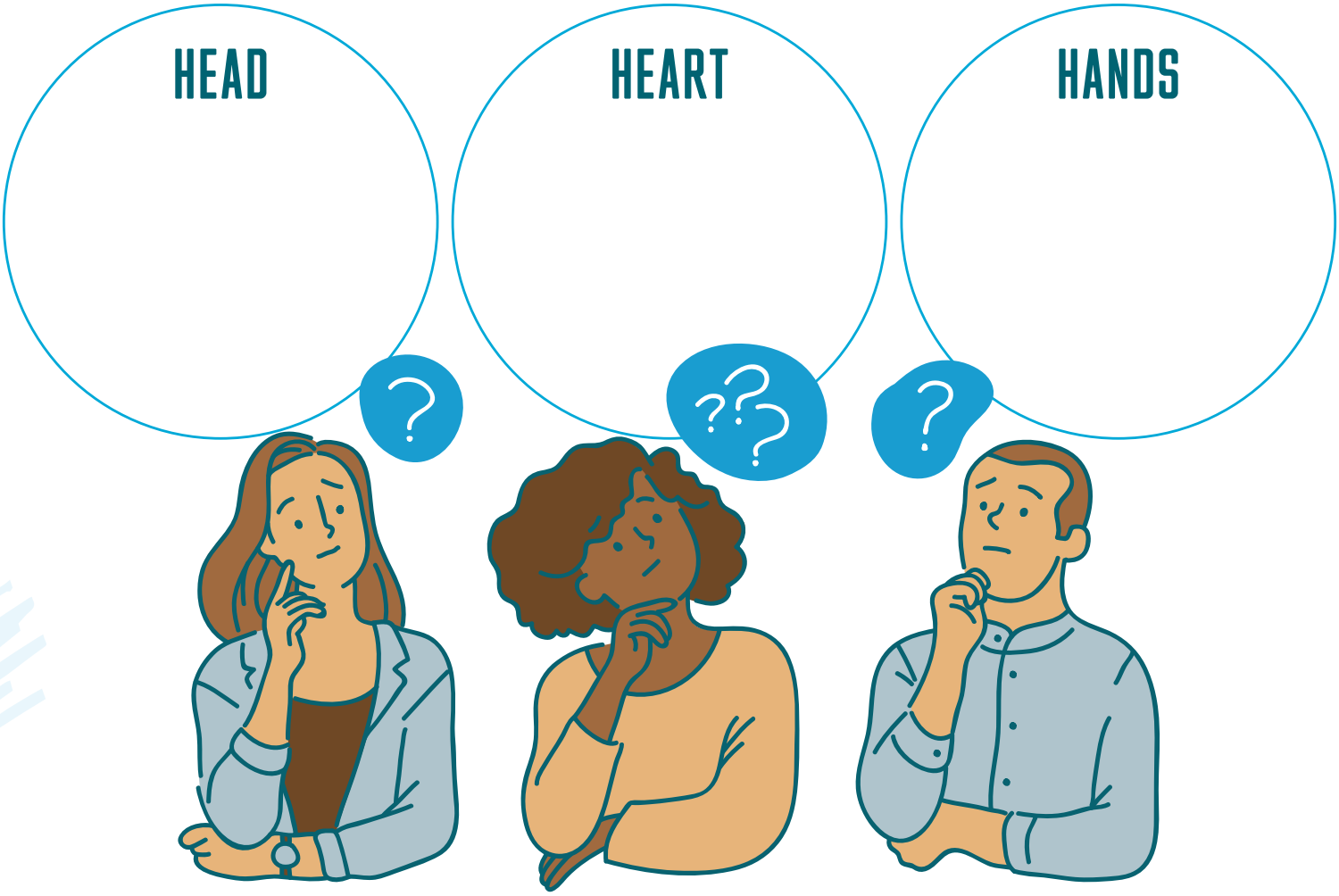
COMPANIONS ON THE JOURNEY



As you respond in prayer, you may find it helpful to use the framework below.

Add your own reflections in the spaces and use these to pray in the week to come.

HEAD - THOUGHT

Are there any ideas that have been challenging, comforting or completely new to you? Bring these to mind and spend a moment talking to god about them.

HEART - FEELINGS

What has been the strongest emotion you have felt over the course of the session? What caused it? Is it positive or negative, or are you unsure?

HANDS - ACTIONS

Is there a thing that you feel you want to do as a result of what has been chatted about during the session? Is God telling you something through that?

REFLECTING IN THE WEEK

Reflect on the different Bible characters featured during the session.

Was there one that stood out to you? Or perhaps there is a different character that now strikes you as helpful in your journey of faith?