

Praise

Tell God five things you think are wonderful about Him.

Thanks

Thank God for ten things. It could be things about your family, friends, life or relationship with God (including the Holy Spirit).

Sorry

Spend some time quietly saying sorry for anything you have done wrong recently. Then thank God that because of Jesus, He forgives you.

PRAAY FOR OTHERS

Find someone else at this station and ask them for one thing you can pray for. Then pray for them out loud.

PRAY FOR YOURSELF

Think of one or two things to ask God to do in your life and ask Him for them.