H	N
R	D	O	P	E	L	R	A	A	H	T	E
I	H	I	C	B	R	B	K	B	N	E	R
T	M	N	Z	T	R	U	S	T	W	M	R
Y	U	O	N	Y	U	R	V	V	Y	K	U
G	Z	K	Z	Q	N	O	U	J	K	R	S

## Prayer Anchor: Philippians 1:3-4 (NKJV)

“I thank my God upon every remembrance of you, always in every prayer of mine making request for you all with joy.

Sources: *Pray Up Your Life* and *Pray Up Your Life Self-Exploration Companion Workbook*,  
Charline E. Manuel