



ACTION PLAN

1. Commit to Pray

Begin by committing to the **Prayer 7>5>2** model...

7— times a week INDIVIDUALLY for opportunities to Share Life and Share Christ

5—times a week with your FAMILY for God to be more involved in your lives.

2—times a week with a PRAYER PARTNER for the church, its leaders, and vision.

2. Select a Time and Strategy

Note the time and strategies within this guide. Try and add prayer to common circumstances.

Examples:

INDIVIDUAL: I will pray each morning as I commute to work.

FAMILY: Monday and Thursday prayer at the end of dinner and each evening we will use “first to bed” strategy for bedtime prayer. See “Piggy Back Strategies”

PRAYER PARTNER: Pray for 10 minutes on Sunday and Wednesday before church gatherings.

Time:

Strategy:

Individual (**7**):

Family (**5**):

Prayer Partner (**2**):

3. Make Preparations

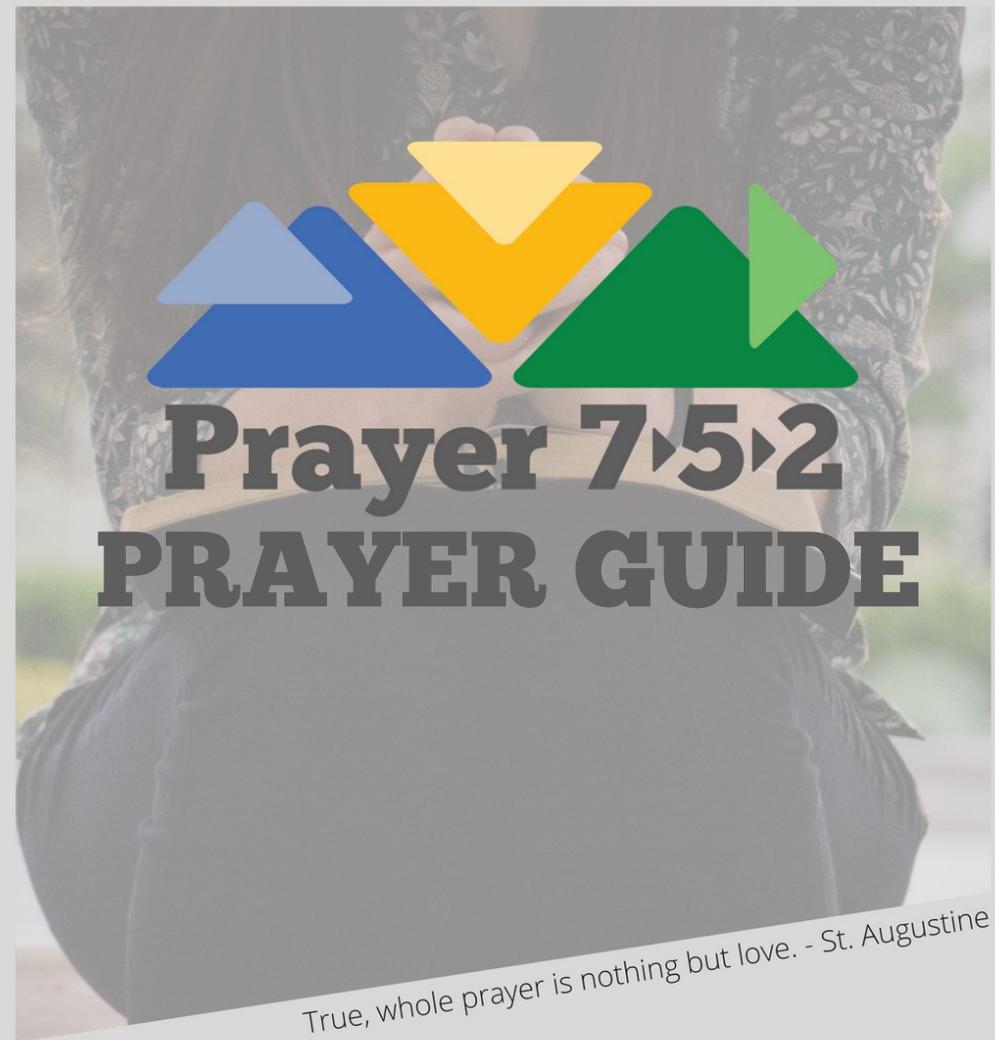
Unless you begin your prayer routine in the next five days, the likelihood of following through with this is slim. Take out your calendar now and schedule one hour in which you will gather, purchase, prepare or display anything needed to implement the ideas listed above.

