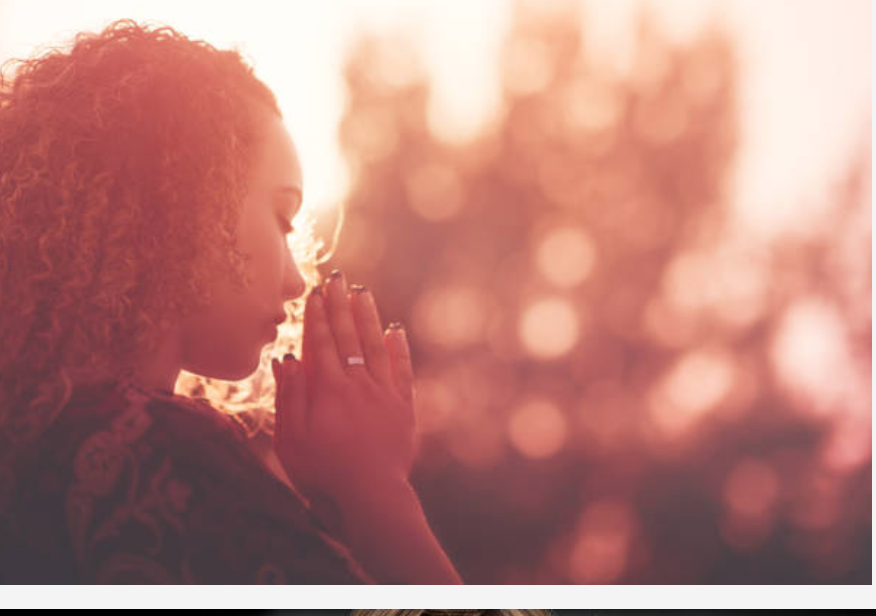
**30 Day Prayer Challenge**

**30 Days to Increase your Relationship**

**with God!!**

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**The 30 Day Challenge:**

Each day, you’ll be provided with a Prayer Focal Point. Simply put, this is a subject to direct your prayer attention. We include a little explanation of each Prayer Focal Point to help you better turn to God with the subject matter.

If you follow this Challenge, we believe you’ll come out the other side with a profoundly new appreciation of God and the wonderful and good desires He has for your relationship with Him. Can you imagine how your life might look differently if you were able to see God’s presence with you in all circumstances? That’s our hope for you in taking this Challenge!

**Day 1**

**Prayer Focal Point: Your Relationship With God**

**Guiding Thought:** As with everything, it all boils down to you and God. Starting this Challenge off, we would like you to turn to God and speak with Him about your relationship. Ask Him for direction and guidance in growing closer to Him.

**Day 2**

**Prayer Focal Point**: **Your Family**

**Guiding Thought:** Lift up the members of your family to God today. Ask God where He is leading your family and how you can follow His call. Ask God where healing may be needed in your family and celebrate the joy your family has brought you.

**Day 3**

**Prayer Focal Point: Your Work**

**Guiding Thought:** Even if you do not have “work,” we all have tasks we do whether we are paid for or it or not. Reflect on the work you do throughout your day. Ask God to bring more of His purpose and will to your work.

**Day 4**

**Prayer Focal Point: Your Friends**

**Guiding Thought:** Reflect on your friends, both past and present. Lift up each name and ask God to show His love and grace on that person today. Also, thank God for these people and all of the joy and blessing they have brought to your life.

**Day 5**

**Prayer Focal Point: The Church**

**Guiding Thought:** Pray for the the larger Church. The Church is always under attack from the enemy. Pray that God’s will be done and seen through His Church.

**Day 6**

**Prayer Focal Point: People Who Are Suffering  
Guiding Thought:** People all around us are suffering, often silently. Lift up those who

may be going through trials and ask God to give them peace and perseverance.

**Day 7**

**Prayer Focal Point: Mentors In Your Life  
Guiding Thought:** Reflect on all the people who have shaped you into the person you

are today. Thank God for those people, both past and present in your life.

**Day 8**

**Prayer Focal Point: The World  
Guiding Thought:** The world is in desperate need of Jesus’ love. Pray today for the

world at large and for the realization of Christ among all people, all nations.

**Day 9**

**Prayer Focal Point: Your Health**

**Guiding Thought:** Health is something we all need, whether we have physical problems or not. The world we live in is very hostile and affects not only our bodies, but our hearts and minds as well. Spend some time reflecting on where you need God’s healing in your life. Perhaps it is a physical healing or maybe an emotional one.

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**Day 10**

**Prayer Focal Point: Your Dreams, Ambition.**

**Guiding Thought:** We all have, or had, dreams in our lives. Often times, dreams are not realized, for many reasons. What might you be dreaming of today? Bring it before God and ask Him to help you in your quest. Ask Him to reveal His will in your dream. Maybe you find yourself today without any dreams, talk to God about this and seek His will.

**Day 11**

**Prayer Focal Point: Government**

**Guiding Thought:** Pray today for your local and national government. Pray that God’s will be done and that the leaders would hear God in their lives and respond courageously to His call.

**Day 12**

**Prayer Focal Point: Forgiveness**

**Guiding Thought:** Jesus told the disciples that we should forgive not 7 times, but 7 times 70 (Matthew 18:22). Forgiveness is not natural to any of us; we all need God’s power, grace and love to fully take our forgiveness to a new, holy level.

Turn to God and ask Him to help you with those you may be harboring a grudge or past hurt. Ask God to help you release that pain into His arms. Ask Him for guidance on how to move forward.

