

# Watch and Pray

Quiet place, same time, 3x a day

## Watch

1. Quick, angry, or impatient speech
2. Pride in my heart
3. Evil feelings ruling me
4. 'It doesn't matter' or 'who cares'

## Pray

1. Confess faults & weaknesses
2. Ask for
  - a) a gentle & humble spirit
  - b) a calm temper
  - c) a loving attitude
  - d) strength to say 'no' to evil
3. "Jesus, help me!" I am weak & desperately need God's strength
4. Determine to live for God
5. Keep praying until I believe

YI 10/01/1855 by EGW

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