

1. BREATHE

Be still and say hello to God. Breathe in thinking, "You are here", breathe out thinking, "I am with you"



2. THANK GOD



Think about the past few hours. What are you thankful for? Thank God for it.

Good Night God!

3. HOW DO YOU FEEL?



Think about how you feel.

Once you know how you feel, share it with God.



4. CAPTURED MOMENT

Think about a moment of your day that stood out. Talk to God about it - you could thank Him, ask for forgiveness, or ask for God's help.