



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 (parents, siblings, grandparents, etc.).

5 Pray five times a week with your family.

2 Pray at least two times a week with your spouse (for parents).

CALL ON GOD EACH DAY!

PRAISE

God, I love and thank You because...

- You created me, those I love and everything around me.
- You are fair and just.
- You have mighty power.
- You are caring.
- You love me no matter what.
- You are the **ONLY** God.
- You protect me.

REQUEST

God, please help...

- _____ who is sick or has needs.
- my family and friends.
- my teachers, pastor, leaders of our country, etc.
- me be a peacemaker.
- me honor You with my words and actions today.
- me to be forgiving.
- me with ...

ADMIT

God, I'm sorry for...

- worrying about ...
- not making a wise choice about ...
- not acting lovingly when I ...
- not speaking kindly to ...
- disobeying You when I ...
- not being truthful when I ...
- getting angry about ...

YIELD

God, I trust You with...

- my protection.
- providing for what I need.
- things in this world that I do not understand.
- the people You put in authority over my life.
- the health of those I love.
- what happens at my school.
- my life and my future.