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40 DAY PRAYER CHALLENGE
STUDY JOURNAL





Welcome to the Prayer Challenge

A Sacred Journey Into God's Word, God's Voice & Your Kingdom Calling

Sister, welcome.

You are stepping into holy ground—a Spirit-led journey designed to draw you deeper into God's presence, anchor your heart in truth, and strengthen you as a woman of intercession and purpose.

This year, we will dig deep spiritually as we study verse by verse through Psalm 37, one of the most powerful prayer passages for learning to trust God in your calling, release anxiety, and walk in peace and spiritual maturity.

Psalm 37 is not just read—it is lived, prayed, and absorbed. Inside these pages, God will meet you, steady you, and speak to you.

✠ *A Deeper Walk With God*

This study invites you beyond surface-level prayer and into the place where God forms, heals, and directs you.

✠ *Harness the Power of the Word*

God's Word is alive and active. Each day helps you pray Scripture, meditate on it, and apply it to your season.

† *Express Your Deepest Needs*

Use this journal to pour out your soul—your needs, questions, and hopes—and to pray with intention and honesty.

✠ *Grow as an Intercessor*

Psalm 37 trains your spirit in discernment, patience, and spiritual authority. As you journey, God will strengthen your intercession for yourself and others.

You are here on purpose.

The Holy Spirit led you because God has something to reveal, heal, and awaken in you.

Let the journey begin.



† HOW TO PREPARE YOUR HEART FOR THE 40-DAY CHALLENGE

Before you begin this journey through Psalm 37, I want to help you prepare spiritually in a way that positions you to receive, hear, and experience God at a deeper level. In The Purple Life, I teach a simple yet life-changing spiritual preparation rhythm:

Forgive, Fast, and Give.

These three biblical actions clear spiritual clutter, open your heart, and align your spirit with Heaven. They will position you to hear God's voice clearly throughout this challenge.

1. FORGIVE – Clear the Spiritual Pathway

Forgiveness is not about excusing what someone did. It is about releasing the spiritual weight that keeps you from hearing God fully.

Before you begin Day 1, take time to:

- Ask the Holy Spirit to reveal anyone you need to forgive
- Release resentment, disappointment, or bitterness
- Forgive yourself where needed
- Let God lift the burden you were not meant to carry

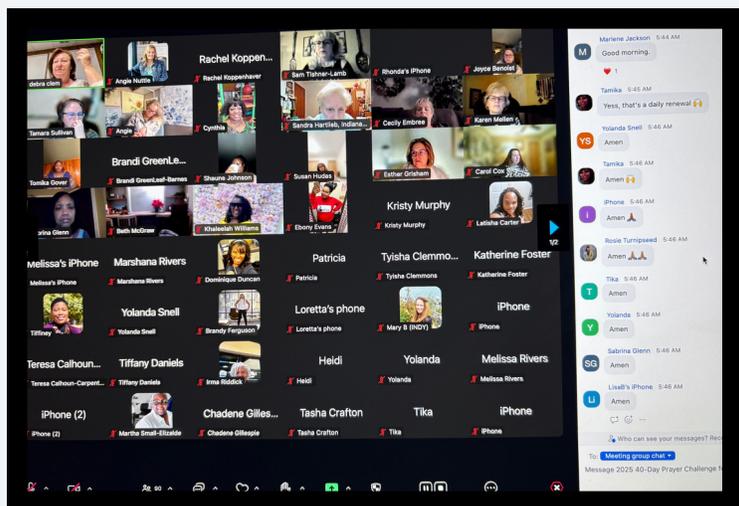
Unforgiveness blocks clarity.

Forgiveness unlocks hearing.

Psalm 37 begins with an invitation to stop fretting—and forgiveness is often the first step toward supernatural peace.



How to Prepare for the 40 Day Prayer Challenge





How to Prepare for the 40 Day Prayer Challenge

† HOW TO PREPARE YOUR HEART FOR THE 40-DAY CHALLENGE

✠ 2. FAST — Remove the Noise So You Can Hear God

A fast doesn't have to be food-related (though it can be).

In The Purple Life, you teach women to fast from anything that pulls focus or drains spiritual energy.

Consider fasting from:

- Social media scrolling
- Negative self-talk
- Unhealthy emotional attachments
- Television or entertainment
- Unnecessary noise
- Sweets or comfort foods
- Overwork or busyness

Your fast should create space for God's voice to become louder.

