

A PRAYER RHYTHM WHILE WASHING DISHES

Monday : pray over the week ahead

*THANK GOD IN ADVANCE FOR THE WORK HE HAS PREPARED FOR YOUR HANDS THIS WEEK
GIVE HIM ANY WORRIES OR DISTRACTIONS WEIGHING YOUR HEART DOWN
ASK HIM FOR WISDOM + DISCERNMENT REGARDING ANY UPCOMING DECISIONS*

Tuesday : pray over your family

*THANK GOD FOR THE BLESSINGS + PROVISION HE HAS GIVEN TO YOUR HOUSEHOLD
LAY THE SPECIFIC NEEDS + DESIRES OF YOUR SPOUSE + CHILDREN AT HIS FEET
ASK HIM TO GUIDE + GUARD YOUR FAMILY WITH THE HOLY SPIRIT*

Wednesday : pray over your friends + neighbors

*THANK GOD FOR THE OPPORTUNITY TO BE HIS HANDS + FEET TO THOSE AROUND YOU
PRAY FOR THE SALVATION OF THOSE YOU LOVE WHO DON'T KNOW HIM AS SAVIOR + LORD
ASK HIM TO BRING ONE PERSON TO MIND THAT YOU CAN ENCOURAGE + BLESS THIS WEEK*

Thursday : pray over your community + church

*THANK GOD FOR GIVING YOU A PLACE IN HIS CREATION + FOR MAKING YOU PART OF HIS FAMILY
PRAY OVER ANY BROKENNESS YOU SEE IN YOUR CITY + FOR SPECIFIC MINISTRIES IN YOUR CHURCH
ASK HIM TO MAKE YOUR HOME A LIGHTHOUSE IN YOUR COMMUNITY*

Friday : pray over your country + world

*THANK GOD FOR HIS SOVEREIGNTY OVER ALL CREATION + HIS FAITHFULNESS TO OUR BROKEN WORLD
CONFESS ANY FEARS OR FRUSTRATIONS YOU'RE HOLDING ONTO REGARDING CURRENT EVENTS
ASK GOD TO GUIDE YOUR GOVERNMENT LEADERS + GIVE YOU A HEART FOR THE LOST*

A PRAYER WHILE DOING LAUNDRY

As I sort through piles of laundry...

REVEAL ANYTHING THAT NEEDS ATTENTION IN MY HEART OR ATTITUDE

As I scrub out stubborn stains...

I CONFESS THESE SIN ISSUES I AM STRUGGLING WITH + REPENT BEFORE YOU

As I wash my husband's clothing...

I ASK THAT YOU BLESS HIM + THANK YOU FOR PROVIDING FOR OUR FAMILY THROUGH HIM

As I clean sport uniforms, play clothes, and baby onesies...

I PETITION YOU ON BEHALF OF EACH CHILD + PRAISE YOU FOR THE JOY THEY BRING TO MY LIFE

As I fold pajamas...

I ASK FOR SWEET, RESTORATIVE REST FOR OUR FAMILY AS WE CLOSE EACH DAY IN SERVICE TO YOU

As I pair mismatched socks and tuck them away...

TEACH OUR FAMILY TO TUCK YOUR WORD INTO OUR HEARTS + GUIDE OUR STEPS IN ALL YOUR WAYS

As I put away the pieces of my own wardrobe...

CLOTHE ME EACH DAY IN YOUR RIGHTEOUSNESS + GRACE WITH PATIENCE + HUMILITY

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