

24/7 Prayer Challenge

24 Minutes of Prayer Daily – 7 Days a Week



2 Chronicles 7:14

my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.

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24 Minutes of Prayer Daily – 7 Days a Week



The Prayer Challenge

“There is a moment between intending to pray and actually praying that is as dark and silent as any moment in our lives. It is the split second between thinking about praying and really praying.

For some of us, this split second may last for decades. It seems, then, that the greatest obstacle to prayer is the simple matter of beginning, the simple exertion of will, the starting, the acting, the doing.

How easy it is, and yet between us and the possibility of prayer there seems to be a great gulf fixed: an abyss of our own making that separates us from God.”

- Emille Griffin

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24 Minutes of Prayer Daily – 7 Days a Week



The 24-7 Prayer Challenge

The power of prayer is often underestimated. James 5:16 declares, *"Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much-"* God most definitely listens to prayer, answers prayers, and responds to prayer.

This E-Guide is presented to you as a challenge to move forward in spiritual growth, through prayer. The simple plan provides 3 areas of focus for each day. While there are no magic formulas, or special techniques when it comes to prayer, hopefully, this focused approach will provide you with a fresh mindset.

The Goal

The 24-7 Prayer Challenge sets this goal *"24 minutes of prayer, 7 days a week."* For some, this may not be very challenging, yet for many, it may take some time to build up to this level.

The idea behind the 24 minutes is based on the 24 hours in a day. This goal accomplishes an average of one minute per hour.

The Plan

Each day is scheduled into 3 areas of focus, with a time of 8 minutes in each area. This is not to be set in stone. Take as much, or little time in each area as you feel led by the Spirit. You may break up the 24 minutes in some time in the morning, afternoon, and evening or however your schedule permits.

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The Plan - Worksheet

- **Choose A Time** – Setting the the same time every day is the best way to begin establishing a lasting habit. What is a good time for you? _____
- **Choose A Place** - The same place each day is also instrumental in establishing a disciplined time with God. Where will you meet alone with the Lord? _____
- **Choose A Goal** - You may know someone who spends an hour a day with the Lord. Perhaps at a later time this would be a good goal for you! Be realistic! What can you pretty much guarantee you would do each day? The Prayer Challenge is 24 Minutes. What is your initial goal 9, 12, 15, 18, 24? My Initial Goal is: _____
- **Choose A Plan** – There is a basic schedule included in this prayer guide. The prayer challenge presents three areas of focus, for each day, at 8 minutes each. This could easily be adjusted time-wise or you could use another plan altogether.
 - My daily prayer plan is _____
- **Avoid Distractions** - What are the things that could distract you from following through with your desire to focus only on God? TV? Music? Visitors? Phone calls? Social Media? Whatever it is, how will you avoid this distraction? _____
- **Have someone hold you accountable** - It is always helpful to have another Christian know your goal and be praying with you or for you that you will reach it. They could even call you daily, or intermittently for a while, to ask if you spent your daily time with Christ in prayer.

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Weekly Schedule Overview



DAY ONE

- Thanksgiving
- Repentance
- Pray The Word



DAY TWO

- Praise
- Pleading The Blood
- Prayer For Health And Healing



DAY THREE

- Play Music
- Spiritual Warfare
- Prophetic Praying



DAY FOUR

- Thanksgiving
- Personal Strength/Marriage
- Intercession For Family, Friends



DAY FIVE

- Praise
- Supplication, Ask for Needs
- Spiritual Leaders i.e. Pastor/Church



DAY SIX

- Thanksgiving
- Divine Favor And Blessing
- National Revival, Leaders



DAY SEVEN

- Play Music
- Ask For Wisdom, Guidance, God's Will
- Pray The Word And Claim God's Promises

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Seven Day Plan

DAY 1



Thanksgiving - (8 minutes)

- (Psalms 92:1-2 KJV) *It is a good thing* to give thanks unto the LORD, and to sing praises unto thy name, O most High: {2} To show forth thy lovingkindness in the morning, and thy faithfulness every night,
- (1 Thessalonians 5:18 KJV) In every thing **give thanks**: for this is the will of God in Christ Jesus concerning you.



