

TURN WEEK 4 MATRIX — PRAY IT: “Turn My Heart Back”

	Ages 0–4	Ages 5–10	Ages 11–13	Ages 14–18	Adults
PRAY IT	“God, thank you for loving me. Help me come back to you.” (hand on heart)	“God, give me a clean heart and help me start again.”	“God, when I drift, help me turn back to you.”	Honest prayer: naming where I’ve turned away, where I need grace, and where I need courage to return.	Pray Psalm 51 as a prayer of renewal, restoration, and surrender.
BREATH PRAYER	“God loves me / I come back”	“God, I turn to you / Make me new”	Same breath prayer practiced slowly and reflectively.	Use breath prayer during moments of stress, shame, or anxiety.	Practice breath prayer daily as spiritual reorientation.
REFLECT	“God always loves me.”	“I can try again.”	“What helps me turn back when I drift?”	“Where did I avoid honesty with myself, others, or God?”	“Where do I need renewal, healing, or restoration?”
EXTRA PRAYER	—	—	—	“God, I’m sorry for today. Help me begin again tomorrow.”	“God, I turn my whole life back toward you. Renew my spirit and reshape my heart.”
JOURNAL	—	—	“What do I wish I could redo?”	“When do I avoid honesty?” “What keeps me from vulnerability?”	“Where do I need grace right now?”
DISCUSSION	“What helps you say sorry?”	“Why is it hard to admit mistakes sometimes?”	“What helps people really change?”	“What’s the difference between guilt, shame, and growth?”	“What practices lead to real transformation?”

WEEK 4 FAMILY BLESSING

“May God meet you with mercy when you fall short, courage when honesty feels difficult, and peace as you begin again. May your heart be renewed, your spirit restored, and your life shaped by grace. Amen.”