Psalm 37 is full of instructions like "trust," "commit," "rest," and "wait."

Fast whatever competes with those things.

✠ 3. GIVE — Activate God's Kingdom Economy

**"Give, and it will be given to you...
pressed down, shaken together, and running over."
— Luke 6:38**

Giving is not about money.

It is about activating a Kingdom principle:

When you release, God releases.

When you pour out, God pours in.

During this challenge, consider giving:

- Your time
- Your encouragement
- Your prayers
- A listening ear
- Kindness
- A meal
- A donation where God prompts
- A scripture to someone who needs it

Giving cultivates a heart posture that says:

"God, I trust You to multiply whatever I release."

Each day of this challenge is an invitation to meet with God through worship, prayer, Scripture, and the movement of the Holy Spirit. Psalm 37 guides us, but God directs each moment.

Here's what you can expect:

✠ 1. We Begin With Worship & Prayer.

We open with a worship song and a short prayer to quiet our hearts and invite the Holy Spirit to lead. This sets the spiritual tone and prepares us to receive.

✠ 2. We Let God Teach Through Scripture.

We don't force a rigid structure.

Some days the focus is on the Psalm 37 verse of the day; other days God brings us into supporting scriptures, deeper themes, or personal application.

God is the Teacher—Scripture is the guide.

✠ 3. Sharing, Reflection & Prayer Breakouts.

This challenge is interactive and communal. Women may share insight, testimony, or encouragement. At times, we move into prayer breakouts or intercession as the Spirit leads. These moments bring powerful connection and breakthrough.

✠ 4. Spirit-Led Flow, Not Formula.

Every session is surrendered to the Holy Spirit.

We follow His leading—whether that's extended prayer, teaching, silence, or scripture study. This flexibility is what makes the challenge so transformational.

✠ 5. Daily Preparation: Your Part.

For deeper impact, come prepared by:

1. Reading the verse for the day
2. Meditating on how it applies to your life
3. Asking God what He wants to reveal
4. Coming open, expectant, and ready to engage

Every day is an opportunity for God to bring revelation, healing, and spiritual alignment.

Come open. Come expectant.

Come surrendered.



What To
Expect
Each
Day





DAY 1

Refocus Your Faith

“Do not fret because of those who are evil or be envious of those who do wrong.” Psalm 37:1

Additional Scriptures:

Devotional Summary: God begins with peace- AND refocused faith. The first battle He addresses is the internal agitation we feel when we see injustice or mistreatment. “Do not fret” means: Do not let evil disturb your spirit. God is reminding you that He sees what you cannot fix, and He handles what you cannot carry.

Journal Prompts:

1. What has recently disturbed my peace?
2. Where have I focused too much on the enemy?
3. What am I releasing to God today?

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Large empty rounded rectangular box for journaling.



DAY 2

Remember: The Wicked Will Not Last

“For they will soon fade like the grass and wither like the green herb.” Psalm 37:2

Devotional Summary: God reminds you that evildoers, manipulators, and dishonorable influences are temporary. Their power fades quickly. You are free to stop fearing what will not remain.

Journal Prompts:

1. What trouble have I been giving too much attention to?
2. What fear is God asking me to release?
3. How does remembering eternity change my outlook?

Additional Scriptures:

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Large empty rounded rectangular box for journaling.



DAY 3

Trust God When Nothing Makes Sense

“Trust in the LORD, and do good; dwell in the land and befriend faithfulness.” Psalm 37:3

Devotional Summary: God invites you to trust Him and keep doing good, even when circumstances feel heavy. Faithfulness brings stability and peace.

Journal Prompts:

1. What is God asking me to trust Him with today?
2. Where can I “keep doing good” even while waiting?
3. How has God proven His faithfulness before?

Additional Scriptures:



DAY 4

Delight Yourself in God

“Delight yourself in the LORD, and He will give you the desires of your heart.” Psalm 37:4

Devotional Summary: As you align your joy with God’s presence, He reshapes your desires into what is truly life-giving. He trades heaviness for Joy!

Journal Prompts:

1. What currently captures my affection more than God?
2. How can I re-center my joy today?
3. What desire is God forming in me?

