

The 7 Day Prayer Work Book



*Minutes*  
WITH  
GOD

When Life won't Slow down.

Seven Mornings. 3 Minutes each.

Jarvis E. Bailey  
& Luis Burgado Jr.

BEFORE YOU BEGIN

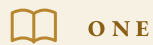
# Three minutes. That's all this takes.



You have started a devotional before. Week one you were up early with a highlighter. By week two a Wednesday got away from you, then a Thursday, and you told yourself you would double up on Saturday. By week three you were nine days behind and opening it felt like homework you had not done. By week four it was on the nightstand, under something.

That was never a discipline problem. It was a design problem. Most devotionals are built to be finished, which means they are also built to be fallen behind on.

This one is not. Seven days, three minutes each, and every page is complete on its own. Miss a day and there is nothing to catch up on. Pick it up wherever you are.



## Read

A single verse. Read it twice. The second time, slower.



## Reflect

A short, honest devotion. No lecture. Then pray the prayer out loud if you can. Something changes when you hear your own voice say it.



## Respond

Turn the page and answer back in your own hand. Three lines is enough. That is where it stops being reading and starts being yours.

---

MAKE IT REAL

# Pick your three minutes.



A habit that has no time attached to it is a wish. Decide now, in writing, and the odds change.



*For the next seven mornings I will give God three minutes at*

TIME

WHERE

*I am praying these seven days for*

THE PERSON OR THE THING ON MY HEART

SIGNED

DATE

One more thing. Tell one person you are doing this. Not for accountability in the heavy sense. Just so somebody notices if you stop.

DAY ONE

# Be Still



*Be still, and know that I am God.*

PSALM 46:10 • KJV

Most mornings do not begin. They ambush. The phone is already talking before your feet find the floor, and by the time you are upright you are behind.

Notice what God asks for first. Not a plan. Not an apology for yesterday. Stillness.

You are not being asked to fix anything in the next three minutes. You are being asked to stop moving long enough to remember who is actually holding the day.

—Jarvis



## THE THREE MINUTE PRAYER

Lord, before the day gets loud, I am here.  
Not with a list. Not with a speech. Just here.  
You already know what is waiting for me today.  
The call I keep not making.  
The thing I have carried since Tuesday.  
You have time for all of it.  
So I will stop running for three minutes and let You be God.  
Be still, my soul. He is not in a hurry.  
Amen.



## Reflect...

*What is God saying to me?*

---

---

---

---



## Respond...

*How can I reflect Jesus in my actions today?*

---

---

---

---

**Today I will...**

---

---

---



*How is the Holy Spirit leading me to pray?*

---

---

---

DAY TWO

# Come



*Come unto me, all ye that labour and are heavy laden, and I  
will give you rest.*

MATTHEW 11:28 • KJV

There is a kind of tired that sleep does not touch. You know the one. You wake up already carrying it.

The invitation here is not for people who have their act together. It is addressed, specifically, to the ones who are worn out and loaded down.

That is the whole qualification. Being tired is enough.

—Luis



THE THREE MINUTE PRAYER

Lord, I am tired in a way I do not always admit.  
I have been carrying things I was never asked to carry.  
Some of them are not even mine.  
You did not say come when you have rested.  
You said come, and I will give you rest.  
So I am coming as I am, worn out and still here.  
Take what I have been holding.  
Amen.



## Reflect...

*What is God saying to me?*

---

---

---

---



## Respond...

*How can I reflect Jesus in my actions today?*

---

---

---

---

**Today I will...**

---

---

---



*How is the Holy Spirit leading me to pray?*

---

---

---

DAY THREE

# Not My Own Understanding



*Trust in the Lord with all thine heart; and lean not unto thine own understanding.*

PROVERBS 3:5 • KJV

Leaning is what you do when you are tired of standing. We lean on our own understanding because it is close, familiar, and always available.

The problem is not that your thinking is worthless. The problem is that it is partial. You are making decisions with maybe forty percent of the picture and calling it certainty.

Today, hold your conclusions a little more loosely.

—Jarvis



THE THREE MINUTE PRAYER

Lord, I have been leaning on what I can figure out.  
It has gotten me this far and no further.  
I do not have the whole picture. I never did.  
There are doors I called closed that You have not touched yet.  
Teach me to trust You with the part I cannot see,  
which is most of it.  
I will do the next right thing and leave the rest with You.  
Amen.

## DAY THREE · NOT MY OWN UNDERSTANDING



### Reflect...

*What is God saying to me?*

---

---

---

---



### Respond...

*How can I reflect Jesus in my actions today?*

---

---

---

---

**Today I will...**

---

---

---



*How is the Holy Spirit leading me to pray?*

---

---

---

DAY FOUR

# New Every Morning



*They are new every morning: great is thy faithfulness.*

LAMENTATIONS 3:23 • KJV

Sit with where that line comes from. It was written by a man looking at a ruined city, in a book named for grief.

He is not saying it does not hurt. He is saying that even here, the mercy showed up again this morning.

You do not have to feel new to receive something new. The mercy is not waiting on your mood.

—Luis



## THE THREE MINUTE PRAYER

Lord, yesterday was not my best work.

I said the thing I meant to hold back.

I held back the thing I meant to say.

And still the sun came up over all of it.

Thank You for mercy that does not keep a ledger.

Let me give somebody today what You gave me this morning.

Amen.



