

Prayer

spiritual RHYTHMS

These prayer cards are designed to help strengthen your rhythm of prayer as you become more like Christ in all of your life.

Prayer Prompts

Sunday: Praise

Monday: Lord's Prayer

Tuesday: Forgiveness

Wednesday: Family & Friends

Thursday: The Church

Friday: Nation(s)

Saturday: Become Like Christ

Praise

Praise the Lord, O my soul, and all that is within me, praise His holy name! **PSALM 103:1**

ONE-SENTENCE PRAYERS

God, I lift up Your holy name, for You alone are worthy of all glory, honor, praise, and worship.

Jesus, thank You for who You are and what You accomplished for me on the cross.

Holy Spirit, awaken praise in my soul and gratefulness in my heart.

Praise

ATTRIBUTES OF GOD

Read through this list and stop/
focus on one attribute of God to
pray about today.

Almighty, Close, Compassionate,
Creator, Eternal, Faithful,
Forgiving, Good, Gracious,
Healer, Holy, Just, Kind, Listening,
Loving, Merciful, Patient, Perfect,
Powerful, Righteous, Sovereign,
Strong, True, Unchanging, Worthy

Lord's Prayer

Our Father in heaven, hallowed be Your name. Your kingdom come, Your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil. **MATTHEW 6:9-13**

WITH ADDED DOXOLOGY

(Not found in the Bible but prayed by the church throughout history.)

For Thine is the kingdom, and the power, and the glory,
Forever and ever. Amen

Lord's Prayer

ONE-SENTENCE PRAYERS

Father, Your name is holy and
You are worthy of all praise; may
Your will be done in my life today.

God, give me what I need today
to fulfill Your purposes, and help
me to trust You for everything.

Father, forgive my sins, help me
to forgive those who hurt me.

God, keep me from falling into
temptation and deliver me from
every form of evil.

Forgiveness

Have mercy on me, O God,
according to Your steadfast love;
according to Your abundant
mercy, blot out my
transgressions. **PSALM 51:1**

ASKING FOR FORGIVENESS

Read this list and focus on one
thing to confess and ask for
forgiveness today.

SINFUL DESIRE FOR:

Wealth, Comfort, Security,
Status, Influence

SINS OF:

Lust, Pleasure, Addiction

PRIDE

TUESDAY

Forgiveness

Bless those who curse you,
pray for those who mistreat you.

LUKE 6:28

GIVING FORGIVENESS

Whom do you need to forgive
today?

PRAY FOR THEM

Pray for God to bless them and
make Himself known to them.

Pray they know and experience
Jesus.

Pray for the Fruit of the Spirit to
grow in their life.

Family & Friends

The Lord bless you and keep you; the Lord make His face shine upon you and be gracious to you; the Lord lift up His countenance upon you and give you peace. **NUMBERS 6:24-26**

PRAY FOR BLESSING

Pray for God to make Himself known to family & friends.

Pray that they know and experience Jesus.

Pray for the Spirit to move and work in their life.

Family & Friends

Jesus said, “I am the way, and the truth, and the life. No one comes to the Father except through Me.”

JOHN 14:6

PRAY FOR SALVATION

Who are your family and friends who do not know the Lord?

- 1.
- 2.
- 3.

God, I pray that _____
would encounter You today.

Draw _____ to Yourself,
so they would come to know
Jesus as their Savior. Amen.

The Church

Now you are the body of Christ and individually members of it.

1 CORINTHIANS 12:27

PRAY FOR YOUR CHURCH

Read through this list and focus on one thing to pray for your church today.

Unity, Spiritual Health,
Church Leadership, Outreach,
Love, Against Spiritual Warfare,
Protection from Persecution,
Financial Provision,
Next Generation,
God's Will Be Done.

THURSDAY

The Church

Behold, a great multitude that no one could number, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb. **REVELATION 7:9**

PRAY FOR THE GLOBAL CHURCH

Focus on one thing to pray for the global church today.

Unity, Spiritual Health,
Church Leadership, Outreach,
Love, Against Spiritual Warfare,
Protection from Persecution,
Financial Provision,
Next Generation,
God's Will Be Done.

THURSDAY

Nation

I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. **1 TIMOTHY 2:1-2**

PRAY FOR YOUR NATION

Pray for major issues that God has put on your heart.

Pray for Christian leaders to follow Christ as King.

Pray for salvation for people in your neighborhood, city, state, and nation.

Nations

May Your way be known on earth, Your saving power among all nations. Let the peoples praise You, O God; let all the peoples praise You! **PSALM 67:2**

Pray for nations that God places on your heart.

Pray for nations that Grace is involved with: Mexico, Belize, Colombia, Nepal & Thailand.

Pray for these issues: Justice, Poverty, Slavery, Human Trafficking, War, Hunger, Orphans & Widows.

Become Like Christ

Pray for God to grow the Fruit of
the Spirit in your life.

GALATIANS 5:22-23

Love

Joy

Peace

Patience

Kindness

Goodness

Faithfulness

Gentleness

Self-Control

SATURDAY

Become Like Christ

Do not be conformed to this world, but be transformed by the renewal of your mind.

ROMANS 12:2

PRAY FOR WISDOM

Speak out specific areas in your life in which you need wisdom.

Pray, asking God for wisdom and for His Spirit to guide you.

Trust that God will lead you.
Surrender the outcome to
His will.

SATURDAY