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GOD IS GREATER THAN YOUR HIGHS AND LOWS

Daily Prayer Practice

High, Low, and I Don't Know

Carving out time to reflect on the day is hard for everyone. Developing a regular practice helps to make it more routine (like brushing our teeth at night!). Give this a try!

High

Share something good or that made you feel whole about your day.

Low

Share something unexpected about your day that made you feel disappointed.

I Don't Know

Share something that is interesting that happened during your day, about which you don't know how to feel quite yet.

Close by praying something like this that comes from the Beyond theme verse in Ephesians 3:20...

"God, in our highs, lows and I don't know's, may we come to know you, who is able to do far more abundantly beyond all that we ask or think.
Amen."



Doylestown Presbyterian Church

