



## **P**RAISE

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

*(Psalm 9:1, Psalm 100:4)*

## **R**EQUEST

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

*(Philippians 4:6-7)*

## **A**DMIT

Confess your sins to God.

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

## **Y**IELD

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).