



7 Day Prayer Guide

A Week of Drawing Near to God

A FREE GIFT FROM DIVINE DAILY DOSE

WELCOME

Before You Begin

Welcome, friend. This guide is a simple invitation to spend seven days drawing near to the God who has always been near to you. Each day includes a scripture, a short teaching, passages to go deeper, a simple practice, a written prayer you can pray aloud, and a question for your journal. You do not need perfect words or a quiet house. You only need a willing heart and a few unhurried minutes. Find a time you can protect, late at night when the house is finally quiet or early before it wakes, and let it become sacred ground. Read slowly. Pray honestly. Write freely. By the end of the week, our hope is not that you finish a guide, but that you begin a deeper conversation with your Father that never really ends.

HOW TO USE THIS GUIDE

1. Choose one protected pocket of time each day, whenever your day actually has one, and meet God there.
2. Move slowly through each page, reading the verse twice and letting the teaching settle before you pray.
3. Use the journal space honestly, because a single true sentence written to God is worth more than a page of polished ones.
4. If you miss a day, do not quit and do not rush to catch up; grace covers gaps, so simply begin again where you left off.

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DAY 1

Beginning With God

“In the morning, O LORD, You hear my voice; at daybreak I lay my plea before You and wait in expectation.”

Psalm 5:3

Every relationship begins somewhere, and prayer is simply the beginning of conversation with God. David did not wait until he had impressive words. He came in the morning, laid out his heart, and waited in expectation. Notice both movements. He spoke honestly, and then he watched for God to respond. Many of us treat prayer like leaving a voicemail, saying our piece and hanging up. Today, try treating it like sitting across the table from Someone who loves you. Picture a kitchen table with the house gone quiet, two cups going cold, and a Father who leans in when you speak. That is closer to the truth of prayer than any formal ceremony. Scripture is full of ordinary beginnings like this. Moses started with a question at a burning bush. The disciples started with a simple request, Lord, teach us to pray. No one arrived polished. Here is a practical insight for the week ahead. The hardest part of prayer is usually the first thirty seconds, the awkward clearing of the throat before honesty takes over. Push through that opening moment by saying exactly where you are, even if it is only, Lord, I am tired and I do not know what to say. God can work with honesty. He cannot be impressed by performance, because he already sees behind it. Start small. Tell God what is actually on your mind, then linger for a moment in silence. You are not performing. You are beginning a friendship. God himself initiated long before you opened this guide. He has been waiting for this conversation.

GO DEEPER

Psalm 63:1-8

David models what it sounds like to seek God earnestly in the morning, thirsty and expectant.

Mark 1:35

Watch Jesus himself rise before daylight to pray, showing that even the Son of God guarded time alone with the Father.

TODAY'S PRACTICE

The next time you reach for your phone out of habit, put it down and pray Psalm 5:3 aloud slowly instead, then sit in silence for two full minutes. Let the quiet feel awkward if it must. You are learning to wait in expectation, not just to talk.

Father, thank you for inviting me into your presence today. I confess that prayer has sometimes felt like a duty instead of a delight, and I want that to change. Teach me to come to you the way a child comes to a good father, without pretending and without fear. Hear my voice now as you heard David so long ago. I lay before you everything I am carrying, the things I can name and the things I cannot. Give me an expectant heart that watches for your answers. Let this week be the start of something deeper between us. In Jesus name, amen.

DAY 2

Praying When You Are Anxious

“Be anxious for nothing, but in everything, by prayer and petition, with thanksgiving, present your requests to God.”

Philippians 4:6

Paul wrote these words from a prison cell, which means this is not advice from someone with an easy life. Picture him there, chained to a Roman guard, uncertain whether his trial would end in release or execution, dictating a letter that overflows with joy. He knew what pressure felt like, and his counsel is beautifully practical. Anxiety wants to keep our worries circling inside our heads, growing louder with every lap. Prayer interrupts the cycle by moving those worries out of our minds and into God's hands. Notice the small phrase with thanksgiving. Gratitude does not deny the problem. It simply reminds us that the God we are asking has been faithful before. Here is a practical insight about prayer itself. Vague worries produce vague prayers, and vague prayers rarely bring peace. So name things. Instead of praying about everything going on at work, pray about Thursday's meeting, the conversation you are dreading, the decision you cannot see around. Specific requests give your faith something to watch for, and they give God's faithfulness a place to become visible in your story. Today, when a worry surfaces, do not fight it or feed it. Convert it. Turn each anxious thought into a specific request, then thank God for one concrete way he has already cared for you. The promise that follows in verse seven is remarkable, peace that surpasses understanding, standing guard over your heart and mind like a sentry at the gate. Anxiety knocks, but it does not have to get in.

