

The Knots Prayer



Dear God:

Please untie the knots that are in my mind,
my heart and my life.

Remove the have nots, the can nots and
the do nots that I have in my mind.

Erase the will nots, may nots, might nots
that may find a home in my heart.

Release me from the could nots, would nots
and should nots that obstruct my life.

And most of all, Dear God, I ask that
you remove from my mind, my heart and my life
all of the 'am nots' that I have allowed to
hold me back, especially the thought
that I am not good enough.

Amen



Author Known To God