



THE 40-DAY

prayer challenge

5 MINUTES (OR MORE)
OF PRAYER EVERY DAY

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.

DAY 1
NOVEMBER 8

DAY 2
NOVEMBER 9

DAY 3
NOVEMBER 10

DAY 4
NOVEMBER 11

DAY 9
NOVEMBER 16

DAY 10
NOVEMBER 17

DAY 11
NOVEMBER 18

DAY 12
NOVEMBER 19

DAY 17
NOVEMBER 24

DAY 18
NOVEMBER 25

DAY 19
NOVEMBER 26

DAY 20
NOVEMBER 27

DAY 25
DECEMBER 2

DAY 26
DECEMBER 3

DAY 27
DECEMBER 4

DAY 28
DECEMBER 5

DAY 33
DECEMBER 10

DAY 34
DECEMBER 11

DAY 35
DECEMBER 12

DAY 36
DECEMBER 13

DAY 5
NOVEMBER 12

DAY 6
NOVEMBER 13

DAY 7
NOVEMBER 14

DAY 8
NOVEMBER 15

DAY 13
NOVEMBER 20

DAY 14
NOVEMBER 21

DAY 15
NOVEMBER 22

DAY 16
NOVEMBER 23

DAY 21
NOVEMBER 28

DAY 22
NOVEMBER 29

DAY 23
NOVEMBER 30

DAY 24
DECEMBER 1

DAY 29
DECEMBER 6

DAY 30
DECEMBER 7

DAY 31
DECEMBER 8

DAY 32
DECEMBER 9

DAY 37
DECEMBER 14

DAY 38
DECEMBER 15

DAY 39
DECEMBER 16

DAY 40
DECEMBER 17