

My weekly *prayer list*

Week of _____

One person or group a day. Write their name, then the one thing you'll ask God for them.

Monday

Someone in your home

Who _____



Prayed

Tuesday

A friend carrying a lot

Who _____



Prayed

Wednesday

Your church or small group

Who _____



Prayed

Thursday

Someone at work or school

Who _____



Prayed

Friday

A neighbor

Who _____



Prayed

Saturday

Someone hard to love

Who _____



Prayed

Sunday

You. Be honest with God.

Who _____



Prayed

☀ Pray for one family member each day

Mon The person closest to me: _____

Tue My children (one at a time): _____

Wed My parents: _____

Thu Brothers, sisters and in-laws: _____

Fri The one who's struggling: _____

Sat Extended and chosen family: _____

Sun *All of us together*

Lord, You love them more than I do. Take care of them. Amen.

For he shall give his angels charge over thee, to keep thee in all thy ways. PSALM 91:11 KJV

Once a week, text one of them: I'm praying for you today. Anything specific?

☀ prayerboard.co

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Prayer request *tracker*

Started _____

Write it down, pray, then tell them. A two-word text, “Prayed today,” means more than you’d think.

Date · who	The request, then the update	Texted them ✓
		☐ texted them ☐ answered
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When one is answered, tell them you saw it too. Then start a new line.

☛ <i>I'm praying for</i> 1 _____ 2 _____ 3 _____ 4 _____ See this? Pray for one. Then text them.	☛ <i>I'm praying for</i> 1 _____ 2 _____ 3 _____ 4 _____ See this? Pray for one. Then text them.
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1 Write up to four names, few enough to pray in a minute.

2 Slip it behind your bank card or into your phone case.

3 When you see it, pray for one of them, then send a text.