

*Take at least 2-3
minutes to pray
out loud and
meditate on these
intentions and
scriptures each
day.*



**Quantum Effect
Daily Clarity & Focus**

*Prayer
Guide*

These are specific intentions and scriptures on the QE Strong Clarity and Focus patches and cards that touch and engage your natural energy system.

Reading these out loud each day uses your **sight, speech, and hearing** to engage multiple senses with prayer and God's Word for improved clarity and focus.

Monday

What others think will have no negative effect on me. I choose to live in the self image that God has spoken into my life. Therefore, I can live my life embracing the truth about who I am, and live in those healthy thoughts.

Romans 8:31 : "If God is for us, who can be against us."

When I have unanswered questions and need answers, I will trust God to give me the information and truth I need. There is nothing God does not know and He delights to share those truths with me.

Proverbs 3:5-6 : "Trust in the Lord with all your heart and lean not in your own understanding. In all your ways acknowledge Him and He will direct your paths." Father, I trust in you. Thank you for being for me and making my paths straight as I submit all things to you. In Jesus name. Amen.

Tuesday

Knowing that thoughts will eventually create beliefs, I choose to believe what God says about me. I am His and I know He will never leave me, but will guide me to overcome whatever opposes His plan in my life.

Proverbs 23:7 : "As a man thinks in his heart so is he."

I will not live in panic and despair because God is not only able, but He has promised to weave His will into all the affairs of my life. He is a partner that brings the eventual positive outcome from the seemingly disconnected events that unfold daily in my life.

Romans 8:28 : "And we know that for those who love God, all things work together for good, for those who are called according to His purpose. "

Lord, Thank you for working all things for my good. Direct my thoughts to align with your word. In Jesus name. Amen.

Wednesday

As I traverse this world with all of its challenges, I refuse to allow anxiety to attach itself to me. As I lift my life challenges to God, I do so with every confidence in His commitment to help me know His will. The partnership and peace of knowing God, answers the fear and uncertainty of this world.

Philippians 4:6-7 : "Do not be anxious about anything. Instead, in every situation with prayer and petition with thanksgiving, tell your request to God. And the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus."

Father, I will lift up my requests to you with thanksgiving. Thank you for giving me the peace that transcends all understanding! In Jesus name, Amen.

Thursday

I choose to live in the knowledge that fear is not from God. His presence and truth allow me to live courageous and confident. That knowledge causes a loving and grateful response in my thoughts and soul.

2 Timothy 1:7 : "God has not given us a spirit of fear, but of power, love and a sound mind."

As I honor and receive the Holy Spirit, I am inviting Him to teach me all things that the Father and Jesus want me to know. I am daily being taught by Him, all things that God wants me to know. The Holy Spirit helps my recall of all the truth that He has deposited in me.

John 14:26 : "But the Comforter, which is the Holy Ghost, whom the Father will send in my name, He shall teach you all things and bring all things to your remembrance, whatsoever I have said unto you."

Lord, Thank you for giving me the Holy Spirit and a sound mind! In Jesus name. Amen.

Friday

I choose to think on and dwell on the covenant promises of God concerning His loving and leading nature that He so freely shares with me.

Philippians 4:8 : "Whatsoever things are true, whatsoever things are honest, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there is be any virtue, and if there be any praise, think on these things."

Lord, I will think and dwell on your promises and will follow your path for me with praise. In Jesus name. Amen.

Saturday

As I seek to know God better, He makes His will and instruction available to lead and comfort my life.

1 Corinthians 2:16 : "We have the mind of Christ."

My Heavenly Father thinks about me and plans a wonderful future for me. I am therefore hopeful that current frustrations are only temporary as I look to God for the revealing of His plan. I find great comfort and peace in knowing that I am not forgotten or alone on this journey through life.

Jeremiah 29:11 : "For I know the plans and thoughts I have for you, says the Lord, plans to prosper you and not to harm you, to give you a future and a hope."

Father, Thank you for the plans you have for me. I will seek you and your will for my life.

Sunday

When thoughts present themselves in direct opposition to the truth of God's word, I will call them the lie that they are. I choose to set them aside and agree with God's plan. I declare and decree that even if I don't fully understand why God is leading me in a certain direction, I will trust in His love and leadership to direct my path.

2 Corinthians 10:5 : "Casting down imaginations, and every high thing that exalts itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ."

Father, Help me always take every thought captive, so I can make it obedient to Christ. In Jesus name. Amen.

Amen!

