

WEEK 1

Prayer Journal

Practice praying to God each day using the prompts below. Write on the back of this sheet, or turn a notebook into your prayer journal.

Chat to God about:
A friend from school

Chat to God about:
Something that happened in your family today

Read & Reflect

- Choose a bible book to read through with your family each day. What stood out to you?

Listen for God:

- Challenge to be still before God for a few minutes each day. Perhaps put some instrumental music on to help keep you focussed. Does God say anything to you?

Colour in a leaf for every day you chat to God this week