GO DEEPER

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| Matthew 6:25-34 | Jesus addresses worry directly, pointing to birds and wildflowers as daily evidence of the Father's attentive care. |
| 1 Peter 5:6-7 | Peter compresses today's theme into one instruction, cast all your anxiety on him because he cares for you. |

TODAY'S PRACTICE

Take a blank page and write your worries in a column on the left. Beside each one, write a single specific request to God on the right, then draw a line through the left column as a sign that you have handed them over.

Lord, you know the worries that follow me through my days and keep me awake at night. I bring them to you now, one by one, instead of carrying them alone. Thank you for every time you have provided for me, protected me, and proven yourself faithful. I choose to trust that you are not surprised by anything I am facing. Guard my heart and my mind with your peace, the kind that does not depend on my circumstances improving. When anxiety returns tomorrow, remind me to return to you just as quickly. I am safe in your hands, and I believe it. In Jesus name, amen.

DAY 3

Praying Toward Forgiveness

“Be kind and tenderhearted to one another, forgiving each other just as in Christ God forgave you.”

Ephesians 4:32

Forgiveness is one of the hardest prayers we ever pray, which is exactly why we need to pray it rather than merely attempt it. Notice the order in this verse. We forgive as people who have first been forgiven. When the wound feels too deep, we do not start by manufacturing warm feelings toward the person who hurt us. We start by remembering the cross, where God canceled a debt we could never repay. Jesus once told a story about this in Matthew 18, a servant forgiven a debt worth a lifetime of wages who then seized a fellow servant over pocket change. The story stings because it is a mirror. Every grudge looks reasonable until we set it beside what God has released us from. From that place of received mercy, we ask God for the grace to release the debt someone owes us. Here is a practical insight about how this actually works in prayer. Forgiveness is rarely a single moment. It is more like a stubborn stain that fades with repeated washing. You may pray release over the same name twenty times before the bitterness loses its grip, and that repetition is not failure. It is the process. Each prayer loosens the knot a little more. Today, bring one name before God. You do not have to feel ready, and you do not have to trust the person or pretend the wound was small. You only have to be willing to begin, and God, who forgave you at infinite cost, will meet you there with everything you lack.

GO DEEPER

- Matthew 18:21-35** The parable of the unmerciful servant shows why our forgiveness of others flows from the enormous debt God canceled for us.
- Colossians 3:12-14** Paul describes forgiveness as clothing we deliberately put on, held together by love, which reframes it as a daily choice rather than a feeling.

TODAY'S PRACTICE

Write the name of one person you need to forgive on a small slip of paper. Hold it while you pray today's prayer, then fold it closed as a physical sign that you are placing this person in God's hands, not yours.

Pray, Then Write

A PRAYER FOR TODAY

Father, thank you for forgiving me completely through Jesus, even though I could never earn it. You know the name that comes to mind right now, the hurt I have carried and replayed more times than I can count. I confess that part of me does not want to let it go. But I do not want bitterness to shape my heart, so today I choose to begin releasing this person into your hands. Give me the grace to forgive the way you have forgiven me. Heal the wound underneath my anger. And where I have hurt others, give me the humility to seek their forgiveness too. In Jesus name, amen.

Whose name came to mind as you read today, and what one honest sentence would you say to God about that relationship?

DAY 4

Praying With Gratitude

“Give thanks to the LORD, for He is good; His loving devotion endures forever.”

Psalm 107:1

Gratitude is not pretending life is easy. It is training your eyes to see what is true. Psalm 107 tells story after story of people in real trouble, wanderers lost in the desert, prisoners in darkness, sailors caught in a storm so violent their courage melted away. Each group cried out to God, each was rescued, and the refrain keeps returning like a bell, let them give thanks to the Lord for his unfailing love. Thankfulness anchors us to God's track record. Our minds naturally rehearse what is missing, broken, or unfair. We remember the one rude comment and forget the ten kindnesses. Gratitude requires intention, which is why it is a discipline long before it becomes a delight. Here is a practical insight for your praying. Specificity is what gives thanksgiving its power. A general thank you for everything slides off the heart like water off glass, but naming a particular mercy makes it stick. So today, resist the urge to pray in generalities. Thank God for a person by name and one thing they did this month. Thank him for a provision you almost overlooked, the meal, the paycheck, the friend who texted at the right moment. Thank him for a mercy you did not deserve. Specific gratitude does something remarkable to the heart. It shrinks our complaints, softens our cynicism, and reminds us that the same God who was good yesterday will be good tomorrow. His love really does endure forever, and thankful eyes learn to see it everywhere.

