

The 5:25 Prayer Loop

A daily alarm to pray — and a weekly loop to see God answer.

Most men pray and forget. The Loop closes it: pray at 5:25 each afternoon, and once a week review the list to mark what God answered — and thank Him out loud. Gratitude becomes a habit, not a someday.

Action checklist

- Set a 5:25 PM daily alarm (Clock app) labeled with your standing prayer.
- Keep the prayer list in one place — a Habitify habit or a single note. One line per request.
- Set a weekly 'Answered-Prayer Review' (Habitify): mark what He answered, thank God, add new asks.
- Optional: a Battle-Brother call on the same cadence — recap, swap requests, pray, check it off together.

THE 5:25 SAIL

The alarm is the easy half. The review — naming what He answered — is where faith gets built. Don't skip it.

Scripture sit

1 Thessalonians 5:17–18 — "Pray without ceasing... in everything give thanks." The Loop does both.

What I noticed

Captain's next move
