7 AMENS BEFORE DAWN · DAY 7 OF 7

Seventh Amen

The Covenant Prayer

HOW TO PRAY THIS AMEN

- Time: between four and seven in the morning.
- Length: about 9 to 11 minutes, with no rush.
- Today you don't ask for anything new. You hand it all over and seal the week.
- Choose a quiet place where you can be alone, without interruptions.

BEFORE YOU BEGIN

Think of each person who lives with you, or whom you want to cover with this blessing. Take three deep breaths.

THE PRAYER

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

Lord, I haven't come to ask today.
I've come to place it all in Your hands.

I give You the connection I opened on the first day,
and the wounds I let go of on the second.

I give You the health I brought before You,
and the chain I broke.

I give You the work I entrusted to You,
and the rest I received.

And today, Lord, I ask You.
Cover my home.
Cover those who sleep under my roof.

Cover my children, my grandchildren,
and all who will come after me.

May this week not end here.
May this week be the beginning
of a life with more faith, more gratitude, and more presence.

I've done my part. Now I place it in Your hands.
It is sealed.

Amen.

AFTER YOU PRAY

Out loud or in silence, say the name of each person you want to cover with this blessing: your children, your grandchildren, your husband or wife, your parents.

TODAY'S WORDS OF FAITH

“I've done my part. Now I place it in Your hands.”

You've completed the 7 Amens Before Dawn.
Come back to this prayer whenever you feel the need to seal something in prayer.