

#prayerchallenge

*Proverbs
31 Woman*

Starting the New
Year with peace



*5-Day
Prayer
Challenge*

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

The goals of this challenge are:

1. to understand God wants us to pray and He has shown us how.
2. establishing a habit based on a zeal to talk to the Lord instead of driven by guilt.
3. learning how to use the scriptures to pray for all the roles you fill as a woman who fears the Lord.

At the end of the New Year 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 support@thediligentwoman.com.

With all diligence,

Angela - The Diligent Woman

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5-Day Prayer Challenge

New Year Edition

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New Year Edition
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 – HE 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, (check out the Build a Diligent Prayer Life ecourse at the end of this book for that) 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 He 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.

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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 the bundle that came with the challenge. It is titled, "Lord, teach us to pray". 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 into Christ.

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.

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

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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: 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 say has these things. How could you? Its the Jesus-approved method after all!

I have included a Basic Prayer Worksheet (see the next to last page of this eBook for a link to a PDF of the worksheet you can download) you may use with this lesson. It gives you space to write your prayer along with a checklist of things to be sure to include in it.

Your challenge is to use this form to write a prayer. It doesn't have to be lengthy, Jesus' example was not. It does not 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 would not hurt to include the "heading" which would indicate the date and where you are at the time of writing. If you keep these kind of things, it might be nice to look back and see what you wrote when you were in this season of your life. It will remind you of what was going on. But 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!

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PS – As a bonus for this challenge I have included some extras:

A bookmark that lists the basic prayer format from Matthew 6

A Prayer Challenge Checklist for each day of this challenge

A PDF of Examples of When and Where to Pray

A PDF of Do's and Don'ts for Your Prayer Life

Be sure and check the **next to last page of this eBook for each of these** and print out the ones you want to use.

FYI - I recommend printing the bookmark on card stock or cover stock to make it more durable.

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Day Two

Welcome to Day Two!

How did you do yesterday?

Did you find the worksheet helpful?

I'd love to hear from you! Send me an email at support@thediligentwoman.com and share how your first day of the challenge went.

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.

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.

Hypocritical prayers are not heard by God (Matt. 6:5). Wickedness in our hearts and meaningless words will stop us from being heard too (Ps. 66:18; Matt. 6:7). I think in people who are really interested in praying, the biggest thing that gets between them and God's ear is DOUBT (James 1:6-7). Thankfully, God has given us lots of information to combat our doubt!

Check out the PDF called Do's and Don'ts for Your Prayer Life. It is full of things that can get in the way and things we need to be sure we are doing. God wants to hear us – but He has laid out some requirements for Him to give His ear to what we say.

So, it is a new year. Or just time to make a new start (that doesn't need to wait for a date on the calendar).

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You are determined to do better – likely in several areas.

How are you going to accomplish that? By getting rid of your doubts and trusting in God!

The scriptures make us complete. 2 Timothy 3:16-17 says that “All scripture is inspired by God...so that the man of God may be adequate, equipped for every good work.” The phrase “man of God” doesn’t mean males – it means mankind, aka humans. So, it applies to each one of us – male or female.

So, let the Word do its job!

Philippians 4:6 “Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God”.

We’ve noted the different types of prayers. Yesterday we learned that Jesus made prayer pretty simple.

For our New Year 5-Day Prayer Challenge, we are going to work on praying as a woman who is seeking to please God in all the roles she fulfills.

If you are struggling with doubts - 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.

Then, to pray for the woman you want to be this year, Lord willing, read Proverbs 31:10, 17, 25-26, and 30.

For the challenge today: You are going to use the Basic Prayer Worksheet you used yesterday to pray for your coming year, the plans you have, and the intents of your heart while using Proverbs 31:10, 17, 25-26, and 30 as your model.

Pray for you to recognize how precious a God-fearing woman is to God and those who know her.

Pray for you to find ways to make yourself strong – physically, emotionally, and mentally.

