

# WEEK 6

## 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:**  
God / Jesus / the Holy Spirit

**Chat to God about:**  
What you find easy or hard  
about following God

### Read & Reflect

- Pick 1 or 2 Psalms to read each day this week. Is there anything encouraging for you in it? What does this Psalm tell you about who God is?

### 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

