

# RESET YOUR FAITH WORKSHOP

## Robyn Dykstra



## T.R.U.S.T. Prayer Model

- T. Tell God he's awesome by name or by character quality.  
Praise God for who he is.
- R. Remember to keep a clean slate.  
Confess your sins, repent and ask God for his forgiveness.
- U. Uplift your requests to him.  
Whatever it is that's on your mind, put in at his feet.
- S. Stop and listen.  
Stop, sit and listen to see if God gives you a response.  
This might be a thought or picture or memory.
- T. Thank God for all he has already done and provided.  
Trust him to work in your life again.

# **Record any thoughts, pictures, or feelings have as you listen.**

**Date:**

**Date:**

**Date:**

**Date:**

**Date:**

**Date:**

# Prayer Journal

**My Prayers.**

**God's Answers.**

**Date:**

**Date:**

**Date:**

**Date:**

**Date:**

**Date:**