

# UNLOCK THE HABIT OF PRAYER

Color in the days as you pray to establish your daily habit

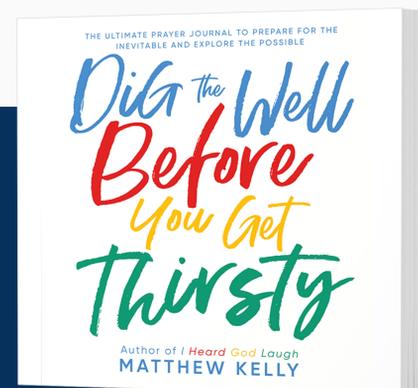


“The first **twenty-one days** of a new habit are like the launch of a space shuttle. **Don’t miss a single day.** Guard diligently against resistance, laziness, and distractions.”

MATTHEW KELLY, *I HEARD GOD LAUGH*



Ready to kickstart your prayer habit? Scan the QR code and embark on a journey of spiritual growth and connection to God with the *Dig the Well Before You Get Thirsty* Prayer Journal. [holymoment.me/pray](https://holymoment.me/pray)



# PRAYERS TO HELP GUIDE YOUR HABIT

**Day 1:**

Dear Lord, grant me strength and determination as I establish a daily habit of prayer. May this time bring comfort, renewal, and inspiration.

**Day 2:**

Heavenly Father, fill my heart with love and kindness. Help me to see others through your eyes and extend a helping hand. May my actions reflect your love.

**Day 3:**

Lord Jesus, guide me on the path of righteousness as I deepen my daily prayer habit. Help me make choices that align with your will.

**Day 4:**

Holy Spirit, grant me wisdom and understanding. Help me discern the right path amidst life's challenges. May I embrace truth and make wise decisions.

**Day 5:**

Blessed Mother Mary, intercede for me. Take my intentions to your Son, that he may shower his grace upon me. Help me grow in faith and find solace in your embrace.

**Day 6:**

Saint Joseph, watch over my loved ones and keep them safe. Guide me as a caregiver, provider, and source of strength. May I follow your example.

**Day 7:**

Dear Lord, grant me patience. Help me embrace challenges as opportunities for growth. May I remain steadfast in faith and trust in your divine timing.

**Day 8:**

Merciful Jesus, teach me to forgive. Fill my heart with compassion and understanding. Help me extend your forgiveness and love to others.

**Day 9:**

Loving God, grant me inner peace amidst life's busyness. Help me accept what I can't change and find serenity in your presence.

**Day 10:**

Mary, Star of the Sea, guide me through life's storms. Anchor me in your Son's love and help me navigate challenges with faith and hope.

**Day 11:**

Holy Spirit, inspire me to serve others and share God's love. Use my talents, time, and resources for the benefit of those in need.

**Day 12:**

Saint Michael the Archangel, defend me against evil. Strengthen me in times of temptation and guide me in the path of righteousness.

**Day 13:**

Gracious Lord, help me let go of worries. Grant me the strength to trust in your providence. May I find peace in surrendering control to you.

**Day 14:**

Jesus, Divine Healer, restore my brokenness. Bring healing to my body, mind, and spirit. Fill me with your peace and abundant life.

**Day 15:**

Dear Mother Mary, bring me closer to your Son. Wrap me in your mantle of grace, shielding me from harm. Help me grow in holiness.

**Day 16:**

Gracious God, open my eyes to the beauty around me. Fill me with gratitude for life's blessings. Help me recognize and appreciate your goodness.

**Day 17:**

Holy Spirit, inspire and guide me. Ignite a passion for using my talents for God's glory. Help me make a positive impact in the world.

**Day 18:**

Saint Francis of Assisi, teach me to be an instrument of peace and love. Help me sow seeds of kindness, compassion, and forgiveness.

**Day 19:**

Loving Father, grant me courage to step out of my comfort zone. Help me trust in your plan. Strengthen my faith to follow where you lead.

**Day 20:**

Jesus, source of joy and light, fill my heart with joy. Radiate your love through me, bringing comfort, hope, and inspiration to others.

**Day 21:**

Gracious God, thank you for walking with me. May this habit of prayer deepen my relationship with you. Transform me into a faithful disciple.