

Hopewell M.B. Church  
400 E. Main Street  
Carbondale, IL  
Christopher E. Swims, Senior Pastor

21  
*Focus*

DAY  
*challenge*

*Life, Family & Ministry*

**#YearOfFocus**



**PASTOR**  
*Christopher E. Swims*



JOIN US WEEKLY FOR THE

# PRAYER CALL

**EVERY MONDAY**

**@ 7:00AM CST**

**VIA CONFERENCE CALL or FACEBOOK LIVE**  
**(605)-313-4818 Access Code: 534575#**

**@hopewellmb**

**It's not about HAVING time.  
It's about MAKING time.**

# WELCOME

For the next 21 days your challenge is to connect with God for 15 minutes or more.

Each day you should spend at least:

- **5 minutes reading:** the scriptures listed for each day (feel free to read the entire chapter)
- **5 minutes writing:** in this journal using the space provided or a journal of your own
- **5 minutes praying:** Create a list of the things you desire God to do in your life, your family member's life and your friend's life. Use this list during your prayer time.

For an even greater effect, invite your family and friends to participate in this challenge with you. To hold each other accountable, check in with each other when you've completed your daily challenge. Celebrate and congratulate each other when your prayers are answered. Keep the faith that something **BIG** is going to happen! If you miss a day (*you're human and life happens*) don't trip, start fresh the next day. No one is expecting you to be perfect. Everyone is striving for consistency. The end goal is that you will create a habit and continue to spend time with God throughout the year. Are you up for the challenge???

# WHAT TO PRAY ABOUT?

Five minutes can seem like a very long time when you're watching the clock waiting for each second to pass. Praying does not have to be complicated. Give God permission to invade your personal affairs. Have a conversation with God and tell him the areas where you need His help. It may seem a little awkward at first, but **KEEP GOING**. If you get distracted, **DON'T FREAK OUT**, stop and start over. Remember, the goal isn't perfection, but consistency. You're developing a new habit so it'll take some time to form it.

Here are few idea to help you get started

## **Say Thank You:**

Think about how God brought you through 2019 into 2020. Think about His daily protection and provision for you.

## **Give Acknowledgement :**

God is awesome!!! If weather permits, take a walk and admire His creations. He's shown His splendor through the trees, sun and moon. You'll be amazed at the craftsmanship of God.

## **Ask for Help:**

Are there areas in your life that are too hard for you to handle? If so, that's a good place to invite God to lead you. He will either work it out for you or work through you. Just remember, help is available if you ask.

### **Be Honest:**

A relationship will grow when there is honesty involved. The same applies with our relationship with God. If you're hurt, disappointed, angry or confused tell God. He's good at revealing Himself through disappointment and drawing us closer to Him. He knows the truth, we need to be honest with ourselves in his presence.

### **Pray for Others:**

Spend time praying for family members, friends and even your enemies. Take time and think about areas that you know they need God's help. If you know scriptures that are promises from God in relation to the prayer requests be sure to include those in your prayer.

# WHAT TO WRITE ABOUT?

## WHAT TO WRITE ABOUT?

Writing isn't the same for everyone. For one, it may be writing a page and for another bullet points. Find what works for you. Your prayer could simply be writing a letter to God about what's on your heart. The point is to spend time thinking and capture what's on your mind through writing. Here are a few suggestions to get you started.

### **Write About the Scripture you Read:**

- What caught your attention while reading?
- Was there something from the scripture that you wrestled with?
- What questions did you have?
- How did the scripture challenge you?

### **Write About God:**

- What did you notice about God in the scriptures?
- How do you desire to connect with God more through year?
- What hinders you from connecting with God consistently?

### **Write About You?**

- What's on your mind at the moment (good or bad)?
- What's making you anxious or nervous?
- What's an area you're currently struggling in?
- How do you desire God to change?



**CORPORATE  
PRAYER  
SUNDAYS @ 7AM**

**Martin Luther once said "To be a Christian without prayer is no more possible than to be alive without breathing." Take one step further in challenging yourself and join Pastor Swims on Sunday mornings at 7am for corporate prayer.**















