WHAT IS PRAYER?

Prayer is simply talking with God. No special words and no experience required. During this busy season, we're trying an experiment together: praying for five minutes or more each day for 40 days, from November 8 to December 17. Then we'll see what God does in us, in our church, and in our world.

HOW TO USE THIS TRACKER

Fill in one box each day that you pray. Add a checkmark, or try a word or a doodle that represents what you prayed about. There's no wrong way to do it.



A FEW THINGS TO REMEMBER

- **Silence is okay.** You don't have to fill every minute with words. Sometimes just being still is the prayer.
- **Not sure what to say?** Start with the Bible. Read a few verses, like a Psalm, and turn them into your own words to God.
- **Mix it up.** Pray on a walk, in the car, sitting, kneeling, or with some quiet music in the background.
- **Missed a day?** No problem. Just pick back up tomorrow.

For more ideas and encouragement along the way, visit **chaseoaks.org/prayer**.

ChaseOaksChurch

THE 40-DAY

prayer challenge

5 MINUTES (OR MORE)
OF PRAYER EVERY DAY

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
NOVEMBER 8	NOVEMBER 9	NOVEMBER 10	NOVEMBER 11	NOVEMBER 12	NOVEMBER 13	NOVEMBER 14	NOVEMBER 15
DAY 9	**DAY 10**	**DAY 11**	**DAY 12**	**DAY 13**	**DAY 14**	**DAY 15**	**DAY 16**
NOVEMBER 16	NOVEMBER 17	NOVEMBER 18	NOVEMBER 19	NOVEMBER 20	NOVEMBER 21	NOVEMBER 22	NOVEMBER 23
DAY 17	**DAY 18**	**DAY 19**	**DAY 20**	**DAY 21**	**DAY 22**	**DAY 23**	**DAY 24**
NOVEMBER 24	NOVEMBER 25	NOVEMBER 26	NOVEMBER 27	NOVEMBER 28	NOVEMBER 29	NOVEMBER 30	DECEMBER 1
DAY 25	**DAY 26**	**DAY 27**	**DAY 28**	**DAY 29**	**DAY 30**	**DAY 31**	**DAY 32**
DECEMBER 2	DECEMBER 3	DECEMBER 4	DECEMBER 5	DECEMBER 6	DECEMBER 7	DECEMBER 8	DECEMBER 9
DAY 33	**DAY 34**	**DAY 35**	**DAY 36**	**DAY 37**	**DAY 38**	**DAY 39**	**DAY 40**
DECEMBER 10	DECEMBER 11	DECEMBER 12	DECEMBER 13	DECEMBER 14	DECEMBER 15	DECEMBER 16	DECEMBER 17