

# The Knots Prayer

(Author Unknown)

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.

