



## **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 (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.