



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