

# The Knot Prayer

- Author Unknown -

Dear God,

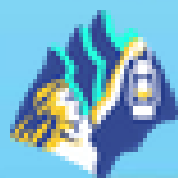
Please untie the knots that are in my mind, my heart, and my life.

**Remove** the have nots, cannots, and the do nots.

**Erase** the will nots, may nots, might nots that may find a home in my heart.

**Release** me from the could nots, would nots, and should nots that obstruct my life.

And most of all, dear God, I ask that you remove from my mind, my heart, and my life all of the "am nots" that I have allowed to hold me back. Especially the thought that I am not good enough.



LeadHer  
EMERGE • EMBRACE • EXCEL

Amen