

MORE JOY PRAYER GUIDE

1. ASK God to increase your capacity to receive JOY.
2. RECEIVE God's LOVE and JOY. Prayerfully visualize yourself in God's presence receiving HIS JOY and love.
3. THANK Jesus for the JOY Rays He sends daily.
4. READ & PRAY SCRIPTURE so you can hear His words speak to you.

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The MORE JOY Prayer Guide Just 5 Minutes Daily

1.ASK GOD (Father, Son and Holy Spirit) to increase your JOY and capacity to receive Heaven's JOY and Love. (Heavenly Father, Jesus my Savior, and Holy Spirit my Guide, please give me JOY and increase my capacity to receive your LOVE and JOY. I open myself to you.)

2.RECEIVE JOY. Take a moment to sit quietly in prayer and RECEIVE God's Love and JOY. (Visualize yourself in God's presence. Jesus, I receive His Love and JOY. You feel wrapped in His LOVE.)

3. THANK JESUS FOR JOY. Look for the ways Jesus sends you His JOY and thank Him.(Thank you, Jesus, for your "Rays of JOY especially for.....)

4. READ SCRIPTURE for a few minutes every day so that the verses launch you into verbal PRAYER with your Savior. Call on the Holy Spirit: (Come Holy Spirit, please open my ears to hear you speak to me in God's Word and fill me with more JOY.)

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