

What I Need Right Now...

Choose five things from this list that you think you need more of. Tell the group why you chose what you did.

Your group will pray that each group member receives the things he or she needs.

vitality
tenderness
recognition
activity
awareness
sharing
contemplation
insight
communion
surrender
music
self-expression
romance
beauty
skill
variety
control
responsibility
freedom
fitness
nutrition
childlikeness
exercise
self-esteem

composure
generosity
confidence
health
solitude serenity
joy
integration
faith
laughter
companionship
intimacy
sensitivity
opportunity
structure
imagination
education
strength
relaxation
touching
coordination
self-control
direction
security
balance

caring
motivation
devotion
trust
commitment
forgiveness
purpose
support
harmony
patience
self-awareness
challenges
accomplishments
money
experience
energy
comfort
sleep
flexibility
celebration