

SEE AND SAY:

INSTANT PRAYING ON THE MOVE

TODAY'S CHALLENGE

Today's challenge is to simply say a prayer for whatever draws your attention when you look around where you are. This may be that you notice that a house plant is wilting, triggering a wish for restoration and renewal in place of dying leaves, or (for example), you consider the mixed feelings of people travelling on a train that you see, with perhaps many heading to jobs that they do not enjoy. Offer an intention for what you see or notice, based on whatever strikes you. This may be just a single phrase like "Be healed".

SHARE: In the Facebook group, share what you saw and what you said.

Remember to offer encouragement / comment on Facebook posts added by others (not necessarily for today's challenge).

Clive x