



21 Day Prayer Challenge

Conshohocken United Methodist Church

January 19 – February 9, 2022

Take the challenge!

Forming habits of prayer is a key to enriching your spiritual life. Great habits are formed daily and 21 days is a good start to commit to your prayer life in 2022!

May this 21-Day Challenge help cultivate scripture and prayer into your daily life. Prayer invites us into a transformed life, Christ changes us in prayer and our faith is deepened and our heart becomes more aligned with God's heart. Be open to the Spirit during these 21 days and let God mold your heart and life as you become a person of prayer.

Getting Started:

- Dust off your bible OR download the free Bible App on your mobile phone. Read the short scripture that goes along with each daily prayer prompt.
- Pick a time of day to commit to praying. Set a timer or reminder if needed.
- Use the daily prayer topic and scripture to guide you or pray about whatever is on your heart.



There is no right or wrong way to pray. Praying simply means to communicate with God. It can be informal like talking with a friend. A short as a sentence or as long as a dissertation. God is listening.

Say the Lord's prayer if you struggle to start:

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation but deliver us from evil. For thine is the kingdom, and the power and the glory forever. Amen.

"Our prayers may be awkward. Our attempts may be feeble. But since the power of prayer is in the one who hears it and not in the one who says it, our prayers do make a difference." - Max Lucado

Prayer Topics and Scripture

Week 1 –

- Day 1 – Pray for God to teach you how to pray (Luke 11:1-13, & Ephesians 6:18)
- Day 2 – Pray about something you are thankful for. (Psalms 106:1)
- Day 3 – Pray for your trust in God to grow (Prov 3:5-6 & Psalm 9:10)
- Day 4 – Pray for God to shape your life to be more Christ-like (Matthew 5:1-12)
- Day 5 – Pray for peace in your heart, mind and life (Philippians 4:4-7)
- Day 6 – Pray that God will lead you to selfless living (Romans 12:1-2, 2 Corinthians 4:5, Matthew 20:20-28)
- Day 7 – Pray that you will live by faith and that your faith will grow (2 Corinthians 5:7, Hebrews 11).

Week 2 –

- Day 8 – Pray for justice in the world (Luke 18:1-10, Luke 4:16-21)
- Day 9 – Pray for the Spirit's presence and activity in your life (John 14:15-31)
- Day 10 – Pray for God's grace and help with stress (Matthew 6:25-34)
- Day 11 – Pray to be sent by Christ into your community and the world (Matthew 9:35-10:4)
- Day 12 – Pray for any pain in your life and pray for the pain in the lives of those around you (Psalm 88)
- Day 13 – Pray for the Lord to forgive you for anything on your heart and for his grace to be with you in all circumstances. (1 John 1:9, Ephesians 2:8 and Luke 6:37)

- Day 14 – Pray for the poor, oppressed, and marginalized in this world (Isaiah 1:17)

Week 3 –

- Day 15 – Pray to know and experience God's love deeper (1 John 4:7-21)
- Day 16 – Pray for unity in your family, for loved ones and in your workplace/school (whichever applies) (Colossians 3:14)
- Day 17 – Offer prayers of thanks and praise to God and for his help and persistence in these 21 days of prayer. (Psalm 145)
- Day 18 – Pray for humility in your life (Ephesians 4:1-6, Luke 18: 9-14)
- Day 19 – Pray for your friends and family (Luke 5:17-26, Mark 3: 31-35)
- Day 20 – Pray for what is on your heart (1 Samuel 16:7)
- Day 21 – Thank yourself for being consistent, persevering and completing this challenge. Pray for the Lord to continue to be by your side and to overcome anything in your path through him. Pray that the Lord helps you on your faith journey to continue to make time to pray each day. (Psalm 116:1-2)