

# Use Your VOICE!

## *10 Day Prayer Challenge*

It's time to pray, pray, pray, pray, pray! Let's lift up our voices and cry out to the God who hears & helps when we call Him!

Day 1	Meditate on Psalm 66 or Psalm 86. Pay attention to these words: hear, heard, voice, prayer, cry, mouth, etc.
Day 2	Join with at least one TP sister in person or by phone to lift up your voices together and pray.
Day 3	Consider Jesus' prayer in the garden from Heb. 5:7 & at least one of the gospels (Mat. 26:36-44; Mark 14:32-42; Luke 22:39-44) then pray that His will be done.
Day 4	Write Psalm 55:16-17 somewhere you'll see it as a reminder (prayer journal, notecard that you hang up, paper in Bible, phone background, etc.)
Day 5	Read 1 Timothy 2:1-2 then do it! Spend time praying, interceding, etc. for our government and those in authority.
Day 6	Pick 3 people – one TP sister, one person who needs to be saved, and one other person of your choice – and call out their names before God today.
Day 7	Look at Paul and Silas in Acts 16:22-34 then before you go to sleep (and if you're a night owl, do it at midnight), pause to pray and sing praises.
Day 8	Today take extra time to pray for all saints everywhere, for the body of Christ, and those ministering the gospel (Eph. 6:18-19).
Day 9	In a fight? Read 1 Chron. 5:18-20 or 2 Chron. 13:1-19 or 2 Chron. 18:1-34 to remind your heart and build your faith that God can help in the middle of the battle when we cry out to Him.
Day 10	Sacrifice something (TV, chill time, sleep, a break, social media, etc.) to push for extra quality time in prayer today.