

# My Journey through the Day



*Every day there are moments when I can say a little prayer*

## **WHEN I MEET OTHER PEOPLE**

'Thank you for ..... what they have said/done that made me feel good.' -

'I have just heard about..... who is not well. I commit them to God'

*Is there someone I can phone/text?*

## **GOING OUT**

'Help me to have a safe and helpful journey'

## **RETURNING HOME**

'Thank you God for my home and my safe return'

'Thank you God for the good things I have seen and the people I have spoken to'

## **EATING AND WASHING UP**

'I pray for those who have not eaten today such as.....'

## **WHEN SITTING IN MY CHAIR**

'I have not read the Bible today or looked at my Hymn Book. Help me to do it now....'

## **WHEN I FEEL ALONE AND FRIGHTENED**

God says: 'Do not be afraid, for I am with you. I will strengthen you and help you.'

(Isaiah 41.10)

## **WHEN I AM TROUBLED**

'Dear God I am really anxious and upset. Please help me not to worry. Give me the strength and the peace of mind to cope. Show me what I must do.'

## **AT NIGHT WHEN I CAN'T SLEEP**

(COUNT YOUR BLESSINGS - Make little lists in your head of the good things which have happened during the day, or during the week or good things in your life)



Stay with me, Lord Jesus,  
**for the night is at hand and the day is now past**  
I will lie down in peace and take my rest;  
**for you are with me**