7 AMENS BEFORE DAWN · DAY 1 OF 7

# First Amen

The Complete Our Father

## HOW TO PRAY THIS AMEN

- Time: between four and seven in the morning.
- Length: about 8 to 10 minutes, with no rush.
- Pray out loud, slowly, one line at a time.
- Choose a quiet place where you can be alone, without interruptions.

## BEFORE YOU BEGIN

Take three deep breaths. Silently hold close to your heart the most important intention you're bringing to these seven days.

My intention: _____

## THE PRAYER

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;

thy will be done
on earth as it is in heaven.

Give us this day our daily bread;
and forgive us our trespasses,
as we forgive those who trespass against us;

and lead us not into temptation,
but deliver us from evil.

For the kingdom, the power, and the glory are Yours,
now and forever.

I receive, Lord, the blessings You have already prepared for me.
I open my heart to all that comes from Your love.

Today I stop asking halfheartedly. I receive fully.
May Your peace dwell in me, today and every day of my life.

I surrender. I trust. I receive.

**Amen.**

## AFTER YOU PRAY

Stay in silence for a few moments and bring your intention before the Father. Say the name. Tell Him what's happening and what hurts, with no rush to finish.

## TODAY'S WORDS OF FAITH

**“Today, I opened the way.”**

Tomorrow: Second Amen — The Prayer for Forgiveness.

**DON'T SKIP DAYS. DON'T CHANGE THE ORDER. DON'T PRAY MORE THAN ONE PRAYER A DAY.**