

# e90

## 9 people

List your 9 here for reference.

- 1) .....
- 2) .....
- 3) .....
- 4) .....
- 5) .....
- 6) .....
- 7) .....
- 8) .....
- 9) .....

everyday + everywhere + evangelism

## 90 seconds



Every day! That's 10 seconds per person.

## 90 days

Use this habit tracker to mark each day!

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90

# WHO are you praying for?

## 01 | Pick 9 – Who is God calling you toward?



These 9 people can be family, neighbors, co-workers, or anyone God has placed in your life to love and care for through prayer. Wondering which 9 to pick?

**Consider these options:**

- someone in close proximity;
- someone you know well;
- someone who is an important part of your life;
- someone in need or who is hurting; or
- someone doubting or seeking God.

## 02 | Take 90 seconds



Pray 90 seconds every day for your 9. That's 10 seconds per person. You can do it!

## 03 | Every day for 90 days



Pray for 90 days and see what God does. Look for this logo below in your journal and mark your progress on each page.



**We want to hear your stories!**

Submit your stories at [theFormed.life/e90](https://theFormed.life/e90) or send us a text at **913.379.4440**.