

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------|--|--|--|--|---|--|
| | | | | 1 Plank: Forearm Plank Pray: Faithfulness | 2 Plank: Shoulder Tap Pray: Relationships | 3 Sprints/ Tabatas Pray: recap the week |
| 4 WORSHIP REST UNPLUG | 5 Plank: Knee Drop Plank Pray: Schools | 6 Plank: Reverse Pray: Government | 7 Plank: Walking Planks Pray: 1 st Responders | 8 Plank: Side (30s/side) Pray: Social Services | 9 Plank: High Plank Pray: Business Leaders | 10 Sprints/ Tabatas Pray: recap the week |
| 11 WORSHIP REST UNPLUG | 12 Plank: Forearm Plank Pray: Those Grieving | 13 Plank: Shoulder Tap Pray: The Sick | 14 Plank: Knee Drop Plank Pray: The Over-Looked | 15 Plank: Reverse Pray: The Persecuted | 16 Plank: Walking Planks Pray: Those with Special Needs | 17 Sprints/ Tabatas Pray: recap the week |
| 18 WORSHIP REST UNPLUG | 19 Plank: Side (30s/side) Pray: Families | 20 Plank: High Plank Pray: Biological Families | 21 Plank: Forearm Plank Pray: Foster/ Adoptive Families | 22 Plank: Shoulder Tap Pray: Singles | 23 Plank: Knee Drop Pray: Friends | 24 Sprints/ Tabatas Pray: recap the week |
| 25 WORSHIP REST UNPLUG | 26 Plank: Reverse Pray: the Church | 27 Plank: Walking Pray: Missionaries | 28 Plank: Side (30s/side) Pray: the Lost | 29 Plank: High Plank Pray: Revival | 30 Plank: Forearm Plank Pray: Personal Boldness | 31 Sprints/ Tabatas Pray: recap the week |

Tribe Memory Verse this month:

I pray that the eyes of your heart may be enlightened in order that you may know the hope to which He has called you, the riches of His glorious inheritance in His holy people, and His incomparably great power for us who believe. — Ephesians 1:18-19

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This month, join us as we intentionally pray for specific groups each day. We invite you to plank while you pray if you'd like, but even if you don't, STOP AND PRAY! Goal: 1 minute or more daily.

Plank: something that supports and sustains. Something to stand on or cling to for support.