



SpirituallyHungry.com  
Presents:



Mini Challenge

1 Day  
To A Better  
Prayer Life

Increase Your  
Prayer Life

# Welcome to SpirituallyHungry.com's Mini Challenge: 1 Day To A Better Prayer Life

We are so glad you decided to take on this Challenge, thanks for participating! We've prayed over this Challenge and we've prayed for you, too. We sincerely hope this Challenge helps you in your walk with God.

Spiritually Hungry exists to help followers of Jesus connect more deeply to Him. That's just what this Mini Challenge is all about!

Spiritually Hungry is a family - literally! Our names are Alexis and Aaron Waid, and we have been married for 8 years. Prior to marriage, we were best friends for 7 years, before ever dating. We have been in each other's lives for 16 years and we approach life as a team.

We are both graduates of Denver Seminary, and each hold master's degrees from our wonderful alma mater. In addition, we both have served in various professional ministry positions, even as co-pastors together.

SpirituallyHungry.com is our new venture together, as we share our ministry online. On our site, we focus on making God accessible to people and helping them connect in meaningful, impactful ways. We deeply believe that what Jesus did 2,000 years ago has profound implications for us today. We really are all about Jesus, the fruit of His ministry, and the love God has for us.

The purpose of this Challenge comes from the following thought: what would your relationship with God look like if you turned to Him continuously for just one day? Would it make a difference? Would you become closer to Him? What would happen?

We believe that any action that is deliberately seeking God is the right action and God can do a lot with a little. We've seen it in our own lives and we have seen it in our ministry to countless other Christians.

In this Challenge, we have provided you a Prayer Schedule that includes prayer prompts throughout the day. In addition, we've created a worksheet to help center your mind around prayer, the Challenge, and of course, your relationship with God. And finally, there are a few questions for reflection upon completion of the Challenge, to help you better process your experience.

We hope that this is a good step for you and your relationship with God!

In Him,

Alexis and Aaron @ SpirituallyHungry.com

# Prayer Worksheet

Complete this worksheet the day before taking the Challenge or at some point during the day of the Challenge.

This worksheet has been created to help you think about your desire for more prayer in your life. It's intention is to help center your mind around what you are to embark on, and help you have more intentionality in taking the Prayer Challenge.

**1.) Why did you sign up to take this Challenge?**

**2.) What do you hope to get out of the Challenge?**

**3.) Is prayer something that comes easy to you, or is it a struggle for you? Why do you think it is easy or hard for you?**

**4.) If prayer is hard, have you ever tried other ways to connect/talk to God? Some examples are journaling, praying the Psalms, taking a prayer walk, having a prayer partner. There are many ways to pray to God that may help you better connect to Him. How could you incorporate these into your daily routine and practices to help keep your conversation with Him going?**

**5.) What do you think is the benefit of prayer? How has prayer played a specific role in your life and what fruit has come from prayer in your life?**

**6.) Examine your prayer life with God. Do you tend to be more one-sided when you speak with Him? Is it more of you telling/asking Him what you would like for your life? If it's more like a monologue on your part, how might your prayer life and relationship change if you provided room to hear God speak during prayer?**

# Prayer Schedule

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**7 am\*** Spend time with God, at least 5 minutes. If you have a hard time concentrating during inner prayer, pull out some paper and write to the Lord. If you choose to write, create space in your writing to stop and listen for God's quiet voice. Even if you don't hear anything, trust that God's voice will become recognizable the more you take part in stopping and listening for Him.

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**8 am** *For the worker/student leaving the home:* As you are driving to work or commuting, spend the time in communication with God. **Note:** Please remember that worship is a form of prayer, so if you choose to listen to some Christian music, do so conscientiously. Be aware of the words you are singing/listening to. *If your staying at the homestead:* Fill your day with moments where you can listen to Christian worship songs. See above note.

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**9 am** Stop for a minute and communicate with God.  
*Focus your prayer around thankfulness.*

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**10 am** Stop for a minute and communicate with God.  
*Focus your prayer around worship of God.*

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**11 am** Stop for a minute and communicate with God.  
*Focus your prayer on interceding for your loved ones.*

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**12 pm** Spend at least 5 minutes with God during lunch. Recount with Him your day so far. Speak to God about your desires for more intimacy with Him and how you would like to know Him better. Again, if 5 mins is too long for inner prayer, pull out some paper and transcribe your prayers, creating space for you to stop and listen for God's voice.

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**1 pm** Stop for a minute and communicate with God.

*Focus your prayer around recognizing and acknowledging the power of God.*

**For inspiration:** Matthew 8:23-27

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**2 pm** Stop for a minute and communicate with God.

*Focus your prayer around celebrating the goodness of God.*

**For inspiration:** Matthew 7:7-11

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**3 pm** Stop for a minute and communicate with God.

*Focus your prayer around the Good News, that Jesus died for your sins and is offering you a new, restored life here and now. A life that is filled with His presence.*

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**4 pm** Stop for a minute and communicate with God.

