

# HELP-oefening met kleine dingen en grote dingen

| <b>KLEINE DINGEN</b><br>(zorgen, frustraties, problemen) | Mijn gebed: hulpvraag aan God |
|--|-------------------------------|
| 1 ...  | Help me, Heer, ...            |
| 2 ...  | Help me, Heer, ...            |
| 3 ...  | Help me, Heer, ...            |
| 4 ...  | Help me, Heer, ...            |
| 5 ...  | Help me, Heer, ...            |
| 6 ...  | Help me, Heer, ...            |
| 7 ...  | Help me, Heer, ...            |

| <b>GROTE DINGEN</b><br>(zorgen, frustraties, problemen) | Mijn gebed: hulpvraag aan God |
|---|-------------------------------|
| 1 ...   | Help me, Heer, ...            |
| 2 ...   | Help me, Heer, ...            |
| 3 ...   | Help me, Heer, ...            |
| 4 ...   | Help me, Heer, ...            |
| 5 ...   | Help me, Heer, ...            |
| 6 ...   | Help me, Heer, ...            |
| 7 ...   | Help me, Heer, ...            |

(Zie 'Naakte spiritualiteit' blz. 148-149 en 154)