

## **ACTIVITY ONE: PRAYER**

## INSTRUCTIONS

Let's ask God for help in the areas you need Him. Prayers don't have to be long or complicated. How about you just fill in the blank for this prayer. Write down whatever you want God to help you with.

Dear God, thank you for your compassion for me and the times when hard things are happening to me. Please help me in

Thank you for hearing my prayer, and I know you are going to help me. In Jesus name, I pray... Amen.