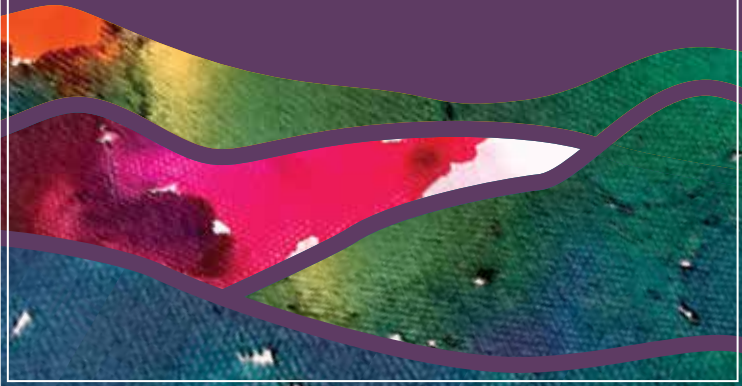




A YEAR OF \_\_\_\_\_  
**PRAYER**  
\_\_\_\_\_ **WEEK FOUR** \_\_\_\_\_

Psalm 116:7-9

Return to your rest, my soul, for the Lord has been good to you. For you, Lord, have delivered me from death, my eyes from tears, my feet from stumbling, that I may walk before the Lord in the land of the living.



## WEEK FOUR

### PRAY AND DISCERN

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What areas do you most need to 'rest' in today?

### PRAY AND DISCERN

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Notice today the weather, your body and your speech.  
What is God speaking to you through these three things?

### ACTIVITY

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Find a quiet place in the sun to breathe and pray.  
Spend time in confession (telling God where you have gone wrong) and repentance (letting God teach you how to live rightly).