



# PrayerFIT



KALIHI UNION CHURCH  
loving God, loving people

Join us on July 30th, 2025 where we want to have 24 hours of prayer happening on that day.  
Choose an hour to pray!

## S.O.A.P Bible Study



### Scripture

Write out a passage or verse that spoke to your heart.



### Observation

What was God saying?  
Who was He talking to?



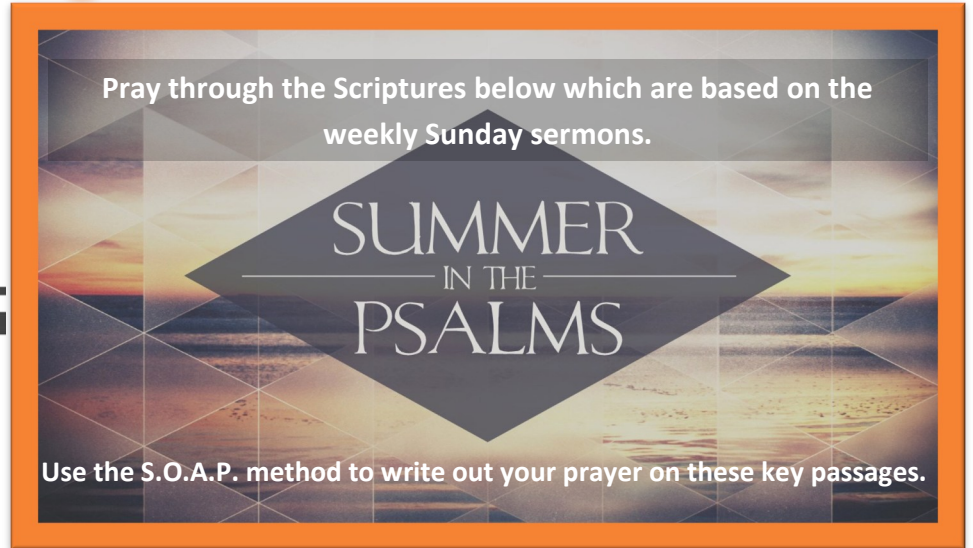
### Application

How can you apply this passage or verse to your life?



### Prayer

Pray the passage or scripture. Ask God to give you the wisdom to apply it.



a.) Psalms 47:2; 65:5; 68:35; 99:3; 145:6 - "Awesome Psalms"

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b.) Psalms 73 -

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c.) Psalms 40 -

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d.) Psalms 1 -

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e.) Psalms 13 -

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# **Prayer Buddies & Jesus (PB&J)**

## **A prayer based photo scavenger hunt**

Join PB&J, Prayer Buddies & Jesus, this Summer's Prayer-based Photo Scavenger Hunt. Let's spend time in prayer with others. But hey, let's make this fun, taking a photo to journal our prayer time! The 2025 PB&J photo scavenger hunt starts today through July 31. And even after, **let's continue prayer together!**

Pray with a buddy (or buddies) at these various locations and commemorate your time of prayer by taking a photo with everyone completing the challenges below. Send your photos to: [Kendal.fong@kalihiunion.org](mailto:Kendal.fong@kalihiunion.org) . You could also hashtag (#) your photo with: #KUC25PB&J



Appropriate photos will be posted on a prayer wall at KUC with a short description of your prayer to encourage others to likewise pray. We will also have a contest of the best "Prayer Photo" with winners announced at the beginning of August for each of the seven challenges below. **All photos need to be submitted by August 1st.**

Challenge #1 - **Read John 10:9** and take a photo with a prayer buddy (or buddies) at one of your homes, praying at the front door or at a gate at your home.

Challenge #2 - **Read Psalm 89:9** and take a photo with a prayer buddy (buddies) at any beach but in that photo get a shot with both of you in it and of a wave rolling in.

Challenge #3 - **Read Genesis 1:20-25** and take a photo with a prayer buddy (buddies) with an animal that is not a pet. The more exotic the animal the more amazing your photo will be.

Challenge #4 - **Read Isaiah 40:31** and take a photo with a prayer buddy (buddies) with a bird and pray for strength for someone (physical, emotional, spiritual) that they will trust in the Lord and find new strength.

Challenge #5 - **Read Proverbs 3:5-6** and take a photo with a prayer buddy (buddies) with a choice of paths and pray for God's leading and direction and guidance for someone.

Challenge #6 - **Read Galatians 5:22-23** and take a photo with a prayer buddy (buddies) with fruit! The more exotic, the better! And pray for the fruit of the Spirit into your lives and the lives of others.

Challenge #7 - **Read John 15:5** and take a photo with your prayer buddy (buddies) with a vine or vines. Pray for you and others to abide (remain in) the vine and bear much fruit.

**Have fun as you spend time praying with others this summer!**