

21 DAY **PRAYER CHALLENGE**

DAY 1: PRAISE HIM!

Praise is necessary. We were built for it. Being created in His image, we have been uniquely wired to praise God. But for praise to be praise, it has to be expressed. It has to make its way to our hearts past our lips. Read or shout! - a verse - in Psalms out loud every day this week. Here's a few to get you started: 96:4, 45:3, 63:3-4

DAY 2: PRACTICE JUST TALKING TO HIM.

Read James 4:8. Prayer is just conversation with God. As we grow in our love for Jesus, we will naturally desire to talk to Him. He cares more about what's in your heart and connecting with you more than He does about what you're "supposed to say."

DAY 3: PRAY ALL DAY.

Read 1 Thessalonians 5:16-18. Pray at least 3-5 times throughout the day today. Practice the first two days: Day 1: Praise Him! Day 2: Practice talking to him.

DAY 4: GIVE THANKS.

Psalm 100 reminds us to enter God's presence with a thankful heart. We can always talk to God, but let's not forget that it's a huge privilege to have such access to God. Start your day by reading Psalm 100 and thanking God for something he's done or given to you.

DAY 5: START A PRAYER LIST.

Or use an app like Echo to keep track of requests, praises and answers to prayer! Pray through your list today.

DAY 6: A LONGER PAUSE.

Take a few extra minutes today and combine some of the previous challenges together. Quiet your life...praise him, talk to him, give thanks and review your prayer list.

DAY 7: PRAISE HIM.

Sing your favorite praise song to Jesus in prayer today.

DAY 8: 10-MINUTES OF AIRPLANE MODE.

Read Philippians 4:6. Take 10 minutes throughout the day and completely get away from all possible distractions. Spend this time talking with God.

DAY 9: FAMILY AIRPLANE MODE.

Spend some quality time with your family tonight with no distractions for at least 45 minutes. Included in this time should be a time of prayer as a family. Imagine what it would be like to have this be a consistent part of your schedule?

DAY 10: GO FOR A WALK.

Read Job 12:7-10. Take some time today and go for a walk. Enjoy the nature, even if it's cold, and thank God for all that He is doing in your life.

DAY 11: WAKE UP EARLY.

Read Mark 1:35. During his time on earth, Jesus would often get up early to spend time with His father. Wake up a little earlier than normal and spend some distraction free time with the Lord. Pray that you would do your best to honor Him and make His love known!

DAY 12: ELIMINATE DISTRACTIONS.

Today, examine your regular time with the Lord. What are some ways that you can eliminate distractions from this time so that you are spending the most quality time with the Lord as possible?

DAY 13: BE STILL AND LISTEN.

Read Psalm 46:1-11. As hard as it may be, take time today to simply be still. Have no distractions and just be quiet and listen for what the Lord has to tell you today. Truly relax for 30 minutes and allow Him to encourage you during this time.

DAY 14: JOURNAL.

Even if you wouldn't consider yourself a journaler, take time today to, in the quiet and distraction free environment that you have created this past week, and write out your prayer to the Lord. There's just something about writing something down!

DAY 15: PRAY FOR OUR FRIENDS.

Read Proverbs 27:5-6, John 15:12-15. Jesus tells us to love our friends as He has loved us. The most loving thing we can do when we're worried about friends is to pray for them. Send an encouraging message to someone you prayed for and let them know they're in your prayers!

DAY 16: PRAY FOR OUR CHURCH LEADERS.

Read Ephesians 1:16-19, 1 Corinthians 15:58. Church leaders need us to pray for them. Talk a walk around our church or your favorite spot and ask God to protect our church leaders physical, mental, emotional, and relational health, as well as their families.

DAY 17: PRAY FOR OUR 5.

Read John 3:16-17, 2 Peter 3:8-9. We can't make people respond to the Gospel, but we can invite them to hear it, serve them so they can see it, and pray for them to receive it. Ask God to provide an opportunity to invite someone to join you for church this week.

DAY 18: PRAY FOR OUR COUNTRY.

Read 1 Timothy 2:1-3, Proverbs 21:1. Pray for the decision makers in our lives. God is all-knowing and all-powerful. What do you want to see God do in the hearts of our nation's leaders? Write a prayer to God to give them wisdom, discernment, and the ability to lead our country well.

DAY 19: PRAY FOR OUR CHURCH BODY.

Read Romans 15:5-6, Psalm 84. Ask God for the wisdom and understanding to bring people together. Is there anything you can do today to encourage or show your appreciation for another believer? Ask God to show you how, then follow through.

DAY 20: PRAY FOR OUR WORLD.

Read Psalm 46:10, 2 Corinthians 4:13-18. When you watch the news or look at social media, it can seem like the world has lost its mind. Thankfully, God is still in charge. What is something good you want to see God bring out of the chaos? Tell God how you hope to see Him exalted through the difficulties of the day.

DAY 21: PRAY FOR OUR LOVED ONES IN PAIN.

Read Romans 15:13, Psalm 27:13-14, James 5:13-18. Watching someone you love suffer hurts. You can't take away their pain, but you can pray. He promises to be with us, comfort us, and provide for us. We can overflow with hope when we trust Jesus and put our faith in Him.