



"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.

