

# PRAYER 1

1. When you become aware of disruptive emotion, evaluate the circumstances you're in and ask God to help you make a connection between how you're feeling and the distortion driving your emotion.

2. Now, in prayer, approach the throne of 'I will do it for you' [Heb. 4:16] and do three things:

- Verbalize the disruptive emotion you're feeling and the distortion behind those emotions.
- Invite God to counsel you and lead you into all truth regarding these emotions and distortions [John 16:13].
- Attentively listen and write down the insight that God gives you.

3. Now, renounce the distortion and disruptive emotions, and ask God to remove them completely from your life. Then, invite Him to fill you with His presence, becoming the peace that guards your heart and mind in Christ Jesus (Philippians 4:6-7).