

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.

Rejoice!

What are some things you can celebrate and thank God for?

Read Psalm 23

- Read or listen to Psalm 23. Be still for a few moments and listen to God.
- Is God highlighting a particular word or phrase? Does something stand out? If you get an impression, picture or thought, you could write/draw it or spend some time later praying into it. This may well be God speaking to you in different ways.
- Ask God to tell you why He was highlighting those words and what they mean for you today.

Reflect

What are some things/areas in your life that you might take for granted?

Remember, God will only say things that build you up to be more like Jesus; it's normally encouraging, but it could also be challenging. Either way, it will always be in line with what He's already said in the Bible. Discuss these things with someone you trust.