

Download PrayerMate free to get started:  
<http://praynow4.org/rochester>



## Subscribe to Diocese of Rochester Cycle of Prayer



1. Tap the "Add" button



2. Scroll to "Church life"



3. Choose "UK Churches"

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## Add five friends you're praying for



1. Tap the "Add" button



2. Tap "Enter a list of names" and create yourself a new list

*Dylan  
Emily  
Casper  
Mike  
Chloe*

3. Type your five names, one per line

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## Set yourself a daily reminder

