



My Prayer Focus

One person I pray for daily: _____

My Prayer Rhythm

Time of day I will pause and pray: _____

Where or during what activity I'll pray:

My Encouragement

1. I come to God without dressing up my words—just messy, honest, and real.
2. I will pray with a dependent heart, in the flow of everyday life.
3. I trust that God is always at work, even when I cannot see it.

Encouragement Scripture

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God — **Philippians 4:6 (ESV)**