

# WEEK 4

## 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 teacher, coach or role-model

Did you have any 'gut instincts' today? Could this have been the Holy Spirit? Chat with a parent.

### Read & Reflect

- Continue to read stories of Jesus' life from the gospels (Matthew, Mark, Luke, John). Jesus guides and helps us. What examples can you find of this?

### 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

