

SPIRITUALLYHUNGRY.COM

PRAYER CHALLENGE

30 Days
To Increase Your
Relationship With God

Welcome to Spiritually Hungry's 30 Day Prayer Challenge

Prayer: it's a privilege bought at a tremendous price. Because of Jesus Christ and His sacrifice, all who follow Him become endowed with the Holy Spirit. And it is the Holy Spirit that enables our ability to communicate to, and be with, God.

Before Christ, the followers of God could not communicate directly with Him, not in the way that we can today. That's why God established prophets and leaders to be a mouthpiece for Him on this Earth. But the people could not have a personal relationship with Him, until Christ died, resurrected and ascended to Heaven.

In Acts 2, we find the outpouring of the Holy Spirit and the beginning of a new era for humanity. In this new era, we get to have a relationship with God right here on Earth. As with any relationship, communication is key. Even though God knows everything, He still offers us the ability to speak with Him, a way for us to lean on and be guided directly by Him.

God created humanity for fellowship and to have a relationship with Him, but that was all destroyed in the Garden when humanity ate from the forbidden tree. Through Christ's life and sacrifice, we are now able to be connected to God, and one way we do that is through prayer.

We thought this would a good Challenge to help you turn to God in prayer over the next 30 days. We have provided you the tools you need for this Challenge, which you'll learn a little bit about in the outline below.

In this Challenge, you'll find:

An Entrance Worksheet:

The questions in this worksheet will help you process how you presently think about quiet time and your relationship with God.

The 30 Day Challenge:

Each day, you'll be provided with a Prayer Focal Point. Simply put, this is a subject to direct your prayer attention. We include a little explanation of each Prayer Focal Point to help you better turn to God with the subject matter.

An Exit Worksheet:

After completing the worksheet, you'll be asked to complete a final worksheet to process the Challenge, and to give you some ideas for moving forward with continuing your quiet time.

If you follow this Challenge, we believe you'll come out the other side with a profoundly new appreciation of God and the wonderful and good desires He has for your relationship with Him. Can you imagine how your life might look differently if you were able to see God's presence with you in all circumstances? That's our hope for you in taking this Challenge!

Entrance Worksheet

#1 Why are you taking this Challenge?

#2 What do you hope to get out of this Challenge?

#3 What would you like to be different in your understanding and practice of prayer?

#4 What do you envision the fruit of prayer with God would look like for you?

#5 How do you see the God's presence in your life currently?

Day 1

Prayer Focal Point: Your Relationship With God

Guiding Thought: As with everything, it all boils down to you and God. Starting this Challenge off, we would like you to turn to God and speak with Him about your relationship. Ask Him for direction and guidance in growing closer to Him.

Day 2

Prayer Focal Point: Your Family

Guiding Thought: Lift up the members of your family to God today. Ask God where He is leading your family and how you can follow His call. Ask God where healing may be needed in your family and celebrate the joy your family has brought you.

Day 3

Prayer Focal Point: Your Work

Guiding Thought: Even if you do not have “work,” we all have tasks we do whether we are paid for or it or not. Reflect on the work you do throughout your day. Ask God to bring more of His purpose and will to your work.

Day 4

Prayer Focal Point: Your Friends

Guiding Thought: Reflect on your friends, both past and present. Lift up each name and ask God to show His love and grace on that person today. Also, thank God for these people and all of the joy and blessing they have brought to your life.

Day 5

Prayer Focal Point: The Church

Guiding Thought: Pray for the the larger Church. The Church is always under attack from the enemy. Pray that God's will be done and seen through His Church.

Day 6

Prayer Focal Point: People Who Are Suffering

Guiding Thought: People all around us are suffering, often silently. Lift up those who may be going through trials and ask God to give them peace and perseverance.

Day 7

Prayer Focal Point: Mentors In Your Life

Guiding Thought: Reflect on all the people who have shaped you into the person you are today. Thank God for those people, both past and present in your life.

