



IT'S TIME TO

Talk to Jesus

PRAYER CHALLENGE

September - 2026

JESUS TIME

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**WELCOME TO THE 7 DAY PRAYER CHALLENGE! A
CHANCE TO SLOW DOWN AND PRIORITISE
SPENDING TIME TALKING TO JESUS.**

WE ENCOURAGE YOU AS YOU COME INTO THESE SEVEN DAYS
TO MAKE A PLAN TO HELP YOU SHOW UP PURPOSEFULLY AND
REALLY SET APART THESE 7 DAYS FOR GOD.

ON THE NEXT PAGE ARE SOME QUESTIONS TO ANSWER TO
HELP YOU MAKE A PLAN THAT WILL REALISTICALLY WORK FOR
YOU THIS WEEK.

LET US JOIN TOGETHER TO PUT GOD FIRST, GIVE UP
DISTRACTIONS AND FOCUS ON OUR ALMIGHTY CREATOR.

WE ARE PRAYING THAT THIS CHALLENGE WILL HELP US TO SEE
BREAKTHROUGH IN OUR OWN LIVES AND THOSE AROUND US.

WE ARE PRAYING FOR REIGNITED FAITHS, ANSWERS TO
PERSISTENT PRAYERS, AND GOD'S PRESENCE TO BE FELT AS
WE EARNESTLY SEEK HIM.

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MY PRAYER CHALLENGE PLAN

HOW MANY TIMES A DAY DO I WANT TO DEDICATE TIME TO PRAYER? HOW CAN I MAKE THIS HAPPEN?

WHAT IS SOMETHING I WANT TO GIVE UP/FAST FROM - AND REPLACE THE TIME I WOULD SPEND ON THAT WITH PRAYER? (E.G. SOCIAL MEDIA, CERTAIN MEALS?, COFFEE)

WHAT IS ONE THING I WOULD LOVE TO BE PRAYING ABOUT EVERYDAY THIS WEEK? (A FOCUSED PRAYER POINT FOR THE WHOLE WEEK)

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TIPS & TRICKS FOR INTENTIONAL PRAYER TIMES

- IT CAN HELP TO FIND A SPACE THAT MINIMISES DISTRACTIONS, SOMEWHERE THAT YOU CAN FOCUS
- IF YOU FIND IT HARD TO FOCUS - TRY WRITING DOWN YOUR PRAYERS, SAYING THEM OUT LOUD OR USE MOVEMENT TO HELP KEEP YOU ON TRACK.
- SWITCH IT UP - YOU DON'T HAVE TO PRAY THE SAME WAY EVERYDAY, TRY OUT DIFFERENT WAYS TO PRAY
- HEART POSTURE - SOMETIMES IT CAN HELP TO DO A LITTLE BRAIN DUMP - WRITE DOWN ANY THINGS YOU HAVE TO DO, OR CAN'T STOP THINKING ABOUT AND START OFF THANKING GOD FOR WHO HE IS BEFORE YOU DIVE IN TO AN INTENTIONAL TIME OF PRAYER
- DON'T OVER COMPLICATE IT - PRAYER IS SIMPLY TALKING TO GOD
- TRY TO CREATE SPACES FOR SILENCE AND TIME TO REALLY SIT AND LISTEN TO WHAT GOD MIGHT BE SAYING TO YOU

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DAY 01

PRAYER PROMPT: PRAY FOR YOUR NEIGHBOURHOOD

- FOR PEACE IN THE SURROUNDING HOMES
- FOR FREEDOM OVER OBSSIVE/NEGATIVE THOUGHTS
- PROVISION WHERE IT IS NEEDED
- FOR HOPE WHERE THERE IS DESPAIR
- FOR PEOPLE TO KNOW JESUS

SCRIPTURE TO PRAY: 2 CORINTHIANS 4:4 (PRAY THAT GOD WOULD OPEN THEIR EYES)

PRACTICAL ACTION: GO ON A PRAYER WALK AROUND YOUR NEIGHBOURHOOD.

(USE THE JESUS TIME NEIGHBOURHOOD PRAYER WALK TO HELP GUIDE YOU)

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DAY 02

PRAYER PROMPT: PRAY FOR YOUR FAMILY & HOUSEHOLD

- FOR UNITY
- FOR GUIDANCE IN DECISIONS
- FOR YOUR FAMILY TO GROW IN THEIR INDIVIDUAL RELATIONSHIPS WITH JESUS
- FOR PEACE

SCRIPTURE TO PRAY: JOSHUA 24:15 (PRAYER THAT YOUR HOUSEHOLD WILL CHOOSE TO SERVE THE LORD)

PRACTICAL ACTION: WRITE DOWN THE NAMES OF FIVE FAMILY MEMBERS OR CLOSE RELATIVES AND PRAY FOR EACH ONE. YOU COULD PUT THEIR NAMES SOMEWHERE YOU CAN SEE THEM - OR IF YOU WANT TO BE CREATIVE, DRAW SOME CUTE DOODLES, OR PRINT PICTURES OUT FOR EACH PERSON.

