

The background features a repeating chevron pattern of watercolor-style lines in various shades of green and blue, ranging from light mint to a vibrant teal. A white circle with a dark blue outline is centered on the page, containing the text.

**PRAY
GROW
LIVE**

PRAY WITHOUT CEASING

WHEN YOU COMMIT, DO. List the prayer requests that you are committing to pray for all week.

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What are you keeping at the front of your mind as you pray this week?

BLESSINGS

PEOPLE

SITUATIONS

START DATE

FINAL DATE

PRAISES

Brainstorm praises of gratitude to God for all he has done in your life.

WHO HE IS

WHAT HE'S
DONE

HIS
PROMISES

GRATITUDE

TELL SOMEONE.

Who will you tell of God's goodness in your life?

PRAY BY LISTENING

LISTENING PRAYER. Take time to listen and journal what you sense God speaking.

Step 1. Quiet Down & Focus? Take a deep breath. Then quiet your mind by focusing on the truth of Jesus Christ in some manner. You can think about a verse, a prayer, the cross, the empty tomb, etc.

THE TRUTH

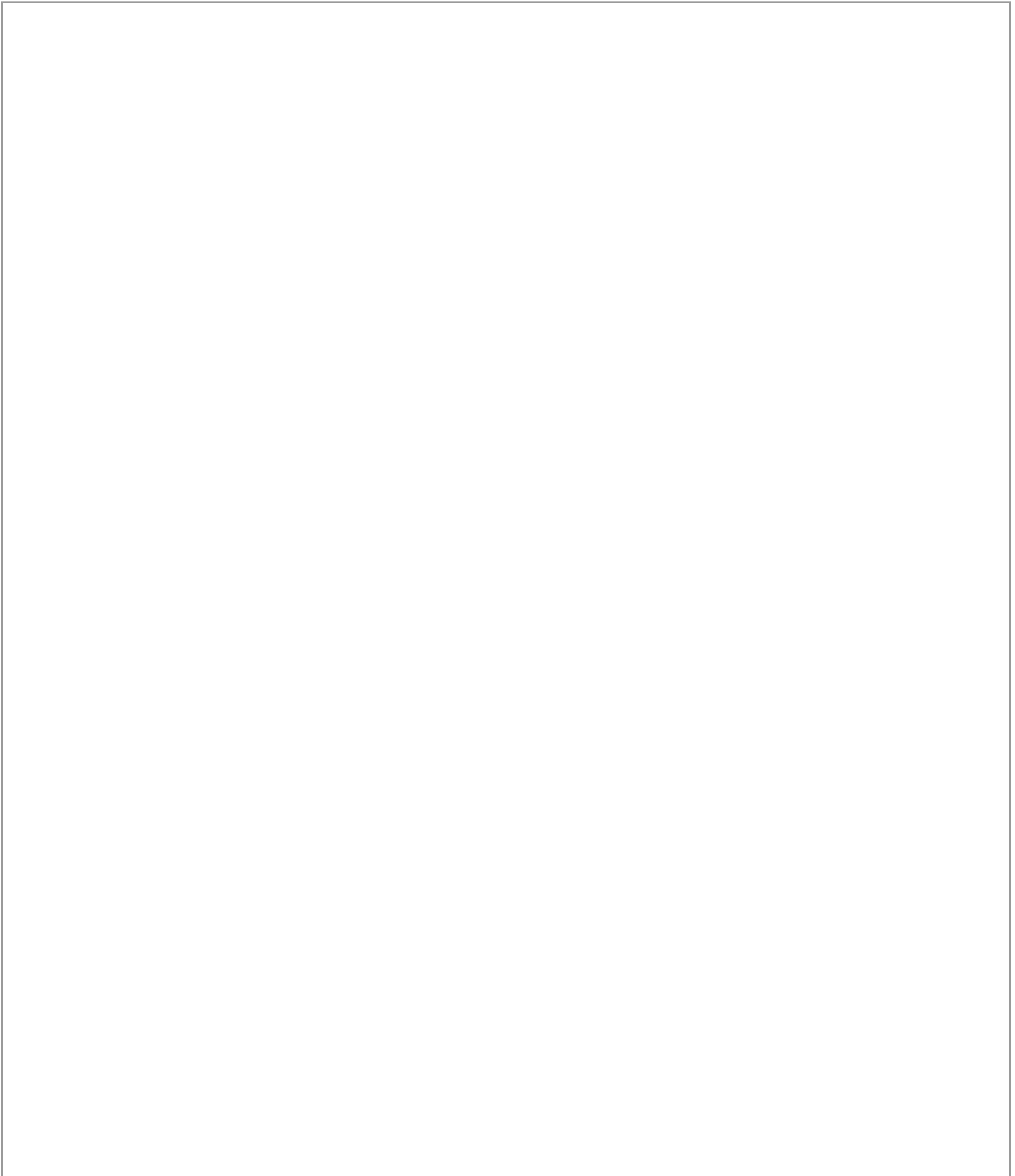
Step 2. Ask Questions. Write this question, “Lord, what would you say to me today about ___?”

TODAY

Step 3. Listen & Write. Simply listen and write the flow of thoughts that come to your mind after you have asked Him a question.

Simply record your prayer and then write what you sense to be God’s answer. Write whatever spontaneously comes to mind without judging. There is always time to judge later.

Just let the words flow and write!



PRAYER IS LISTENING for the still and small voice of God.

God speaks to us in our silence, tuning the ear of our hearts to hear the Spirit's proding.

Pray. Not until God hears you, but until your heart is listening to God.

PRAY THROUGH SCRIPTURE

**PICK A BIBLE VERSE
WRITE IT DOWN.**

Use the space below to write the passage you are praying.

**READ IT ALOUD TO
YOURSELF.**

Speak God's truth to yourself.

MEMORIZE IT. REMEMBER IT.

Bring your Scripture-based prayers with you by memorizing them and repeating them to yourself throughout the day.

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PRAY SUGGESTED PASSAGES

EPH 3:20-21

PSALMS 27:4

PHIL 4:6-7

PSALMS 9:1-2

JOHN 14:27

2 COR 12:9

ISA 43:19

JOHN 7:38

ISA 64:24

3 JOHN 1:2

ROM 15:13

MATT 6:25

ISA 41:10

ROM 8:28

PSALMS 18:6

PROV 3:5-6

PSALM 23

NUMB 6:24-25

COL 3:13

EPH 2:8-10

WHAT IS YOUR LIFE VERSE?

Write the verse that you want to be your prayer for this season of your life.

PRAYER AS WORSHIP

THE PERSON	THEIR SPECIFIC REQUEST	DO	DOING	DONE
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SCRIPTURES TO ENCOURAGE

PRAISE

NEEDS

PEOPLE

AND... GRATITUDE

How has God already showed you His goodness to you in these needs?