

4

A SPIRITUAL
HABIT ACTIVITY
TO HELP STUDENTS

SPEND TIME WITH GOD

FROM GROW'S ANNUAL *DISCIPLESHIP STRATEGY*



All aspects of Grow Curriculum and Strategy (including all logos, images, videos, language, and related products and resources) are owned by Stuff You Can Use. Stuff You Can Use gives permission to the organization that purchased this product to download, print, electronically send, and use its components for its organization's use only. No part of Grow Curriculum and Strategy may be copied, shared, resold, or republished outside of that organization in any way, except in the case of brief quotations or product reviews that credit and link back to Grow Curriculum and Strategy (growcurriculum.org). Reproducing any of this material or incorporating it into a new work that does not follow these guidelines (including a blog post, podcast, video, article, book, or other resource) is a violation of U.S. copyright laws.



**PRAY WITH YOUR
HANDS FOLDED IN
YOUR LAP.**



**PRAY WITH YOUR
HANDS IN FRONT OF
YOU, PALMS UP.**



**PRAY WITH YOUR
FACE ON THE GROUND
OR IN YOUR HANDS.**



**PRAY WITH YOUR
HANDS RAISED.**



**PRAY WHILE
KNEELING.**



**PRAY WHILE LAYING
DOWN.**



**PRAY WHILE
STANDING UP.**



**PRAY WITH YOUR
EYES OPEN.**



**PRAY WHILE DOING
SOMETHING YOU LOVE
TO DO.**



**PRAY WITH
A FRIEND.**



**PRAY WITH A FAMILY
MEMBER OR SOMEONE
YOU LOVE.**



**PRAY WHILE TAKING
A WALK.**



**PRAY WHILE YOU'RE
AT SCHOOL.**



**PRAY BEFORE YOU
EAT A SNACK.**



**PRAY UNDER THE
STARS.**



**PRAY OUTSIDE WHERE
YOU CAN FEEL THE SUN OR
HEAR THE RAIN.**



**PRAY WHILE RIDING IN
A CAR, BUS, OR TRAIN.**



JOURNAL. WHAT'S ONE THING YOU OFTEN FIND UNCOMFORTABLE ABOUT PRAYER?



JOURNAL. HOW DOES GOD BRING PEACE TO YOUR STRESS?



JOURNAL. WRITE DOWN THE NAMES OF PEOPLE IN YOUR LIFE WHO YOU ARE THANKFUL FOR.



BE SILENT FOR 1 MINUTE AND JUST LISTEN.



WHAT'S ONE WAY YOU COULD LOVE PEOPLE BETTER THIS WEEK? ASK GOD TO HELP YOU SEE THESE OPPORTUNITIES.



READ PSALM 23. PRAY AND THANK GOD FOR BEING A PROTECTOR.



READ PSALM 100. PRAY AND THANK GOD FOR LOVING YOU.



PRAY ABOUT THE THINGS BRINGING YOU STRESS.



SPEND TIME PRAYING AND BEING THANKFUL FOR THE THINGS THAT MAKE YOU FEEL FULFILLED.



SPEND TIME PRAYING AND BEING THANKFUL FOR THE THINGS THAT MAKE YOU FEEL LOVED.



**READ 1 PETER 5:7. BREATHE IN AS YOU SAY, "GOD I GIVE..."
BREATHE OUT AS YOU SAY, "...ALL MY FEARS." REPEAT THIS
AS MANY TIMES AS YOU'D LIKE.**



**READ JOHN 14:26. BREATHE IN AS YOU SAY, "HOLY SPIRIT..."
BREATHE OUT AS YOU SAY, "...PLEASE GUIDE ME." REPEAT
THIS AS MANY TIMES AS YOU'D LIKE.**



**READ MATTHEW 6:14-15. BREATHE IN AS YOU SAY, "GOD
FORGIVE ME..." BREATHE OUT AS YOU SAY, "...AS I FORGIVE
OTHERS." REPEAT THIS AS MANY TIMES AS YOU'D LIKE.**



**PRAY FOR YOUR
CHURCH.**



**PRAY FOR YOUR
TEACHERS, COACHES, AND
COUNSELORS AT SCHOOL.**



**PRAY FOR THE PEOPLE IN
YOUR SMALL GROUP.**



**PRAY FOR YOUR
FRIENDS.**



**PRAY FOR YOUR FAMILY OR
THE PEOPLE IN YOUR LIFE
YOU CONSIDER FAMILY.**



**PRAY (GOOD THINGS) FOR
SOMEONE YOU DON'T GET
ALONG WITH.**



**PRAY FOR YOUR YOUTH
LEADERS.**



**PRAY FOR SOMEONE IN
YOUR LIFE YOU HAVEN'T
TALKED TO IN A WHILE.**



**PRAY FOR THE
OVERLOOKED OR
UNDERPRIVILEGED PEOPLE
IN YOUR COMMUNITY.**



**PRAY FOR THE
OVERLOOKED OR
UNDERPRIVILEGED PEOPLE
IN YOUR COMMUNITY.**