Weekly Prayer Table

Seven days, seven themes. A simple guide to praying through your week.

WEEK OF

DAY	THEME	SCRIPTURE	PRAYER FOCUS	DONE
1	**Trust**	Proverbs 3:5–6	Surrender a specific worry; thank God for past guidance.	☐
2	**Healing**	Psalm 147:3	Pray for physical or emotional healing for yourself or others.	☐
3	**Forgiveness**	Colossians 3:13	Confess resentment; pray for grace to forgive.	☐
4	**Wisdom**	James 1:5	Ask God for clarity in a decision you're facing.	☐
5	**Gratitude**	1 Thessalonians 5:18	List 10 blessings; thank God for His faithfulness.	☐
6	**Joy**	Nehemiah 8:10	Pray for joy in a challenging situation.	☐
7	**Rest**	Matthew 11:28–30	Reflect on areas of burnout; ask God for peace.	☐

1 Weekly Notes & Reflections

What did God show you this week? Where did you see Him answer?