

# THE **BIG** IDEA

## *Prayer and praise take us to the heart of God*

This week will be a little different. Each day, challenge yourself to spend quality time in prayer and praise. Using the Psalm Index (which can be found at [www.godknows99.com/helpmark.htm](http://www.godknows99.com/helpmark.htm)) or your own preferences, choose a different psalm to read each day. Pick ones that correspond to your life right now. Write down the psalm and what it makes you think and feel about God. Turn the psalm into a personal prayer to God. Be sure to include some praise for the Almighty God who loves you no matter what, who is passionate about who you are becoming through His Son, Jesus.

**Monday:**

**Tuesday:**

**Wednesday:**

**Thursday:**

**Friday:**

**Saturday:**