

HOW TO USE THIS PDF



PRINTING

All PDFs can be printed at home! You may need to select *actual size* during print set-up. You are welcome to print as many copies as you need!

You can also take PDFs to your local print shop. Some of our favorite printers to work with are Alphagraphics, Staples, or Office Depot, or any local printer.

We recommend printing on a heavy matte cardstock.



SHARING

We love when you share your favorite finds with loved ones, but please refrain from sending or sharing the digital files. We also love to see how you are using your downloads, share with us on Instagram and be to tag **@work.and.wonder!**



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7 DAY PRAYER CHALLENGE

In a place of solitude with a pure desire for truth, Joseph Smith did something he had never done before. He prayed vocally to our Father in Heaven (JSH 1:14). By trying something different, you may learn you have a greater capacity for revelation.

DAY 1 || PRAY VOCALLY

When we pray out loud it can increase our focus and help us to be more aware of what we are saying. This is a great way to recognize if we tend to repeat similar phrases or requests. Praying aloud can also make the prayer feel more real and conversational. Keep in mind, this is different than praying aloud with your families. Find a moment today when you vocalize a personal prayer to your Heavenly Father.

DAY 2 || MEDITATION

Prayer is form of meditation. How can you incorporate meditation in to your personal prayer? Perhaps you meditate before, to quiet your mind and find stillness before you begin. Or you might try taking some time to meditate after your prayer, creating space to hear that still, small voice, and listen to what Heavenly Father might try to share with you.

DAY 3 || NATURE & SOLITUDE

See if you can find a moment today to step outside and find yourself alone from any noises or distractions. This might be tricky depending on where you live, but the most important thing is get outdoors where you can see a glimpse of God's handiwork and breathe in the fresh spring air. Then speak with your Heavenly Father about whatever is on your heart in that moment, as if He were there beside you.

DAY 4 || GRATITUDE

There may be times in our life when it seems there is so much we need and desire, that we find ourselves "asking" more than "thanking" in our prayers. And that is okay! But during these seasons, it might be just the perspective shift we need to offer a prayer of only gratitude. This can open our minds to all that we already have and are blessed with, inviting a spirit of positivity and humility.

DAY 5 || ASK A LOVED ONE

We often pray for our friends and loved ones, but today let's take it one step further. Before your pray for them, first ask them what they are seeking in their life right now. What have they been praying for—how can you join them in that prayer to your Heavenly Father? This is a great opportunity to turn our thoughts to others and strengthen our relationship with a dear friend or family member.

DAY 6 || WRITE IT DOWN

Putting a pen to paper can help us organize and prioritize our thoughts. It is perfectly appropriate to write down a prayer to your Heavenly Father, especially at times when our mind feels cluttered or overwhelmed. You can also try having a pen and paper nearby when you pray. When you are finished simply begin writing and see what Heavenly Father might impress upon your mind.

DAY 7 || AFFIRMATIONS

What do affirmations have to do with prayer? We say affirmations to remind ourselves of something we hope to become or realize. Essentially, affirmations are mini prayers in our hearts of something we desire. Identify 3 affirmations and state them aloud before you pray. In your prayer ask Heavenly Father to help you realize or strengthen those affirmations. Oftentimes our affirmations come from what we believe to be our weaknesses—but with God, they can become our greatest strengths.

7 DAY PRAYER CHALLENGE

What did you notice:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

When we understand the character of God, and know how to come to Him, he begins to unfold the heavens to us, and to tell us all about it. When we are ready to come to him, he is ready to come to us.

Joseph Smith—History of the Church, 6:308

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