

journal sheet

HELP ME LORD BY LINA TOTH (ANDRONOVIENE)

Prayer text

Help my fear, Lord,
and my unbelief.
Help me to learn
Your goodness
by heart.
Help me, Lord, in the midst of my doubts
and worries,
To begin to see
what you see
when You look
at my world.
Imprint that vision
somewhere deep within
where it can stay,
and speak,
and live.

Journal prompts

What are you afraid of?

What are you struggling to believe?

What do you already know of God's goodness?

How could you learn more?

How could you remember what you know?

What doubts do you have?

What are you worried about?

Sit quietly and ask God to show you the world through the eyes of Love.

Sit and focus on your vision of God's glorious creation for a few moments.

Make a note of what you have seen, heard or felt so that you can hold on to this moment.

Read the whole prayer again - it might feel a bit different. And then give thanks God.

Notes

