Slowly trace a path to the centre with your finger.

Imagine you are travelling closer to God.

Spend some time at the centre in God's presence, then slowly trace the path back.

# My Prayer Journal

Insert image

Name.....

How to use your prayer journal …

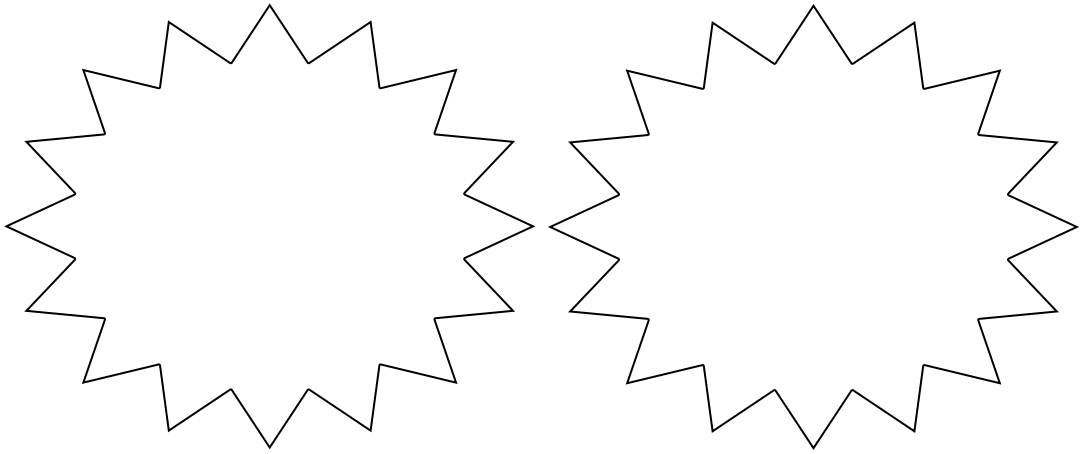
*Be still and know that I am God*

A prayer journal is a private place for you to write your thought and prayers.

There are many different ways to use your prayer journal. You can doodle or draw; write poems or prayers; write the names of people you want to pray for or list any worries or problems you have. Because this is very personal you only share it if you want to.

Whenever we journal we will play quiet music to help us to reflect and to remind us that this is a prayer time.

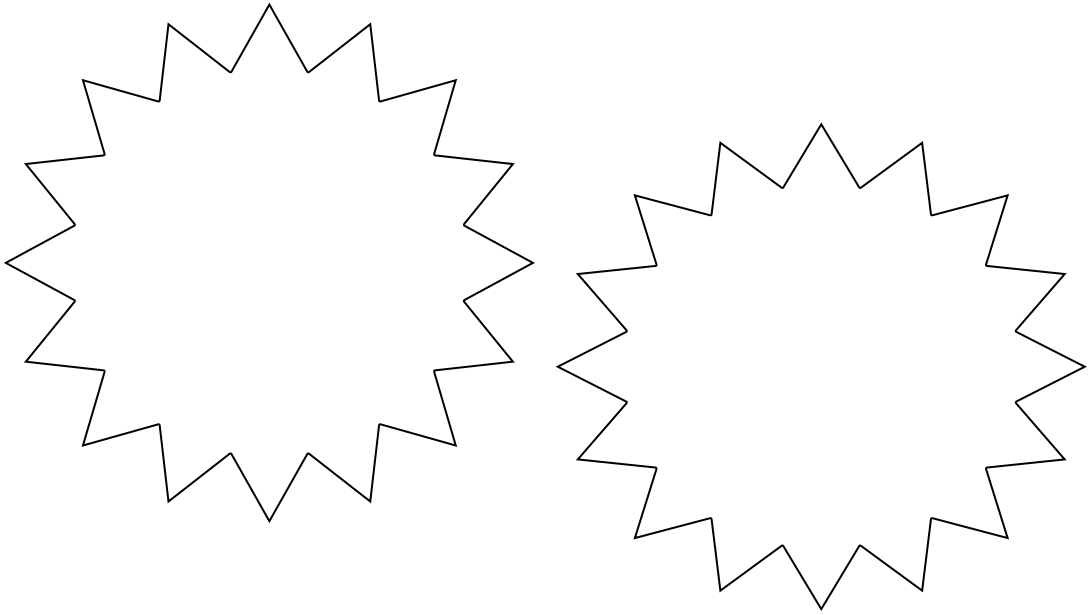
# Jesus, my Lord and my God



Archbishop Oscar Romero said:

**Aspire not to have more but to be more**

How can I do that?



Circle me Lord
Keep hope within
Keep fear without

Circle me Lord
Keep peace within
Keep worry without

Circle me Lord
Keep ..... within
Keep ..... without

Circle me Lord
Keep ..... within
Keep ..... without

God is good

What do you want to thank God for?

