

Pray & Slay Terms & Conditions

Pray & Slay is a 31-day formation reset designed to support spiritual alignment, habit formation, and intentional living. By enrolling, participants acknowledge and agree to the following:

Program Nature

Pray & Slay is not one-on-one coaching, therapy, counseling, or a fitness or nutrition program. It is a guided formation experience focused on consistency, spiritual discipline, and personal responsibility.

Movement & Nutrition

Pray & Slay does not provide personalized workout plans, training sessions, or meal plans. Participants are responsible for choosing movement and nourishment practices appropriate for their body, health status, and season of life. Any examples shared are optional and intended only to reduce decision fatigue.

Community Platform

The private Pray & Slay Facebook group is the primary space for guidance, communication, encouragement, and updates throughout the reset. While participation is optional, those who choose not to join may miss important information and community rhythm.

Church & Spiritual Authority

Pray & Slay does not replace church attendance or pastoral leadership and is not affiliated with a specific congregation. Participants are encouraged to attend their local church of choice.

Leadership Role

Krystal Saldivar leads Pray & Slay by establishing structure, clarifying expectations, and stewarding the tone of the experience. She does not provide individualized coaching or micromanagement. Growth is supported through consistency, accountability, and grace.

Enrollment & Payment

Enrollment is confirmed only after both payment and the enrollment form are completed. Enrollment closes after the stated deadline to preserve group rhythm and focus.

Personal Responsibility

Participants are responsible for their own participation, decisions, and follow-through. Pray & Slay emphasizes obedience over motivation and consistency over intensity.

Alcohol Commitment

Pray & Slay includes a voluntary commitment to abstain from alcohol for the duration of the January reset.

This commitment is part of the formation rhythm of Pray & Slay and is intended to support spiritual clarity, attentiveness, and intentional living during the reset period. It is not a medical, therapeutic, or recovery program, and it is not presented as treatment for addiction or dependency.

Participation in Pray & Slay is optional and self-directed. Each participant is responsible for their own choices, boundaries, and wellbeing. Pray & Slay, Real Life Real Faith Ministry, and its leadership are not responsible for individual decisions related to alcohol use before, during, or after the reset.

This commitment is not rooted in judgment, shame, or moral comparison. It is a shared practice for a defined season and does not imply a requirement beyond the Pray & Slay experience.

Scripture Engagement and The Bible Recap

Pray & Slay encourages daily Scripture engagement using The Bible Recap Bible in a Year plan as a simple and accessible reading structure.

The Bible Recap is an independent resource created and owned by its respective author and publisher. It is not owned, operated, or affiliated with Real Life Real Faith Ministry or Pray & Slay.

Pray & Slay does not receive compensation, sponsorship, or endorsement from The Bible Recap. It is shared solely as a recommended resource that the program leader personally uses and finds helpful for consistent Scripture engagement. Participants are responsible for obtaining access to The Bible Recap through their own means and may choose to use a different Bible reading plan if desired. The heart of the commitment is daily exposure to Scripture, not adherence to a specific product or brand.

Personal Responsibility and Participation

Pray & Slay is a formation experience, not a coaching program, therapy service, medical program, or substitute for church or pastoral care.

Each participant is responsible for their own physical health, spiritual practices, and personal decisions throughout the reset. Pray & Slay provides structure, guidance, and community rhythm but does not guarantee specific outcomes.