



# PRAYER EXERCISE

DATE: \_\_\_\_\_

## HOW TO USE THIS PRAYER EXERCISE?

Use this worksheet to write down your prayers. Writing down your prayers allows you to be intentional in what you are praying for. It also serves as a way to prime your heart to communicate with God. Spend 3-5 minutes on each block writing down your thoughts and prayers. Use Block 1 to focus on what you are thankful to God for, Block 2 on what you are praying for others, and Block 3 on what you are praying for yourself. Then spend 3-5 minutes praying for each block.

I AM THANKFUL FOR: \_\_\_\_\_

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I AM PRAYING FOR: \_\_\_\_\_

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I AM PRAYING FOR: \_\_\_\_\_

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