



"I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life." John 8:12

Take a breath
and be still
for a
moment.

Dear God,
Thank you for....
Please help with....

Think about your
day, and use
these prompts to
help you chat to
God in prayer.

5 PRAYER PROMPTS

What are you
grateful for
today?

Was anything
difficult today?
How did that
make you feel?

What helps me
feel safe and on
solid ground ?

What one
good choice or
action do I
pray, for help
tomorrow ?

What do I need
to remember
as a light to
guide me?

You may like this short clip to help you with your prayer: <https://vimeo.com/725401834>

