



# PRAYER RHYTHM GUIDE

Remember that it's impossible to become apprentices of Jesus without prayer. It's going to require discipline and sacrifice but it's worth it

**1. Choose a place where you are going to pray, and the time (M to F).**

Place: \_\_\_\_\_

Time: \_\_\_\_\_

**2. Choose what day you are going to do what type of prayer.**

(The Lord's Prayer, examen, intercession, lament, singing)  
(We suggest doing the prayer of examen Monday to Friday at night, but it's optional)

Monday: \_\_\_\_\_ and examen.

Tuesday: \_\_\_\_\_ and examen.

Wednesday: \_\_\_\_\_ and examen.

Thursday: \_\_\_\_\_ and examen.

Friday: \_\_\_\_\_ and examen.