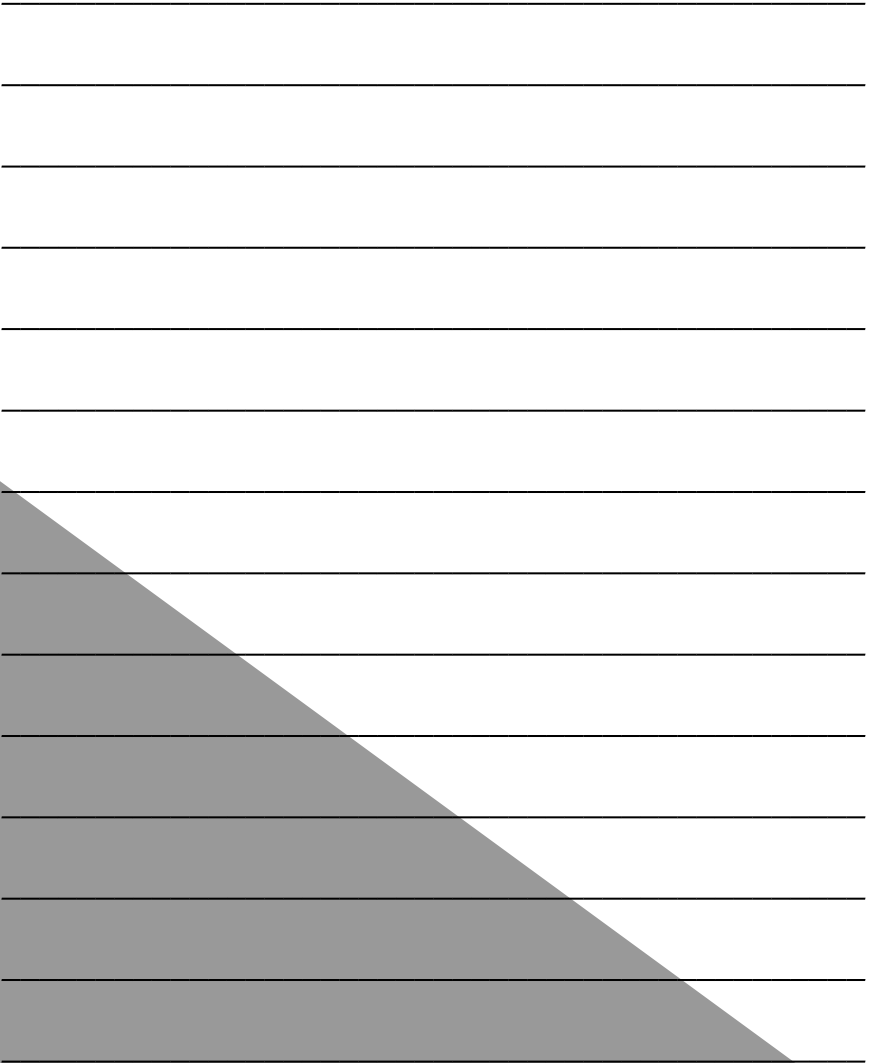




# DAY 9

## Colossians 3:18-21

***If we consider these verses as the “golden rule” of family roles what do you need God to help you to do more or less of as it pertains to being a husband, wife, child, or parent?***



A series of horizontal lines for writing, with a gray diagonal shape on the left side.























# DAY 19

## 1 Thessalonians 5:12-19

*This passage gives us so many things to pray for, including everyone from leaders in the church to lazy helpers. Where do you think you fall short in those categories? What is your prayer for this today?*

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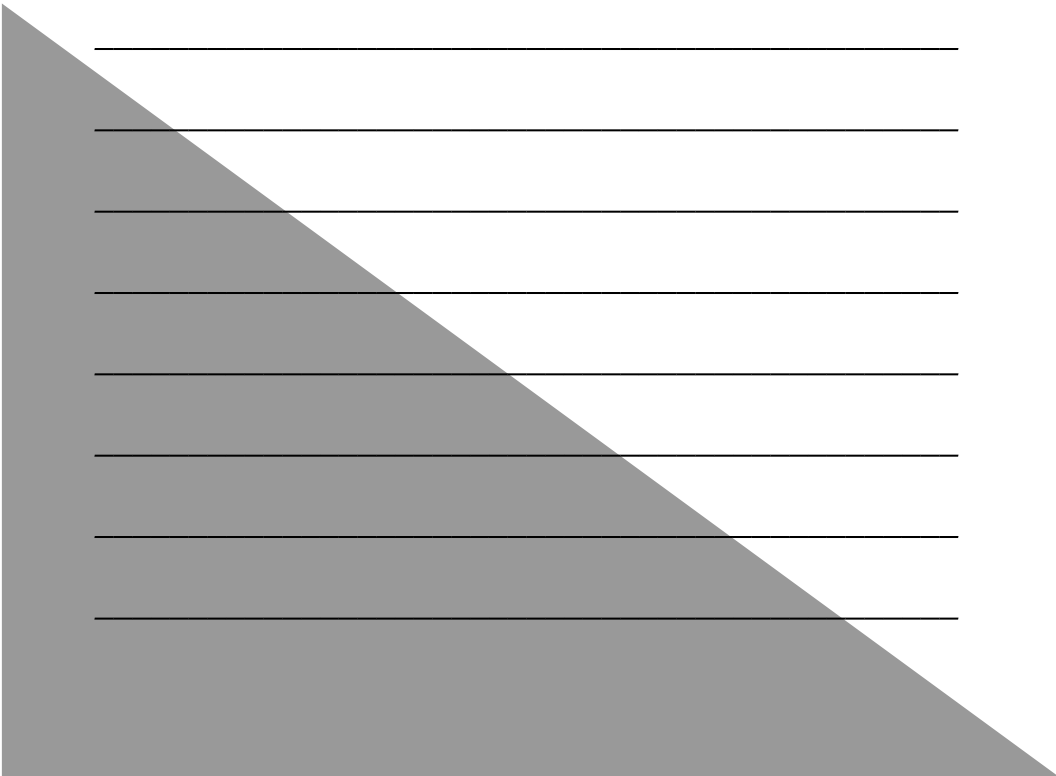
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# **The 21 Day Focus Challenge is over; now what?**

Don't stop just because the challenge is over. We encourage you to purchase a notebook/journal and continue setting aside time everyday to read, write and pray. If you don't know what to read there are devotionals available online and or in bookstores. You can even find the Daily Bread devotional at the welcome desk as you enter Hopewell, while supplies last.



*Morning Worship Service  
Sunday @ 10am*

*400 E. Main Street  
Carbondale, IL  
62901*

@hopewellmb

**#THEHOPEWELLEXPERIENCE**