



5-Day Prayer Challenge

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Welcome to the 5-Day Prayer Challenge with The Diligent Woman!

The goals of this challenge are:

1. to understand prayer and show its simplicity
2. to encourage believers to be confident about their time in prayer
3. to solidify a new habit of praying regularly to the Lord.

At the end of the 5-Day Challenge, you should be more equipped to approach the Heavenly Father in prayer - with praise, expressing your gratitude, making requests for yourself and for others, as well as praying by using God's own words from scripture.

You are invited to email me at any time with questions or comments about the challenge. Simple send an email to angela@thediligentwoman.com.

With all diligence,

Angela - The Diligent Woman

5-Day Prayer Challenge

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Forms and Printables

The following links have the forms and printables referred to in the Prayer Challenge.

Print as many as you need for your own use. If you know someone who might enjoy them, share the prayer challenge link – www.5dayprayerchallenge.thediligentwoman.com with them so they can sign up to receive the packet directly in their email.

Printables:

[Prayer Challenge Bookmark](#)

[Lord Teach Us to Pray – diagram of a Prayer](#)

[Examples of When and Where to Pray](#)

[Do's and Don'ts for Your Prayer Life](#)

[Who Needs Your Prayers?](#)

[Proverbs 31:10-31 Printout](#)

Forms Needed in the Challenge:

[Prayer Challenge Checklist](#) (you will only need one)

[Basic Prayer Worksheet](#) (you will need one for each day)

[Praying Scripture Worksheet](#) (you will need these for lessons 3 and 4)

Bonus Forms to take the Challenge further:

[Prayer Study Builder](#) – this is used to practice writing scriptures and then praying that scripture as it applies to your life. There is a place to note other verses and questions for applying the scripture to your life.

[Daily Prayer Checklist](#) – designed as a one-month tracker of daily prayers. Print 12 to have ready for the whole year

5-Day Prayer Challenge

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5-Day Prayer Challenge

Day One

Are you ready to begin with the challenge?

The goal of this challenge is help us to see that praying can, and should, come easily to us.

Each day will have a different action lesson to complete. How long they take will be up to you. However, they are designed to take no more than 15 minutes. If you feel compelled to spend more time, you certainly will not be harmed by doing so. Enjoy! ☺

Acts 17 contains one of my favorite passages in scripture. Paul is at the Areopagus in Athens. He sees "the city full of idols". One altar in particular stands out to him – the altar "To an Unknown God". Paul proceeds to tell Athens about this God they do not know. In the powerful sermon, he declares the glory and authority of the One God. Yet, he also expresses how loving and near this One God is.

Acts 17:26-28 reads, "and He made from one man every nation of mankind to live on all the face of the earth, having determined their appointed times, and the boundaries of their habitation, that they would seek God, if perhaps they **might grope for Him** and **find Him**, though **He is not far from each one of us**; for **in Him we live and move and exist**, as even some of your own poets have said, 'For we also are His children.'"

In this challenge – THAT is the God we are going to pray to. HE is the God who is waiting for us to reach out. Notice how the verse says that we grope "though He is not far from each one of us"? We have to reach, stretch, grab, hold on tight – because WE think He is far away. We are the ones standing afar off. God is RIGHT THERE.

While this challenge will not delve deep – that will be for a later study – I encourage you to take the time to study prayer and to study this God whom you serve. What is He like? What does He need and want from you? What is doing for you? What purpose does He want to help you to fulfill?

OK – so back to our focus for today. This God who is waiting to hear from us, He gave us a great gift! Prayer! Not only has He told us to talk to Him – but His Son TAUGHT exactly how to begin!

So, THIS, is where we will begin, at the beginning.

In Matthew 6:7-15 and Luke 11:1-4 Jesus' disciples asked Him the same question that is being asked today – "Lord, teach us to pray."

Jesus gives a basic example for the disciples.

Remember back in elementary school when you learned how to write a letter?

You are going to get a refresher course right now! Because the prayer that Jesus laid out for the disciples is in the same form as writing a letter.

Think about it – formal correspondence takes time, energy, and focus. Writing a letter vs sending a text – there is a time and place for both, but the letter will be something we will likely hold on to for years. It means something to us that someone put that effort into sharing their thoughts with us. Shouldn't we approach God with the same time, energy, and focus?

