A PRINTABLE REFLECTION JOURNAL

A little room for prayer.

Pause, breathe and begin with honest words. Use these pages at your own pace. Reprint them whenever you want to return.

TODAY / DATE _____

WHAT I AM NOTICING

WHAT I AM THANKFUL FOR

LISTEN / BRING YOUR CONCERNS TO GOD

Words for today.

You may wish to begin with Matthew 6:9-13. Read slowly, pausing after each line.

A PASSAGE OR PHRASE TO REFLECT ON

PEOPLE AND CONCERNS I AM PRAYING FOR

AN HONEST PRAYER

RESPOND / CARRY FAITH INTO THE DAY

One faithful next step.

Prayer makes room for attention and response. Choose something thoughtful, practical and within your capacity.

ONE ACT OF KINDNESS I CAN OFFER

A QUESTION I WANT TO EXPLORE

LOOKING BACK / WHAT I AM LEARNING