

Prayer Habit Tracker

“These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.”
—Deuteronomy 6:6–7

Track how often you pray—in general or over a specific topic. Increase the habit of praying each month as you notice a pattern.

(Free download on the RT website resource page. Scan the QR code in the back of this study.)

Prayer Topic						
S	M	T	W	T	F	S

Comment your thoughts and how you could grow