I have included a handy graphic that compares these two texts side by side. You can find it at the end of this lesson. Print it out and put it where it can remind you of what to include in your prayers.

Quite simply, Jesus told the disciples to

GREET the Father with reverence and recognition of His holiness

Then begin by recognizing that the Father is a keeper of His promises, and the most important of all is that of His kingdom, the church. The disciples in Jesus' time were still looking forward to that fulfillment. We are on the other side of that coin for this promise was fulfilled in Acts 2:36-42 when the church was established, and God began adding those who believed and were baptized to it.

Don't forget to recognize God's authority over you!

Now ask that your physical needs be met.

Acknowledge that you have spiritual needs that only He can fill AND recognize that the relationship we have with Him is reflected in our relationships with other people.

5-Day Prayer Challenge

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Ask for His protection – focusing on the spiritual. Also give thanks for protection already given.

Finally, end by offering praise that again recognizes His ownership of you and authority over you.

Close with “Amen”. Amen means “in agreement”. When we say “AMEN” we SHOULD be indicating that we mean and believe every word we have said. Saying “AMEN” isn’t just an ending like “The End”. It signifies our sincerity and the intention we brought to the “conversation”. It’s not just talking to talk. It’s speaking because we have something to say. (According to Ephesians 5:20 you could also include “in Jesus name” as part of your closing.)

That’s it! See how simple that is?

Your challenge for today is to write a prayer that has the same elements as that of the one Jesus gave to His disciples when they asked for guidance.

As we will see over the next few days – not every prayer may have every one of these things. Prayers of praise don’t have requests in them. Prayers of supplication on behalf of someone else may not spend a lot of time in praise and thanksgiving.

You certainly will never go wrong though if every prayer you have has these things. How could you? It’s the Jesus approved method after all!

I have included a Basic Prayer Worksheet for you with this lesson in your email.

Your challenge is to use the form to write a prayer. It doesn’t have to be lengthy, Jesus’ example was not. It doesn’t have to say exactly what was in Jesus’ example either. Just write in the same format. Have a greeting, the body of the letter, and end with a complimentary close (yes, I took that from a rubric for writing “friendly” letters for school age kids).

Since you are physically writing it down, it wouldn’t hurt to include the “heading” which would indicate the date and where you are at the time of writing. If you keep these kinds of things, it might be nice to look back and see what you wrote when you were in this city on that date. It will remind you of what was going on in that time of your life. It may also remind you of how God answered your prayer when you look back at what you have written.

A couple of hints for success during the challenge –

1. Schedule time for prayer. This helps to develop habits and shows your intention.
2. Do not allow anxiety to stop you. Pray about it! Anxiety fits into both physical and spiritual needs!
3. Do not overthink it. Yes, we are to focus our attention on this challenge. But the focus is on God, Who He is, and What He has done for us. Focusing on those things should open up things to express to Him in response to that knowledge. If not, put Jesus' example into your own words.

I will see you tomorrow!

Enjoy!

5-Day Prayer Challenge

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5-Day Prayer Challenge

Day Two

Welcome to Day Two!

How did you do yesterday?

I'd love to hear from you! Send me an email or, better yet, jump into the Facebook group and share it there.

If you're comfortable with sharing what you wrote, take a picture of your filled in form and share that. I'd love for us each to encourage others in doing their challenge by seeing what others are doing. The Facebook group is only visible to those who are members of the group – so your prayers will not be seen all over Facebook.

Today, let's talk about different types of prayer.

1 Timothy 2:1 says, "First of all, then, I urge that entreaties and prayers, petitions and thanksgivings, be made on behalf of all men".

Four types of prayer:

- entreaties – some versions say supplications (any kind of request)
- prayers (general prayers, would include praise)
- petitions – some versions say intercessions (on behalf of someone else)
- and thanksgivings.

Here we see that Paul says THESE types of prayer are to be made "on behalf of all men".

Right there you can see that you have LOTS of options for the prayers you bring to the Lord.

Prayers refer to the general concept of talking to God. A prayer can be a very general prayer that covers a little bit of everything or it can be any of the other three types of prayer.

