



Our heavenly Father has created us with hearts that can be *"inclined"* (Psa 119:33-40).

With that truth in mind, here are seven D's to integrate into your prayers, one for each day of the week. Think of them as daily vitamins to enhance your spiritual health.

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| 1. _____: "Father, teach me to delight in You as the greatest _____ of my heart." <i>"Delight yourself in the LORD..."</i> (Psa 37:1-6) | SUNDAY |
| 2. _____: "Father, align the desires of my heart with _____ heart." <i>"Your will be done, on earth as it is in heaven."</i> (Matt 6:9-10) | MONDAY |
| 3. _____: "Father, increase my _____ of my dependence on You." <i>"Apart from me you can do nothing."</i> (John 15:1-5) | TUESDAY |
| 4. _____: "Father, train my powers of discernment to distinguish _____ from _____." <i>"The mature ... have their powers of discernment trained..."</i> (Heb 5:11-14) | WEDNESDAY |
| 5. _____: "Father, keep me desperate for You, because I tend to _____ when I stop feeling my need for You." <i>"Whom have I in heaven but you?"</i> (Psa 73) | THURSDAY |
| 6. _____: "Father, help me to accept Your discipline as being for my _____, that I may share Your holiness and bear the peaceful fruit of righteousness." <i>"The Lord disciplines the one he loves."</i> (Heb 12:3-11) | FRIDAY |
| 7. _____: "Father, strengthen my determination to _____ Your will." <i>"Be steadfast, immovable, always abounding in the work of the Lord."</i> (1 Cor 15:58) | SATURDAY |