

Arnold the Praying Penguin's Advent Prayer Challenge!

1

Praise! *"Hear, O Israel: The Lord our God, the Lord is one."* – Deuteronomy 6:4

There is one God, and he should be our number one priority. Let's take time today to praise him for all he has done.

2

Marriage In marriage, God brings two people together to glorify him and serve each other in love. Today, let's pray for marriages across the world – maybe your own, your parents or any other married couples you know.

3

Family For many people, Christmas is a season for spending time with family. Today, pray for your family members. Also take time to pray for those who cannot be with their family this Christmas.

4

Mental Health Mental Health issues affect so many people, and can have huge consequences. Each year, 1 in 4 of us will suffer from a mental health issue (Mind). Let's pray for those who are currently suffering: pray for healing, pray for effective treatment and pray for those who are caring for them.

5

Persecutors *"But I tell you, love your enemies and pray for those who persecute you"* – Matthew 5:44

In Matthew 5, Jesus challenges us to pray for those who persecute you. This can be a huge challenge but today let's pray for those who persecute. The bullies, the dictators, those who hurt us.

6

Your Anxieties *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."* - Philippians 4:6

God wants to hear about our needs and the things that are worrying us. Tell God about your worries and the situations you are in, pass your anxieties to him.

7

Your Church

The 7th day of the week (Sunday) is the traditional day for attending church services. Spend time today praying for your church, its leaders and all the ministries they are involved in.

8

The Persecuted Church

So many Christians around the world are persecuted for believing in God. Today let's pray for those countries, especially Iraq which has been ranked the 8th hardest country to be a Christian by Open Doors.

9

Loneliness

Over 9 million people in the UK said they were always or often lonely. Pray for all the lonely people in our world, especially those who will be celebrating Christmas alone this year.

10 The Government
Today, let's pray for all that happens at 10 Downing Street; for our Prime Minister; for our local MPs. We pray they will make wise and loving decisions that serve all people.

11 Peace
Today marks one month since the 100th Anniversary of the end of the First World War. Let's continue to pray for peace around the world and an end to all violence and conflict.

12 Friends
Today, let's pray for our friendships, that we can be good friends to others and continue to build relationships with new people that we meet.

13 Avoiding Temptation *Read Luke 4:1-13.*
At the beginning of his ministry, Jesus was tempted 3 times in the wilderness by the devil. Take time to pray for protection against temptations, that God will give us the strength to withstand temptation.

14 Schools & Colleges
In the UK we spend 14 years in education from Year R to the end of college. Let's pray for our local schools and all those in education.

15 Mission *"How beautiful are the feet of those who bring good news!" – Romans 10:15*
Today, take time to pray for all those sharing the gospel around the world. Pray for missionaries and all those who support them to bring the good news to those who have never heard it.

16 Confidence sharing our faith *"He said to them, "Go into all the world and preach the gospel to all creation." – Mark 16:15* We should also be sharing our faith with others. Ask God to give you confidence in talking to others about him and your faith.

17 The Homeless Those sleeping on the streets are 17 times more likely to have been victims of violence. Today, we are praying for all those who are homeless. Pray that they will find somewhere warm and safe to stay, especially over the cold winter months. Pray that they will be supported to find permanent housing.

18 Younger Generations
Young people are so important and have so much to teach us. Let's take time to pray for all those younger than us – that they will be healthy, safe, happy and grow in their faith.

19 Praise! *"Our Father in Heaven, hallowed be your name".*
Spend time today praising God – you could use worship music, journaling or just talking to God about all the great things he has done.

20 **God's Will** *"Your kingdom come, your will be done, on earth as it is in Heaven".*

Let's pray for God's will to be done on earth and in our lives. Spend time listening for God's voice.

21 **Forgiveness** *"Forgive us our sins".*

Take time to think of the things you have done that are not God's will. Confess these to God and ask for his forgiveness.

22 **Forgive Others** *"As we forgive those who sin against us"*

We need to ensure that we forgive those who hurt us. Reflect upon those who you need to forgive and ask God to show you who they are.

23 **Non-Christians**

As we draw closer to Christmas, let's pray for those who do not know God. Check out my blogs looking at 5 things to pray for non-Christians and 5 ways to pray for them.

24 **Thank You!**

Gratitude is so important. Before the business of Christmas Day tomorrow, take time out today to thank God for this wonderful time of celebration and for coming to earth as a baby!