Father I place into your hands …

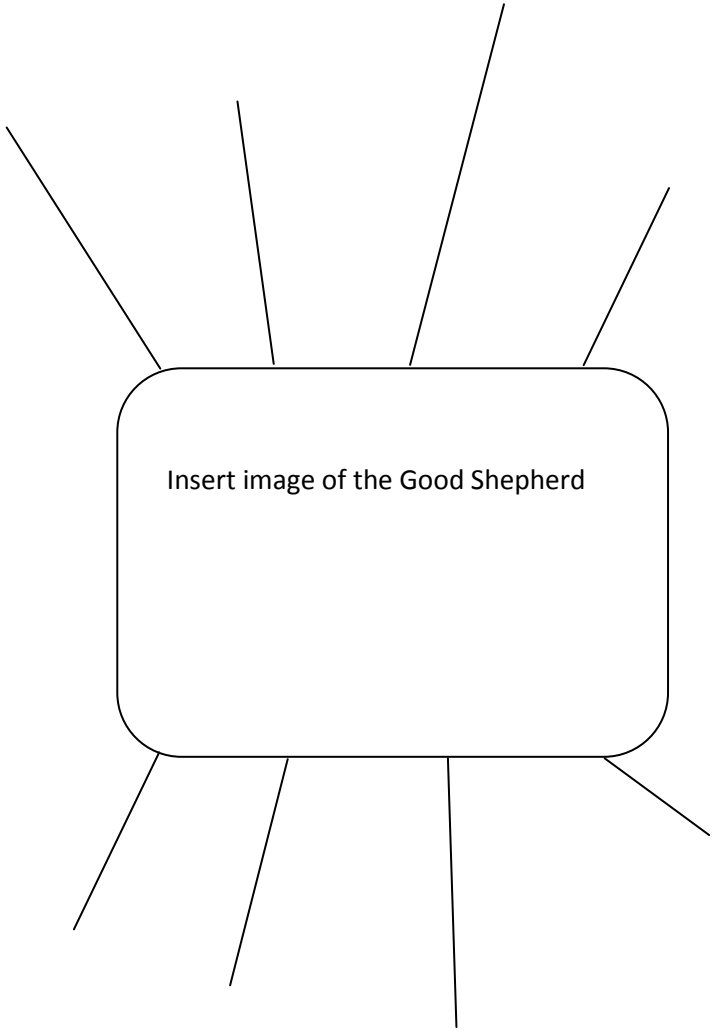
all my worries, feelings, problems

‘Love one another as I have loved you’

(John15:12)

