

SPIRITUAL DISCIPLINE

PRAYER

Prayer builds our relationship with God. When we make time for it daily, prayer helps us practice honesty, confession, thanksgiving, and praise. It allows God to (re)shape our hearts after God's own.

Plant, Tend, & Watch

Select a piece of Alleluia seed paper. On the back, write your response to one these prayer prompts:

- What's been on your mind?
- What are you praying about?
- What does God want you to know?
- What promise does he want to reassure you of

Spend time listening for God's voice. When finished, plant your prayer paper in the soil and mark its spot with a toothpick. Over the coming weeks, keep watch for how your prayers take root and bloom.

ROOTED
a lenten journey of
digging deep & letting go

