

# WEEK 5

## 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:  
Something that makes you happy

Chat to God about:  
Something that makes you  
frustrated or worried

### Read & Reflect

- Read through John 14 and Acts 2 this week. What stands out to you? What questions do you have? Discuss these with someone you trust.

### 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

