

30 Day Challenge: Believeth all Things



Ever feel God is just some illusive being that doesn't really have much to do with your life? Do you wonder if he is really there and interested in you? We believe He is our loving Father in Heaven! Just as you have much concern for the welfare of your own children and are actively engaged in their daily lives, so too is God anxiously engaged in your daily affairs, needs, and wants.

Believing He is really there for you changes everything. We invite you to keep reading and get a tool that will help you learn more about who He is and how to develop a relationship with Him! Get ready to open your heart and mind to more love, a greater knowledge of His Gospel, and a heightened sense of awareness of who you are.

“As we seek our Heavenly Father through fervent, sincere prayer and earnest, dedicated scripture study, our testimonies will become strong and deeply rooted. We will know of God's love for us, we will understand that we do not ever walk alone.” - Thomas Monson

What you'll need:

1. **Prayer spot:** Find a place that will become your special prayer spot. It can be as simple as a designated chair, the bedside, a closet or a peaceful area in the backyard. It doesn't really matter where, just that this is the same place you pray every day. If you're like most of us, you may need a reminder to pray for the first little while! It's okay if this is you! ;) Own it and use some fun reminders like a big “prayer rock” under your pillow, or a pillow that says “pray” on it. Make it fun!
2. **Consistent time:** Every day do this at the same time. The best time is early morning when your body is refreshed and your mind is clear and **most importantly** nobody is awake to ask for your time! As a Mom, this could be a challenge, but carve out the time! It's SO worth it! In Matthew 6:6 we are promised, “But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret will reward thee openly.”

3. **Scriptures:** You may already have a copy of the scriptures but if you don't, you can get them for free online. Here are a some options: [Gospel library App](#), [scriptures](#), [Bible Study Tool](#), [list of Bibles](#). If you want to take this a step further—highlight and flag/tag or even color code scriptures as you go. There are so many ways to do this! A quick pinterest or google search will point you in the right direction.
4. **Journal:** It's so important to record the thoughts and feelings that come up during prayer and scripture study. This is also a great place to keep track of the questions and answers you receive and also the blessing that God sends. Over the course of a month, you'll begin to see just how much you're learning and how much the Lord is blessing you!

Never Prayed Before?

There's no hard and fast rules about how to pray the "right" way. In fact, the best prayers are the ones that come straight from the heart. In case you're unsure how to begin, here are some simple steps to get you started from a Christian perspective.

*Begin by saying "Dear Heavenly Father..." Thank Him for blessings he sends. Humbly ask Him for things that you need. Close "In the name of Jesus Christ, Amen."

BONUS!:

Want to make prayer even MORE meaningful? Pray with a pen! Often we receive inspiration, information, or ideas while we pray. Grab a pen and your journal and write them down! You'll be amazed at how this deepens your understanding of what God is telling you and how He would guide you.

The fact you are even reading this is telling you something. ;) It takes a strong and sincere desire for this to truly make an impact on your life. It may even take 3-4 months of consistently doing it for you to love it and see the difference. Getting started is the trick and we hope this challenge is the catalyst for a richer spiritual life! Can't wait to hear how this is working in your life!

