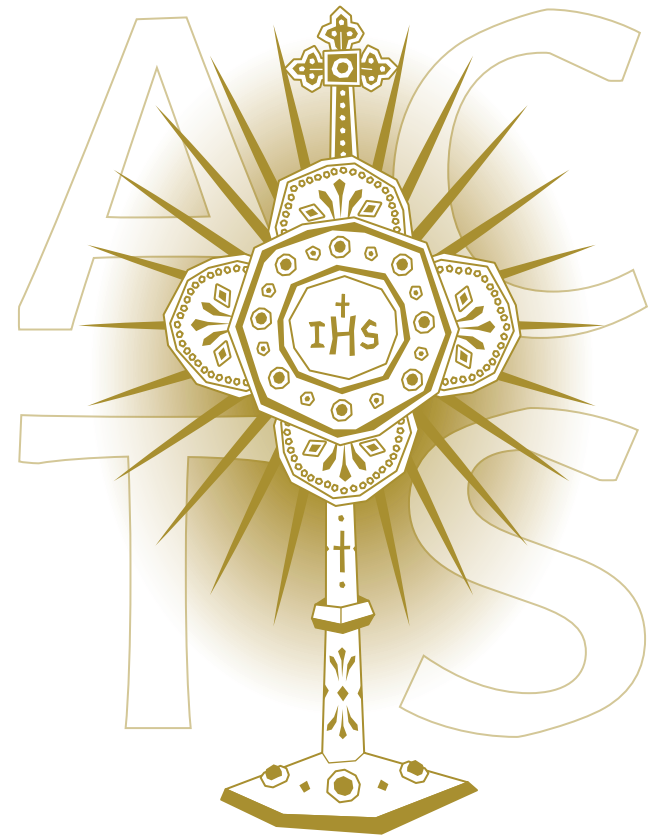




➤ Prayer Journal ➤

A • C • T • S



➤ PREPARATION ➤

*Prepare to meet Jesus in your sacred space where your heart meets God's heart. Still your body, hands, feet, voice, and eyes so you can quiet your spirit. Focus on Jesus by looking at a crucifix or a picture of him. Notice what you think or feel during this time of prayer. **Jesus speaks to our hearts.***

*Think about what is important to you right now. Say, **"Jesus, I give this to you,"** and ask him to be at the center of your life.*

***You are a child
of God. He knows
you and delights
in you. Take a
moment to feel his
love for you in the
very special way
that he made you.***

***Follow the prayer process called ACTS** (Adoration - Contrition - Thanksgiving - Supplication) to guide your prayer time with Jesus. Then as you encounter him, take notice of how Jesus might be calling you to follow him today.*

➤ ENCOUNTER ➤

*What conversations or moments from today stood out to you?
What do you think Jesus wants to show you?*

Tell Jesus how you intend to follow him today.

SUPPLICATION

*What do you need help with?
What do others need help with?*

Tell Jesus about each need and ask for his help and grace.

ADORATION

*Who is Jesus to you?
What words of praise do you want to say to him?*

Write him a letter and tell him what he means to you.

CONTRITION

*What happened today and how did you respond?
Did you make poor choices?*

*Tell Jesus what happened.
Ask for his forgiveness and his help to do better next time.*

THANKSGIVING

*What made you happy today?
How would you like to show your love for Jesus in response?*

Thank Jesus for showing his love to you through those blessings.