GO DEEPER

Luke 17:11-19

Ten lepers are healed but only one returns to give thanks, a quiet warning about how easily answered prayers go unacknowledged.

Psalm 103:1-5

David preaches to his own soul, listing God's benefits one by one, and shows us how to talk ourselves into gratitude.

TODAY'S PRACTICE

Before you look at your phone today, write one sentence of thanks for something specific from the last twenty four hours. Keep the sentence concrete enough that it could only be about your life, not anyone else's.

Pray, Then Write

A PRAYER FOR TODAY

Lord, you are good, and your love endures forever. Forgive me for how often I rush past your gifts without noticing them. Today I want to slow down and thank you specifically. Thank you for the people who love me, for the breath in my lungs, and for mercies I will never even know about. Thank you most of all for Jesus, the gift beneath every other gift. Open my eyes to see your goodness woven through ordinary days. Make gratitude my first language instead of my last resort. In Jesus name, amen.

List ten specific things you are thankful for today, and circle the one that surprised you most as you wrote it.

Praying for Others

“First of all, then, I urge that petitions, prayers, intercessions, and thanksgiving be offered for everyone.”

1 Timothy 2:1

Something shifts in us when prayer turns outward. Paul urges believers to intercede for all people, first of all, as though praying for others is not an advanced skill but a starting point. Intercession is love on its knees. Scripture gives us a striking picture of it in Exodus 17, where Moses stood on a hill with his hands raised while Israel battled below, and the battle turned on whether his hands stayed lifted. When his arms grew heavy, Aaron and Hur held them up. That is intercession, holding someone else before God when they cannot hold themselves, and sometimes being held ourselves. When you pray for someone, you carry them into the presence of God, and you often find your own heart changing toward them along the way. It is difficult to stay resentful toward a person you regularly bless in prayer. Here is a practical insight. Intercession thrives on structure. Vague good intentions to pray for people evaporate by lunchtime, but a short written list survives. So today, make one. Include family and friends, but stretch further too. Pray for a neighbor, a leader, someone who is difficult, someone who is far from God. You do not need eloquence. Simply say their name and ask God to move in their life. Some of the most important work you will ever do happens in these quiet, unseen moments, and heaven keeps records that earth never sees.

GO DEEPER

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| Exodus 17:8-13 | Moses interceding with lifted hands while others steady him is one of scripture's clearest pictures of prayer as shared labor. |
| John 17:6-26 | Listen to Jesus pray for his followers, including you, and let his intercession shape the way you pray for others. |

TODAY'S PRACTICE

Write a list of five names, including at least one person who is difficult for you and one who is far from God. Pray one sentence over each name today, and keep the list somewhere you will see it all week.

Father, widen my heart today beyond my own needs. I lift up the people you have placed in my life, my family, my friends, and those I see every day without really seeing. Bless them, protect them, and draw each one closer to you. I pray especially for anyone on my mind who does not yet know Jesus, that you would pursue them with your kindness. Give wisdom to those who lead, comfort to those who grieve, and strength to those who are barely holding on. Use me as an answer to someone else's prayer this week. In Jesus name, amen.

DAY 6

Hearing God in Scripture

"Your word is a lamp to my feet and a light to my path."

Psalm 119:105

Prayer was never meant to be a monologue. God speaks, and the clearest place he speaks is in his word. Scripture is not a textbook to master but a lamp to walk by, giving light for the next step even when the whole road stays dark. Think of the two disciples on the road to Emmaus, walking home confused and grieving, until Jesus himself came alongside and opened the scriptures to them. They said afterward that their hearts burned within them as he spoke. That is what reading the Bible with God can feel like, not information transferred but presence encountered, an ordinary walk interrupted by a burning heart. One simple way to hear God in the Bible is to pray the text itself. Read a short passage slowly, perhaps a psalm. Notice the word or phrase that seems to reach out to you. Sit with it. Ask God what he is saying through it, then respond honestly in your own words. This ancient rhythm of reading, reflecting, and responding turns Bible reading into conversation. Here is a practical insight about prayer and scripture together. When you do not know what to pray, borrow God's words. Praying a psalm back to him gives your scattered heart a track to run on, and you will often find the psalmist saying what you could not. Today, do not aim for quantity. One verse truly received will feed you more than five chapters skimmed. Come hungry, read slowly, and expect the living God to meet you on the page.

