

sunday

contentment

1

*Note: Feel free to **pray the Scriptures** as well as the prayer points under each. Remember that it's important to pray both the Scriptures and prayer points **out loud**.*



Lord, teach me, "...the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."
(Phillippians 4:12)



- Help me to focus on all the things I do have instead of focusing on the things I don't have. Take any unthankfulness out of my spirit today.
- Help me not compare myself to others.
- Help me to understand that I am blessed by you and to be happy with the life you have given me.
- Thank you, Lord!

SPEAKING FAITH

1

2



No eye has seen, no ear has heard, and no mind has imagined what You have prepared for those who love You. (1st Corinthians 2:9)



I can do all things through Christ who strengthens me. (Philippians 4:13)



- God, you have good things in store for me.
- You've stored up blessings for me, and I will walk in them.
- Fill me up until I have an overflow of all that you have for me.



- I can do anything and everything You want me to do.
- I can start and finish any task You have set for me. I can make the most of any chance you give me.

Praying about media

1

2

3



Your Word tells me to, "...guard my heart. Everything I do comes from it." (Proverbs 4:23, personalized)



- Jesus, I know that media (tv, games, social media, music) has a powerful effect on my mind and heart.
- Help me to pick out anything I'm watching or listening to that's having a bad effect on my relationship with You. Give me the strength to delete apps that aren't good for me. Help me to think about my music choices and turn away from things that are ungodly.
- Help me to have the self-control to put limits on the amount of media I use each day.
- Guide me to media that will help me to grow in my faith and to be a better person.

you did IT!
see you tomorrow