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DAY 03

PRAYER PROMPT: PRAY FOR YOUR CHURCH AND SPIRITUAL LEADERS

- FOR GUIDANCE FROM THE HOLY SPIRIT
- FOR SUPPORT
- FOR GROWTH
- FOR ENERGY AND PERSEVERANCE

SCRIPTURE TO PRAY: HEBREWS 13:17 (PRAY THAT LEADING WOULD BE A JOY AND NOT A BURDEN)

PRACTICAL ACTION: SEND A MESSAGE OF ENCOURAGEMENT TO A PASTOR, LEADER, OR CHURCH VOLUNTEER. YOU COULD EVEN TAKE BAKING IN TO THE CHURCH OFFICE AS A WAY OF SAYING THANKS.

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DAY 04

PRAYER PROMPT: PRAY FOR YOUR CITY, NATION, AND WORLD

- ASK GOD TO GUIDE THE LEADERS, POLITICIANS, PEOPLE IN LEADERSHIP POSITIONS
- PROTECTION OVER THE VULNERABLE
- PEACE WHERE THERE IS CONFLICT.

SCRIPTURE TO PRAY: 1 TIMOTHY 2:1-6 (PRAY FOR THOSE IN AUTHORITY OVER YOUR CITY & NATION)

PRACTICAL ACTION: READ A NEWS STORY FROM YOUR CITY OR COUNTRY, THEN PRAY SPECIFICALLY FOR THE PEOPLE INVOLVED.

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DAY 05

PRAYER PROMPT: BURDENS & HEAVINESS - ASK GOD FOR HELP WITH THE THINGS YOU ARE CURRENTLY CARRYING

- FOR BREAKTHROUGH
- FOR GUIDANCE
- FOR PERSERVERANCE
- FOR PEACE THAT TRANSCENDS ALL UNDERSTANDING
- FOR FREEDOM

SCRIPTURE TO PRAY: PSALM 73:24-26

PRACTICAL ACTION: TANGIBLE ROCK PRAYER - GIVE IT TO GOD (USE OUR TANGIBLE ROCK PRAYER TEMPLATE ON OUR WEBSITE)

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DAY 06

PRAYER PROMPT: PRAY FOR REVIVAL

- IN YOUR OWN LIFE AND SPIRITUAL WALK
- FOR YOUR CHURCH FAMILY, YOUR HOMEGROUP,
YOUR CHILDRENS MINISTRY, YOUR YOUTH GROUP
- IN YOUR NEIGHBOURHOOD
- IN YOUR CIRCLE OF FRIENDS

SCRIPTURE TO PRAY: JEREMIAH 24:7 (PRAYER THAT
GOD WOULD SOFTEN HEARTS AND KNOW THE LORD)

PRACTICAL ACTION: WRITE DOWN WHERE YOU WANT
TO SEE REVIVAL IN YOUR OWN LIFE, IN YOUR CHURCH,
IN YOUR COMMUNITY. PUT IT SOMEWHERE YOU CAN
SEE IT AND PRAY OVER IT DAILY. WRITE DOWN ANY
ACTION STEPS YOU CAN DO TO HELP CULTIVATE
REVIVAL.

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DAY 07

PRAYER PROMPT: PRAYER FOR THE FUTURE

- PRAY FOR GUIDANCE
- PRAY FOR GODS WILL TO BE DONE
- PRAY FOR COURAGE TO STEP OUT IN FAITH

SCRIPTURE TO PRAY: PROVERBS 16:9 (PRAY FOR GOD TO ESTABLISH YOUR STEPS)

PRACTICAL ACTION: WRITE DOWN ANY PLANS YOU HAVE FOR THE FUTURE AND SURRENDER IT INTO GOD'S HAND. IF THERES SOMETHING YOU HAVE BEEN SCARED TO ASK GOD FOR - PRAY THE BOLD PRAYER WITH OPEN HANDS FROM MATTHEW 6:10 "LET YOUR WILL BE DONE, LORD".

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REFLECTION TIME

WHAT WAS SOMETHING YOU FELT GOD TEACHING
YOU OR TELLING YOU OVER THESE SEVEN DAYS?

WHAT DID YOU NOTICE AS YOU DEDICATED TIME
TO INTENTIONAL PRAYER?

HOW CAN YOU CONTINUE TO INCORPORATE
INTENTIONAL PRAYER TIME IN YOUR EVERYDAY
LIFE?

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TO FIND RESOURCES TO HELP YOU SPEND
TIME WITH JESUS CHECK OUT OUR
WEBSITE OR FOLLOW US ON SOCIAL MEDIA

YOURJESUSTIME.COM

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