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