Repentance - (8 minutes)

- (Acts 3:19 KJV) **Repent** ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord;
- (Acts 2:37-38 KJV) Now when they heard *this*, they were pricked in their heart, and said unto Peter and to the rest of the apostles, Men *and* brethren, what shall we do? {38} Then Peter said unto them, **Repent**, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost.



Pray the Word - (8 minutes)

- (Psalms 119:10-16 KJV) With my whole heart have I sought thee: O let me not wander from thy commandments. {11} **Thy word** have I hid in mine heart, that I might not sin against thee. {12} Blessed *art* thou, O LORD: teach me thy statutes. {13} With my lips have I declared all the judgments of thy mouth. {14} I have rejoiced in the way of thy testimonies, as *much as* in all riches. {15} I will meditate in thy precepts, and have respect unto thy ways. {16} I will delight myself in thy statutes: I will not forget **thy word**.
- (Romans 10:17 KJV) So then **faith cometh** by hearing, and hearing by the word of God.

My Thoughts

24/7 Prayer Challenge

24 Minutes of Prayer Daily – 7 Days a Week



Worksheet

DAY 1

Write your thoughts, inspirations, and revelations during prayer.
List your burdens and needs.

Thanksgiving - (8 minutes)

- I'm Thankful For: _____
- Victory Report: _____

Repentance - (8 minutes)

- I Need Forgiveness Area: _____
- Deliver Me From Temptation: _____

Pray the Word - (8 minutes)

- My Scripture Devotion Today: _____
- Word Delivered At Church Last Week: _____

My Thoughts

24/7 Prayer Challenge

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Seven Day Plan

DAY 2



Praise - (8 minutes)

- (Psalms 103:1-2 KJV) Bless the LORD, O my soul: and all that is within me, *bless* his holy name. {2} Bless the LORD, O my soul, and forget not all his benefits:
- (Psalms 150:6 KJV) Let every thing that hath breath **praise the LORD**. Praise ye the LORD.



Pleading The Blood - (8 minutes)

- (Exodus 12:22-23 KJV) And ye shall take a bunch of hyssop, and dip *it* in the blood that *is* in the basin, and strike the lintel and the two side posts with the blood that *is* in the basin; and none of you shall go out at the door of his house until the morning. {23} For the LORD will pass through to smite the Egyptians; and when he seeth the blood upon the lintel, and on the two side posts, the LORD will pass over the door, and will not suffer the destroyer to come in unto your houses to smite *you*.
- (1 John 1:7 KJV) But if we walk in the light, as he is in the light, we have fellowship one with another, and the **blood of Jesus** Christ his Son cleanseth us from all sin.
- (1 Peter 1:18-19 KJV) Forasmuch as ye know that ye were not redeemed with corruptible things, *as* silver and gold, from your vain conversation *received* by tradition from your fathers; {19} But with the precious **blood of Christ**, as of a lamb without blemish and without spot:



Prayer For Health And Healing - (8 minutes)

- (Psalms 103:2-5 KJV) Bless the LORD, O my soul, and forget not all his benefits: {3} Who forgiveth all thine iniquities; who **healeth** all thy diseases; {4} Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; {5} Who satisfieth thy mouth with good *things*; so *that* thy youth is renewed like the eagle's.
- (Isaiah 53:5 KJV) But he *was* wounded for our transgressions, *he was* bruised for our iniquities: the chastisement of our peace *was* upon him; and with his **stripes** we are **healed**.
- (Psalms 107:19-20 KJV) Then they cry unto the LORD in their trouble, *and* he saveth them out of their distresses. {20} He sent his word, and **healed them**, and delivered *them* from their destructions.

My Thoughts

24/7 Prayer Challenge

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Worksheet

DAY 2

Write your thoughts, inspirations, and revelations during prayer.
List your burdens and needs.

