



# The 7 Ups Prayer Guide for Advocacy

Prayer and advocacy go hand in hand. Advocacy is not only speaking up for others — it is loving them enough to carry them before God consistently and intentionally. This guide reflects a simple weekly rhythm of prayer focused on people, leadership, justice, healing, and reconciliation.

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## Monday – Family & Friends

Pray for your spouse, close friends, their families, children, grandchildren, health, safety, jobs, and anything else God places on your heart.

“Carry each other’s burdens, and in this way you will fulfill the law of Christ.” — Galatians 6:2

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## Tuesday – Children & Their Families

Pray for your children, their spouses, friends, work, purpose, protection, and relationships. Ask God to guide their lives and surround them with wisdom and peace.

“I have no greater joy than to hear that my children are walking in the truth.” — 3 John 1:4

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## Wednesday – Broken People Community

Pray for the members of Broken People. Reflect on what you know about their struggles, victories, recovery, grief, mental health, and personal growth.

“Therefore encourage one another and build each other up.” — 1 Thessalonians 5:11

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## Thursday – Leadership & Service

Pray for the leadership of Broken People, the Board of Directors, volunteers, and those serving others. Pray for wisdom, endurance, humility, and courage.

“If any of you lacks wisdom, you should ask God.” — James 1:5

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## **Friday – The Vulnerable**

Pray for the poor, widows, the fatherless, immigrants, incarcerated individuals, and anyone suffering injustice, loneliness, or hardship.

“Speak up for those who cannot speak for themselves.” — Proverbs 31:8

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## **Saturday – Authorities & Leaders**

Pray for presidents, governors, mayors, pastors, bosses, and all who carry authority and responsibility. Pray for wisdom, integrity, and peace.

“I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people — for kings and all those in authority.” — 1 Timothy 2:1-2

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## **Sunday – Enemies & Reconciliation**

Pray for those you struggle with, disagree with, or feel hurt by. Pray for their safety, healing, families, and peace. Ask God to soften your own heart as well.

“But I tell you, love your enemies and pray for those who persecute you.” — Matthew 5:44

Advocacy begins with compassion, but prayer sustains it. May this guide help you build a rhythm of praying for people, serving faithfully, and loving others well.