



The 60-Second Prayer

WITH STEVE WOOD

The 60-Second Prayer is a New Covenant prayer that invites the Heavenly Father to place his will and his desires within our hearts.

Scriptures for Meditation Before & After Praying the 60-Second Prayer

Jeremiah 31:31-33

The Heart of the New Covenant

- “Behold, the days are coming, says the LORD, when I will make a new covenant with the house of Israel and the house of Judah, not like the covenant which I made with their fathers when I took them by the hand to bring them out of the land of Egypt, my covenant which they broke, though I was their husband, says the LORD. But this is the covenant which I will make with the house of Israel after those days, says the LORD: I will put my law within them, and I will write it upon their hearts; and I will be their God, and they shall be my people.”

Philippians 2:13

God's Working Within His Children to Desire to Do His Will

- “God is at work in you, both to will and to work for his good pleasure.”

Matthew 6:10

Personalizing the Petition, “Thy Will” Within the Our Father Prayer

- “Thy will be done, on earth as it is in heaven.”

2 Corinthians 9:5&7

Example of How Grace Makes the Heart Freely Willing to Do God's Will Without Arm-Twisting

- “This gift you have promised ... that it may be ready not as an exaction but as a willing gift ... Each one must do as he has made up his mind, not reluctantly or under compulsion, for God loves a cheerful (lit. ‘hilarious’) giver.”

60-Second Prayer Examples

PLEASE NOTE THAT IT IS NOT THE EXACT WORDS THAT MATTER AS MUCH AS YOUR *HEART-FELT INTENTION*.



General Life Guidance

Gracious heavenly Father, I come to you in the name of Jesus Christ, your Son. Dear Father, I ask you to place your will and your desires for my life within my heart. I ask you to conform my will and my desires to yours.

Guidance About a Religious Vocation

Gracious heavenly Father, I come to you in the name of Jesus Christ, your Son. Dear Father, if you wish for me to become a priest (or religious sister), please place that desire within my heart. Make my heart willing to joyfully choose your will.



Making Choices Affecting Your Future

Gracious heavenly Father, I come to you in the name of Jesus Christ, your Son. Dear Father, there are many choices that I need to make regarding my future. I invite you to place within my heart your will and your desires for my life and future. Please make my heart willing to joyfully choose to do your will.

Considering the Vocation of Marriage

Gracious heavenly Father, I come to you in the name of Jesus Christ your Son. If your will for me is the sacrament of Matrimony, then please place that desire in my heart. Please grant me eyes to see and love in my heart for that particular person who is your choice for my spouse.



Parents of Child-Bearing Age

Gracious heavenly Father, we come to you in the name of Jesus Christ, your Son. Dear Father, if your will is for us to have one more child, please place that desire within both of our hearts. We open our hearts and invite you to place your will within our hearts.