



THE

# PRAY TODAY

CHALLENGE

CHALLENGE ONE

## RESTORATION

SURRENDERING OUR HEART, RENEWING OUR MIND AND REPENTING OUR SINS

CHALLENGE TWO

## ADORATION

THANKING GOD FOR WHO HE IS AND WHAT HE'S DONE

CHALLENGE THREE

## INTERCESSION

TAKING OUR NEEDS AND THE NEEDS OF OTHERS BEFORE GOD



When our prayers become more like checking off boxes, rather than an intimate conversation with God, it can cause our focus to become impaired. Restoration is vital in our relationship with God to repent of our sins, surrender our heart, and renew our mind.

I know I don't do this frequently enough. I take more time in my prayers to ask for assistance, plead for requests to be answered and question what He's doing, rather than look at my heart and restore my relationship.

## REPENTANCE

This is an area that gets way too overlooked in my prayers. When we have sins that we've not taken to the Lord, it can cause a deep rift in our relationship. I'm listing this first in the prayer challenge because I know how important it is when communicating with God and keeping our relationship healthy.

While I do try to ask forgiveness for obvious sins in my life, I know there are a million more that I overlook as even being sins because I accept them as normalcy. Whether it be complaining, worrying or becoming angry in a situation, there are various areas that I fail to acknowledge I need forgiveness in on a daily basis. Scratch that, how about a momentary basis.

Another area of incredible struggle lies in the forgiveness of others. When someone did something hurtful and they seek restoration with a remorseful heart, it can be easy to offer up forgiveness due to their desire to seek amends. But when others commit such a hurtful, penetrating ache of hurt and don't offer any sign of regret or desire to apologize it can be incredibly difficult to muster up forgiveness.

We also should seek to ask forgiveness from others whom we have hurt. If you know of something you have done that has wounded someone else's heart, go to them with a heart seeking to make right what has been wronged. If God has been prompting you to seek forgiveness from someone, but you've been putting it off, take the step, act like Jesus and choose to restore. Know that you did all you could do on your end to make it right.

Forgiveness, in all areas, is incredibly important when we are communicating with God and desire to grow our relationship with Him. When we choose not to forgive others or fail to seek forgiveness for our sins, it's like trying to restore a broken relationship to a deeper level when we don't put in any effort to make things right.

## WASH ME CLEAN OF MY INIQUITY AND CLEANSE ME FROM MY SIN.

PSALM 51:2

### Areas to pray with repentance:

- Ask God for forgiveness for sins you are aware that you committed.
- Ask God for forgiveness for sins you aren't even aware of.
- Choose to forgive others who hurt you.
- Ask others for forgiveness for areas that you knew you hurt them.



## SURRENDER

Surrendering our hearts in obedience can be a tough task. Surrender involves trust, releasing what we desire and letting it go into God's hands. This can feel incredibly risky because we're placing our life in something we cannot see or control. When we surrender over our plans, desires and pleasures, we allow God to become preeminent in our lives.

When we surrender, it isn't so we lose control of our lives and become programmed like a machine to be ordered around by God's command. When we surrender our plans, worries and opportunities over to Him, the weight of what we weren't intended to strategize can be placed into the hands of the One who created and constructed the master plan.

**DURING THE DAYS OF JESUS' LIFE ON EARTH, HE OFFERED UP PRAYERS AND PETITIONS WITH LOUD CRIES AND TEARS TO THE ONE WHO COULD SAVE HIM FROM DEATH, AND HE WAS HEARD BECAUSE OF HIS REVERENT SUBMISSION.**

HEBREWS 5:7

### Areas to pray with surrender

- That God would use you in the opportunities He has placed you in.
- That you would have a heart that is humbled to serve.
- That God would give you an obedient heart, desiring to follow His ways.
- That you would submit to God's will, letting go of your desired plans, and allow Him to lead the way.



**YOUR PRAYER**

Take a few moments today to help restore your relationship with God, by repenting of your sins and surrendering your heart. Maybe you've never actually prayed before or even accepted Jesus as your Savior. Take the time today to accept Him into your heart and seek forgiveness for your sins. When you don't know where to start or the words to pray, God knows your heart even when you can't find the words to express.

Dotted lines for writing a prayer.

IF WE  
CONFESS OUR SINS  
GOD WILL  
**FORGIVE US**  
**AND PURIFY US**  
FROM UNRIGHTEOUSNESS

1 JOHN 1:9



What is adoration, you might ask? Well, adoration is thanking and acknowledging God for who He is. It is recalling all that He has done and remembering exactly who He is. Adoration is defined as a deep love and respect, and exemplifies worship. I'll touch on two categories of adoration: Thanking God for who He is and what He has done. Let's start by looking at the first one...

## THANK GOD FOR WHO HE IS

We can recall the many names Scripture gives God and thank Him for the countless ways He demonstrates them towards us.

### EL ROI

THE GOD WHO SEES US

There is nothing that God is unaware of or goes unseen by Him.

### EL SHADDAI

ALL SUFFICIENT ONE

God is the source of every blessing. Nothing is too big for God to handle.