## Reflect...

*What is God saying to me?*

---

---

---

---



## Respond...

*How can I reflect Jesus in my actions today?*

---

---

---

---

**Today I will...**

---

---

---



*How is the Holy Spirit leading me to pray?*

---

---

---

DAY FIVE

# Be Careful for Nothing



*Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.*

PHILIPPIANS 4:6 · KJV

Anxiety is not a character flaw. It is what caring looks like when it has nowhere to put itself down.

Look at what is being offered. Not a command to stop feeling. A place to set the thing down. In every thing, by prayer, let it be made known.

God is not asking you to be calm. He is asking you to be honest, out loud, with Him.

—Jarvis



## THE THREE MINUTE PRAYER

Lord, here is what I have been turning over at two in the morning.

I am going to name it instead of managing it.

I have rehearsed every version of how this could go wrong.

None of the rehearsals changed anything.

I am handing it over. Not because I feel peaceful,

but because it was never mine to carry alone.

Amen.



## Reflect...

*What is God saying to me?*

---

---

---

---



## Respond...

*How can I reflect Jesus in my actions today?*

---

---

---

---

**Today I will...**

---

---

---



*How is the Holy Spirit leading me to pray?*

---

---

---

DAY SIX

# They That Wait



*They that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles.*

ISAIAH 40:31 • KJV

We hear waiting as doing nothing. Sitting in a lobby. Losing time.

The waiting in this verse is closer to a rope being twisted, strand into strand, until it can hold weight it could never hold alone.

You are not being delayed. You are being braided into something that can carry the load coming.

—Luis



THE THREE MINUTE PRAYER

Lord, I have been waiting longer than I planned to.  
I have prayed about this so many times the words have gone smooth.  
Keep me from mistaking Your silence for Your absence.  
Renew what I have spent.  
And if the answer is still not yet,  
give me strength enough for today, which is all I actually need.  
Amen.



## Reflect...

*What is God saying to me?*

---

---

---

---



## Respond...

*How can I reflect Jesus in my actions today?*

---

---

---

---

**Today I will...**

---

---

---



*How is the Holy Spirit leading me to pray?*

---

---

---

DAY SEVEN

# Nothing Can Separate



*For I am persuaded, that neither death, nor life, nor things present, nor things to come, shall be able to separate us from the love of God.*

ROMANS 8:38–39 • KJV

Read that list again slowly. It is not a list of small things. Death is on it. The future is on it.

Paul is not being sentimental. He is naming the worst things he can think of and then saying that not one of them can get between you and the love that has already found you.

You have made it seven days. Whatever comes next, that love arrived before you did and it will still be there after.

—Jarvis & Luis



## THE THREE MINUTE PRAYER

Lord, I have believed a lot of things about myself this week.  
That I am behind. That I am too much. That I am not enough.  
None of them changed how You feel about me.  
Nothing behind me and nothing ahead of me can reach that.  
Let me walk into the rest of this year knowing it.  
Three minutes at a time.  
Amen.



## Reflect...

*What is God saying to me?*

---

---

---

---



## Respond...

*How can I reflect Jesus in my actions today?*

---

---

---

---

**Today I will...**

---

---

---



*How is the Holy Spirit leading me to pray?*

---

---

---

## DAY EIGHT

# You did not fall behind.



Seven days is not a small thing. Most people who start something like this stop somewhere around day three, not because they stopped caring but because the design punished them for having a life.

You have proven the only thing that needed proving. You have three minutes. You always did.

Here is what comes next, in the order most people take it.

---

### Keep the three minutes

Do this week again. The prayers do not expire and repetition is not failure. It is how anything gets built.

---

### Take the full year

*3 Minutes with God* carries fifty two weeks. One scripture and one devotion held for a whole week, with a page where you answer back. It sits on a nightstand without judging you.

---

### Bring it to your church

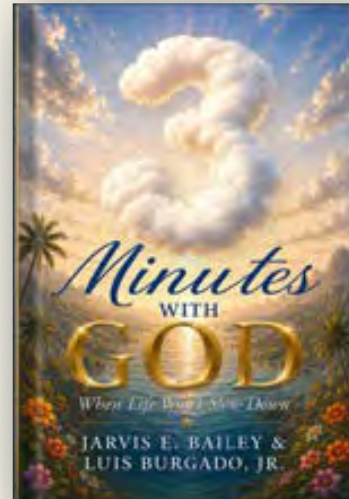
A four week campaign with the sermon outline, slides, bulletin insert, books, and a group page with a number that rises in front of everybody. Ask us about it.

---

## WHO WROTE THIS

# A pastor and a Marine.

Between us we have stood at hospital beds, in chapels, on flight lines, and in rooms where the decisions were above our pay grade. We wrote this the way we would say it to you in a parking lot, because that is usually where people finally tell the truth.



### CO-AUTHOR

## Jarvis E. Bailey

Pastor, veteran, entrepreneur, author, and speaker. He is the author of the original devotional *Three Minutes with God* and a passionate advocate for faith, family, and service.



### CO-AUTHOR

## Luis Burgado, Jr.

United States Marine Corps veteran, publisher, media producer, digital marketer, and founder of American Authors Academy. He helps authors, leaders, and families turn stories of faith and purpose into lasting legacy.

Luis Burgado, Jr.



Jarvis E. Bailey

He has time for  
your busiest day.

*Join the people praying three minutes a day,  
and help us reach three million.*



[3minuteswithgod.com](http://3minuteswithgod.com)