Thanksgiving is the easiest to understand. These are prayers that express our gratitude to God for that He has done for us. We are to have a grateful attitude in everything we do, and it should be expressed often in prayer. Examples of this type of prayer are Hannah's prayer in 1 Samuel 2:1-11 and David's prayer in 2 Samuel

22 (repeated as Psalm 18). Ephesians 1:15-23 Paul tells the Ephesians how he is thankful to God for the brethren in Ephesus as well as His thanksgiving for the greatness of God and the gift of His Son.

Supplications, or entreaties, are when we talk about our needs or lack with God. These can be said for ourselves or for others, as 1 Timothy 2:1 commands. These types of prayers are likely going to be more emotional.

A few examples of supplications can be found in:

- Hannah's prayer in 1 Samuel 1:9-16
- Psalm 6 is a supplication of David
- Psalm 28 and
- Psalm 30 which is a prayer of thanks for how God answered a previous prayer of supplication

The last type of prayer is intercessions, sometimes translated petitions.

These prayers are more business-like, especially compared to supplications.

In a supplication you pour out how much an issue is troubling you. In an intercession, you are seeking the correction of the problem.

Some examples of prayers of intercession are:

- Romans 8:27 and 34 The Holy Spirit and Christ pray for us
- John 17 Jesus prays for His disciples and all future believers
- Numbers 21:7 Moses intercedes on behalf of Israel
- Ezra 9-10:1 Ezra makes a case for forgiving the people

Intercession is the kind of prayer you pray when you bring discipline issues to God seeking help to deal with your children. It is also the kind of prayer we pray when we bring our sins to God. We confess what we have done, acknowledge His greatness and our smallness, and ask that He forgive as He has promised to do when we ask for it.

But will God hear me?

So, we know we are to pray and that there are different types of prayers we can use to approach the Lord. But how do we know that God will hear them?

There are times when God will NOT hear a prayer.

John 9:31 says that God does not hear sinners, but those who worship and do His will, He hears them.

5-Day Prayer Challenge

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But we know from Acts 10:1-4, that Cornelius was heard by God while he was still a sinner and not yet a Christian.

So, what makes the difference?

The difference comes from the heart. What is the reason for the prayer? What is being sought?

This can make for a lengthy, and valuable, study. I'm going to keep it brief here. Lord willing, soon, we will dive into the topic much deeper.

For our purposes, let's look at just a few different verses.

Psalms 66:18 says that if I hold wickedness in my heart, God will not hear my prayer.

Proverbs 28:9 says that those who will not heed God's law, God will not hear their prayers.

Matthew 6:5 says that hypocritical prayers, done to be seen by men, are all the reward the one praying will get.

Matthew 6:7 tells us that meaningless repetitions are wasted. More words do not get you heard.

Luke 18:9-14 shows us an example of a man (the Pharisee) who in effect is praying to HIMSELF instead of to God! There is no praise except of himself. There is no humility. The publican shows an acceptable prayer attitude.

James 1:6-7 says that praying to God while having doubts about whether God will answer, that man will not receive. The point is – if you don't believe in God enough to trust that He will answer your prayer, then God will not bother to answer it. Praying to a God you don't truly believe in, is wasted effort.

James 4:3 James says these people were not having their prayers answered because their motives were wrong. They were praying for things that were for their own desires and pleasures.

You want to be heard by God, right? **Then you must ask for the RIGHT things in the RIGHT way from the RIGHT motives.**

While prayer is simple, it does come with "rules".

As we saw yesterday, Jesus laid out the foundation of these "rules". He told His disciples to be reverent when they pray, to address the correct person of the Godhead, to ask for things while keeping spiritual things first. He showed them how

5-Day Prayer Challenge

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to have an attitude of humility and to not forget to recognize God's being God through praise.

Acceptable prayer requires trusting that God can provide what is sought (James 1:6; Hebrews 11:6; Mark 11:24; 1John 5:14). It is asked in the "name of the Lord", which means through the authority of Jesus Christ (John 14:14; James 5:14). It is prayer brought from a humble heart that seeks forgiveness and has been forgiving toward others (Matthew 6:12-14).

