



A New Day Church

The 7-Day Seek First Challenge

Theme Verse: “But seek first the Kingdom of God and His righteousness, and all these things will be added to you.” — Matthew 6:33

Join us for a powerful one-week journey to strengthen your prayer life and grow closer to God. Each day includes a scripture, a prayer focus, and an action step to help you apply what you learn.

Day 1 – Seek First

Scripture: Matthew 6:33

Prayer Focus: Ask God to help you realign your priorities.

Action: Spend your first 10 minutes of the day in prayer and Bible reading before doing anything else.

Day 2 – Pray for Others

Scripture: 1 Timothy 2:1–2

Prayer Focus: Pray for family, friends, and leaders.

Action: Send a message or call someone you prayed for and encourage them.

Day 3 – Pray with Faith

Scripture: Mark 11:24

Prayer Focus: Believe that God hears and answers your prayers.

Action: Write down three prayer requests—and leave space to record answers this week.

Day 4 – Pray Without Ceasing

Scripture: 1 Thessalonians 5:16–18

Prayer Focus: Cultivate gratitude throughout your day.

Action: Set a timer three times today to pause and thank God for something.

Day 5 – Pray for Forgiveness and Healing

Scripture: James 5:16

Prayer Focus: Confess where you need grace and pray for someone's healing.

Action: Reach out to someone who's hurting and offer to pray with them.

Day 6 – Pray for the World

Scripture: 2 Chronicles 7:14

Prayer Focus: Intercede for your city, nation, and the world.

Action: Write down a world issue (like poverty, war, or division) and pray for it intentionally.

Day 7 – Rejoice and Rest

Scripture: Philippians 4:6–7

Prayer Focus: Thank God for all He's done this week.

Action: Journal how your prayer life has grown and share a testimony with someone.

Congratulations! You've completed the 7-Day Seek First Challenge. Continue to make prayer and Scripture reading a daily habit. Remember—when you seek God first, everything else falls into place.