



VERSION 0.01 - 11/06/2025

## "SEVEN 7s" GUIDE

<https://tbobkministries.com/undivided-purpose-project/>

# What is “Seven 7s”?

The “Seven 7s” is a daily schedule for prayer and ministry that anyone can do. For 6 days a week 7 times a day: 7am, 9am, 11am, 1pm, 3pm, 5pm, and 7pm you plan to get before the Lord to pray, worship, and intercede for your family, for your friends, and for the world. Then after the time of prayer and fellowship with Him you do whatever ministry work God has given you to do. God made it very clear to me as I began this schedule that I must do this in holiness. Holy means set apart. He explained that while keeping to such a schedule the person was NOT to be on social media, NOT to socialize freely, NOT to read news, NOT to watch movies, and NOT to watch TV shows during the prayer and ministry time. These “7s” times are to be spent in a state of abiding Solitude, set apart to Him, to complete whatever work He has given you to do.

## Why follow a schedule like the “Seven 7s”?

For me it has created a sacred rhythm to my days that focus me on the Lord throughout my day. This fills my thoughts with God throughout my day. It makes me stop whatever I’m doing and return to the purpose for which I was created. It reminds me to make God the most important part of my day.

## What to do during your “7s”:

- Find a quiet place where you can be alone (Jesus recommend a closet in the Word).
- Sit on the floor, stand, pace the room, bow face down before the Lord, lay on your back.
- Pray: for your family, friends, coworkers, leaders, pastors, those being persecuted for their faith, those in prison, orphans, etc. Allow God’s Holy Spirit to lead your prayers.
- Listen: be silent and still before God. Be still and know He is God. What does that mean for you and for those around you? etc.
- Quote Scripture: remember and say aloud any scriptures you can.
- Sing Songs/Worship: sing new songs to God, worship Him for all He is and does, praise Him and thank Him for things.

## Your Personal “Seven 7s” Outline:

What is your personal “Seven 7s” commitment before the Lord (Between you and Him):

7am: \_\_\_\_\_

9am: \_\_\_\_\_

11am: \_\_\_\_\_

1pm: \_\_\_\_\_

3pm: \_\_\_\_\_

5pm: \_\_\_\_\_

7pm: \_\_\_\_\_