

THE KNOTS PRAYER

Untie the knots
that are in my mind, my heart and my soul.
Remove the “have nots,” the “can nots,” and the “do nots”
That have been planted in and that are running through my mind,
Tied, like knots, to voices of *pride, embarrassment, or failure.*

Erase those “will nots,” “may nots,” and “might nots”
that have found a home in my heart.
Release the “could nots,” “would nots,” and “should nots”
that darken my soul.

I ask to remove from my mind, my heart and my soul
all of the “I am nots” that have frozen me in my life,
especially all the knots that are tied around the theme
“I am not good enough!”

Open my heart, my very being to shout out
“I am okay as I am; I am not you; I am special!”
“These are my knots.”

By Anne & Bill Degnan, authors of Mending Brokenness