Pray for understanding so that strength and dignity are what people see in you.

Pray for faith and trust so you can smile at the future, with no doubts.

Pray for wisdom and for help to grow in God’s word so that the words you speak others are wise and kind.

Offer yourself to God as a woman who fears the Lord – as Mary did in Luke 1:38 and Hannah did in 1 Sam. 1:11.

This type of prayer is going to fall into the entreaties and prayers categories. It could also be one of thanksgiving!

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Thank God for the good He has brought to you to give the opportunities you have to serve Him.

Thank Him for the comfort of His word which can guide you to be a woman who fears the Lord and is therefore pleasing to Him.

Keep it simple. Keep it honest. Just PRAY.

I've included in the forms at the end of the eBook a PDF that has Proverbs 31:10-31 all typed out. Post it where you can see it each day. As we move forward in the challenge, we are going to pray more prayers from this section of verses.

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

Look again at the PDFs "When and Where You Can Pray" and the "Do's and Don'ts for Your Prayer Life".

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!

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Day Three

Welcome to Day Three!

How have you done the past two days?

I hope that you are finding hope in the scriptures and confidence when it comes to praying to our Heavenly Father.

Today's lesson is going to be praying as a woman who considers her fellow man.

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?

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.

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- 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 thanked 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!

Even those who prefer to stay in the background, they still want someone, somewhere, to acknowledge their effort in some way.

For your challenge: You are going to pray while considering Proverbs 31:15, 20, 25-26, and 31.

These verses give a focus of how we use our talents to help others.

This is where the petitions on behalf of other people type of prayer comes in. Again, like Paul's prayer about the Ephesian brethren, your prayer can also be one of thanksgiving.

Here are some suggestions to get you started:

Pray for help to organize your time so that needs are met at any time of the day or night. Husbands who work late shifts – do they have a meal ready to eat in the fridge? Children who get up early to go to school – is breakfast easy to get to and lunch ready to go? How early you need to get up to accomplish these things depends entirely upon your own family's schedule.

Pray for opportunities to help the needy. Or give thanks for a woman you know who is good at this (name her specifically). Ask that you may learn from her so you can be better about it yourself.

Pray that you have a joyful attitude and kind words towards everyone with whom you come in contact.

Pray that the work you do with your hands is a positive reflection of a woman who fears the Lord. Do others see Christ in you by the work that comes from your efforts each day? It does not matter what the work is – laundry, dishes, vacuuming, tasks at a job, preparing meals, running around to do errands, helping the kids with their homework, etc. Does the effort you put towards each thing bring praise to the Lord? Thank Him for the things you KNOW are pleasing to Him (because we should be confident enough in righteousness to do so) and ASK for help with the things that are not.

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Praying for others is one aspect of learning to pray. Being a diligent, Proverbs 31 type woman is going to take giving attention to praying for opportunities to DO for others, as well as praying for them.

So, get out your Basic Prayer Worksheet. **Write out a prayer that prays for others in one of the ways mentioned in Proverbs 31. Pray for your ability to meet the needs of others.**

Tomorrow we will focus in on caring for the family financially.

Enjoy!

PS - Something to remember – prayer is an act of obedience to God. Philipians 4:6 is not a suggestion. It is a command. Note what James 5:13 says, “Is anyone among you suffering? **Then he must pray.** Is anyone cheerful? He is to sing praises.”

When we understand Who God is and what prayer does – it might come more easily. BUT until that understanding is deeply entrenched – we do better to continue practicing, continue learning, and continue studying so that we will come to that point where the MUST in James 5:13 is as much an expression of “I can’t help but pray” as it is “Praying is something that needs to be done.”

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Day Four

Welcome to Day Four!

Only two days left! Are you feeling energized about your prayer life? As always, I love hearing from you. So, drop me an email giving me an update on how the challenge is going for you.

To review:

We have learned how simple it is to pray.

