

prayer calendar

Prayer isn't only done with folded hands and bowed heads—we can pray at all times and in different ways. When you are not working through a personal study day, choose one of the prompts from the list and mark it on your calendar. Don't worry about going in order—instead, make it fun and use stickers or other journaling tools!

1. Journal a prayer. Give thanks, share worries, or ask for His help.
2. Pray the Lord's Prayer. Take time to pray slowly and pause after each request to reflect.
3. Write a list of things you need, then thank God for being your provider.
4. Ask God to help you forgive someone and thank Him for forgiving you.
5. Sit in silence for five minutes. This may feel strange at first, but I've found that simply being with God can be restful and sweet. Notice anything He may put on your heart to pray.
6. Spend time talking to God as you take a walk.
7. Confess the ways you desire to be in control, and thank God for being a good King.
8. Choose a psalm to pray back to God. Need help? Start with Psalm 23.
9. Begin your prayer with open hands and surrender your will to His.
10. Make an audio recording of a prayer to God. (This helps me stay focused when I don't want to journal.)
11. Get real with God about your current temptation and ask for His help.
12. Thank God for an unanswered prayer.
13. Pray the armor of God (Eph. 6:14-17).
14. Create a gratitude list of things to give thanks to God for.
15. Choose a person to pray for (either in person or on the phone).
16. Pick a worship song to listen to before or while you pray.
17. Acknowledge the ways you are weak and He is strong.
18. Pray for something you feel anxious about.
19. Reflect on the hope of the gospel, and thank God for His provision.
20. Choose biblical song lyrics or a Scripture passage to prayerfully doodle or hand letter.

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