



# Holder's Hill SDA Family Life Ministries 22-Day Prayer Challenge

*For my marriage*

## Why Should I Complete the Prayer Challenge?

Why should you not want to complete the prayer challenge? This world needs prayer, our communities need prayer, our church needs prayer, our families need prayer, and we need prayer.

**Mark 11:24** - *Therefore I tell you, whatever you ask for in prayer, believe that you have received it and it will be yours.*

## What Do I Pray For?

This 22-day challenge will guide you to what you should pray for each day. It is not to be used as a control tool but rather to add to your daily personal goals.

**Romans 8:26** - *The spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes with the will of God.*

## Who Do I Pray With?

This 22 day pray challenge was designed in a way that you can reap the benefits of prayer whether individually, in peers, or, in groups. However, selecting a prayer partner acts as a reminder that you have to pray daily and it builds friendships and relationships.

**Matthew 18:20** - *Where two and three are gathered in my name, I am there among them.*

## Where and When Should I Pray?

Find a quiet place, where there are little or no distractions. Early in the morning or late at night, when everyone is asleep can also work.

**Matt 6:6** - *But whenever you pray, go into your room, close the door, and pray to your Father in secret. And your Father, who sees in secret, will reward you*

## How to Pray?

Don't beat yourself up. Even the disciples didn't know how to pray. (Luke 11:1) One of them said, "Lord, teach us to pray." Jesus replied, "When you pray, say this..."

*Our Father who art in heaven*

*Hallowed be thy name.*

*Thy Kingdom come*

*Thy will be done,*

*On earth as it is in heaven.*

*Give us this day, our daily bread*

*And forgive us our debts as we forgive our debtors*

*And lead us not into temptation, but deliver us from evil*

*For thine is the kingdom and the power and the glory  
forever.*

*Amen*

<u>Day</u>	<u>Text</u>	<u>Prayer Application</u>
1 [June 4]	<b>Matt 6:33</b>	<i>Put God first</i>
2 [June 5]	<b>Psalm 37:3-4</b>	<i>Delight in the Lord</i>
3 [June 6]	<b>1 Kings 2:3</b>	<i>Follow the life Map</i>
4 [June 7]	<b>Deut 8:17-18</b>	<i>Praise God in everything we do</i>
5 [June 8]	<b>Mark 3:25</b>	<i>Tolerate each other- less squabbling</i>
6 [June 9]	<b>Gen 2:24</b>	<i>One flesh every day in marriage</i>
7 [June 10]	<b>Eph 5:25</b>	<i>Love unconditionally</i>
8 [June 11]	<b>Eph 5:22-24</b>	<i>Understand and support each other</i>
9 [June 12]	<b>Gen 1:27</b>	<i>Be an example to other couples</i>
10 [June 13]	<b>Proverbs 12:4</b>	<i>Encourage each other</i>
11 [June 14]	<b>Matt 20:32</b>	<i>What do you want God to do for you?</i>
12 [June 15]	<b>Eph 4:26-27</b>	<i>Be angry and sin not</i>
13 [June 16]	<b>2 Cor 6:14-15</b>	<i>Uplifting friends and company</i>
14 [June 17]	<b>1 Cor 13:4-7</b>	<i>Not to give up on each other</i>
15 [June 18]	<b>1 John 4:18</b>	<i>Dont judge each other</i>
16 [June 19]	<b>1 John 1:9</b>	<i>Forgiveness of our sins</i>
17 [June 20]	<b>Rom 15:13</b>	<i>Joy and Peace</i>
18 [June 21]	<b>2 Cor 5:17</b>	<i>Forget the past</i>
19 [June 22]	<b>Romans 8:35</b>	<i>Protection from troubles, hard time and hatred</i>
20 [June 23]	<b>Luke 16:11-12</b>	<i>Honesty with each other</i>
21 [June 24]	<b>Mark 5:36</b>	<i>Trust God more/ Trust each other more</i>

**2 Chronicles 7:14**

When my people humble themselves [**What God expects of us**]

the ones who are called by my name [**That's you**]

and PRAY and SEEK me [**That's YOUR challenge**],

and turn away from evil practices [**You can do that**],

I MYSELF WILL LISTEN from heaven [**He's listening to your prayers**],

I will pardon their sins, and I will RESORE their land. [**That is HIS PROMISE**]