

LIVEHIM

A 7-Day Prayer Guide

*For when you don't know
where to start.*



FIVE MINUTES A DAY · SEVEN DAYS

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DAY · 01

Arrive.

“Be still, and know that I am God.”

PSALM 46:10

The hardest part of prayer is showing up. Not saying the right words, not feeling the right things — just arriving.

Before you go anywhere with God this week, just come.

— PRAYER

God, I’m here. I don’t have it all figured out. I’m not sure what to say or how to feel — but I’m here, and that’s enough for today. Help me put down the things I’m carrying, even just for these few minutes. Meet me in the quiet. Amen.

— PAUSE

Set a five-minute timer. Don’t pray. Don’t read. Just sit. Notice what your mind keeps coming back to.

DAY · 02

You.

“For we are God’s handiwork, created in Christ Jesus to do good works.”

EPHESIANS 2:10

The world has a lot of opinions about who you should be. Your feed has a version. Your friends have one. Your family has one.

God has a different one — and His is the only one that’s been true since before you were born.

— PRAYER

God, I’m tired of trying to be everyone’s version of me. Remind me today that You made me on purpose, with a purpose. Help me let go of the comparison, the performing, the filtering. Help me believe — really believe — that who You made me to be is enough. Amen.

— PAUSE

Write down one thing you’ve been pretending to be. Then write down one true thing about you that you’ve been afraid to claim.

DAY · 03

Your people.

“Bear one another’s burdens, and so fulfill the law of Christ.”

GALATIANS 6:2

Some of your people are easy to love. Some of them are hurting in ways you can’t fix. Some of them have hurt you.

Today, bring them all to God — not just the ones you want to talk about.

— PRAYER

God, You know everyone in my circle. The ones I’m grateful for, the ones I’m worried about, the ones I’m angry at. I bring them all to You. Bless the ones I love. Soften the ones I struggle with. Heal the ones who are hurting. And give me the patience and grace to be a good friend, son, daughter, partner — even on the days I don’t want to be. Amen.

— PAUSE

Name three people. One you’re grateful for. One you’re worried about. One you need to forgive. Pray for each by name.

DAY · 04

Your work.

“Whatever you do, work at it with all your heart, as working for the Lord.”

COLOSSIANS 3:23

Maybe your work feels meaningful. Maybe it doesn't. Maybe you don't even know what your “work” is yet.

Wherever you are with it — God isn't waiting for you to figure it out before He meets you there.

— PRAYER

God, You see what I'm building, what I'm chasing, what I'm doubting. Help me work as if You're the one watching — not Instagram, not my parents, not my coworkers. If I'm in the right place, help me stay rooted. If I need to move, give me the courage. Either way, let my work today be a kind of worship. Amen.

— PAUSE

Write one sentence about what you wish your work meant. Carry that sentence into today.

DAY · 05

Your wounds.

“He heals the brokenhearted and binds up their wounds.”

PSALM 147:3

We're really good at performing fine. But God already knows about the things that hurt. The anxiety that won't go quiet. The relationship that ended. The version of you that didn't make it.

Today, stop performing. Let Him in.

— PRAYER

God, here's what I haven't said out loud. (Take a moment. Tell Him.) You already know. But I needed to say it. I don't need You to fix everything right now — I just need You to be with me in it. Don't let me numb out today. Help me feel what I feel, and trust that You're in it with me. Amen.

— PAUSE

Name the thing. Just to yourself, just to Him. You don't have to fix it today. Just name it.

DAY · 06

Your world.

“Seek the welfare of the city where I have sent you.”

JEREMIAH 29:7

Your prayer life isn't supposed to stop at your own door. God put you on a street, in a friend group, on a feed — for a reason.

Today, look up. Pray for people you've never met.

— PRAYER

God, my world is bigger than my problems. Help me see it that way today. I pray for the people on my street I've never spoken to. For the leaders of my city and country. For someone, somewhere, who is hurting right now and has no one to pray for them — let this prayer count for them, too. Make me useful in this world, not just safe in it. Amen.

— PAUSE

Pick one person you've never prayed for — a neighbor, a stranger, someone in the news. Pray for them by name, or by what you know of them.

DAY · 07

Together.

“I have called you friends.”

JOHN 15:15

You started this week with five minutes of “I’m here.” It’s been seven days. You showed up. That matters.

The point of prayer was never to be perfect at it. It was to know that Someone bigger than you is listening — and has been all along.

— PRAYER

God, thank You for this week. For the days I felt You and the days I didn’t. For the things I said out loud and the things I couldn’t. Help me keep coming back — not because I have to, but because You called me a friend, and I want to be one too. Walk with me from here. Amen.

— PAUSE

What’s one thing from this week you want to keep doing? Write it down. Make it small. Then do it tomorrow.

FROM HERE

Don't stop.

*Seven days was just the beginning. Keep going.
And don't do it alone.*



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