

Little Question

How do you talk to God?



Big Question

How could you make this a habit?

Read the stories of Daniel and Samuel in the Bible:

Daniel 6

5

1 Samuel 3



Little Question

How do you listen to God?



Big Question

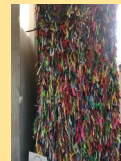
How could you make this a habit?

Sometimes we don't have the right words. Try using the words of a song or a Psalm from the Bible to help you...



Write your prayer on a paper aeroplane and send it flying!

Use the resources from the session to help you pray The Lord's Prayer



Try a Christian meditation:

<https://www.youtube.com/watch?v=8vtj4qfno-s>

Listen for God speaking as you walk through His beautiful creation



Build a den using a tent or blankets, or even some branches. Find some cushions to put inside. You could add fairy lights.

Breathe slowly

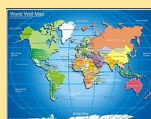
Be still and listen

Be with God

Listen to worship songs



Create a prayer journal or scrapbook:
Stick in photographs of people you want to pray for
Cut out newspaper articles
Highlight places on a map



Remember to record the answers to your prayers too

Write your worries on a stone or pebble and then find a pond to throw it in



Look at photographs of places you have visited and thank God for our amazing world



Make paper chain prayers



Travel on a prayer journey into God's presence and out into His world using this reflective online labyrinth:

www.lostinwonder.org.uk/labyrinth.htm