

One week, one sail: the 5:25 Prayer.

Sail of the Week: *The 5:25 Prayer* · Joshua 1:8 · Rule: **ONE SACA completes the week** — do more only if you want to.

What you need: your iPhone, 15 minutes on Monday, ~2 minutes a day after that. No website, no AI required until Saturday — and even then it's optional.

MONDAY — Set it up (15 min)

- 1. Open the **Clock** app → Alarms → + → **5:25 PM**, Repeat: Every Day. Label it with your standing prayer (e.g. "Pray: wife, kids, one brother").
- 2. Start your **prayer list** — one note in Apple Notes titled "5:25 Prayer List." One line per request, with the date. (Habitify works too.)
- 3. Add a Saturday reminder or calendar event: "**Answered-Prayer Review — 10 min.**"

TUESDAY–FRIDAY — Run it (2 min a day)

- 4. When the 5:25 alarm fires: stop, pray through the list. Out loud if you can.
- 5. New request that day? Add a line. Keep lines short.

SATURDAY — Close the loop (10 min)

- 6. Read the list. Mark what God answered — write "**ANSWERED**" + the date on the line.
- 7. **Thank Him out loud** for each one. This is the half men skip. Don't.
- 8. *Optional AI step:* paste the list into Claude: "Read my prayer list back to me. What am I asking for most — and what has God already answered?"
- 9. *Optional:* call one brother. Recap the week, swap requests, pray together.

SUNDAY — Sabbath

- 10. Drill off. Rest. Sometime today, open the **Captain's Chart**, tap the dot on **SACA 3 — The 5:25 Prayer Loop** → week complete.

THE LINE TO HOLD

AI fetches the cross-reference. It never prays for you. You lead; the Spirit teaches. — "This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night." (Joshua 1:8)

Want more this week? (all optional — the week is already complete)

SACA 1 — 10-Min Scripture Study, You Lead. Read a short passage aloud twice. Claude for context and cross-references ONLY. Write your own one-sentence application.

SACA 2 — Family Devotion Generator. Sunday's sermon notes → one verse, one illustration, one question per kid, one prayer prompt. Run it Friday night.

Going Further. Sermon Notes → 5 Captain's Actions; the 7 daily drills live under "Optional depth."