**Day 13**

**Prayer Focal Point: Soldiers**

**Guiding Thought:** Pray today for soldiers. Ask God to help them both on the field and when the return home. Many soldiers struggle with returning home after combat. Pray that God helps them transition back into their home life and seek the support they need.

**Day 14**

**Prayer Focal Point: People Affected By Natural Disaster**

**Guiding Thought:** People all around the world are constantly faced with natural disaster. Tornadoes, hurricanes, floods, blizzards, earthquakes and other disasters can strike at any time. Lift up those who have recently, or currently, are facing natural disaster and ask God to bring them comfort, peace and His stability into their lives. Ask God to help them also receive the resources they need for survival.

**Day 15**

**Prayer Focal Point: People Who Do Not Know Or Follow God**

**Guiding Thought:** There are many people in our world and in our personal lives who do not know Jesus. Pray specifically for those people today and ask the Lord to come into their lives.

**Day 16**

**Prayer Focal Point: People You Have Hurt**

**Guiding Thought:** Unfortunately, there are people in your life you have hurt. It is part of being human; we are not perfect. Whether you intended it or not, people have been hurt by your actions, or inactions. Ask God to reveal someone you have unintentionally hurt and seek His guidance on what He would like you to do. Or perhaps you already know of the person or people you have hurt. In that case, turn to God and speak to Him about the situation and ask for His direction on how to proceed.

**Day 17**

**Prayer Focal Point: Christian Leaders**

**Guiding Thought:** Christian leaders always need prayer. Since we live in a world operated by darkness, Christian leaders are always under attack. Pray that God’s presence always outshines darkness in their lives. Pray that they do not fall under temptation to follow the ways of the world and that God is their primary pursuit.

**Day 18**

**Prayer Focal Point: Your Neighbors**

**Guiding Thought:** We all have neighbors. Maybe you know them, maybe you don’t. Regardless, pray for them today. Ask that God’s presence is realized among them today and that there day is filled with His goodness. This is how you can bless them today.

**Day 19**

**Prayer Focal Point: Your Stress**

**Guiding Thought:** What is it that is stressing you today? Maybe it’s bills? Health issues? Children? Family or work problems? Personal pursuits? Whatever it is that is occupying your heart and mind, turn to God with the stressor in hand and give it over to Him today. Ask for help in trusting that He is good and will honor your request. Repeat this practice as much as needed, because stress is not easily defeated with one mere prayer.

**Day 20**

**Prayer Focal Point: Your Calling**

**Guiding Thought:** Do you realize we all have a calling? Most are not called to professional Christian work, but we are all called to work in the Kingdom of Heaven. Maybe you already are aware of your calling. If so, turn to God and continue to seek His guidance and Fruit in your calling. If you are not sure what you are called to do, turn to God and start a dialogue about where He is calling you and equipping you to serve.

**Day 21**

**Prayer Focal Point: Children**

**Guiding Thought:** Children are the most innocent in our world and need the most guidance. Whether you have children or not, bring before the Lord the children you know in your life and pray for His protection, guidance and love over their lives.

**Day 22**

**Prayer Focal Point: Enemies**

**Guiding Thought:** Pray today for your enemies. Try to think of all of the people who are your enemies. Maybe it is people in your everyday life, or perhaps you consider your enemies to be political leaders or other notable figures. Turn to God with all the people who you find fault with and talk to Him about why they bother you. Seek God’s guidance and will as you speak with Him about your enemies.

**Day 23**

**Prayer Focal Point: Your Christian Community**

**Guiding Thought:** Pray today for your Christian community, your local church, your fellow Christian companions. Ask God for His protection, guidance and love in their lives.

**Day 24**

**Prayer Focal Point: Your Worries**

**Guiding Thought:** What is of concern to you today? What are you worried about? Bring your concern(s) before God and know that He will guide you through your worries. Ask Him for His wisdom in this matter and trust that He will provide the answer.

**Day 25**

**Prayer Focal Point: Your Joys**

**Guiding Thought:** What is it that brings you joy? Maybe it’s certain people, activities, work, nature and so on. Reflect on all those things and thank God for these wonderful gifts in your life.

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**Day 26**

**Prayer Focal Point: Where You Live  
Guiding Thought:** Thank God for where you reside. Thank Him for how He has

provided a shelter over your head and food in your belly.

**Day 27**

**Prayer Focal Point: Disadvantaged Nations**

**Guiding Thought:** There are many countries in dyer need of the basics of life, like clean water, substantial food and safety. Pray for all those nations today, and that God’s provision would be found among them. Ask God if there is any way you could help this epidemic.

**Day 28**

**Prayer Focal Point: Rest  
Guiding Thought:** Thank God today for the ability to rest. Speak to Him about how you

use this necessary gift. Seek His will in your utilization of rest and listen for His direction.

**Day 29**

**Prayer Focal Point: Your Salvation**

**Guiding Thought:** Spend time thinking about your life before following Christ. Thank God for all the wonderfulness He has brought you in your life because you chose to follow Him. Reflect, with God, on what life will look like in perfection, which is Heaven.

**Day 30 - Final Reflection**

**Prayer Focal Point: Love**

**Thank You**

We hope your month was an amazing one, where you did grow closer to God. It is through devotion and discipline that we draw closer to God. To be a disciple means to be disciplined, and that is just what you accomplished this month.

It is our hope that you carry forth from this Challenge and continuing turning to God through prayer. Prayer truly is a privilege that we get because of Jesus Christ’s sacrifice. We hope that you have grow in your communication with God this month!

We have tons of other resources at spirituallyhungry.com to help you connect to God in

new and exciting ways.  
Thanks for taking the Challenge and we hope to see you over at our site soon!