Pray for someone in another country.

Pray by speaking out loud.

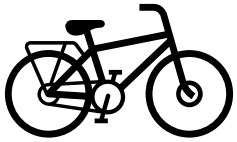
Pray with a friend or family member.

Pray with your hands lifted.

Pray with your face in your hands.

Pray while lying down.

Pray with your eyes open.

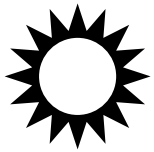


Pray while doing something you love to do.

Pray while taking a walk.

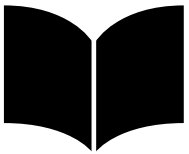
Pray before you eat a snack.

Pray under the stars.

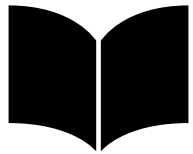


Pray outside where you can feel the sun or hear the rain.

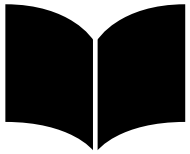
Pray while riding in a car, bus, or train (eyes open if driving!)



JOURNAL:
What's one thing you often find uncomfortable about prayer?



JOURNAL:
How does God bring peace to you when you're stressed?



JOURNAL:
Write down the names of the people in your life who you are thankful

Be silent for 1 minute and just listen

READ:
Psalm 23.
Pray and thank God for being a protector.

READ:
Psalm 100.
Pray and thank God for loving you.

Pray about the things that weigh heavily on you.

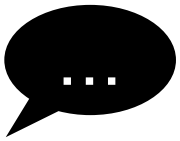
Think about the things that make you feel fulfilled. Thank God for them.

Spend time praying for and being thankful for the people that make you feel loved.

READ:
1 Peter 5:7.
Breathe in as you say, “God I give…” Breathe out as you say, “…all my fears.” Repeat.

READ:
John 14:26
Breathe in as you say, “Holy Spirit…” Breathe out as you say, “…guide me.” Repeat.

READ:
Matthew 6:14-15
Breathe in as you say, “God forgive me…” Breathe out as you say, “…as I forgive others.” Repeat.



Pray for our LifePath community.

Pray God’s goodness for someone you don’t get along with.

Pray for the first stranger you see today.

Pray for the overlooked people in our community.

Pray for someone in a leadership position.