

GODLY ENDURANCE

Matthew 24:13



FREE PDF RESOURCE

PRAYER + SCRIPTURE RHYTHM

a rhythm for the week

A weekly rhythm for opening the Word, praying honestly, listening for conviction, and returning to God with steady attention.

PRINTABLE RHYTHM

GODLY ENDURANCE

PDF

This rhythm is simple on purpose. You can use it in fifteen minutes, stretch it into an hour, or return to it throughout the day.

1

OPEN

Begin with surrender before study. Ask God to make your heart attentive, honest, and willing.

2

READ

Read slowly. Notice repeated words, commands, promises, questions, and anything that stirs conviction.

3

RESPOND

Turn what you noticed into prayer. Confess, thank, ask, worship, or sit quietly with God.

4

WALK

Choose one concrete act of obedience. A rhythm becomes fruit when it follows you into the day.

OPENING PRAYER

Father, thank You for Your Word and the wisdom, guidance, care and blessings that come with it. Lord, please open me to Your Word, give me eyes to see and ears to hear. I pray that You may help me receive truth with humility, courage, and joy. Amen.

Choose one focus for the week, then use the daily prompts to keep returning to it from different angles.

DAY	SCRIPTURE FOCUS	PRAYER PROMPT	ONE PRACTICE
Monday	Psalm 1	Where do I need deeper roots?	Remove one distraction for 20 minutes.
Tuesday	Matthew 6:9-13	What do I need to surrender?	Pray the Lord's Prayer slowly.
Wednesday	John 15:1-11	What does abiding look like today?	Pause before reacting.
Thursday	Romans 12:1-2	Where is God renewing my mind?	Replace one anxious thought with truth.
Friday	Galatians 5:22-25	What fruit do I need the Spirit to grow?	Practice patience in one conversation.
Saturday	Hebrews 12:1-3	What weight do I need to lay aside?	Take a walk and pray honestly.
Sunday	Psalm 103	What mercy can I remember?	Write a gratitude list.

TIP

If you miss a day, return without shame. The rhythm is a path back, not a scoreboard.

Print extra copies of this page whenever you want a clean place to process Scripture and prayer.

PASSAGE

WHAT DOES THIS REVEAL ABOUT GOD?

WHAT DOES THIS REVEAL ABOUT MY HEART OR MY NEXT STEP?

PRAYER RESPONSE

ONE FAITHFUL ACTION TODAY