Those who can pray with confidence of God hearing are:

- the righteous, aka those who live according to His will see 1 Jn.2:3-6; 1 Jn. 3:7-8. (James 5:16; Ps. 34:17)
- those seeking wisdom (James 1:5; Acts 10:1-4)
- those who are His children (Matthew 7:11)

The point I want you to take away from this is that it IS possible to know if you are praying prayers that God is going to hear. You do not need to suffer in doubt as to whether God is listening to you if you are saying prayers that are respectful of Him, asking for things that are in accordance with His word, and are humble. This is where the DILIGENT part comes in.

It takes diligent effort to be sure your motives are pure.

It takes intentional thought to ask things that are righteous and not self-serving.

It takes walking every day in the Word so that your heart is what it needs to be.

It also takes knowing that He understands that we falter and fail. We can bring our failing to be honoring in our speech to Him in a prayer and ask forgiveness for it. Then we can move forward striving to do BETTER.

God's grace exists because we are NOT perfect. We NEED His salvation because we just are not going to be a perfect sacrifice. Jesus did that for us. That's the gift we live to say, "thank you" for by being a daily living sacrifice (Romans 12:1-2).

Your challenge today – where are YOU today?

What is YOUR main need?

Have you been doubting that God is able and willing to answer your prayers?

5-Day Prayer Challenge

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Read James 1:5-8 and Ephesians 3:20-21. PRAY to God and make your request known – for help to no longer doubt. For wisdom to hold out in faith KNOWING that He is there, and He hears the prayer of a righteous man.

Are you not being heard because your prayers are not being offered in the right way or asking for the right things? Use God’s word to show you the right words to use and the right things to ask for instead.

Whatever your need is, use the Basic Prayer Worksheet to write a prayer to God that is respectful, states your need, and closes by recognizing your access comes through the authority that is in Jesus Christ.

Keep it simple. Keep it honest. Just PRAY.

You will find along with the needed forms, I have also included graphics that help with what to avoid and what to include in your prayers. Post these or keep them in a folder with your other prayer time supplies.

Today’s challenge should help you to begin seeing that God’s word gives you everything you need to be able to offer prayers that you are confident about. Prayers are not “just” right because we want them to be. As our daily walk takes intention, so does our prayer life.

As you look at the examples of prayer on the graphics given with this lesson, you will see when to pray and where to pray is up to you. You have FREEDOM to choose how, when and where. It is the content and your desired purpose that must meet the criteria set out in scripture.

Always remember – Acts 17:24-28 – God is waiting to hear from you.

Enjoy!

PS – a good thing to consider –

We are ABLE to give thanks to God BECAUSE of the ACCESS we have to Him THROUGH Jesus Christ (1 Peter 2:5; Ephesians 3:12). If we are not IN Jesus Christ (Galatians 3:27) we do not have this access (John 14:6). It is a precious thing, something in and of itself for which we should be thankful!

5-Day Prayer Challenge

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5-Day Prayer Challenge

Day Three

Welcome to Day Three!

For some of us, we are going to learn something new today. Praying Scripture.

Praying scripture can be the antidote to vain repetitions and uncertainty about what to say in your prayers.

Even those who prefer to stay in the background, they still want someone, somewhere, to acknowledge their effort in some way. God is no different!

While God's character has no need of encouragement to keep Him feeling good about Himself – He knows who He is and what He has done. Acts 17 makes it clear that He desires that WE recognize these things about Him and that we show that we know!

Psalms is full of David and others expressing what they know about God. They express more about God than they do of their woes and needs.

From what I can tell – when you apply Philippians 4:8 to your life, all those things we are to think on, then those are the things we will begin to FOCUS on and to want to TALK about with others. The less I think about my aches, pains, emotional hurts, the less those things will hurt. Does that make sense?

In the big picture – David's being chased by the Philistines really wasn't a big deal. It concerned David and made him weary, but even when talking about it he still remembered that God is bigger. God being bigger than everything else made that worry not so big.

Our girls watch Veggie Tales quite a bit. One of my favorite songs from their videos is "God is Bigger than the Boogie Man". It's very cute, but it's message is powerful. Whatever scares you, whatever worries you – GOD IS BIGGER. This is the very thing Jesus teaches in His sermon from the mountain in Matthew 6:25-34! A song that expresses the same thing, but in a spiritual way is "The Battle Belongs to the Lord". Love it!

