EFT Prayer Tapping™
Paying Bills

Take a deep breath in to clear your mind. (Pause for breath) Bring your awareness to the bills and expenses that you must pay timely or by a certain date, in order to keep everything on track. Notice any stress you may be feeling as a result, and where you are experiencing that stress in your body. With this in mind, let's begin by tapping over your heart with these phrases:

Setup Phrase: *(Tap over your heart)*
Even though I have these bills to pay… and I am feeling stressed… my goal is a peaceful outcome…
Even though I have these bills to pay… and I am not sure how to pay them… I forgive myself…
I will make room in my mind… for Guidance… Answers… Solutions… and Miracles…
Even though I've been worrying about what to do… I am willing to choose peace instead of fear…
trust instead of doubt… and a happy outcome… in the place of all anxiety, worry and stress…

Tapping Points:
Top of Head: I am willing to release my fear… guilt… and stress… about these expenses…
Eyebrows: I am willing to forgive myself… for being in this situation… and for every decision I made…
that brought me where I am… I wholly release the past… I allow all blessings to come forward…
Side of the Eyes: I am willing to forgive others I am judging… and for contributing to this situation…
I am willing to forgive them… and release them… so I can receive the solutions I am asking for…
Under the Eyes: I am willing to forgive God… for any thoughts I may have… about not being heard…
answered… supported… or responded to… I will open my mind to Guidance… and a peaceful…
positive… and abundant outcome…I'm willing to welcome all of God's Love and Blessings…
Side of the Hand: I wholly give this situation to God… to handle for me… My goal is the highest…
happiest… and most remarkable outcome… I will step back… and let God lead the way…
Pause and take a deep cleansing breath

Over the Heart: Dear God… I bring this situation to You… along with all of my worries… fears…
anxiety and stress… I'm willing to see all of this differently… my goal is the highest level of peace…
Other Side of the Chest: I wholly give this to You… to handle for me… Please decide for me about all
of this… I choose to forgive myself completely… about how I got here… the mistakes I made…
and any judgments I am holding against myself… I give this to You… for healing and miracles…
Middle of the Chest: I am as You created me… I am not my mistakes… I am not my failures… I am not
my past… I wholly forgive and release the past… I'm willing to receive Your Blessings… Answers…
and Support… to take the place… of all of my worries … doubts… and fears…
Side of the Hand: If there is any place in my mind… where I am still judging myself… others… You…
or my own happy outcome… I forgive those judgments now… I open my mind… for complete
total healing… solutions… and a swift and miraculous outcome… May Your Will be done…
Pause and take a deep relaxing breath

Top of the Head: I am as God created me… I am worthy of the finest that life has to offer…
Eyebrows: I am learning that God did not create lack… struggle… or delay… Only what God created
is real… What is not of God has no power to do anything… I cannot be blocked, delayed or denied.
Side of the Eyes: I will no longer deprive myself of God's Blessings… I am worthy to receive them now...
Under the Eyes: God is my Source and Supply... I will borrow God's Certainty that everything will
unfold peacefully for me… and for everyone involved… I place my future in the Hands of God…
Middle of the Chest: I am willing to feel calm… peaceful… confident… and safe… My future is in the
Hands of God… Thank You, in advance, for a happy… peaceful… positive outcome in all respects.