

5-Day Prayer Challenge

Holiday Edition

Day One Challenge

Welcome to Day One!

Are you ready to spend a little time focusing on prayer?

You should have a 5-Day Prayer Challenge e-book already, which includes the necessary forms.

Today's lesson covers the basics of prayer based on the prayer Jesus taught to His disciples as recorded in Matthew 6 and Luke 11.

Your challenge today will focus on application that will help you get through the Holiday season with grace.

Forgetting the gratitude that we should have towards God can lead to many negative emotions and encounters.

Forgetting the blessings I have been given can make me unmerciful towards others (Mt. 18:32-35). It can also make me focus on what I do not have. This leads to that discontent that grows into covetousness.

So, count your blessings!

Today's challenge is to practice gratitude in our prayers.

Take one of the Basic Prayer worksheets (there are three different options) and write a prayer that covers all the "sections" Christ mentioned in the model He gave the disciples.

The sections are praises to the Father, recognizing promises kept, requests for spiritual needs, requests for physical needs, and seeking His protection.

I think the first two naturally fall into gratitude because you are recognizing God's power or authority, you simply need to say thank you for whatever you noted about Him and give thanks for any of the promises He has fulfilled. The other three you could acknowledge with thanks some way He has cared for someone's spiritual and physical needs in the past and then make the new request.

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Reminding ourselves of what He has already done shows our appreciation, but it also builds our faith. Every time we remember those things He has already done, we have confidence that He will do the things we ask of Him in the future.

Make sure that you include gratitude into each section.

Check the email or blog post where you found today's challenge for details on how to participate with others going through the challenge this week.

Enjoy!

With all diligence,

Angela – The Diligent Woman

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