GO DEEPER

Luke 24:13-32

The Emmaus road story shows Jesus opening the scriptures until hearts burn, the pattern for every encounter with the word.

Hebrews 4:12

This verse explains why scripture reading feels different from other reading, because the word of God is alive and active.

TODAY'S PRACTICE

Read Psalm 23 aloud slowly, twice. The second time through, pause after each phrase and turn it into your own short prayer, such as, You are my shepherd, so today I will trust you with what I lack.

Pray, Then Write

A PRAYER FOR TODAY

Lord, thank you that you have not stayed silent, but have given me your word. Forgive me for the times I have treated the Bible as a chore or ignored it altogether. Today I come hungry to hear from you. As I read, slow me down and open my eyes to see what you have placed there for me. Let your word be a lamp for my feet, showing me the next faithful step. Plant what I read deep in my heart so it shapes how I live, speak, and love. Give me an appetite for scripture that grows every day. In Jesus name, amen.

Read Psalm 23 slowly today. Which phrase stood out to you most, and what might God be saying to you through it?

Surrender and Trust

“Trust in the LORD with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight.”

Proverbs 3:5-6

Every prayer eventually arrives at this crossroads. Will we trust God with what we cannot control? Surrender is not giving up. It is giving over, placing our plans, relationships, and futures into hands stronger and wiser than our own. Proverbs is honest about the struggle. We lean on our own understanding by default, replaying scenarios at midnight and grasping for certainty that never quite arrives. Trust means loosening that grip. Jesus modeled the ultimate surrender in Gethsemane. Picture him among the olive trees, close enough to hear his friends sleeping, sweat falling like drops of blood as he prayed, yet not my will, but yours be done. That prayer did not remove his suffering, but it carried him through it into resurrection. Surrender never gets a guarantee of ease, but it always gets the guarantee of presence, and presence turns out to be enough. Here is a practical insight for your praying. The body can lead the heart. When words of surrender feel impossible, let posture go first. Kneel, or open your hands palms up, and often the heart follows where the body has already gone. As you close this week, name the thing you have been holding most tightly. Open your hands, literally, and offer it to God one piece at a time. He is not asking you to understand everything. He is asking you to trust him with everything, and seven days of drawing near have shown you he can be trusted.

GO DEEPER

Luke 22:39-46

Gethsemane lets you watch surrender happen in real time, honest anguish resolving into yet not my will but yours.

Psalms 37:3-7

David stacks the verbs of surrender, trust, commit, be still, and wait, giving you a vocabulary for releasing control.

TODAY'S PRACTICE

Sit with your hands closed into fists and silently name what you have been trying to control. Then slowly open your hands palms up and pray, Lord, I give this to you. Stay there in silence for three unhurried minutes.

Father, this week you have drawn me closer, and now I want to finish by giving you everything. You know the plans I clutch, the outcomes I try to control, and the fears underneath it all. Today I open my hands and surrender them to you. I trust you with all my heart, even where my understanding runs out. Have your way in my relationships, my work, my health, and my future. Where your path differs from my plans, give me the grace to say yes to you. Thank you for being a Father worth trusting completely. Keep me near you in the days ahead. In Jesus name, amen.

KEEP GOING

Your Next Step

This week was never meant to be the end. It was a doorway. Keep walking through it, one honest prayer at a time. For fresh encouragement every day, visit divinedailydose.com, where you will find new devotionals, prayers, and scripture to carry into whatever comes next. There are daily videos on YouTube at [@divinedailydosetv](https://www.youtube.com/@divinedailydosetv) as well, if you would rather listen than read. Come back tomorrow, and keep drawing near. He is always near to you.

*May the Lord who heard you here
walk beside you through the ordinary hours.
May your worries become prayers,
your wounds become mercy,
and your open hands find them full of grace.
Go in peace, for he is always near.*

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