We have prayed with God's words for strength to be the woman He would have us to be.

We have prayed with God's words for the ability to meet the needs of those around us in the world.

These are just to be steppingstones 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 as a woman who is providing for herself and those in her care.

The woman who fears the Lord in Proverbs 31 is one who is grounded in her faith and knowledge of God's word. She is also someone who uses her talents to care for the needs of people inside and outside of her family circle.

Today, consider how a woman of virtue goes about having the financial means to accomplish those things.

Today's challenge: Pray for ways to financially support the efforts you go to for your family and others. Consider Proverbs 31:13, 14, 16, 18, 19, 21, 24, and 27.

The first thing I would like you to notice is HOW MANY of the verses in our context talk about this. Eight verses, out of 22, talk about physical work that brings some kind of "support".

Everything in these verses talk about either using the funds she has well or bringing in more funds.

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God gave a lot of attention to this topic. He put these activities right in the hands of the woman.

We need to take note though – the HOME is always at the center of what she does. She doesn't have these jobs to build her own self-importance. They are not to validate her existence outside of being a wife and a mother – they are part and parcel to the roles of being a woman.

She is not a woman in a man's world. She is very much a woman moving in the world wherein God gave her the freedom and authority to move. She doesn't do her work "like a man". She absolutely does the work of a woman of valor. What she does NOT do is take away from what the men around her do. We will look more at that tomorrow in direct relation to her being a wife.

Just like the last two days, you are going to **use the Basic Prayer Worksheet to write out a prayer based on what you read in Proverbs 31:13, 14, 16, 18, 19, 21, 24, and 27.**

Here are some suggestions:

Prayers of thanksgiving that the means to clothe yourself and your family are provided. Thanksgiving for easy access to good food. Thanksgiving for the strength to accomplish what is needed.

Prayers for help in finding good places and prices for food and clothing.

Prayers for teachers to teach you how to sew clothes, purchase material at good prices, and for ways to sell things that you make from these same skills.

Prayers for good money-making opportunities to come along. Pray for wisdom in making large purchases like cars or land.

Prayers for God to help you to be confident about what you have done so you can give a good answer for how you have earned and spent the money that you have.

Prayers for help to see where a need might be that you can fill. Which skills can you use to bring in an income while also saving someone else from having to do the work themselves?

Prayers to remain diligent about getting the work done and not falling prey to being idle.

Prayers for doing all of this with the intention of doing so to support the household, not usurping the position of your husband, and not bringing glory to yourself.

What other prayers can you think of? You can be more specific.

If you already have a means of earning income – pray specifically for it, that God will bless it. Pray that it not become a hinderance to the other responsibilities that you have and that others will be blessed by it.

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As always – don't over think it. What is your need in this area? Do you need to find a way to bring in more money, so the buying of food and clothes is easier? Do you need to work on your attitude about money? Do you need to work at being a better steward of the money that already comes in?

Just word a simple prayer to God about the efforts that you make in this area.

Enjoy!

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Day Five

You made it to the last day!

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

Let's get right to today's challenge!

Today's challenge: Pray as a woman who is striving to be a wife who is pleasing to God. Using Proverbs 31:11, 12, 23, and 27-29 as our guide.

So far, we have learned the basics of prayer. We have prayed to be women who fear the Lord. We have prayed that we might find ways to be beneficial to people around us – at home and outside the home. We have prayed that we will work to use money well to support the efforts needed to help those people.

Today, pray that you will be a wife who will be a blessing to her husband.

Even though these verses are specific to being a wife – a single woman could pray with them in mind towards being a wife in the future, how she handles herself with the men she is dating, as well as how she handles herself towards anyone in authority over her.

We talked yesterday about bringing money into the household. I mentioned that we would talk about how those efforts are not to take away from the efforts of the man as the head of the house.

I don't know what other countries are like, but in the USA "EQUAL" is a big word that is thrown around in regard to men and women. It has now gotten to the point that "equal" means the man helps the woman with everything, but he has no real value in having done so.

