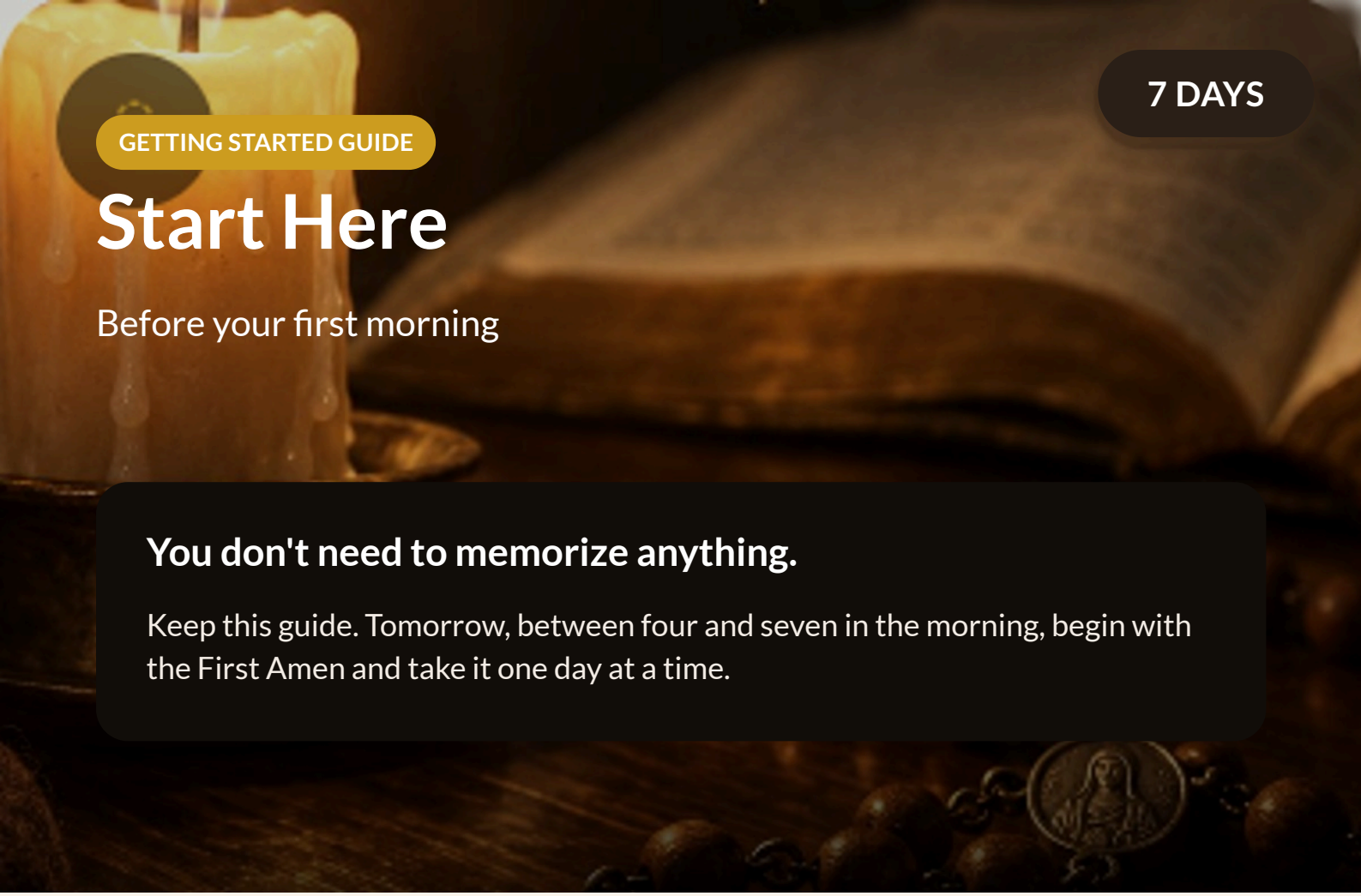


7 DAYS

GETTING STARTED GUIDE

Start Here

Before your first morning

You don't need to memorize anything.

