Building Your Request

Plain words from a willing heart. No bargaining, no polish.

1. Offering My Whole Self

Acknowledge both the good and the unfinished parts you bring honestly today.

2. Naming What Blocks Usefulness

Name clearly the shortcomings you are asking to have lifted away.

Building Your Request

Plain words from a willing heart. No bargaining, no polish.

3. Asking for Strength & Service

Ask for the steady strength to be helpful, kind, and honest today.

4. My Pocket 1-Line Morning Request

Condense your request into one calm sentence you can whisper each morning:

Request Notes

Draft, cross out, and try again. A request can be asked again on any morning.