

PAUSING & BEING WITH

Fill in a circle for every day you pray!

DAY
1

DAY
2

DAY
3

DAY
4

DAY
5

DAY
6

DAY
7

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Start your prayer time this week with a minute or two of pausing and enjoying being with God.

- 1. Find a place that is quiet, and away from others.**
- 2. Sit in a comfortable position, remove anything that is distracting, then close your eyes.**
- 3. Turn your attention to Jesus. Set your focus on only Jesus.**
- 4. After a few moments of pausing and being with God, continue praying by talking with God.**