Day 8

Prayer Focal Point: The World

Guiding Thought: The world is in desperate need of Jesus' love. Pray today for the world at large and for the realization of Christ among all people, all nations.

Day 9

Prayer Focal Point: Your Health

Guiding Thought: Health is something we all need, whether we have physical problems or not. The world we live in is very hostile and affects not only our bodies, but our hearts and minds as well. Spend some time reflecting on where you need God's healing in your life. Perhaps it is a physical healing or maybe an emotional one.

Day 10

Prayer Focal Point: Your Dreams, Ambition.

Guiding Thought: We all have, or had, dreams in our lives. Often times, dreams are not realized, for many reasons. What might you be dreaming of today? Bring it before God and ask Him to help you in your quest. Ask Him to reveal His will in your dream. Maybe you find yourself today without any dreams, talk to God about this and seek His will.

Day 11

Prayer Focal Point: Government

Guiding Thought: Pray today for your local and national government. Pray that God's will be done and that the leaders would hear God in their lives and respond courageously to His call.

Day 12

Prayer Focal Point: Forgiveness

Guiding Thought: Jesus told the disciples that we should forgive not 7 times, but 7 times 70 (Matthew 18:22). Forgiveness is not natural to any of us; we all need God's power, grace and love to fully take our forgiveness to a new, holy level.

Turn to God and ask Him to help you with those you may be harboring a grudge or past hurt. Ask God to help you release that pain into His arms. Ask Him for guidance on how to move forward.

Day 13

Prayer Focal Point: Soldiers

Guiding Thought: Pray today for soldiers. Ask God to help them both on the field and when they return home. Many soldiers struggle with returning home after combat. Pray that God helps them transition back into their home life and seek the support they need.

Day 14

Prayer Focal Point: People Affected By Natural Disaster

Guiding Thought: People all around the world are constantly faced with natural disaster. Tornadoes, hurricanes, floods, blizzards, earthquakes and other disasters can strike at any time. Lift up those who have recently, or currently, are facing natural disaster and ask God to bring them comfort, peace and His stability into their lives. Ask God to help them also receive the resources they need for survival.

Day 15

Prayer Focal Point: People Who Do Not Know Or Follow God

Guiding Thought: There are many people in our world and in our personal lives who do not know Jesus. Pray specifically for those people today and ask the Lord to come into their lives.

Day 16

Prayer Focal Point: People You Have Hurt

Guiding Thought: Unfortunately, there are people in your life you have hurt. It is part of being human; we are not perfect. Whether you intended it or not, people have been hurt by your actions, or inactions. Ask God to reveal someone you have unintentionally hurt and seek His guidance on what He would like you to do. Or perhaps you already know of the person or people you have hurt. In that case, turn to God and speak to Him about the situation and ask for His direction on how to proceed.

Day 17

Prayer Focal Point: Christian Leaders

Guiding Thought: Christian leaders always need prayer. Since we live in a world operated by darkness, Christian leaders are always under attack. Pray that God's presence always outshines darkness in their lives. Pray that they do not fall under temptation to follow the ways of the world and that God is their primary pursuit.

Day 18

Prayer Focal Point: Your Neighbors

Guiding Thought: We all have neighbors. Maybe you know them, maybe you don't. Regardless, pray for them today. Ask that God's presence is realized among them today and that their day is filled with His goodness. This is how you can bless them today.

Day 19

Prayer Focal Point: Your Stress

Guiding Thought: What is it that is stressing you today? Maybe it's bills? Health issues? Children? Family or work problems? Personal pursuits? Whatever it is that is occupying your heart and mind, turn to God with the stressor in hand and give it over to Him today. Ask for help in trusting that He is good and will honor your request. Repeat this practice as much as needed, because stress is not easily defeated with one mere prayer.