Praise - (8 minutes)

- My Daily Praise: _____
- Victory Report: _____

Pleading The Blood - (8 minutes)

- Over People: _____
- Over Places: _____

Prayer For Health And Healing - (8 minutes)

- I Need Healing: _____
- My Family or Friend Needs Healing: _____

My Thoughts

24/7 Prayer Challenge

24 Minutes of Prayer Daily – 7 Days a Week



Seven Day Plan

DAY 3



Play Music, Meditation - (8 minutes)

- (2 Chronicles 5:13 KJV) It came even to pass, as the trumpeters and singers *were* as one, to make one sound to be heard in praising and thanking the LORD; and when they lifted up *their* voice with the trumpets and cymbals and instruments of **music**, and praised the LORD, *saying*, For *he is good*; for his mercy *endureth* for ever: that *then* the house was filled with a cloud, *even* the house of the LORD;
- (Psalms 104:33-34 KJV) I will sing unto the LORD as long as I live: I will **sing praise** to my God while I have my being. {34} My meditation of him shall be sweet: I will be glad in the LORD.



Spiritual Warfare - (8 minutes)

- (Ephesians 6:12 KJV) For we **wrestle not** against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high *places*.
- (Matthew 16:19 KJV) And I will give unto thee the keys of the kingdom of heaven: and whatsoever thou shalt **bind on earth** shall be bound in heaven: and whatsoever thou shalt loose on earth shall be loosed in heaven.
- (1 Peter 2:11 KJV) Dearly beloved, I beseech *you* as strangers and pilgrims, abstain from fleshly lusts, which **war against** the soul;
- (James 4:7 KJV) Submit yourselves therefore to God. **Resist the devil**, and he will flee from you.



Prophetic Praying - (8 minutes)

- (1 Corinthians 14:15 KJV) What is it then? I will **pray** with the **spirit**, and I will **pray** with the understanding also: I will sing with the **spirit**, and I will sing with the understanding also.
- (Matthew 21:22 KJV) {22} And all things, whatsoever ye shall ask in prayer, believing, ye shall receive.
- (Mark 11:23 KJV) For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith.

My Thoughts

24/7 Prayer Challenge

24 Minutes of Prayer Daily – 7 Days a Week



Worksheet

DAY 3

Write your thoughts, inspirations, and revelations during prayer.
List your burdens and needs.

Thanksgiving- (8 minutes)

- Songs In My Heart: _____
- I'm Thinking About: _____

Spiritual Warfare - (8 minutes)

- Area Of Attack: _____
- Demonic Spirits I Rebuke: _____

Prophetic Praying - (8 minutes)

- I Feel Faith For: _____
- I Declare: _____

My Thoughts

24/7 Prayer Challenge

24 Minutes of Prayer Daily – 7 Days a Week



Seven Day Plan

DAY 4



Thanksgiving - (8 minutes)

- (Psalms 30:11-12 KJV) Thou hast turned for me my mourning into dancing: thou hast put off my sackcloth, and girded me with gladness; {12} To the end that my glory may sing praise to thee, and not be silent. O LORD my God, **I will give thanks** unto thee forever.
- (Psalms 69:30 KJV) I will praise the name of God with a song, and will magnify him with **thanksgiving**.



Personal Strength/Marriage - (8 minutes)

- (Isaiah 40:29-31 KJV) He giveth power to the faint; and to *them that have* no might he increaseth strength. {30} Even the youths shall faint and be weary, and the young men shall utterly fall: {31} But **they that wait** upon the LORD shall renew *their* strength; they shall mount up with wings as eagles; they shall run, and not be weary; *and* they shall walk, and not faint.
- (Ecclesiastes 4:9 KJV) Two *are* better than one; because they have a good reward for their labour.
- (Colossians 3:18-20 KJV) Wives, submit yourselves unto your own husbands, as it is fit in the Lord. {19} Husbands, **love your wives**, and be not bitter against them. {20} Children, obey *your* parents in all things: for this is well pleasing unto the Lord.



