

Silence

- Take a few moments to be still, patiently settling into this time and space of prayer.

Invitation

- Invite the Father, Son, and Holy Spirit to guide you; for the grace to notice and name, and to experience God.
- Consider an experience of suffering (grief, anger, hurt, confusion, betrayal, perplexity, doubt etc.) to pray with.

Address/Invocation ("Calling")

- How do you want to address God? Is there a word/name/phrase you want to use?

Complaint ("Venting")

- What are your grievances and, perhaps, even your grievances against God?
- Express yourself honestly, without any disclaimers or censorship. This is true worship.

Petition ("Asking")

- What do you want God to do for you in response to your complaint?

Praise ("Trusting")

- In closing, what can you genuinely thank, worship, or love God for?