

60/90 Prayer & Reading Challenge

To complete this challenge, you will choose 4 times each day to pray for 60 seconds using the PRAY acrostic below and read for 90 seconds using the reading plan below. This challenge is for seven days, but you can use this method as long as you'd like.

Pray Acrostic:

You will pray using this acrostic 4 times each day. I suggest setting your timer for 60 seconds and praying through each area below for 15 seconds. You can increase your total amount of time each day if you would like (90 seconds, 2 minutes, 3 minutes, etc.). You will be surprised how quickly the time passes as you spend precious time with the Lord.

P = Praise

Give God glory for who He is. (Use the attributes of God list on page 2 to help you.)

R = Repent

Tell God you are sorry. (Confess your sins and disobedience to God.)

A = Ask








Speak your needs to God and ask Him for help. (Be specific.)

Y = Yield

Surrender to God's will and way in your life or current circumstance.

7-day Reading Plan:

You will read each of these passages four times each day during your 90 second round. Each time you read, highlight a verse that sticks out to you and think about how God wants you to apply that verse to your. The verse you choose may be the same verse each round or God may point out a different verse to you as you complete your four rounds each day.

-  Day 1 – Psalm 1
-  Day 2 – Psalm 27
-  Day 3 – Psalm 37
-  Day 4 – Psalm 42
-  Day 5 – Psalm 51
-  Day 6 – Psalm 61
-  Day 7 – Psalm 91



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