Intercession For Family, Friends - (8 minutes)

- (Romans 8:26 KJV) Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh **intercession** for us with groanings which cannot be uttered.
- (James 5:16 KJV) Confess *your* faults one to another, and **pray one for another**, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.
- (Acts 12:5 KJV) Peter therefore was kept in prison: but **prayer was made** without ceasing of the church unto God for him.

My Thoughts

24/7 Prayer Challenge

24 Minutes of Prayer Daily – 7 Days a Week



Worksheet

DAY 4

Write your thoughts, inspirations, and revelations during prayer.
List your burdens and needs.

Play Music, Meditation - (8 minutes)

- Songs In My Heart: _____
- I'm Thinking About: _____

Personal Strength/Marriage - (8 minutes)

- Lord, Help Me: _____
- I (or Marriage) Needs Strength: _____

Intercession - (8 minutes)

- People: _____
- Situation: _____

My Thoughts

24/7 Prayer Challenge

24 Minutes of Prayer Daily – 7 Days a Week



Seven Day Plan

DAY 5



Praise - (8 minutes)

- (Psalms 145:21 KJV) My mouth shall speak the praise of the LORD: and let all flesh bless his holy name for ever and ever. (Psalms 146:1-2 KJV) Praise ye the LORD. **Praise the LORD**, O my soul. {2} While I live will I **praise the LORD**: I will sing praises unto my God while I have any being.
- (Psalms 150:2 KJV) Praise him for his mighty acts: praise him according to his excellent greatness.



Supplication, Ask for Needs: - (8 minutes)

- (Luke 11:9-10 KJV) And I say unto you, **Ask**, and it shall be given you; **seek**, and ye shall find; knock, and it shall be opened unto you. {10} For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.
- (Philippians 4:19 KJV) But my God shall supply all your need **according to his riches** in glory by Christ Jesus.
- (Matthew 6:11 KJV) Give us **this day our daily** bread.



Spiritual Leaders i.e. Pastor/Church - (8 minutes)

- (Ephesians 6:19-20 KJV) And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel, {20} For which I am an ambassador in bonds: that therein I may speak boldly, as I ought to speak.
- (Hebrews 13:7 KJV) Remember them which have the **rule over you**, who have spoken unto you the word of God: whose faith follow, considering the end of *their* conversation.
- (2 Thessalonians 3:1 KJV) Finally, brethren, **pray for us**, that the word of the Lord may have *free* course, and be glorified, even as *it is* with you:

My Thoughts

24/7 Prayer Challenge

24 Minutes of Prayer Daily – 7 Days a Week



Worksheet

DAY 5

Write your thoughts, inspirations, and revelations during prayer.
List your burdens and needs.

Praise - (8 minutes)

- Songs In My Heart: _____
- I'm Thinking About: _____

Supplication, Ask For Needs - (8 minutes)

- My Needs: _____
- I'm Asking By Faith For: _____

Spiritual Leaders i.e. Pastor/Church - (8 minutes)

- For My Pastor: _____
- For My Church And Leaders: _____

My Thoughts

24/7 Prayer Challenge

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Seven Day Plan

DAY 6



Thanksgiving - (8 minutes)

- (Psalms 100 KJV) A Psalm of praise. Make a joyful noise unto the LORD, all ye lands. {2} Serve the LORD with gladness: come before his presence with singing. {3} Know ye that the LORD he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture. {4} Enter into his gates with **thanksgiving**, and into his courts with praise: be thankful unto him, and bless his name. {5} For the LORD is good; his mercy is everlasting; and his truth endureth to all generations.
- (Psalms 136:26 KJV) O **give thanks** unto the God of heaven: for his mercy endureth for ever.
- (Psalms 107:1 KJV) O **give thanks** unto the LORD, for he is good: for his mercy endureth for ever.



