

# My Morning Routine

## Start your day with a chat with God:

Our Father in heaven, hallowed be your name,  
your kingdom come, your will be done,  
on earth as in heaven.  
Give us today our daily bread. Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation but deliver us from  
evil. For the kingdom, the power, and the glory are  
yours now and for ever. Amen.



## Get dressed in your invisible armour

So stand ready, with truth as a belt tight around your waist, with righteousness as your breastplate, and as your shoes the readiness to announce the Good News of peace. At all times carry faith as a shield... and accept salvation as a helmet, and the word of God as the sword... Do all this in prayer, asking for God's help.

## Check and water your fruit and prepare to give it away today:

The Fruit of the Spirit is:  
Love, Joy, Peace, Patience, Kindness, Goodness,  
Faithfulness, Gentleness and Self-control.



## Before meeting others, ask for God's help to love them well, remembering that:

Love is patient and kind. Love is not jealous, it does not brag, and it is not proud. Love is not rude, it is not selfish, and it cannot be made angry easily. Love does not remember wrongs done against it. Love is never happy when others do wrong, but it is always happy with the truth. Love never gives up on people. It never stops trusting, never loses hope, and never quits. Love will never end.

# My Bedtime Routine



## How well did you love others today?

Lord Jesus, thank you for this day, for my friends and those at home with me.

It is not always easy to love others well. Thank you for your perfect love that never gives up on me. Help me to share your love more each day.

## Did you grow or give away much fruit today?

Holy Spirit, as I grow and learn, I ask you please to help me to grow and give away more Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self-control.



## How was your armour used today?

Dear God,

Sometimes it's hard to do the right thing, and I might not always make the best choices.

Thank you for loving me and being so patient as I learn to speak truth, bring peace, protect my thoughts and read the Bible more.

Please help me as I learn to live your way and to trust you more.

## End your day with Jesus' prayer:

Our Father in heaven, hallowed be your name,  
your kingdom come, your will be done,  
on earth as in heaven.  
Give us today our daily bread. Forgive us our sins  
as we forgive those who sin against us.  
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evil. For the kingdom, the power, and the glory are  
yours now and for ever. Amen.



# A note for my Adults

This new routine is not a test for me.

It is not a test of my memory, a test of my behaviour or even a test of my reading.

This is simply a way to help me learn more, grow more and hear more about God's love and how to live life the Jesus way.

Maybe we can do this routine together some days, because we are all still learning.

We can chat together about the things that God has done and the things we find tough about living Jesus' way.

It is good for me to hear about the things you find difficult too, for me to see through the window of your life and learn how faith is a journey we are travelling together.

We can even pray for each other!

Thank you for helping me on this journey.

