



# Planning a Week in Prayer

Ever feel overwhelmed by all the things for which you want to pray? It can be frustrating, or even paralyzing, as your list of prayer requests grows and grows! This is a tool that will help you divide up your prayer requests so that you focus on only a few each day, but still cover them all throughout the week.

Planning a weekly schedule for prayer can help you better manage your prayer life. The idea is simple: make a list of the things you want to pray for consistently, and then break your prayers up throughout the week. So on Monday, maybe you pray for your family; Tuesday, you pray for your roommate; Wednesday you pray for your professors; and so on. Post the list somewhere you can find it or see it easily (i.e. front of Bible, journal, mirror). You should experience more peace and consistency in your prayer life!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