Keep this guide. Tomorrow, between four and seven in the morning, begin with the First Amen and take it one day at a time.

Your journey in one sentence

7 mornings. 7 prayers. One prayer a day.

No rush. No making up for missed days. No starting over if you miss one.

1

Tomorrow is Day 1

The Complete Our Father

May God be with you each morning.

BEFORE YOU BEGIN

Get ready for your first morning

Four simple things make the experience calmer and easier to follow.

4:00 Time

The recommended time to pray is between four and seven in the morning.

V Out loud

Read each line slowly, with no rush.

S No interruptions

Choose a quiet place and put your phone on silent.

10 Length

Set aside about 8 to 10 minutes for each prayer.

Checklist before bed

- [ ] Keep the day's PDF close at hand
- [ ] Get a quiet place ready
- [ ] Put your phone on silent
- [ ] Remember: tomorrow is just one prayer

If four to seven doesn't work for you

Pray as soon as you wake up. Being consistent matters more than doing it all perfectly.

RULES OF THE JOURNEY

The 7 rules that prevent any confusion

Read them once now. After that, come back here only when you need to.

1. **One prayer a day**
   Don't pray two on the same day to make up for a missed one.

2. **Follow the order**
   Go from the First Amen to the Seventh, always in that order.

3. **Don't skip days on purpose**
   Each day prepares you for the next.

4. **Missed a morning?**
   Just pick up where you left off the next morning.

5. **Don't start over**
   Missing one day doesn't erase the road you've already walked.

6. **Pray out loud**
   Read slowly, one line at a time.

7. **Take your time**
   Set aside time for the prayer and for the moments of silence.

The most important rule

One day at a time.

YOUR JOURNEY

The 7 Amens, day by day

Each prayer has its own focus. You only need to think about the day you're on.

1

The Complete Our Father

Open the journey and pray slowly, paying attention to every word.

“Today, I opened the way.”

2

The Prayer for Forgiveness

Let go of old wounds and guilt, with others and with yourself.

“Today, I let go of the weight I've carried for years.”

3

The Prayer for Healing

Bring before God your health or the health of someone you love.

“I'm not facing this alone.”

4

The Prayer for Deliverance

Make a clear decision to break away from what has a hold on you.

“This can end with me.”

5

The Prayer for Prosperity

Bring your work and your bills, asking for clarity and discipline.

“There may be a way forward I haven't seen yet.”

6

The Prayer for Peace

Fewer words. More silence and rest.

“Today, I can rest.”

7

The Covenant Prayer

It's not a new request: it's handing over and sealing the whole week.

“I've done my part. Now I place it in Your hands.”

QUICK QUESTIONS

If something doesn't go as planned

Don't turn the journey into a test. Use these answers as a guide.

I missed a day. What now?

Just pick up where you left off the next morning. Don't pray two prayers on the same day.

Do I need to have a lot of faith to begin?

No. This guide helps you stay focused and consistent, one day at a time.

Can I pray at another time?

Between four and seven in the morning is the recommended time. If that's not possible, pray as soon as you wake up.

Can I pray silently?