I pray for those I love

I pray for those I find it hard to love

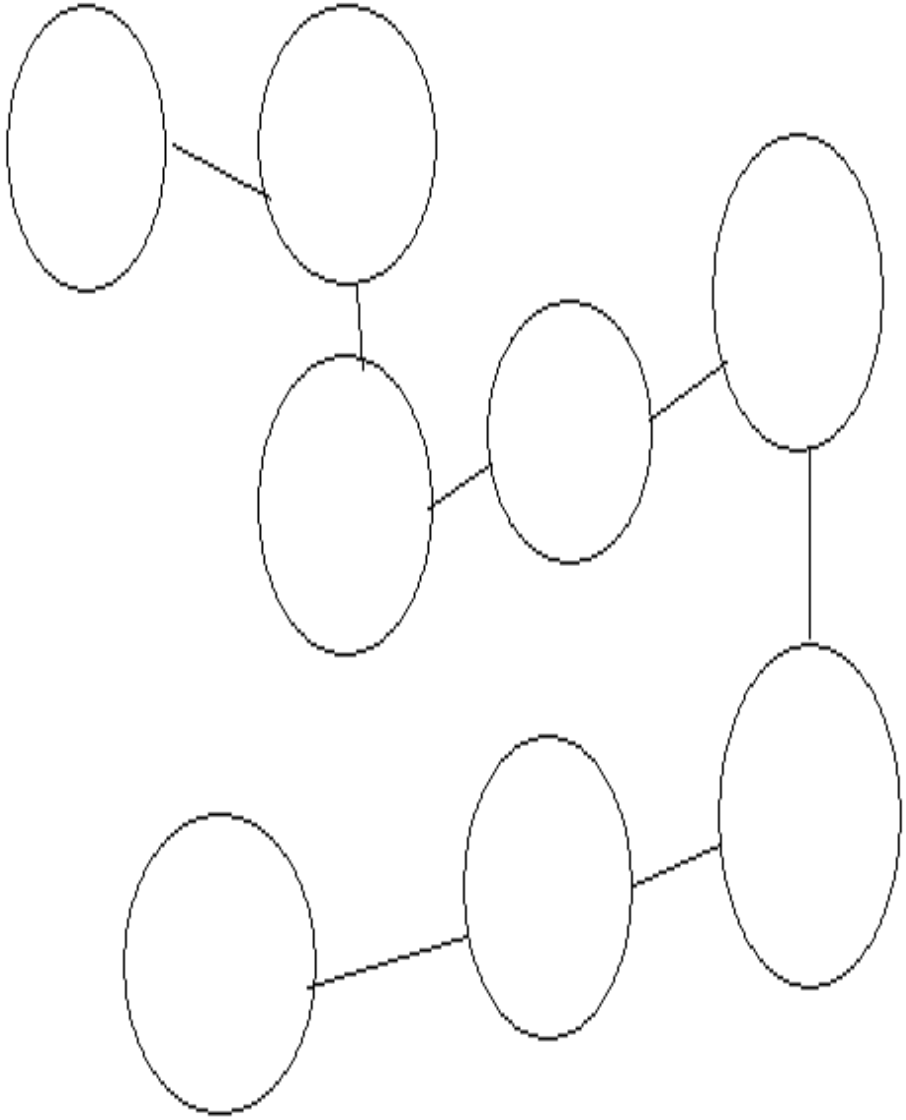



The Lord is my shepherd

I pray for my family

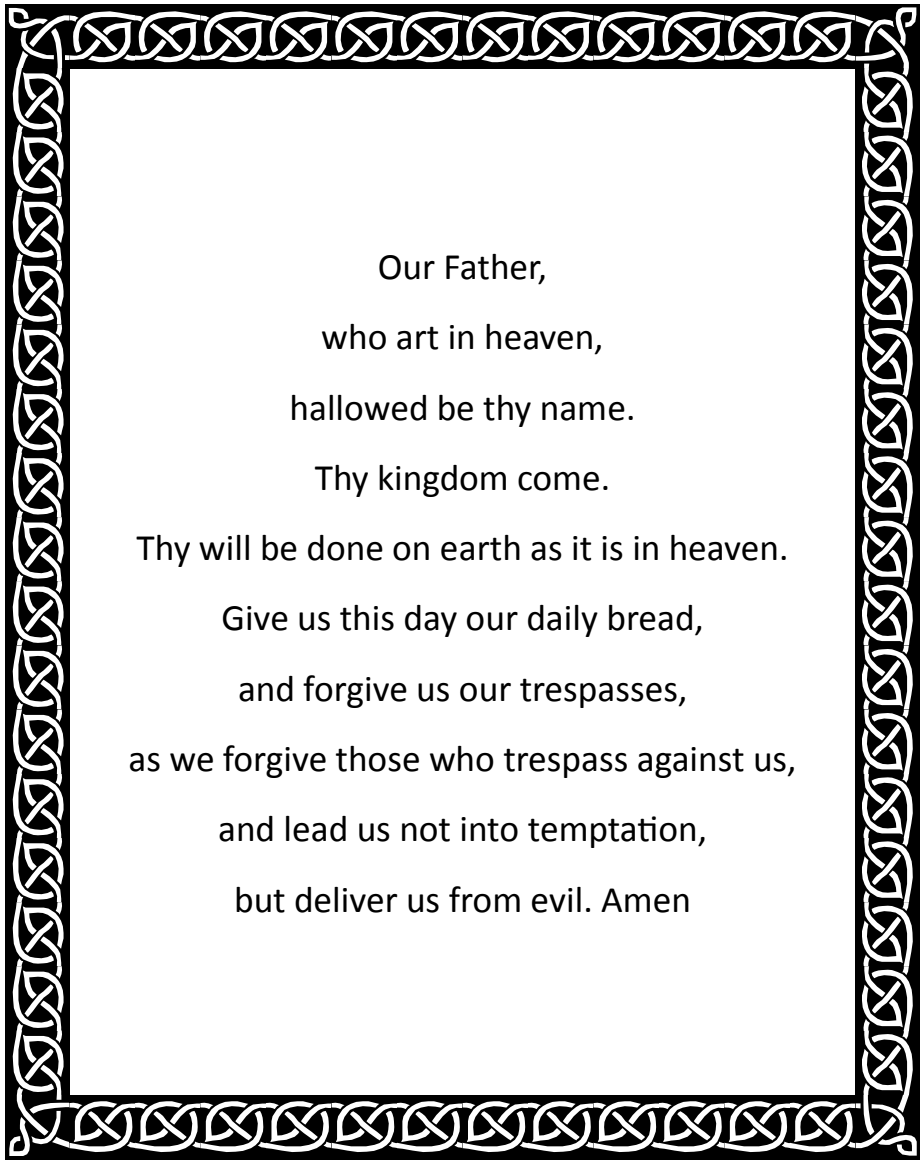
**For the times I got it wrong and spoilt my friendship with God**

**I'm sorry**



**Help me grow in the light of Christ**

# Our Father




As you decorate this Our Father, say the prayer slowly to yourself and think about being a child of God.

**THE WORDS OF JESUS**

| | |
|---|---|
| My peace I give you | Do not be afraid |
| I am with you always | Follow me |
| I call you my friend | I will give you rest |
| I am the way for you | You will shine like the sun |
| I am the life for you | Seek and you will find |
| I am the truth for you | I will give you rest |
| You are the light of the world | Love others as I have loved you |

*Circle the words you like best and let them rest in your heart*

Walk with me, Oh my God

Trace the path with your finger, imagine Jesus walking alongside you each day.