

first7

**COME AND
PRAY**

A 7-Day Guide for
prayer



Walk with God, One day at the time

This guide is a quiet space to wait with God.

You don't have to rush ahead.
You don't have to force answers.

Just come as you are.

Show up each day.

ONE STEP IS ENOUGH.

Prayer is communion with God.

You are not trying to be heard.
You are already known.

This is not about saying the right words.
It is about being with Him.

Come close.

Speak. Listen. Be still.

Each day:

- Read the Scripture slowly
 - Reflect honestly
 - Pray simply

You don't need to force anything.
Just come as you are.

Day 1 — Come Honestly _____

“Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.”
— Hebrews 4:16 (KJV)

You don't have to hide anything.
You don't have to clean yourself up first.

Come as you are.
God receives you.

Personal prayer: _____

DAY 2 — Speak Freely

“Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us.”

– Psalm 62:8 (KJV)

You don't need perfect words.
You can speak freely.

Tell God everything.
He listens.

Personal prayer: _____

Reflect

What do you need from God today?

Where do you need faith?

Prayer

*Lord, I bring my needs before You.
Help me to trust You as I ask.*

Personal prayer: _____

DAY 6 — Stay Consistent _____

“Pray without ceasing.”
– 1 Thessalonians 5:17 (KJV)

Prayer is not just a moment.
It is communion with God.

Keep coming back.
Again and again.

Personal prayer: _____

YOU DON'T NEED PERFECT PRAYERS.
YOU DON'T NEED THE RIGHT WORDS.

JUST KEEP COMING.

God is near

**HE HEARS
YOU.**

**IF THIS GUIDE HAS HELPED YOU,
YOU CAN SUPPORT THE MISSION
SO OTHERS CAN EXPERIENCE THIS TOO.**

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