### P.R.A.Y. Cards

#### P.R.A.Y. Daily Scriptures

Monday: You are the God who sees me - Genesis 16:13

Tuesday: I praise you, for I am wonderfully made - Psalm 139:14

Wednesday: Children, obey your parents in all things - Colossians 3:20

Thursday: Be kind to one another - Ephesians 4:32

Friday: When I am afraid, I will trust in God - Psalm 56:3

Saturday: I can do everything through God who gives me strength -Philippians 4:13

Sunday: Give thanks to God. He is good. His love lasts forever - Psalm 136:1

### P.ause: #1

Find a quiet place to settle down.

Take a few deep breaths and let your mind and heart think about what you are thankful for.

#### The Big Question:

How does my body feel when I begin to settle down?

What are you thankful for?

Do this for two minutes.

### R.ejoice / R.eflect: #2

Read the Bible verse of the day, and think about it.

#### The Big Questions:

When I reflect (that means to think about)
the scripture of the day, how is God getting
my attention?

What makes me rejoice (that means to be really happy) when I think about God, or the things I'm thankful for?

Do this for a few minutes..

## A.sk: #3

Is there something you want to ask God for?

Maybe you need something only he can do for you. Maybe someone else needs something from God.

You can ask him for these things. He's listening and He cares.

#### The Big Question:

Do I, or does someone I know, need God's strength, comfort, or encouragement? Ask God to send it.

Do this for one minute..

# Y.es! #L

Say "Yes!" to God! Is he asking YOU to do something?

Did you know that God can use you, even though you are a kid!? He can! He loves it when you say yes to him!

#### The Big Question:

"How can I say yes to God today?"

Take one minute to think of something and share it with the group.

