



PRAY

Sit in silence and rest your brain from thinking so much. Take three deep breaths into 3 minutes of silence (set a timer so you can focus). Create a prayer doodle from the blank templates in this kit. Sing loudly, go for a walk, journal your ideas and thoughts are all forms of prayer if that is the intention. Perhaps you could play music that you love that speaks to the prayers of joy and lament of your heart.