

Name: _____



Blessed

Step 1: Watch “The Third Commandment” video.

Step 2: Complete the following activities.

Step 3: Together complete the prayer on the back.

What is the 3rd Commandment?

Draw a picture of what we should do to keep the Sabbath Holy.

What do you think Sister’s secret is?

My Little Prayer Process

- 1 Thank God for whomever and whatever you are most grateful today. List what you are grateful for.

- 2 Think about today. Talk to God about the times when you were and were not the-best-version-of-yourself.

- 3 What do you think God is trying to say to you today? Talk to God about that.

- 4 Ask God to forgive you for anything you have done wrong and to fill your heart with peace.

- 5 Talk to God about some way he is inviting you to change and grow.

- 6 Pray for the other people in your life by asking God to guide them and watch over them. List those you are praying for.

- 7 Pray the Our Father.