

IT WORKS IF YOU WORK IT!



Six Guidelines for Personal Prayer

Johnnie Colemon, D.D., D.H.L.

Excerpt from It Works If You Work It by Johnnie Colemon, D.D., D.H.L.

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Dear Reader,

This free booklet is an excerpt from the Introduction to The Rev. Dr. Johnnie Colemon's book, **It Works If You Work It**, available on Amazon as an e-book [here](#) or in soft cover at the Universal Foundation for Better Living Store [here](#)

Your prayers are personal. Dr. Johnnie Colemon, in her book, **It Works If You Work It**, encourages you to establish your own prayer program. She offers 6 guidelines for making your prayers more personal. These guidelines worked for her and I am confident they will work for you. How will you know that your personal prayers are working? Rev. Johnnie answers this way: 'By the results that you reap in your life, world, and affairs.'

We note that in the excerpt that follows, Rev. Colemon uses the pronoun 'He' and the name 'Father-Mother' when referring to God. We have chosen not to change her words. However, we acknowledge, just as she would, that God is the universal presence that is infinitely more than any name or label that may be ascribed to the God presence by any individual or spiritual tradition.

Enjoy!

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MAKE PRAYER PERSONAL

1. BE STILL

What I am saying is, learn to be quiet. Turn your whole being – mental, spiritual and physical – away from anything that may have concerned you or distressed you. Learn how to quiet yourself before entering into any prayer and meditation time so that you can be completely open and receptive to guidance from within.

2. BE WILLING

You know that God's will for you is only absolute good. This is His nature, and it is the only thing He has to give you. Let God's will be done in your life, starting right now. Be willing to do your part and put aside your personal concerns for the good of all concerned.

3. BE THOUGHTFUL

What is God? Who is God? Who are you in relation to God? Ponder the very essence of God and His wonderful creation – you! Every good and wonderful description you can think of in relation to God also applies to you, because you are what God is.

4. BE YOUR TRUE SELF

Your good already is. Behave as if this were true, because it is. In thought, in word, in outer action, behave as if you were His child and already manifesting the perfection that is the truth about you – perfect health, perfect prosperity, perfect

happiness, perfection in all areas of your life.

5. BE PREPARED

As the offspring of a rich and perfect and extremely generous Father-Mother, exactly what kind of life do you deserve? Picture yourself and your life as it should be. See it in detail – smell it, touch it, taste it. And do it often.

6. BE THANKFUL

You have become still; you have listened within, you know who and what you are, and you know that you deserve to receive all the good that God has in store for you. You know it is His will for you, so release and give thanks in advance for all that you have received.

When I have done my part, sown the right seeds, then I will reap the benefit. I have a right to it and I intend to have it, because I have sown and I am now reaping all the good things that I have sown. Nobody can stop me because I know who and what I am. I AM a rich child of God. I AM perfect, I AM whole and I AM complete.

I Am that I AM. Hallelujah!

Want to know MORE? It Works If You Work It, available on Amazon as an e-book [here](#) or in soft cover at the Universal Foundation for Better Living Store [here](#)

Visit www.ufbl.org for a listing of ministries and groups established by the organization that Dr. Johnnie Coleman established, The Universal Foundation for Better Living, Inc. or visit the website of the learning institution, The Johnnie Coleman Theological Seminary, www.jctseminary.org for learning opportunities.