

THE TRAVELER'S PRAYER GUIDE

*a short, simple way to encounter God
as you travel along the journey*

Sometimes we need a simple way to encounter God as we go about our day.

THE TRAVELER'S PRAYER GUIDE

is meant to be taken with you wherever you go. Print it, put it in your Bible or journal, bring it for prayer and retreat times. Use it for 5 minutes, or for an extended time with God.

I pray that you would encounter God in meaningful ways, friend.

For more spiritual guidance and resources, visit:

Spiritual Journey
larissamarks.com

SETTLE

Find a quiet moment. Get into a comfortable position and breathe deeply. Allow your mind, body, and spirit to settle into God's presence.

REFLECT

Reflect on where you have been, what you have been doing, and what you have felt and experienced in the last several days. What are the things presently occupying your mind and heart? How have you experienced God lately?

SHARE

Share your thoughts, feelings, and concerns with God. Communicate your heart to him.

RECEIVE

Invite God to speak to you. Listen. Notice any words, impressions, or insights that you receive as you listen. Allow those things to wash over you and sink in.

CONTINUE ONWARD

Thank God for being with you. Ask him for a continued awareness of his presence as you keep traveling along the journey.