

# FOLLOWERS

Walking Jesus' Way, Everyday

## Practice Guide - Prayer, Silence & Solitude

### DAY 1 - PHIL. 4:6-7; COL. 4:2; HEB. 4:16

Challenge: Spend 15 minutes, uninterrupted, in prayer.

Takeaway: \_\_\_\_\_  
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### DAY 2 - LUKE 5:16; 1 JOHN 5:14; JER. 33:3

Challenge: Spend 15 minutes praying in a different place than you usually pray.

Takeaway: \_\_\_\_\_  
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### DAY 3 - PS. 46:10; RO. 12:12; PS. 145:18

Challenge: Spend 15 minutes in a different place in silence and solitude.

Takeaway: \_\_\_\_\_  
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