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**ch@t**  
prayer pattern

**c-** cheer God on for who He is  
what fact about God  
makes you glad?

**h-** humble yourself  
if Jesus took a tour of your  
heart, what would he find?

**@-** appreciate what He has done  
what happened in your life today  
that you can thank God for?

**t-** tell God your needs  
where do you need God  
to work in your life?

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