



Adult Confirmation

Make up for Session 1

Prayer

1. [Read the outline about prayer](#)
2. [Watch the video about how to pray](#)
3. [Go on a walk with God](#) (use this hyperlink to help on the 40 minute walk)
4. Write a letter to me. Describe one thing that happened during your prayer time.

Please submit your answers to Dawn and email them to her at dponnet@holyfamily.org or give them to her in written form.