



“Prayer for Rookies” Challenge

Name: _____

“Rookie Prayer” Challenge:



Day 1: Express Your Admiration

Date: _____

If you took the “Praying Scripture” challenge last week, start by slowly and purposefully praying the Lord’s Prayer for Matthew 6:9-11. This will orient you to God as you start this time of prayer.

Write down 3-4 of God’s character qualities that you admire below:

Take a couple of minutes to tell God directly, one thing at a time, what you wrote above that you find admirable about *who He is*.

Write down 3-4 things God has DONE (either in Scripture or in your own personal life experience) that you admire below:

Take a couple of minutes to tell God directly, one thing at a time, what you wrote above that you find admirable about *what He has done*.

Close your time of prayer by telling God that you love Him. Like any father would, He enjoys hearing that from His children. Then take a minute to just sit quietly in God’s presence before getting up and going about the rest of your day.

“Rookie Prayer” Challenge:



Day 2: Tune Your Heart to God’s Frequency Date: _____

- Start by slowly and purposefully praying the Lord’s Prayer for Matthew 6:9-11. This will orient you to God as you start this time of prayer.
- Pick just 1 of the character qualities and 1 of the actions that you wrote down yesterday that cause you to admire God, and tell Him again how much you admire Him for those things.
- Write down 3-4 things below that you KNOW God wants to see happen in your world. You can be as general or specific as you like.

- Take a couple of minutes and ask that God would take action to make each of those things happen TODAY, however He sees fit.
- Go back over each of those things, this time expressing to God that you are willing to be used by Him to bring those things about. Ask for wisdom to know what to do, the courage to do it, and the endurance to finish it.
- Close your prayer time again by telling God that you love Him. If you feel moved in your spirit to add anything unplanned to this, great. If not, just sit quietly in God’s presence for a minute before getting up and going about the rest of your day.

“Rookie Prayer” Challenge:



Day 3: Enlist God’s Help, Pt. 1 Date: _____

- Start by slowly and purposefully praying the Lord’s Prayer for Matthew 6:9-11. This will orient you to God as you start this time of prayer.
- Express your admiration to God for 1 quality and 1 action from Day 1.
- Tune your heart to God’s by expressing your willingness to be used by Him to accomplish His will. Ask for wisdom, courage, and endurance.
- Make a list of 2-3 things you need from God TODAY (for yourself):

- Make a list of 2-3 things you need God to do TODAY to help loved ones:

- Take a couple of minutes and specifically ask God to give you enough of the things written above to do TODAY what He calls you to do.
- Reflect quietly on any sin that has come between you and God over the last 24 hours. Specifically ask Him to forgive you for those offenses, without making any excuses or avoiding responsibility for your actions.
- Close your prayer time again by telling God that you love Him. If you feel moved in your spirit to add anything unplanned to this, great. If not, just sit quietly in God’s presence for a minute before getting up and going about the rest of your day.

“Rookie Prayer” Challenge:



Day 4: Enlist God’s Help, Pt. 2

Date: _____

- Start by slowly and purposefully praying the Lord’s Prayer for Matthew 6:9-11. This will orient you to God as you start this time of prayer.
- Express your admiration to God for 1 quality and 1 action from Day 1.
- Tune your heart to God’s by expressing your willingness to be used by Him to accomplish His will. Ask for wisdom, courage, and endurance.
- Ask God for His help with 1 need for yourself and 1 need for a loved one.
- Make a list of 2-3 difficult decisions you need to make in the future:

- Ask God for His guidance in each specific decision that you wrote down above, that He would help you to make a wise decision that would spare you (and those that you love) unnecessary pain and suffering.
- Make a list of 2-3 potential temptations that could arise in the next day:

- Specifically ask God for protection from each potential temptation from the Evil One and that none of his plans for your life will come to pass.
- Tell God that you love Him. Add anything spontaneous that you like. Sit quietly with the Lord for a minute, then get on with the rest of your day.

“Rookie Prayer” Challenge:



Day 5: Enlist God’s Help, Pt. 3

Date: _____

- Start by slowly and purposefully praying the Lord’s Prayer for Matthew 6:9-11. This will orient you to God as you start this time of prayer.
- Express your admiration to God for 1 quality and 1 action from Day 1.
- Tune your heart to God’s by expressing your willingness to be used by Him to accomplish His will. Ask for wisdom, courage, and endurance.
- Ask God for His help with 1 need for yourself and 1 need for a loved one.
- Ask God for His guidance with 1 difficult decision you have to make today.
- Ask God to protect you from 1 temptation you may face today.
- Make a list of 3-4 things for which you are THANKFUL to God today:

- Take time to thank God for each of the things on your list above, being careful to tell Him WHY you are thankful for it.
- Tell God that you love Him. Add anything spontaneous that you like. When you are done, sit quietly with the Lord for a minute, then get on with the rest of your day.