List the preparation steps you need to take:

1.

2.

3.



Prayer 7-5-2 PRAYER GUIDE

True, whole prayer is nothing but love. - St. Augustine

Pray seven times a week
7
INDIVIDUALLY for opportunities to Share Life and Share Christ

Pray five times a week with your **5**
FAMILY for God to be more involved in your lives

Pray two times a week with a **2**
PRAYER PARTNER for the church, its leaders, and church vision

Overcoming Obstacles

Tips as you encounter obstacles to the **Prayer 7>5>2** habit:

- **Schedule:** Like any important event, **Prayer 7>5>2** needs to be included on your schedule and protected. If you use a calendar, consider creating an appointment with the family several times per week—even if that appointment is at dinner, before bed, etc.
- **Travel:** Even when on the road, you can participate in family prayer by phone, video call, or even over Facebook. You might also consider sending a text message or email with a prayer for your family to read.
- **Tension:** Confession (acknowledging one's failures) in prayer can make it easier to resolve tension as family members humble themselves before God in the hearing of one another.
- **The Nudge:** Give everyone permission to “nudge” one another back on track during the inevitable seasons when your prayer routine wanes. Be open to reminders from your wife, husband, or child, and resist the temptation to become defensive or defeated.

Jump Start Prayers

Helpful ways to jump start a prayer routine in your home:

- **Silent Prayers:** The easiest way to start family prayer is praying silently together. Agree on a prayer list, join hands and then bow quietly. As you become more comfortable with the process, add sentence prayers to your routine.
- **Sentence Prayers:** Take turns allowing each person who is comfortable doing so to pray a very short, one sentence prayer like “Please heal Uncle Paul.” Or “Thank you for giving Troy a new friend.” Or “I’m sorry for losing my temper with everyone earlier today.”
- **High/Low Prayers:** Have each person quickly share the high point and low point of their day. Then hold hands and give thanks for the highs and lows (James 1:2-4).
- **Fill-in-the-Blank Prayers:** Use pre-written language to guide and focus family prayer times. For example, the following starter lines can be used...
God, I love you because... *Thank you God for...*
God, please help... *God, I'm sorry for...*

If you need wisdom, ask our generous God, and He will give it to you. He will not rebuke you for asking.

James 1:5

Prayer Tools for the Home

Ideas to make your prayer routine easier and more meaningful:

- **Prayer Board:** Buy a dry erase board to keep near the dinner table, and use it to keep track of items you are praying about.
- **Recipe Prayer Cards:** Keep a recipe box and cards on the table so when concerns are discussed, they can be captured on a card. You might want to create a section for answered prayers to keep as a reminder of God's goodness.

Don't worry about anything, instead pray about everything.

Phil 4:6

- **Prayer Card Basket:** Place Christmas & birthday cards, thank you notes, or party invitations received during the year, in a basket. Remove one each meal time as a reminder to pray for that person of family.

- **Drive Time:** Take advantage of your driving time as a means for prayer. Look at some of the examples of outward prayer to use for your drive.
- **Prayer Journal:** Keep a journal where you can record written prayers. If you're a family, place it in the house where any family member can record written prayers.

Piggy Back Strategies for Families

Taking advantage of existing activities or special occasions to include prayer:

- **Mealtime:** Give thanks for the food before you eat, then wait until everyone has eaten to have an extended family time of prayer.
- **Bedtime:** The first person in the family to go to bed (usually the youngest) alerts everyone else that it is the end of the day, thus time for family prayer.
- **Morning:** Before the first person heads out the door, pray together about the upcoming activities of the day.
- **Drive Time:** As you start the engine, pause for a prayer together asking God to go with you and invite anyone else to pray.
- **Special Occasions:** Anniversaries, birthdays, first day of school, first date, school test, job interview, etc. can trigger special times of prayer.
- **Mirror Prayers:** Using a dry erase marker, write a list of prayer concerns on the bathroom mirror so they remember to pause and pray after brushing their teeth.