

- Pray 12 minutes per day.
- Use the 30 Days of Prayer Daily Focus resource.
- Keep a written journal of thoughts, answered prayers, or scriptures that come to mind in your prayer time.
- Make sure that each day you spend time.
- Praising. Repenting. Asking. Yielding.
- Fast at least one day during your prayer challenge.
- Find more prayer resources under the Ministry tab at [VancouverWestChurch.com](http://VancouverWestChurch.com)
- On the last day of your challenge increase your prayer time by five minutes.
- Challenge yourself to continue the following month, praying 17 minutes a day.

- Day 1/* Pray for a transformed heart over the next 30 days
- Day 2/* Pray for wisdom and discernment
- Day 3/* Pray for deeper understanding of God's Word
- Day 4/* Pray for depth of community in your church
- Day 5/* Pray for protection over your marriage or for your future spouse
- Day 6/* Pray for selflessness as you serve those around you
- Day 7/* Pray for peace to invade all of your relationships
- Day 8/* Pray for your children or other children in your life
- Day 9/* Pray for the fruit of the spirit you are lacking
- Day 10/* Pray for boldness to be a witness
- Day 11/* Pray for protection against the evil one
- Day 12/* Pray for backsliders

- Day 13/* Pray for an undivided heart that is devoted to the Lord
- Day 14* Pray for your passion and purpose / your calling from God
- Day 15/* Pray for perseverance through life's difficulties
- Day 16/* Pray for a friend in need
- Day 17/* Pray for your pastor and church staff
- Day 18/* Pray for your neighbourhood, city, and province
- Day 19/* Pray for the nation and its leadership
- Day 20/* Pray for an area of your life where God is asking for deeper commitment
- Day 21/* Pray for an obedient heart to the Word of God
- Day 22/* Pray for personal revival
- Day 23/* Pray against the strongholds in your city
- Day 24/* Pray for deeper trust in the Lord
- Day 25/* Pray that you would stand firm in moments of temptation
- Day 26/* Pray for God to open doors for you to witness to someone
- Day 27/* Pray for a deeper understanding of who God is
- Day 28/* Pray for an unsaved loved one
- Day 29/* Pray for a continual hunger for God's Word
- Day 30/* Pray that God would help you continue to deepen your prayer life