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|  | Chapter 5: The Power of Prayer **PRAYER HABIT TRACKER** |
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| INSTRUCTIONS: This tracker helps you establish and maintain a consistent daily prayer routine, encouraging meaningful reflection and spiritual growth. | |

*Please ensure your responses fit within the text box provided.*

### **1. Weekly Prayer Schedule**

### Use this table to plan and track your daily prayer time:

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| --- | --- | --- | --- | --- |
| **Date** | **Prayer Focus/Intentions** | **Time of Prayer** | **Scripture or Inspiration** | **Reflection Notes** |
| Monday |  |  |  |  |
| Tuesday |  |  |  |  |
| Wednesday |  |  |  |  |
| Thursday |  |  |  |  |
| Friday |  |  |  |  |
| Saturday |  |  |  |  |

### **2. Daily Prayer Routine**

### **Today’s Prayer Details:**

|  |  |
| --- | --- |
| Date |  |
| Time |  |
| **Focus or Intention:** (e.g., gratitude, intercession, personal growth, worship) | |
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| **Scripture or Verse:** (Optional: Write a verse that inspires today’s prayer.) | |
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| **Prayer Summary:** What did you bring to God in prayer today? | |
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| **Reflection:** How did you feel after praying? | |
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### **3. Weekly Reflection and Insights. At the end of the week, take time to reflect:**

**What stood out to you in your prayers this week?**

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**How has your relationship with God grown?**

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**What challenges did you face in maintaining your prayer routine?**

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