**Rocks**

* Select a rock as you begin this prayer time
* Let this rock be something to occupy your hands as you sit and pray
* Use this prayer time to reflect on three good things that are going on in your life
* After you have discovered three good things, turn your attention to anything that is not so good, which you would like to hand over to God
* Know that God is interested in everything about your life, and that God is listening to your prayers