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RELAXING
INSTRUMENTAL MUSIC



Doodle Prayer



Allow yourself some space to sit and reflect. You might prefer to play some music in the background, or just sit in silence. Reflect on Jesus' words, **"If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."** (John 15:5) and pray with them. Allow ideas, thoughts and images that come to you as you pray to form part of your doodle prayer. What are the areas of your life you need to invite Jesus into? What situations, relationships do you need His help with? What decisions do you have to make? Ask the Holy Spirit to guide your heart and your thoughts.

This is a particular space you are creating for God in your life today. Speak, and listen.

Remain in Me