Divine Favor And Blessing - (8 minutes)

- (Genesis 18:3 KJV) And said, My Lord, if now I have found favour in thy sight, pass not away, I pray thee, from thy servant:
- (Luke 1:30 KJV) And the angel said unto her, Fear not, Mary: for thou hast found favour with God.
- (Hebrews 6:13-15 KJV) For when God made promise to Abraham, because he could swear by no greater, he swore by himself, {14} Saying, Surely **blessing** I will bless thee, and multiplying I will multiply thee. {15} And so, after he had patiently endured, he obtained the promise.



National Revival, Leaders, Community - (8 minutes)

- (1 Timothy 2:1-3 KJV) I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for **all men**; {2} For kings, and for **all that are in authority**; that we may lead a quiet and peaceable life in all godliness and honesty. {3} For this is good and acceptable in the sight of God our Saviour;
- (Titus 3:1 KJV) Put them in mind to be subject to principalities and powers, to obey **magistrates**, to be ready to every good work,

My Thoughts

24/7 Prayer Challenge

24 Minutes of Prayer Daily – 7 Days a Week



Worksheet

DAY 6

Write your thoughts, inspirations, and revelations during prayer.
List your burdens and needs.

Thanksgiving - (8 minutes)

- Songs In My Heart: _____
- I'm Thinking About: _____

Divine Favor And Blessing - (8 minutes)

- Area I Need God's Favor: _____
- I Speak Blessing Upon: _____

National Revival, Leaders, Community - (8 minutes)

- My Country Needs: _____
- Political Leaders/ Community: _____

My Thoughts

24/7 Prayer Challenge

24 Minutes of Prayer Daily – 7 Days a Week



Seven Day Plan

DAY 7



Play Music, Meditation - (8 minutes)

- (2 Chronicles 5:13 KJV) It came even to pass, as the trumpeters and singers *were* as one, to make one sound to be heard in praising and thanking the LORD; and when they lifted up *their* voice with the trumpets and cymbals and instruments of **music**, and praised the LORD, *saying*, For *he is* good; for his mercy *endureth* for ever: that *then* the house was filled with a cloud, *even* the house of the LORD;
- (James 5:13 KJV) Is any among you afflicted? let him pray. Is any merry? let him **sing** psalms.
- (Jeremiah 20:13 KJV) **Sing** unto the LORD, praise ye the LORD: for he hath delivered the soul of the poor from the hand of evildoers.



Ask For Wisdom, Guidance, God's Will - (8 minutes)

- (James 1:5-6 KJV) If any of you lack **wisdom**, let him **ask** of God, that giveth to all *men* liberally, and upbraideth not; and it shall be given him. {6} But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed.
- (Psalms 40:8 KJV) I delight to do **thy will**, O my God: yea, thy law *is* within my heart.
- (Psalms 143:10 KJV) Teach me to do **thy will**; for thou *art* my God: thy spirit *is* good; lead me into the land of uprightness.
- (Psalms 25:4-5 KJV) **Show me** thy ways, O LORD; teach me thy paths. {5} Lead me in thy truth, and teach me: for thou *art* the God of my salvation; on thee do I wait all the day.



Pray The Word, Claim God's Promises - (8 minutes)

- (Hebrews 4:12 KJV) For **the word** of God *is* quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and *is* a discerner of the thoughts and intents of the heart.
- Romans 10:17 KJV) So then **faith cometh** by hearing, and hearing by the word of God.
- (James 1:17 KJV) Every good gift and every **perfect gift** is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.

My Thoughts

24/7 Prayer Challenge

24 Minutes of Prayer Daily – 7 Days a Week



Worksheet

DAY 7

Write your thoughts, inspirations, and revelations during prayer.
List your burdens and needs.

Play Music, Meditation - (8 minutes)

• Songs In My Heart: _____

• I'm Thinking About: _____

Ask For Wisdom, Guidance, God's Will - (8 minutes)

• Areas I Need Wisdom: _____

• Area I Need God's Will : _____

Pray The Word, Claim God's Promises - (8 minutes)

• I Speak This Scripture: _____

• I Claim By Faith: _____

My Thoughts

24/7 Prayer Challenge

24 Minutes of Prayer Daily – 7 Days a Week



Worksheet

DAY 1

Write your thoughts, inspirations, and revelations during prayer.
List your burdens and needs.