*Focus your prayer around the needs of the world. Lift up those who may be struggling in their life and ask God for His love and power to overtake the situation.*

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**5 pm**

*For the worker/student:* As you are driving home or commuting, spend some time in communication with God, reflecting on the day and talking with Him about how it has been going so far. *For the person at home:* As you are preparing dinner or doing chores around the house, communicate with God about how the day is going thus far.

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**6 pm** Stop for a minute and communicate with God.

*Focus your prayer around gratitude for loved ones in your life.*

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**7 pm** Stop for a minute and communicate with God.

*Focus your prayer around the love and forgiveness of Jesus Christ.*

**For inspiration:** Gospel of John Chapter 21

**7:30pm This may be a good time for you to do your Prayer Worksheet, if you haven't done so yet.**

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**8 pm** Stop for a minute and communicate with God.

*Focus your prayer around the trustworthiness of God.*

**For inspiration:** Hebrews Chapter 11

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**9 pm** Stop for a minute and communicate with God.

Focus your prayer around celebrating and being thankful for God's creation.

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**10 pm** Spend at least 5 minutes in communication with God. Go over the entire day with Him and ask Him to open your eyes to this experience. Ask Him to make clear what He is trying to show you in this experience. Thank Him for this opportunity and for help in the future to connect with Him better. Go to sleep resting in the knowledge that you are a beloved child of God who is with you always.

*\*Please note that this is just an arbitrary time table. You start the Challenge when you wake up, whatever time that may be and adjust the time time accordingly throughout the day.*

## **Congratulations, you have finished the Challenge!**

We hope that your day was deepened as you purposefully turned to God. While you may not notice change immediately, spend the next couple of days reflecting over this experience. Here are a few questions to help you process:

- 1) What did you learn about yourself?
- 2) What did you learn about God?
- 3) What did you learn about communicating with God?
- 4) Do you think your relationship has changed at all with God because of this day? If so, how might you foster that change and grow even more?

We hope you enjoyed your 1 day Challenge and that it helped you connect deeper and more thoughtfully with God! Thank you for participating!

We also have other opportunities for you to grow in your relationship with God.

### **• Spiritually Hungry Challenges**

What would it look like if you devoted a period of time to working on a character trait or a discipline with God? Would your life change?

We believe so! By consciously working on attributes with God, we believe that your life will become different. Can you imagine if you took on more of God's character, how different things would be?

**Some of our past Challenges include**

Cultivating A More Thankful Heart

Living In Joy

Loving Your Spouse Through God's Definition Of Love

**You can find all of our Challenges at [spirituallyhungry.com/challenges](http://spirituallyhungry.com/challenges)**

- **Facebook Challenge Group**

In addition we have a Facebook group, Spiritually Hungry Challenges  
[www.facebook.com/groups/1051266348352753/](http://www.facebook.com/groups/1051266348352753/)

In our group, we come together and talk about the current Challenge and spiritual development. Being part of this group will also allow you access to bonus content such as devotionals, Christian encouragement and prayers.

- **Spiritually Hungry Take Home Retreats**

We also have other retreats available for you. We are just starting this venture as of 2017 and more will be added throughout the year. But for now, we have 2 take home retreats.

**Take Home Retreats:**

**Self-Care**

It is crafted for the person who gives, and gives, and gives some more. You need a break and some rest. It's time to take care of yourself with God, spend three days resting, relaxing and refueling with God.

**Married Couple's Retreat**

Designed for any married couple. The theme is discerning where God is calling your marriage. This retreat is simple and nonthreatening. Designed by both of us, to ensure both genders would feel comfortable doing the retreat. We hope to help you take a small step in God's direction, moving from A to B, not A to Z. The retreat also has time during the weekend for you and your spouse to enjoy doing fun things together, of your choosing!

**You can find our retreats at [spirituallyhungry.com/retreats](http://spirituallyhungry.com/retreats)**

- **Daily Devotions**

We have daily devotions! These devotions are published Monday - Friday, and are short and powerful, all-exclusive content available nowhere else. We're loving writing these, and we hope they can become an important part of your daily journey with Jesus.

<http://spirituallyhungry.com/daily-devotions/>

- **Articles**

Spiritually Hungry also has a lot of great posts on spiritual growth and development. We love to help people find ways to grow closer to God and one of those ways is through knowledge and truth.

**Some of our top posts are:**

How To Be The Light Of The World:

<http://spirituallyhungry.com/how-to-be-the-light-of-the-world/>

Why God Wouldn't Let Me Lose Weight:

<http://spirituallyhungry.com/weight-loss-with-god/>

20 Worship Songs For The Sad Heart:

<http://spirituallyhungry.com/20-worship-songs-for-depression/>

What To Think About Unanswered Prayers:

[http://spirituallyhungry.com/unanswered\\_prayers/](http://spirituallyhungry.com/unanswered_prayers/)

*Thank you again for participating and we hope we see you over at our website!*