

Five days of brave steps

Open one prompt each day. Talk for a minute, pray together, and choose one wise next step.

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1 - NOTICE

Name one feeling you have today.

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2 - TELL

Tell Jesus about one worry.

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3 - BREATHE

Take three slow, peaceful breaths together.

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4 - STEP

Choose one brave and wise next step.

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5 - TRUST

Say together: Jesus is near, and we are not alone.

FAMILY PRAYER

Jesus, thank You for being near. Help us tell You our fears, ask trusted people for help, take the next brave step, and trust Your loving care. Amen.