

Weekly Prayer List

Set aside a little space each day to name the people and places on your heart. Use the lines to write a name, need or short reminder.

Monday

Family	_____
Friends	_____
Church	_____
Community	_____
The world	_____
Myself	_____

Tuesday

Family	_____
Friends	_____
Church	_____
Community	_____
The world	_____
Myself	_____

Wednesday

Family	_____
Friends	_____
Church	_____
Community	_____
The world	_____
Myself	_____

Weekly Prayer List, continued

Continue your prayer list for the rest of the week. Add names, needs or reminders in each space.

Thursday

Family	_____
Friends	_____
Church	_____
Community	_____
The world	_____
Myself	_____

Friday

Family	_____
Friends	_____
Church	_____
Community	_____
The world	_____
Myself	_____

Saturday

Family	_____
Friends	_____
Church	_____
Community	_____
The world	_____
Myself	_____

Sunday

Family	_____
Friends	_____
Church	_____
Community	_____
The world	_____
Myself	_____

Answered Prayer Tracker

Keep a record of prayers you are carrying and return to note what has changed or been answered.

Date	Prayer request	Who for	Date answered	How God answered

ACTS Prayer Guide

Use these four simple prompts to shape a prayer time. Write a few words or take more space as you need.

Adoration

Pause to honour God for who He is and the qualities you value.

Confession

Be honest with God about what is weighing on you, and consider where you seek forgiveness or a fresh start.

Thanksgiving

Name the people, moments and provisions you are grateful for today.

Supplication

Bring your needs and the needs of others to God, asking for guidance, help and care.