



A YEAR OF _____
PRAYER

WEEK TEN

Matthew 5:6

Blessed are those who hunger and thirst for
righteousness, for they will be filled.



WEEK TEN

PRAY AND DISCERN

As you sit and have a meal today, picture having it with God. Set an extra cup or plate to visualise.

PRAY AND DISCERN

As you eat today, think of the food and tastes, the time you ate it in, the location and the people around you. Where is God present here? What is God asking?

ACTIVITY

Draw a picture of a cup. Write 'glory' on it. Draw some food. Write 'righteousness' on it. What is God saying through this? (Ask someone else!)