I want to bring it back to a spiritual focus for us.

There is no question that God gave the work around the daily care and keeping of the home and children to the woman. (If you have a question about that, please email me and I will gladly study it with you.) Men did the work of going away from the home and creating the main means of financial livelihood.

This did not mean that women did nothing to bring in an income – as is seen in Proverbs 31, the example of Lydia, and Rachel being a shepherdess.

What these women did not do was to take away the right of authority their men had in their lives.

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The woman in Proverbs 31 is a very capable woman. She makes large real estate purchases, hires workers, brings in a harvest, and earns money from the produce. She recognizes the needs of the tradesmen with whom she comes in contact and seizes the chance to earn money by meeting their needs for money belts or belts for holding spices to be sold. She runs her household well, which includes more than her children.

She does all of this – and by so doing her husband...

- is able to trust her
- has abundance and
- has good every day of his life.
- is known in the gates
- sits among the elders of the land
- knows his household is cared for
- has children who are happy.

Her behavior moves him to recognize the blessing that she is by telling her and those who know her what an excellent woman she is.

Her work at home allowed them BOTH to be lifted in high esteem at home and among those they knew. She did not find her worth in belittling his.

Sarah is another good example of this. You can study more about how in 1 Peter 3:1-6.

As we complete this week of praying for the woman we want to be this year – let's not forget to pray for how we are as wives.

Use the Prayer Worksheet to write out a prayer considering Proverbs 31:11-12, 23, and 27-29.

Some ideas for prayers would be:

Thanksgiving for your husband, his job, and his willingness to go to work.

Prayers for help to be a woman whose husband can trust her in all things.

Prayers for help to wise with managing money.

Prayers for help to see ways you can do good for him.

Prayers to protect your marriage (1 Cor. 7).

Prayers to help him to have respect at work – not distracting him from his job, supporting efforts to get to know those in authority over him, helping him to cement a good reputation with those he may be in charge over, etc.

Prayers that his work will be successful and fulfilling.

Prayers for help to be willing to submit to his authority (1 Pet. 3; Eph. 5).

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As a single woman –

Pray to become a woman who is those things to the man you do marry

Pray that you bring good, abundance, and respect to those you work for.

Pray that you never harm the reputation of your father (if you still live at home, for example) at his place of employment.

Can you think of something else?

The previous days' prayers overlap to today because those prayers will also benefit your husband, your marriage and all other relationships you have.

We just need to not forget him when we are praying for the woman we want to be in the coming year.

Woman of the Year!

This is what we are working to be.

It is not as a prize won over other women.

It is the distinction to the purpose and accomplishment that you have achieved by living out God's plan for you.

I am going to be a woman of God for the year – and it starts with one day. We have 365 days of hope in His promises of blessings and protection if we follow Him. Thank you, LORD!

YOU can be a woman of God this year! Trust, Pray, and obey every day.

That's it! You made it through. Thank you for being here with me this week. 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

PS - 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."

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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.

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.

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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 – [New Year 5-Day Prayer Challenge](#) - with them so they can sign up to receive the packet directly in their email (because a New Year can start any time, right?).

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)

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

New Year Edition

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Other Materials from The Diligent Woman

[To Be a Handmaid of the Lord Bible Study Guide](#)

[31 Days of Women from the Bible Volume 1 Bible Study Guide](#)

[31 Days of Women from the Bible Volume 2 Bible Study Guide](#)

[God's Plan for Parents](#)

[A Diligent Woman's Prayer Planner & Journal](#)

[Build a Diligent Prayer Life e-course](#)

[To Be a Man of God Bible Study Guide](#)

Find twelve Words on My Heart: Going Deeper into Scripture through Scripture Writing journals and print copies of our studies on my [Amazon Author Page](#)

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5-Day Prayer Challenge

New Year Edition

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