Why, when we KNOW these things, would it be difficult for us to praise Him? Praises should roll off our tongues! Yet, we hold back. We have other things to say. We diminish the need to say them because God already knows (guess what, He already knows about your needs too, but He still wants you to SAY them to Him).

So today – let’s practice praying prayers of praise and let’s do it with the help of Psalm 100.

Included in the ebook for this lesson is a link for the Praying Scripture Worksheet. Use this worksheet to learn how to write a prayer of praise from Psalm 100.

For your challenge, today you are going to write Psalm 100 out (don’t worry it’s only five verses).

Down one side of the Worksheet write the verses of the Psalm.

Leave space between each verse and try to leave some room to the right as well. This will give you room to make some notations before writing your own words if you need them.

Once you have written Psalm 100 completely. Read it. If you can, read it out loud. What do the words cause you to feel? The information given should create some type of response within you. Hopefully, the response is a good one!

Now, think about each phrase or verse on its own. How can you express the same thing, but in a way that YOU would say it? You are making it a prayer towards God, so maybe verse one falls in like this:

Dear Heavenly Father,

Oh Lord how the whole earth shouts with joy to You! The sunshine, the rain, the dew on the flowers, the birds chirping – they all loudly declare You as God and Creator.

See how that works? You take the scripture as a jumping off place. Use the words given as fuel for your own thoughts, then express your response to that knowledge to God the Father.

I must say, this is HARD for me. For one, I am a very matter of fact speaker. I may be verbose, but I am not flowery. If my girls do something well, I tend to leave it with “Good job!” and move on. On a very rare occasion I will take the time to point out how the elements of what they did made it a good thing. I want to acknowledge good that is done, but I want to move on quickly because I have little people who might get too full of themselves if we belabor the issue very much. GOD DOES NOT HAVE THIS PROBLEM. I am not going to make Him arrogant and puffed up by telling Him what I know He has done! I laugh at my own reticence to express to Him the things our girls need to hear from time to time.

Remember, in reality, praising God is NOT for God at all. It is for US! We don't do it for our own selves – we do it because He says so. But why did He say so? Because it is in our best interest that the knowledge and faith we have in Him be built up by reminders of what all He has done for us. God says do it, we obey, and then we find ourselves wanting to praise even more because of how much knowing all that He has done for us makes us grateful and humbled.

James 5:13 "Is anyone among you suffering? Then he must pray. Is anyone cheerful? He is to sing praises."

Learning to pray praises will open our hearts to belting them out in song for all the world to hear – just as nature does all around us!

Take the challenge – write Psalm 100 then write a prayer expressing the same sentiments to your Heavenly Father.

Enjoy!

5-Day Prayer Challenge

Day Four

Welcome to Day Four!

Only two days left! Are you feeling energized about your prayer life?

We have prayed simple prayers.

We have prayed with God's words.

These are just to be stepping stones that lead you into deeper prayer about more complex things. I hope that you are getting the idea that not every prayer needs to be a deep, gut-wrenching prayer. Nor does a deep, gut-wrenching prayer need to be a long prayer.

We are learning to pray as the moment calls for it.

Today we are going to talk about praying for others.

We noted early on in 1 Timothy 2:1 that all types of prayer are to be made for all men. **That leaves no one out.** We are even to pray for our enemies (Matthew 5:44)!

When we pray for others, it is not gossip. God knows you and them. When you pray for others, pray to their benefit and not to elevate yourself (Luke 18:9-14).

But you absolutely can speak truth about others – good or bad – in prayer; David did in Psalm 4 and Psalm 28.

The difference is praying for them and not ABOUT them. Always, always being humble yourself.

How well do you pray for others? Do you mention them by name? Do you make specific references to their help for you and the good they do for others?

Paul's Example

Let's look at Ephesians 1:15-23.

Ephesians 1:1-14 gives us TONS of reason to be zealous about prayer and to be thankful to God. When you read through all the things God has done for us – you cannot help but want to express your thanks and acknowledge the things that you know about Him.

Ephesians 1:15 begins with, “For this reason”. Paul says that all the things he just listed that God did for them and for the Ephesians having received those blessings give him reason to “not cease giving thanks” for them (Eph. 1:16).

So, what does Paul say about these people?

