



Chapter 5: The Power of Prayer

PRAYER HABIT TRACKER

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:

| 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:

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| 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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