



# GOAT

greatest of all time



## prayer guide

Prayer is simply talking with God! He wants to know us by listening to us share how we're feeling, why we love Him, and what we need from Him. We get to know Him better by listening for His response - sometimes He responds through His word (the Bible), the lyrics in a worship song, or a friend. Take a few minutes each day this week to connect with God through prayer so that you can fully know and be known by God.

### day 1

Tell God one positive feeling you have felt this week and one negative feeling you have felt this week (feel free to express more to Him too!). Whatever your feelings are, God can handle them! He tells us to come to Him just as we are and we can invite Him into what we are feeling.

### day 2

Take a few minutes to make a list of characteristics of God and see how many you are able to write down. Thank Him for who He is and what He has done.

### day 3

Think about a question or something you want to know about Jesus and tell him about it. Write it down and put it somewhere where you can see it. Having a visual representation of your prayer is a great reminder to keep praying about it and a great way to look back at how God has answered prayers. If you want to dive deeper, take some time to look for the answer in your Bible.

### day 4

CONFESS: What is something you want to confess to Jesus and ask Him for forgiveness for?

Think of a next step for yourself: Do you need to ask forgiveness from anyone? Do you need to tell anyone you forgive them? Do you need to talk to a JHM leader or another trusted adult?

### day 5

HONOR: What is something about Jesus you want to honor and praise Him for? Check out SSM WRSHP's Spotify Playlist and spend 15 minutes listening to worship music today: [bit.ly/SSMWRSHHP2122](https://bit.ly/SSMWRSHHP2122)

Feel free to write down any lyrics that have meaning to you.

### day 6

ASK: What is one thing in your life you need Jesus to do? He may not be a genie, but He loves to help and support His children.

ASK: What does God need from you? Is there anything you are holding onto that you can give up to Him? Is there a new way you can be serving?

### day 7

THANK: What is one thing you want to thank Jesus for? Write a letter of gratitude to Jesus.



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