

READ THIS VERSE OUT LOUD  
PHILIPPIANS 4:6-7  
"DON'T WORRY ABOUT EVERYTHING,  
TELL GOD WHAT YOU NEED,  
AND THANK HIM FOR ALL HE  
HAS DONE."

FEELING ANXIOUS? USE THIS PRAYER SPOT  
TO TALK TO GOD  
AS YOU TELL GOD HOW YOU FEEL,  
COLOR IN THE LETTERS AND SHAPES AND  
FOLLOW THE ACTIVITIES  
AROUND THE SPOT.

# PRAYER SPOT

GOD, THANK YOU FOR...

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AS YOU PRAY, TRY BREATHING IN  
AND OUT REALLY SLOW. IT CAN HELP  
YOU FEEL CALM.

GOD, RIGHT NOW I FEEL...