

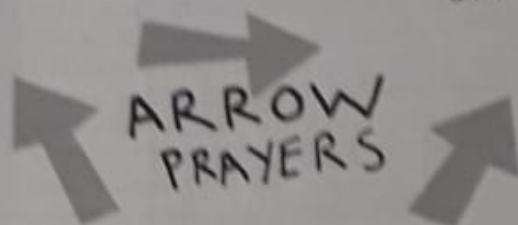


In a day I prayed up to a hundred times.....and almost as many at night.
St Patrick

The Lord is Here:
His Spirit is with Us

Say these words, keep a short
silence and write a sentence that
asks for help.

REPEAT THIS WITH A NEW
SENTENCE FOUR TIMES



Arrow Prayers are
short prayers - to
remind us of God's
presence to call
for help.

The Lord is with me
God, help me
Jesus, guide me
God, I love you



Arrow prayers can be
fired again & again.
Write two prayers you
can use this week