Day 20

Prayer Focal Point: Your Calling

Guiding Thought: Do you realize we all have a calling? Most are not called to professional Christian work, but we are all called to work in the Kingdom of Heaven. Maybe you already are aware of your calling. If so, turn to God and continue to seek His guidance and Fruit in your calling. If you are not sure what you are called to do, turn to God and start a dialogue about where He is calling you and equipping you to serve.

Day 21

Prayer Focal Point: Children

Guiding Thought: Children are the most innocent in our world and need the most guidance. Whether you have children or not, bring before the Lord the children you know in your life and pray for His protection, guidance and love over their lives.

Day 22

Prayer Focal Point: Enemies

Guiding Thought: Pray today for your enemies. Try to think of all of the people who are your enemies. Maybe it is people in your everyday life, or perhaps you consider your enemies to be political leaders or other notable figures. Turn to God with all the people who you find fault with and talk to Him about why they bother you. Seek God's guidance and will as you speak with Him about your enemies.

Day 23

Prayer Focal Point: Your Christian Community

Guiding Thought: Pray today for your Christian community, your local church, your fellow Christian companions. Ask God for His protection, guidance and love in their lives.

Day 24

Prayer Focal Point: Your Worries

Guiding Thought: What is of concern to you today? What are you worried about? Bring your concern(s) before God and know that He will guide you through your worries. Ask Him for His wisdom in this matter and trust that He will provide the answer.

Day 25

Prayer Focal Point: Your Joys

Guiding Thought: What is it that brings you joy? Maybe it's certain people, activities, work, nature and so on. Reflect on all those things and thank God for these wonderful gifts in your life.

Day 26

Prayer Focal Point: Where You Live

Guiding Thought: Thank God for where you reside. Thank Him for how He has provided a shelter over your head and food in your belly.

Day 27

Prayer Focal Point: Disadvantaged Nations

Guiding Thought: There are many countries in dyer need of the basics of life, like clean water, substantial food and safety. Pray for all those nations today, and that God's provision would be found among them. Ask God if there is any way you could help this epidemic.

Day 28

Prayer Focal Point: Rest

Guiding Thought: Thank God today for the ability to rest. Speak to Him about how you use this necessary gift. Seek His will in your utilization of rest and listen for His direction.

Day 29

Prayer Focal Point: Your Salvation

Guiding Thought: Spend time thinking about your life before following Christ. Thank God for all the wonderfulness He has brought you in your life because you chose to follow Him. Reflect, with God, on what life will look like in perfection, which is Heaven.

Day 30 - Final Reflection

Prayer Focal Point: Love

Guiding Thought: What would your world look like if it didn't have any love in it? Turn to God and thank Him for showing you what love is and blessing you with His love in your life. Try to imagine the world if God's love was not in it at all. Ask God how you might realize His Fruit of love more in your life and show it better to those you interact with throughout your days.

Thank You

We hope your month was an amazing one, where you did grow closer to God. It is through devotion and discipline that we draw closer to God. To be a disciple means to be disciplined, and that is just what you accomplished this month.

It is our hope that you carry forth from this Challenge and continuing turning to God through prayer. Prayer truly is a privilege that we get because of Jesus Christ's sacrifice. We hope that you have grow in your communication with God this month!

We have tons of other resources at spirituallyhungry.com to help you connect to God in new and exciting ways.

Thanks for taking the Challenge and we hope to see you over at our site soon!

(Exit Worksheet On Next Page)

Exit Worksheet

#1 Now that you've finished this Challenge, what were the past 30 days like for you?

#2 How might you incorporate more prayer into your daily routine?

#3 Did you notice anything change during your day, by intentionally praying everyday, example: find yourself reacting differently; more aware of God's presence with you all day, and so forth?

#4 What are some of the ways that you have seen God's presence manifest in your own life?

#5 What are areas where you need to recognize more of God's presence in your life?

#6 Are there images in your mind that help you better visualize the powerful nature of God's presence?

#7 Carrying forth from this Challenge, how might you continue praying everyday? What could you establish in your routine to help you turn to God and grow in your relationship with Him?