Thanksgiving - (8 minutes)

- I'm Thankful For: _____
- Victory Report: _____

Repentance - (8 minutes)

- I Need Forgiveness Area: _____
- Deliver Me From Temptation: _____

Pray the Word - (8 minutes)

- My Scripture Devotion Today: _____
- Word Delivered At Church Last Week: _____

My Thoughts

24/7 Prayer Challenge

24 Minutes of Prayer Daily – 7 Days a Week



Worksheet

DAY 2

Write your thoughts, inspirations, and revelations during prayer.
List your burdens and needs.

Praise - (8 minutes)

- My Daily Praise: _____
- Victory Report: _____

Pleading The Blood - (8 minutes)

- Over People: _____
- Over Places: _____

Prayer For Health And Healing - (8 minutes)

- I Need Healing: _____
- My Family or Friend Needs Healing: _____

My Thoughts

24/7 Prayer Challenge

24 Minutes of Prayer Daily – 7 Days a Week



Worksheet

DAY 3

Write your thoughts, inspirations, and revelations during prayer.
List your burdens and needs.

Thanksgiving- (8 minutes)

- Songs In My Heart: _____
- I'm Thinking About: _____

Spiritual Warfare - (8 minutes)

- Area Of Attack: _____
- Demonic Spirits I Rebuke: _____

Prophetic Praying - (8 minutes)

- I Feel Faith For: _____
- I Declare: _____

My Thoughts

24/7 Prayer Challenge

24 Minutes of Prayer Daily – 7 Days a Week



Worksheet

DAY 4

Write your thoughts, inspirations, and revelations during prayer.
List your burdens and needs.

Play Music, Meditation - (8 minutes)

- Songs In My Heart: _____
- I'm Thinking About: _____

Personal Strength/Marriage - (8 minutes)

- Lord, Help Me: _____
- I (or Marriage) Needs Strength: _____

Intercession - (8 minutes)

- People: _____
- Situation: _____

My Thoughts

24/7 Prayer Challenge

24 Minutes of Prayer Daily – 7 Days a Week



Worksheet

DAY 5

Write your thoughts, inspirations, and revelations during prayer.
List your burdens and needs.

Praise - (8 minutes)

- Songs In My Heart: _____
- I'm Thinking About: _____

Supplication, Ask For Needs - (8 minutes)

- My Needs: _____
- I'm Asking By Faith For: _____

Spiritual Leaders i.e. Pastor/Church - (8 minutes)

- For My Pastor: _____
- For My Church And Leaders: _____

My Thoughts

24/7 Prayer Challenge

24 Minutes of Prayer Daily – 7 Days a Week



Worksheet

DAY 6

Write your thoughts, inspirations, and revelations during prayer.
List your burdens and needs.

Thanksgiving - (8 minutes)

• Songs In My Heart: _____

• I'm Thinking About: _____

Divine Favor And Blessing - (8 minutes)

• Area I Need God's Favor: _____

• I Speak Blessing Upon: _____

National Revival, Leaders, Community - (8 minutes)

• My Country Needs: _____

• Political Leaders/ Community: _____

My Thoughts

24/7 Prayer Challenge

24 Minutes of Prayer Daily – 7 Days a Week



Worksheet

DAY 7

Write your thoughts, inspirations, and revelations during prayer.
List your burdens and needs.

Play Music, Meditation - (8 minutes)

• Songs In My Heart: _____

• I'm Thinking About: _____

Ask For Wisdom, Guidance, God's Will - (8 minutes)

• Areas I Need Wisdom: _____

• Area I Need God's Will : _____

Pray The Word, Claim God's Promises - (8 minutes)

• I Speak This Scripture: _____

• I Claim By Faith: _____

My Thoughts



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