3x3 CHALLENGE
Meet with God 3 times a day for 3 minutes

“Call to Me, and I will answer you, and show you great and mighty things which you do not know”
~Jeremiah 33:3

God’s waiting to meet with us. He wants to work powerfully in our lives if we’ll let Him. Just 3 minutes a day, 3 times a day can make a big difference over time. If you’d like to take up the challenge of making prayer a daily priority, here are some tools to help you get started.

Morning Prayer

Maybe it’s easy for you to talk with God in the morning. That’s great! If you need a tool to start the conversation, here are a few to choose from.

P.R.A.Y.
Praise God and give thanks.
Repent of sins and agree with God about those areas of your life.
Ask God for what you need.
Yield to Him and follow His leadership.

A.C.T.S.
Adoration: Praise and worship God for who He is.
Confession: Confess your sins and receive God’s forgiveness.
Thanksgiving: Tell God what you’re thankful for today.
Supplication: This is a big word for humbly asking God to answer your prayers.

Pastor Dale’s Personal Prayer Model:
Praise God first.
Then ask what He is saying about:
• His will
• His provision
• What to confess
• What to surrender
• Temptations to avoid
• What evil to be delivered from
• How to glorify Him.
Afternoon Prayer

Take a few minutes to pray for your neighborhood, city or nation. Here are some topics you might pray into:

- Families
- Businesses/economy
- Media
- Government
- Schools
- Churches
- Healthcare system

Sample prayer: “Lord, please give the teachers and staff at [name of local school] wisdom and discernment in how to create the best learning environment for the students. May they follow Your leadership and put their trust in You. Protect the staff and students and give them grace and strength for today. In Jesus’ name, amen.”

Evening Prayer

Let God bring to mind the people and topics to share in prayer. You might take a few minutes to pray around the dinner table or as you’re getting ready for bed.

You might want to pray through passages in the Bible, such as these:

- Ephesians 1:17-19
- Ephesians 3:16-19
- Philippians 1:9-11
- Colossians 1:9-11
- Romans 15:5-6, 13
- 2 Thessalonians 3:1-5
- The Psalms

Sample prayer from Ephesians 3:16-19: “Heavenly Father, I pray for our family that Christ may dwell in our hearts through faith. And I pray that we would be rooted and established in love and would grasp how wide and long and high and deep is Your love for us. May we know and express Your love to each other and to all those we encounter each day. Fill us afresh with Your Spirit that we would live to the full measure of what You have planned for us. In Jesus’ name, amen.”

You’ve got this! Keep praying power prayers and send testimonies of how God is working to prayer@wooddale.org