

January Prayer Practice Challenge

Purpose

To make prayer a foundational part of our daily decision-making—big and small—so we seek God’s wisdom before we choose, react, or commit.

How This Works

- Commit to **5–10 minutes a day**
 - Choose a consistent time (morning is great, but grace is greater)
 - Miss a day? No guilt. Just begin again.
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Week 1: Pause & Invite (Jan 1–7)

Focus: Making space for God

Daily Practice (5 minutes):

1. Take three slow breaths
2. Pray: *“God, I invite your wisdom into this day.”*
3. Sit quietly for one minute
4. Ask: *“What do I need to pay attention to today?”*

Decision Practice:

Before your first decision of the day, pause and pray for wisdom.

Week 2: Trust & Release (Jan 8–14)

Focus: Letting go of control

Scripture: Proverbs 3:5–6

Daily Practice (7 minutes):

1. Read Proverbs 3:5–6 slowly
2. Pray: *“God, I trust you more than my understanding.”*
3. Name one decision or worry
4. Pray: *“I release this into your care.”*

Decision Practice:

When you feel rushed or anxious, stop and pray before reacting.

Week 3: Ask for Wisdom (Jan 15–21)

Focus: Discernment

Scripture: James 1:5

Daily Practice (8 minutes):

1. Pray: *“God, I need your wisdom.”*
2. Ask one question:
 - What is the wise next step?
 - What choice leads toward love?
3. Sit in silence for two minutes
4. Write down one insight or nudge

Decision Practice:

Before a medium or big decision, ask for wisdom—not outcomes.

Week 4: Reflect & Align (Jan 22–31)

Focus: Awareness and gratitude

Scripture: Luke 6:12

Daily Practice (10 minutes):

1. Review your day
2. Ask:
 - Where did I sense God’s guidance today?
 - Where did I rush ahead?
3. Pray: *“Thank you for your presence. Shape my choices tomorrow.”*

Decision Practice:

End each day with reflection, not judgment.

Remember:

This challenge isn’t about praying longer.
It’s about praying earlier.