



KNOT PRAYER

Dear God, Please untie the knots in my mind,  
my heart and my life.

Remove the have nots, the can nots, and the  
do nots that I have in my mind.

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.

- Amen