The Knots Prayer

Dear God:
Please untie the knots
That are 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, and might nots
That 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
Take a piece of twine from the table.
Pause and ask God to show you the unique storyline He is writing in your life.
As you read The Knots Prayer tie a knot in your twine every time you say the word not.
Then go back to the first knot in your twine and begin a dialogue with God.
Work your way down your row of knots pausing to talk with God about what each knot represents.
Tie your string around your wrist or to a belt loop as a reminder to continue this conversation with God throughout your day.