### ADONAI

THE LORD, MY GREAT GOD

God is in total authority and rules over all things.

### JEHOVAH JIREH

THE LORD WILL PROVIDE

God provides all things and will meet all of our needs.

### YHWH

I AM

God never changes, He always remains the same over time.

### IMMANUEL

GOD WITH US

Jesus came to earth to dwell with us. The fullness of the Deity dwells with us in human form.

### JEHOVAH SHALOM

THE LORD IS PEACE

Jesus is the Prince of Peace and He provides us with peace and calmness.

### JEHOVAH SHAMMAH

THE LORD IS MY COMPANION

God is our companion and friend. He is a personal God.

### JEHOVAH RAPHA

THE LORD WHO HEALS

God can heal us from spiritual, physical and emotional sickness.

### ELOHIM

THE ALL-POWERFUL ONE

God is the creator of the universe. He knows all, creates all things and is everywhere.

### JEHOVAH NISSI

THE LORD IS MY BANNER

God protects us and helps keep us safe from the evil in this world. He is fighting our battles.

### JEHOVAH ROHI

THE LORD IS MY SHEPHERD

God provides, protects, leads and cares for us, just like a shepherd does.



## THANK GOD FOR WHAT HE'S DONE

Thanksgiving goes hand in hand with adoration. While we can adore God for who He is, we too can offer up thanksgiving for all that He has done. We can do this by thanking Him for ways He has worked in our lives, blessed us, given us Scripture and many other things. I will list a few below...

- We can thank God for His provision. (possessions, family, friends, food, shelter, job)
- We can thank God for His unceasing love.
- We can thank God for His salvation.
- We can thank God for the hard times, allowing us to draw closer to Him.
- As children of God, we can thank God for eternity in Heaven with Him.
- We can thank God that we have purpose to this life, and are incredibly valuable to Him.
- We can thank God for healing us. (broken relationships, physical needs, etc)
- We can thank God for directing and guiding us in His perfect plan.
- We can thank God because as Christians we will conquer with Him, and we will rule and reign for eternity.

**GIVE THANKS IN ALL CIRCUMSTANCES; FOR THIS IS THE WILL OF GOD IN CHRIST JESUS FOR YOU.**

**1 THESSALONIANS 5:13**

I don't know about you, but when I'm enduring through a difficult season of life, my first reaction is certainly not to thank God for it, or even feel thankful in any area of my life. Instead, I can become bitter for the area God has placed me in and question His goodness. In 1 Thessalonians, Paul tells us to give thanks in all circumstances. How many times do I only offer up thankful prayers when God has answered me in accordance to my desires or blessed me with something good?

I hope this is a challenge to you as much as it is to me to thank God even on the brightest days and also in the darkest times. To thank and admire Him just for being faithful and gracious to us. To thank Him for His love and constant provision. To thank Jesus for choosing us and dying for us on the cross. I become so engrossed with what I don't have and what doesn't seem to be changing or happening in my life, that I completely disregard the many incredible blessings that God displays to me every day.

You can also incorporate thanksgiving and adoration into more than just your prayer life. Choose to incorporate it into your conversations. Share the good news of who God is and what He has done in your life through your conversations. I know it will be a great refreshment for others to hear, instead of complaining or ranting on about the countless things this world can discourage us with.





Intercession involves intervening on behalf of someone else. It is acknowledging the needs and well-being of others and bringing it before God in prayer. Praying for others can be easy, and even enjoyable when we pray for those we love, but when it comes to praying for our enemies it can be incredibly challenging. While it is important to spend time in prayer for our personal relationship with God, praying for others is something God has commanded us to do as well.

**I URGE, THEN, FIRST OF ALL, THAT PETITIONS, PRAYERS, INTERCESSION AND THANKSGIVING BE MADE FOR ALL PEOPLE.**

**1 TIMOTHY 2:1**

Intercession is just a piece of the command that God has given us when dealing with our enemies. God desires us not just to pray for their well-being, but also bless them and love them. Our heart needs to be in a right place with God before we can often find the love within us to pray and display love to those that intentionally seek to mistreat us.

**Ways we can pray for others:**

- If they are unsaved, that they would seek God and accept Him as their Savior.
- If they are saved, that they would desire to deepen their relationship with God.
- That you would be an example to them.
- They will know how much God loves them.
- Their past and difficulties will not destroy them.
- They will recover from the hurts on their heart.
- They will display love to others.
- God would display His peace and presence in their life.
- They would find their worth and value through God's eyes, not the world.

Take some time to think of a few people you could pray for and put yourself in their shoes. Think of areas you could intentionally pray specific prayers for them. I often like to write out my prayers so I can see how God provided and can display written evidence to that person if that prayer is fulfilled.





**YOUR PRAYER**

Take a few moments today in prayer, bringing other's needs before God. Pray for your friends, family and yes, even your enemies. Think of 4-5 people you could pray specifically for.

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**LOVE YOUR ENEMIES AND**

**PRAY**

**FOR THOSE WHO**

**PERSECUTE YOU**

MATTHEW 5:44

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YOU MIGHT ALSO LIKE...



# when God delays

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