

**Your Name:** \_\_\_\_\_

Tick the characteristics you feel you want to grow in.

Forgiving	
Humble	
Gentle	
Merciful	
Faithful	
Loving	
Pure-hearted	

Peacemaking	
Generous	
Prayerful	
Trusting	
Honest	
Content	
Persevering	

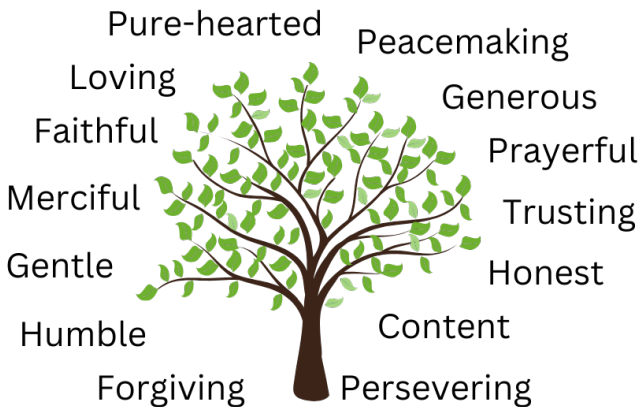


Father God, help me to grow more and more as a follower of Jesus and show his love to those around me.

AMEN

**I am praying for:** \_\_\_\_\_

Commit to praying for this person that they grow in all these areas.



Father God, pour out your  
blessing on this person.  
Help them to follow Jesus more  
closely and grow in faith.

**AMEN**