



## Lesson 12 Sample Prayer

Father,

I praise Thee for Thy Son Jesus Christ and the unmatched gift of His Atonement and Sacrifice for me that I may experience true spiritual joy. I want to understand Godly Sorrow on a deeper level and I ask Thee to help me to experience Jesus Christ in a way that I haven't felt before.

I ask Thee to sanctify me through My Savior. I ask Thee to help me to look on sin with abhorrence and to make me pure. Help me to enter the rest the Savior offers because of what He went through for me. Help me to remain humble by going to the garden and witnessing over and over again what Jesus went through for me. This is what will help me to remain spiritually focused in my daily activities more than anything else.

I know the goal of all of my efforts is to deepen my conversion to the gospel of Jesus Christ and to become more like Him. I am becoming a new creature in Jesus Christ and relying completely upon Him who is mighty to save. He is the reason I can change my heart, my actions and my nature.

Godly Sorrow is truly a gift of the spirit. Godly Sorrow helps me remain aware that I can't do this life without my Savior Jesus Christ. Help me to remain humble enough to maintain a broken heart and a contrite spirit.

I praise Thee that I can always change course and get back into the light. I know, as I focus on the Savior, I will be inspired to be the best version of myself. I love goodness Father, I love everything from the spiritual dimension that Thou chooses to inspire me with.

Christ offers me peace that passes all understanding. His gospel offers depth to my joy that defy logic and completely speak to my heart and soul. He is my bridge to Thee and my bridge to wholeness. I praise Thee that my soul is great in His sight. That He loved me enough to die for me.