

21-Day Prayer Challenge
WEEK 1

THE Crucial Conversation

Day 1 @ Church
"Why Pray?"

Pray that today's message and worship will sink deep into your heart and mind.

Day 2 | Personal Growth | Jonah 1:1-3

Think through your upcoming week. Express to God your desire to align your life with God's heart. Ask for empowerment and strength. Seek forgiveness for those times you have fled instead of obeyed. (Be specific!)

Day 3 | Bethel & Community | Jonah 2:1

Pray that leadership will choose to have quiet places in a noisy world to allow the word of God to shape their lives and align their hearts through prayer.

Day 4 | Current Events | Jonah 3:8

Repentance is where you align your heart with God's. What global issues represent areas of deeply needed repentance? Create a list, and as you pray ask for a change of heart and mind on these issues, to align with God's heart.

Day 5 | Outreach | Jonah 3:1-2

You may not be able to share Christ with everyone but God does call you to share Christ with *someone*. Who is God calling you to walk with and share Christ with? How can you share Jesus through your words and deeds? Pray for a receptive heart in the person you are thinking of, and pray for yourself to know how to seize the moment in truth and grace!

Day 6 | Family | Jonah 2

Pray for your family using the various attributes of God as seen in Jonah 2:
Omnipresence | "I called out to the Lord" v.1
Grace | "He answered me" v.1
Judgment | "You cast me into the sea" v.2
Authority | "You brought up my life" v.6
Holiness | "Yet shall I again look upon your holy temple" v.7
Love | "Steadfast love" v.8
Salvation | "Salvation belongs to the Lord" v.9

Day 7 | Reflection | Jonah 4

To align your heart with God's heart, you may need to work through issues of repentance and forgiveness. Let God's heart of repentance and forgiveness shape your prayer today. Don't rush through this; ask God to show you if there are any issues needing to be worked through.

21-Day Prayer Challenge
WEEK 2

THE Crucial Conversation

Day 8 @ Church
"Why Pray Together?"

Pray that today's message and worship will sink deep into your heart and mind.

Day 9 | Personal Growth | Luke 11:1-4

Prayer builds intimacy among God's people, so today ask someone to pray for you. Be specific as possible with your prayer request(s), and either ask your friend to pray with you in person, or to pray for you later on their own time. As you experience physically receiving prayer from your friend, think also about the grace that you receive spiritually from God.

Day 10 | Bethel & Community | John 17: 20-23

Pray for someone in your church community. Call, email, or text them and ask how you can pray for them. Then follow up and let them know that you did. Maybe even send them the prayer as encouragement!

Day 11 | Current Events | John 3:16

Get together with a family member or friend and talk about some of the things happening in the world today. Each of you pick a specific event or topic that is pressing on your heart the most, and then pray together for each other's requests.

Day 12 | Outreach | 2 Peter 3:8-9

Get together with a family member or friend and share with each about the people in your lives who don't know Jesus. Pray for these people, and pray that each of you will have courage and grace to share your faith.

Day 13 | Family | James 5:13-16

Call, email, or text someone in your family. Ask how you can pray for them, and then spend some time praying for them, praying together if you can.

Day 14 | Reflection | James 5:13-16

Find a time to sit down with a friend to pray either with them or for them. Reflect on how you have experienced God through prayer this week and use what you have learned to shape your prayer.

21-Day Prayer Challenge
WEEK 3

THE Crucial Conversation

Day 15 @ Church
"How Do I Pray?"

Pray that today's message and worship will sink deep into your heart and mind.

Day 16 | Personal Growth | Our Father in heaven.

Is there something you look at every day like a mirror, computer screen or phone? Write a prayer note and tape it there as a reminder to pray to your Father who is in heaven, and who delights to hear your prayers.

Day 17 | Bethel & Community | Hallowed be your name

Build a time of silence and stillness into your day. Choose a time and place with few distractions. Turn off your phone, computer, music and any other distraction. If your mind is full of unwanted thoughts, give each one to God and consciously keep focusing back on Him. Breathe deeply and slowly and invite the Holy Spirit to meet with you. Maybe pray through the names of God. Use the silence to praise God and honour His Name.

Day 18 | Current Events | Your Kingdom come

Print out or cut out a newspaper article or photo of current events and pray "your kingdom come, your will be done" over nations and situations. Be specific.

Day 19 | Outreach | Your will be done on earth as it is in Heaven

Pray for the people that you get a text or an email from today who don't know Jesus.

Day 20 | Family | Give us today our daily bread and forgive our sins as we forgive those who sin against us

Think of an everyday object that reminds you of a specific need in your family and when you see that object, pray about it. AND/OR Write the name of someone you need to forgive on your hand and as you wash it off, ask Jesus to help you forgive that person.

Day 21 | Reflection | Lead us not into temptation but deliver us from evil. For yours is the Kingdom, the power, and the glory. Forever. Amen.

Pray the entire Lord's Prayer in a different physical posture than you are used to. Perhaps walk, kneel, stand, open your hands, or stretch out your arms. Be intentional in positioning your physical body to reflect the words you pray.