



The Healing & Restoration Community Church

www.HealingRestoreCommunity.com

The Knot Prayer

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, and 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.