

## **Make a commitment to be a 7•5•2 home!**

- 7 – Pray seven days a week individually for your spouse, kids, grandkids, parents, siblings, etc.
- 5 – Pray five times a week (including meals & bedtime) as a family.
- 2 – Pray at least two times a week with your spouse.

## **Suggestions for using your Prayer Calendar:**

1. Place your Prayer Calendar on your fridge or in some other central location of your home.
2. Have each family member use a specific color marker or sticker to mark their 7's of individual prayer time. Write out a 5 or use a sticker to mark your times of praying together as a family. Write out a 2 or a different specific sticker to mark your times of praying together as a couple.
3. Use the "My Home's Top Prayer Requests" for each family member to share their prayer requests that they would like the family to pray for.
4. Celebrate at the end of each week and talk about the prayers that God has answered in the week.
5. For the family prayer, give each family member a certain prayer day that they can decide when you will pray, where you will pray, and how you will pray. Ex: Mom's day is on Monday and she has decided that the family will go on a prayer walk after dinner; or five-year-old Jessie's day is Thursday and she wants to have prayer together during breakfast.
6. Use this simple prayer prompting to jumpstart your family prayer times. Have an adult or teen start the following statements and then have each member take turns filling in the blank:
  - God, I love you because...
  - Thank you God for...
  - God, please help...
  - God, I am sorry for...