

## PERSONAL PRAYER PLAN

### Why Have a Personal Prayer Plan?

The purpose of a personal prayer plan is to establish a consistent and meaningful daily prayer routine that strengthens your connection with God and provides spiritual nourishment. In the midst of busy schedules, distractions, and daily pressures, it's easy for prayer to become an afterthought. A personal prayer plan helps bring intentionality and structure to your spiritual life, allowing you to prioritize time with God and grow in your faith.

Just as we plan for physical wellness, relationships, and career goals, our spiritual life also benefits from a thoughtful approach. Having a prayer plan doesn't mean your prayers must be rigid or rehearsed - it simply gives you a framework to stay grounded, focused, and open to God's presence throughout the day. Whether you're new to prayer or seeking a deeper, more consistent practice, a personal prayer plan can serve as a valuable guide on your journey with God. It's a tool to help you draw near, hear more clearly, and live each day with purpose and peace.

### Daily Prayer Schedule

This section outlines specific times throughout your day to intentionally connect with God. By setting aside short, focused moments in the morning, midday, and evening, you create a rhythm of prayer that helps you stay spiritually grounded and aware of God's presence throughout the day.

Time	Activity	Focus
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Morning	5-10 min	Gratitude, guidance for the day
Midday/Lunch	5 min	Re-centering, specific requests
Evening/Before Bed	10-15 min	Reflection, confession, thanksgiving

### Prayer Structure (ACTS Framework)

The ACTS framework - Adoration, Confession, Thanksgiving, and Supplication - provides a simple yet powerful guide for balanced prayer. This structure helps you honor God, reflect honestly, express gratitude, and lift up personal and others' needs in a way that fosters sincere, heartfelt communication with Him.

1. Adoration: Start with praising God for who He is.  
- Example: "Lord, You are holy, loving, and faithful."
2. Confession: Acknowledge areas where you've fallen short.  
- Example: "Forgive me for my impatience and lack of trust today."
3. Thanksgiving: Express gratitude for blessings.  
- Example: "Thank You for my health, family, and opportunities."
4. Supplication: Present your needs and intercessions for others.  
- Example: "Please guide my decisions and bring healing to [name]."

## **Prayer Prompts**

Prayer prompts are short, intentional phrases to help you begin your prayers, especially when you're unsure what to say. These serve as spiritual anchors that refocus your mind and heart on God's presence and purpose at various points in the day.

- Morning: "Lord, guide my thoughts and actions today."
- Midday: "Help me stay focused and trust in Your plan."
- Evening: "Thank You for the lessons and blessings of today."

## **Dedicated Prayer Space**

Creating a dedicated space for prayer encourages consistency and focus. Whether it's a quiet corner or a simple setup, having a designated area with meaningful items like a Bible, journal, or candle helps set the tone for reverent and intentional time with God.

A quiet corner with

- A comfortable chair or cushion
- A Bible, journal, and pen
- A candle or small cross for focus

## **Empowered To Pray**

Building a personal prayer plan is not about having the perfect words or routine - it's about showing up with a willing heart. As you commit to these moments of connection with God, remember that your prayers have power, not because of how eloquent they are, but because of who you're praying to. Let this plan empower you to pray with confidence, consistency, and purpose. No matter the challenges of your day, know that you are never alone - God is listening, guiding, and strengthening you every step of the way. Keep pressing forward, empowered by faith and grounded in prayer.