

# Commitment is making a plan and putting it into practice.

Read: Colossians 4:2



DAY  
1

## Prayer Walk

With adult permission, go outside and go for a walk. As you walk, look around at what God has created and designed. Stop every few steps, praying and thanking God for creating what you see around you. Look around for trees, flowers, animals, people, neighborhoods, and whatever else you can see!

**THANK God for creating the world around you.**

DAY  
3

## Time to Pray

Read this week's verse, Colossians 4:2. After you have read it, think about a time in your day when you can spend time praying. (When you wake up and before you go to bed are times that it can be easy to remember to pray.) This week, try to pray every day at the time you picked.

**KNOW that you grow closer to God when you spend time in prayer.**

DAY  
2

## Draw It

What have you been thinking about and hoping for lately? Draw something to represent your prayer on a piece of paper, and then share it with someone in your family. Pray together about what you drew!

**ASK God about the things on your mind.**

DAY  
4

## Prayerful about Praying

Pray and ask God to help you work towards praying more often. You can always come up with your own prayer or use the one below as a guide.

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"Dear God, I know that when I pray, I can tell you what I need and You will listen. I know that I can also grow closer to You. God, I pray today that You will help me stick with my prayer plan. I pray that I can always remember to come to You when I need to talk. I love you, God. Amen."

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**LOOK for opportunities to talk to God every day.**



# Practice praying to God.

