EZRA TAUGHT GOD'S LAW

NOVEMBER 8, 2026 | 456

BIG TRUTH

God's Word _____ and _____.

SUNDAY LIVE IT OUT

C.H.A.T. WITH GOD: MY PRAYER JOURNAL

Prayer journaling is a way to slow down and talk with God. As your leader guides you through C.H.A.T., write your prayers below. They don't have to be perfect, and you don't have to share them with anyone. These prayers are between you and God!

C CONFESS — Admit to God what you did wrong.

God, I need to confess...

_____

_____

H HONOR — Tell God He's more important than anything else.

God, You are...

_____

_____

A ASK — Ask God for what you need.

God, please help me with...

_____

_____

T THANK — Tell God what you're grateful for.

God, thank You for...

_____

_____

DAY 1 FROM HEARING TO REJOICING

READ

Nehemiah 8:1–3; Ezra 9:5–6; Nehemiah 8:8–10

God's people gathered because they wanted to hear His Word. As they understood it, they recognized their sin and grieved. But God's Word also led them toward joy as they remembered His goodness.

Three ways God's people responded to His Word:

1. **HUNGER** — They wanted God's Word. Nehemiah 8:1–3
2. **CONVICTION** — They recognized their sin. Ezra 9:5–6; Nehemiah 8:9
3. **JOY** — They rejoiced in God. Nehemiah 8:10

THINK ABOUT IT

1. Do I make time to hear and understand God's Word?
2. When Scripture shows me something wrong in my life, am I willing to acknowledge it?
3. Do I remember that God offers forgiveness and joy through Jesus?

MY RESPONSE

One way I want to respond to God's Word this week is...

_____

_____

DAY 2 GOD'S WORD LIGHTS OUR PATH

READ Psalm 119:105

Write the entire verse from your Bible.

_____

_____

_____

HOW CAN YOU USE GOD'S WORD TO HELP YOU THIS WEEK?

Circle one or more.

- ☐ Encourage me when I'm discouraged.
- ☐ Help me grow closer to God.
- ☐ Help me decide what is right.
- ☐ Help me when I'm afraid, angry, or sad.

MY RESPONSE

This week, I want to use God's Word to help me...

_____

_____

DAY 3 LEARNING TO C.H.A.T.

God's Word teaches us how to pray!

Look up each Scripture below. Discover what God teaches us about confession, honor, asking, and thankfulness. Complete the missing word.

C CONFESS

READ 1 John 1:9

When we confess our sins, God is faithful to _____ us.

H HONOR

READ Psalm 145:3

The Lord is great and worthy of _____.

A ASK

READ Philippians 4:6

Instead of worrying, we can tell God what we _____.

T THANK

READ 1 Thessalonians 5:18

God wants us to be _____ in all circumstances.

REMEMBER:

Prayer isn't about finding perfect words. It's about building a relationship with God!

DAY 4 PUTTING C.H.A.T. INTO PRACTICE

READ 1 John 1:9

God doesn't ask us to hide our sin. He invites us to confess it and receive forgiveness and cleansing through Jesus.

TODAY'S CHALLENGE: START A PRAYER JOURNAL!

Writing out your prayers can help you slow down, focus on God, and remember what you've prayed. You can use a notebook, a journal, or even a piece of paper.

Work through all four parts of C.H.A.T. Write a prayer for each one. Remember, these prayers are between you and God.

C CONFESS

God, I need to confess...

_____

_____

H HONOR

God, You are...

_____

_____

A ASK

God, please help me with...

_____

_____

T THANK

God, thank You for...

_____

_____

KEEP GOING!

Try using C.H.A.T. again tomorrow. You can keep adding prayers to your journal throughout the week.

SCRIPTURE CHALLENGE REVIEW

How many verses can you say without looking? _____ / 9

- ☐ 1 Corinthians 10:31
- ☐ Psalm 56:3–4
- ☐ Philippians 2:10–11
- ☐ Isaiah 25:9
- ☐ Galatians 6:9
- ☐ Romans 15:13
- ☐ Romans 8:28
- ☐ Joshua 1:9
- ☐ Psalm 119:105