



PRAISE

Praise God for who He is and what He has done.

(Psalm 9:1, Psalm 100:4)

REQUEST

Request God's help for you, your family and others.

(Philippians 4:6-7)

ADMIT

Confess your sins to God.

(1 John 1:9, Hebrews 10:22)

YIELD

Commit to His will and His way. We put our trust in Him.

(Psalm 25:4-5, Proverbs 3:5-6)

7-5-2
PRAYER@HOME CHALLENGE

Commit to being a 7-5-2 family.

7

Pray seven days a week individually for your family (spouse, children, grandchildren, parents, siblings, etc.).

5

Pray five times a week with your family.

2

Pray at least two times a week with your spouse.

CALL ON GOD EACH DAY!

Praise: God, I love and thank You because...

- You are Lord and Creator.
- You are powerful.
- You love me no matter what.
- You are the **ONLY** God.

Request: God, please help...

- my family and friends.
- me honor You with my words and actions today.
- _____ who is sick or has needs.

Admit: God, I'm sorry for...

- worrying about...
- not making a wise choice about...
- disobeying You when I...

Yield: Lord, I trust You with...

- protecting and providing for me and my family.
- things out of my control.
- my life, my family and my future.

TIPS FOR INTENTIONAL PRAYER TIME:

1 CHOOSE A TIME

Consider setting a reminder alarm for 7:52.

2 FIND A LOCATION

Pick a place that is comfortable and free of distractions.

3 MAKE A PLAN

Try different prayer strategies (e.g., pray Scripture, prayer journal).