- Acknowledges their faith in the Lord Jesus
- Notes their love for all the saints
- Makes specific mention of them
- Asks that God give them a spirit of wisdom and revelation in the knowledge of Him
- Asks that their heart be enlightened, so they will know the hope of His calling and the riches of the glory of His inheritance among other brethren
- Also wants them to be enlightened to the surpassing greatness of His power toward believers.
- He wants them to know that these things are all part of the working of God’s strength of His might which was realized when He raised Jesus from the dead and sat Him at the right hand of God.
- He wants them to realize that Jesus is far above all rule, authority, power, and dominion.
- Jesus is above every name that is named – in every age that every was, is or will be.
- God has put all things under subjection to Jesus and has made Jesus head over all things to the church, which is His body.

Paul says good things about these people! He can only do that if he KNOWS good things about these people. Others have testified of the Ephesians and their conversion to the gospel. Their good works in the Lord have spread and Paul is glad to hear it. He not only thanks God for them – but he tells them that he thanked God for them.

Paul is not only specific – he is thorough, and he is fearless. He is not afraid to tell these brethren he has prayed for them. No! He obviously is using this information to build them up!

Does it make you glad to know that others know of the good things you do? Of course, it does!

5-Day Prayer Challenge

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Jesus' Example

Jesus prayed for the disciples in John 17:1-26. Jesus offers praise to the Father and recognizes the promises that have kept through Him. He then moves on and spends a LOT of time praying for the protection and care of these men He is leaving in the world to be His ambassadors. We cannot pray this prayer – we are not God and cannot claim any of the things Jesus can claim. BUT we can imitate His intentional thought and deliberate asking for things on their behalf to provide for them.

Reading Jesus' prayer always makes me feel so cared for! His care for those disciples carries forward to us as well. He knows what we deal with and what we need. Isn't that awesome to know?

So, what can we pray to God about someone else?

It depends upon who they are.

The lost, we should pray for their hearts to seek and find the truth, so they may access salvation.

We should pray for evil to stop and Satan's influence to be less.

We can pray for healing – body and soul.

We can pray for understanding – that we have it towards someone else and that they seek understanding about God's will and those around them.

We can pray for their righteous desires. I can pray for the married couple who desires to have children. I cannot pray for my married friend to find someone better than the husband she has decided she no longer wants to be wife to.

We can pray for the forgiveness of another's sins – which is really praying that they realize their sin and ask for forgiveness.

We can pray for their protection from evil and temptation.

We can ask that their basic needs be met.

Basically, anything you can pray for yourself, you can also make intercession for another.

There are times when others cannot even pray for themselves. As their friend and one who wants what is best for them, you can offer up a prayer on their behalf.

Then, just like Paul, **tell them you are praying for them**. Offer to pray with them. If they are struggling to find the words, help them.

5-Day Prayer Challenge

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OK – your challenge today is to use the form you received yesterday to write a prayer using Ephesians 1:15-23 as your model.

This will look a little different than writing Psalm 100. **After writing out the scriptures, make a list of what Paul indicates that he prayed about and for the Ephesians. That list you will then use to write a prayer.**

You can write a prayer about one person using as many of the things Paul used as possible.

You can write a prayer and try to attach each of the statements he makes to one person you know. So, one person you are thankful for their obedience to the gospel. One person you hope will grow in knowledge and truth. Another person you hope will come to understand God's power, so they will become a Christian or live the life of a Christian again.

I look forward to discussing this lesson with you in The Diligent Woman Facebook Group later today!

Enjoy!

5-Day Prayer Challenge

Day Five

You made it to the last day!

Are you looking forward to your prayer time more now? I hope so!

Today, we are going to pray for ourselves, as women.

Proverbs 31 is a verse with which many of us are very familiar.

This woman sometimes seems like an unachievable dream type of woman.

I do not think so, as I cover quite a bit in a study that compares the woman in Proverbs 31 to the Widow in 1 Timothy 5. You can search the www.thediligentwoman.com for either woman and the lesson will come up.

The main reason I do not think she is someone we cannot match is because of Romans 15:4 and Ephesians 5:17. God's word is here to HELP us. He didn't give us examples that we have no hope of duplicating. Jesus' example is perfect, and even though we will not be sinless (Romans 3:23), we are perfected when we imitate Him by living by His will (1 Cor. 11:1; Phil. 2:1-13).

