



# *The Prayer Life*

## *Power-Up*

### *Challenge*

STUDY GUIDE

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## INTRODUCTION: **The Discipline of Prayer**

How would you describe your prayer life as you begin this 5-Day Challenge?

Write down the three biggest prayer needs you have right now.



Have you ever felt that God was not answering your prayers? In the space below, write some of the prayers God has apparently said no to. (We'll come back to this topic later.)

The best way to learn how to pray is by praying! In the space provided, write out a prayer asking God to help you put into practice the things you will learning in this challenge.