



"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

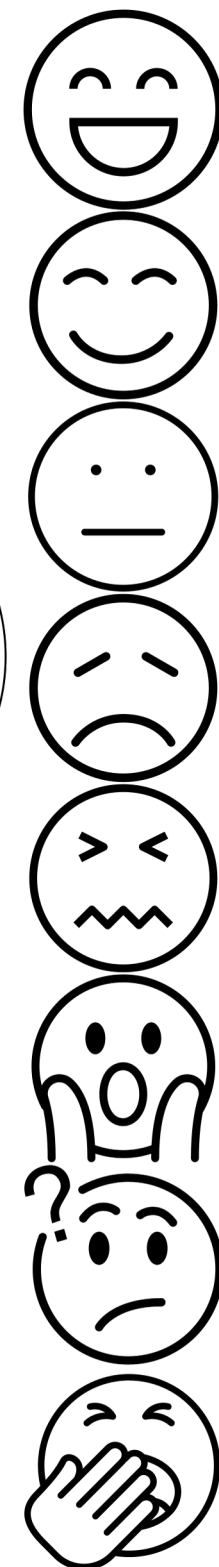
What are you  
grateful for  
today?

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; scan the QR code to view.

