

## 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 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.