

PRAYER

1. Pray using CHAT
 - Confess one thing to Jesus
 - Honor Jesus by telling Him what you love about Him
 - Ask Jesus for one thing you want Him to help you with
 - Thank Jesus for one thing in your life
2. Go on a prayer walk. Take a walk in your neighborhood and tell Jesus what's on your heart
3. Pray for one minute of every hour throughout your day. Set a reminder on your phone to help you remember.
4. Ask 3 people what you can be praying for them for. Then pray for them.
5. Spend 30 seconds writing out a prayer to Jesus.
6. Tell Jesus 3 feelings you're feeling, 2 things need, and 1 thing you desire.
7. Pray by drawing a picture.
8. Read Matthew 6:9-13 and pray that prayer out loud to Jesus.
9. Write down the names of every person in your life group and pray for them.
10. Pray for something that is happening in another part of the world.

SILENCE & SOLITUDE

1. Practice calming your mind by taking 5 deep breaths
2. Spend 2 minutes today in silence listening to Jesus. Start by saying "Jesus, what do you want to say to me?"
3. Take a walk outside noticing God's creation: the trees, the wind, the sky, the sun. Leave your phone at home
4. Turn off your phone for 5 minutes and relax to be with Jesus.
5. Write down why you think it's important to spend time in silence and alone with Jesus
6. Get a journal or piece of paper and spend 5 minutes writing down what you think Jesus is saying to you
7. Spend 1 minute with Jesus in silence. Challenge yourself by adding on one more minute each day. Do this every day for a month.
8. Make a schedule to find 3 times throughout your week to spend 10 minutes away from your phone and anyone else to be alone in silence with God.
9. Find a spot where you feel safe and comfortable being in silence and solitude and make it a habit to meet God in prayer there weekly.
10. Spend 5 minutes paying attention to how you feel how you are doing. (Do you feel tense, anxious, worried, tired, bored, etc.) Tell God those things.

BIBLE

1. Read John 15:5-8. Read it again. Now, underline the things that stand out to you. Circle anything that you don't know the meaning of.
2. Memorize the memory verses from this series: Matthew 11:28-30; 1 Thessalonians 5:18; John 15:5
3. Read Colossians 2:20-3:4 5 times.
4. Read a passage and write down 3 questions you have. Ask your leaders those questions
5. Start reading the story of Jesus' life by reading the book of Matthew
6. Memorize the Books of the Bible in order
7. Choose a passage to read. Ask a friend to read it with you. Find 10 minutes to talk about what you learned.
8. Download the YouVersion Bible App and read the Verse of the Day.
9. Read a chapter in the Bible. Answer: Who wrote this and who is the author writing this to? What's happening? Where is this happening? Why did the author write this?
10. Read a verse. What does this mean? How does this apply to me? What will I do because of this truth?

GRATITUDE

1. Make a "Gratefulness" journal. When you wake up each day, write down 3 things you're grateful for
2. Text 1 person and tell them you're grateful for them and why you are grateful for them
3. Get a pack of sticky notes and write down one thing you're grateful for on each note and place it on your bedroom door
4. Handwrite notes to 3 people telling them why you are grateful for them
5. Ask your leader to text you each day for 1 week to ask you what you're grateful for that day
6. Make a list of 10 things about Jesus you are grateful for.
7. Answer these prompts: I am grateful for these 3 family members, teachers, friends, classmates.
8. Write a prayer to Jesus telling Him thank you for things about yourself you are grateful for.
9. Make a photo collage of things you are grateful for.
10. Next time you eat a meal, thank God for the food providing the food that's in front of you.