

MAY PRAYER CHALLENGE

FRIDAY

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

3 Pray at the beach or park

4 Read Philippians 4:13

5 Write to God about something bothering you

6 Pray for people who are sick

7 Go outside and be thankful for God's creation

1 Read Psalm 23:4

2 Pray the Rosary

10 Pray for your mother

11 Read John 3:16

12 Pray by candlelight

13 Pray while taking a walk

14 Pray the Lord's Prayer

15 Pray while watching the sunset

16 Pray to a saint you admire

17 Write a poem about your favorite bible story

18 Read Jeremiah 29:11

19 Listen to music while you pray

20 Pray while colouring or drawing

21 Pray while cooking or baking

22 Sing your favorite song to God

23 Pray the Hail Mary

24 Pray while watching the sunrise

25 Read Psalm 23:1

26 Pray for someone you know

27 Pray for peace

28 Pray under the stars

29 Pray in a vehicle

30 Talk to God about things you are sad about

31 Pray for 5 people you are grateful for

Notes:

