

### **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,  
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

*Unknown author*

- How do you relate to this prayer?
- What knots do you hold in your heart?
- What knots in your life hold you back?

### **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,  
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

*Unknown author*

- How do you relate to this prayer?
- What knots do you hold in your heart?
- What knots in your life hold you back?