Therefore, the woman in Proverbs 31 is someone I can learn from and imitate because she is a woman who fears the Lord (Prov. 31:30).

Today we are going to take Proverbs 31:10-31 and look at two ways we can pray this scripture, for ourselves or for other women we know.

The first way is to go verse by verse, like we did with Psalm 100.

You would use the Praying Scripture Worksheet to write one verse on the left and then a prayer counterpart in your own words on the right.

Writing verse 10 as a prayer might look something like this –

Dear God, my Father in Heaven,

In Your word, You say that an excellent wife is hard to find and worth more than rubies. Help me to be a woman like her. Different from the world. Precious in Your eyes and in the eyes of my husband. Help me to realize my value and to work be of value to others around me.

You would go through each verse and keep adding to the prayer.

This is a lengthy scripture. Once you have written out prayers for each verse. You might choose to only include one of them in your daily prayers. That way, each day you are praying for a different aspect of being a Godly woman.

The second way to pray this scripture would be to group like verses together.

Verses 10, 26 and 30 could all be brought together for an opening or closing of your prayer. They could also be used together to form one prayer for one day.

Verses 11-12, 23, and 28-29 can be used to focus on praying about your marriage, for your husband, for you as his wife, etc.

Verses 13-22, 24-27, and 31 all can help us to pray about the ways in which we are productive as keepers of the home (1 Tim. 5:14; Titus 2:5).

There are probably a few ways to group them into smaller groups as well.

Before I send you to do your challenge for today, I want to leave a few verses with you.

Romans 8:26-27 "In the same way the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for us with groanings too deep for words; and He who searches the hearts knows what the mind of the Spirit is, because He intercedes for the saints according to the will of God."

Romans 8:33-34 "Who will bring a charge against God's elect? God is the one who justifies; who is the one who condemns? Christ Jesus is He who died, yes, rather, who was raised, who is at the right hand of God, who also intercedes for us."

And

Hebrews 7:25 "Therefore He is able to save forever those who draw near to God through Him, since He always lives to make intercession for them."

Romans 8:26-27 specifically states that the Spirit up in heaven will pray for you when you do not have the words.

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The other two references remind us of why we would add “in Jesus’ name” to our prayers. Because Jesus is standing between us and God. He is taking our case to God the Father. This would include the prayers that call on God for things that are according to His will.

God the Father. God the Son. God the Holy Spirit. They are working to HELP you. They want you to be one with God. They want you to be in communication with the Father. They want you to write the word the Spirit revealed in the scriptures on your heart, so you can speak them.

This prayer thing. This thing that can seem so daunting. This thing we are afraid to begin because we might mess it up. We are putting too much faith in ourselves when we do this. We are not putting enough faith in God and His promises.

God has promised to hear His people. A wonderful exercise, for another day, is to go through each Psalm. Just looking for “God hears” or “Lord hear”. See just how many times the Psalmists trusted that God WOULD hear. It is powerful.

Now, your challenge is to choose one of the methods mentioned above to use Proverbs 31:10-31 as a frame for a prayer.

The obvious prayers will be for married women.

Let me suggest what can be done by women who are not married.

Write your prayer either one of two ways – looking towards the future as a wife and preparing for it OR just replace the references to husband and children with parents, family or friends. Every woman can be a woman like this. And as Paul points out in 1 Corinthians 7, a single woman can give a laser focus to serving the Lord and the people around her that a married woman cannot. Lydia was, by all appearances, a single woman. In Acts 16 we learn about her zeal for the Lord as well as her ability to serve others. She provided for a household through hard work. Take Proverbs 31 and make it yours – married or not. The encouragement remains the same. Your value remains the same, because not every other unmarried woman will take it upon herself to do more for others than she does for herself.

Ok – I am going to leave you to your challenge. I apologize if it takes you longer than 15 minutes after I rambled on in this lesson.

Thank you for being on this journey with me! My prayer is that it has given you the tools to be confident about approaching God in prayer.

If I have misused scripture in any way, please be my friend and point it out to me. Also, if there is something that wasn't covered thoroughly that you would like to study, send me an email. I would love to study further with you.

Enjoy!

With all diligence,

Angela – The Diligent Woman

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