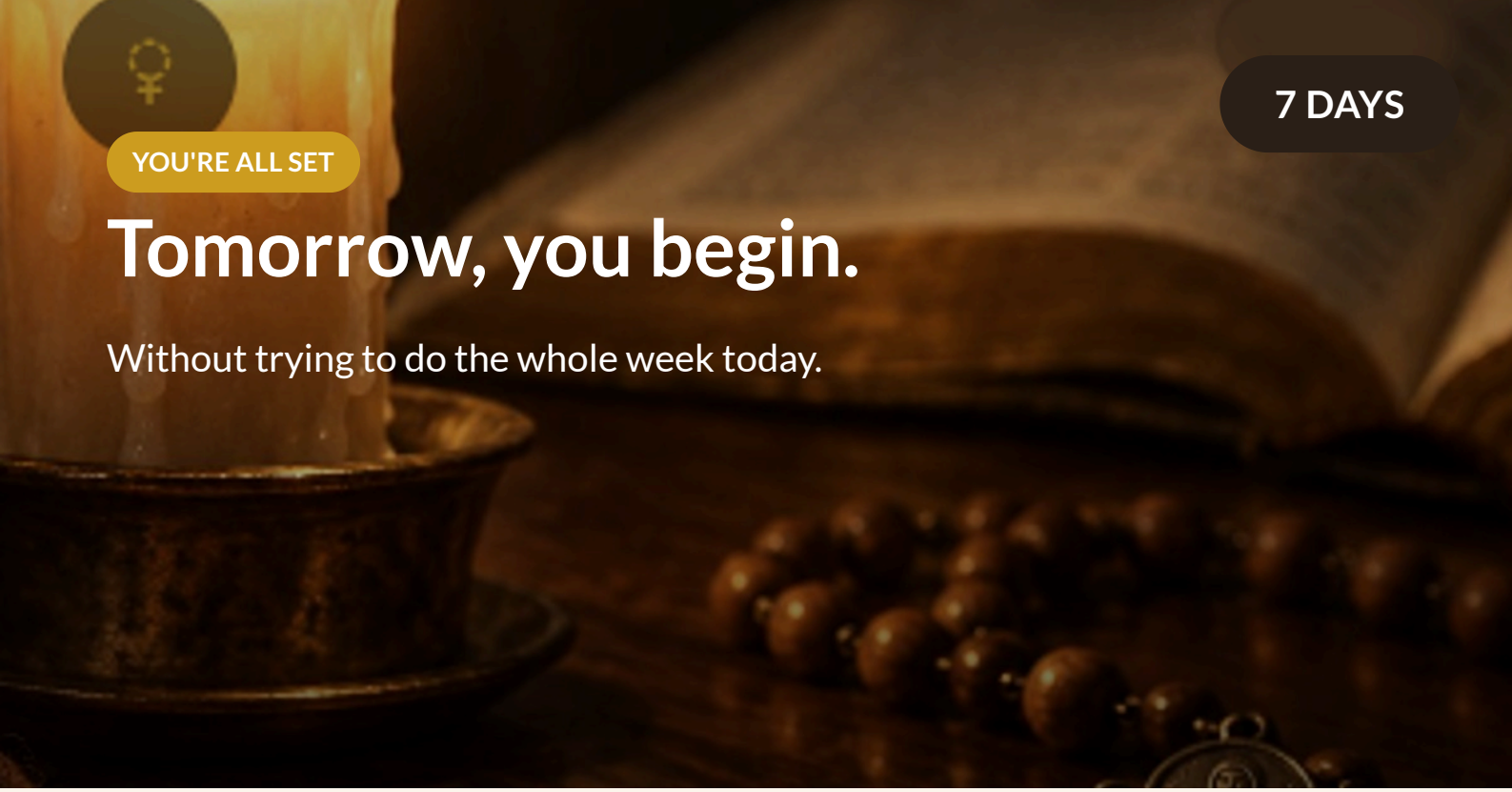
We recommend praying out loud, even if softly. Hearing your own voice helps you stay focused.

What about after the seventh day?

You can keep praying the Complete Our Father on its own or, after some time, begin the journey again.

An important note about your health

These prayers go alongside medical treatment, therapy, or medication, never in place of them.



7 DAYS

YOU'RE ALL SET

Tomorrow, you begin.

Without trying to do the whole week today.

Your plan for your first morning

1. **When you wake up**
   Go to the quiet place you chose.
2. **Open Day 1**
   Begin with the Complete Our Father.
3. **Pray out loud**
   Read slowly, with no rush.
4. **Finished?**
   Close out the day. The next prayer waits for tomorrow.

A reminder

You don't have to do it all perfectly. You just have to keep going.

Keep this PDF to look back on whenever a question comes up.

7 Amens Before Dawn