

WEEK 2

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. Writing prayers down can help us see where God has answered.

Pause...

- Put on some Christian meditative music or try silence.
- Lie down or sit comfortably with your eyes closed.
- Focus on who God is and fix your mind on Jesus.
- Spend around 3-5 minutes doing this every day.

Notice...

- 3 things you can see right now that you are grateful for.
 - 3 people that make a positive impact in your life.
 - 3 moments or events from the past week that made you happy.
- Give thanks to God for these.

Challenge...

Who could you pray with or for this week?

Plan...

When could you pray this week?

When worked best?

Where could you pray this week?

Where worked best?

Was there anywhere unexpected that you prayed this week?