Additional Scriptures:



DAY 5

Commit Your Way to God

“Commit your way to the LORD; trust in Him, and He will act.” Psalm 37:5

Devotional Summary: When you surrender your plans to God, He moves on your behalf with clarity and purpose. He simply wants you to be true and committed to Him alone.

Journal Prompts:

1. What plans or pathways do I need to surrender?
2. Where is God asking me to trust His lead?
3. How can I practice commitment today?

Additional Scriptures:



DAY 6

Rest and Trust God to Reveal Truth

“He will bring forth your righteousness as the light, and your justice as the noonday.” Psalm 37:6

Devotional Summary: You do not have to vindicate yourself. God will bring truth into the light at the right time. It will be glorious!

Journal Prompts:

1. Where am I striving instead of resting?
2. What truth do I need to trust God to reveal?
3. How can I cultivate peace today?

Additional Scriptures:

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Large empty rounded rectangular box for journaling.



DAY 7

Be Still Before the Lord

“Be still before the LORD and wait patiently for Him; fret not yourself over the one who prospers in his way.”

Psalm 37:7

Devotional Summary: This is a call to stop reacting to the enemy and settle your spirit in God’s presence. Trade worry and fear for the throneroom of God.

Journal Prompts:

1. What situation is stirring anxiety within me?
2. What does being “still” look like today?
3. Where am I tempted to compare or fret?

Additional Scriptures:



DAY 8

Let It Go!

“Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil.” Psalm 37:8

Devotional Summary: Anger and frustration block clarity. God invites you to let go and choose peace instead. It’s a matter of life and death.

Journal Prompts:

1. What anger do I need to release to God?
2. How is anger affecting my heart or decisions?
3. What peace is God offering me today?

Additional Scriptures:

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Large empty rounded rectangular box for journaling.



DAY 9

There's Growth in the Waiting

"For the evildoers shall be cut off, but those who wait for the LORD shall inherit the land." Psalm 37:9

Devotional Summary: God honors those who wait on Him. His promise for your victory is secure—even if it feels delayed.

Journal Prompts:

1. Where do I need greater patience?
2. What land (promise) am I waiting to inherit?
3. Where am I struggling to wait on God?

Additional Scriptures:



DAY 10

Wait for it—The Wicked will Flee

“In just a little while, the wicked will be no more; though you look carefully at his place, he will not be there.”

Psalm 37:10

Devotional Summary: The things that intimidate you today will not last. God removes what harms His daughters.

Journal Prompts:

1. What temporary trouble has felt overwhelming?
2. Where do I see God removing harmful influences?
3. What does “in just a little while” mean to me?

Additional Scriptures:



DAY 11

Humility Leads to Peace

“But the meek shall inherit the land and delight themselves in abundant peace.” Psalm 37:11

Devotional Summary: Meekness is not weakness—it’s strength under God’s control. Peace follows surrender.

Journal Prompts:

1. What area needs more surrender?
2. Where do I long for God's peace?
3. What inheritance am I believing God for?

Additional Scriptures:

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DAY 12

Yes, You Have An Enemy

“The wicked plots against the righteous and gnashes his teeth at him.” Psalm 37:12

Devotional Summary: You do not need to fear schemes or manipulation—God sees every plot and plan—and He wants you to be sober and vigilant where the enemy is concerned.

Journal Prompts:

1. What opposition have I faced recently?
2. How is God shielding me?
3. What anxiety do I need to release?

Additional Scriptures:



DAY 13

God Has the Last Laugh

“But the Lord laughs at the wicked, for He sees that his day is coming.” Psalm 37:13

Devotional Summary: God is not intimidated by evil—He knows the end. You can rest in His superior power. Be assured that God has already gone ahead of you in the fight.

Journal Prompts:

1. Where have I been taking the enemy too seriously?
2. What truth replaces fear in me?
3. How is God reassuring me today?

Additional Scriptures:



DAY 14

The Enemy's Weapons Will Fail

"The wicked draw the sword and bend their bows to bring down the poor and needy." Psalm 37:14

Devotional Summary: You will face a battle-guaranteed. But when the enemy raises weapons, God ensures they will not prosper.

Journal Prompts:

1. What attack or pressure am I facing?
2. Where do I feel vulnerable?
3. What does God say about this situation?

Additional Scriptures:



DAY 15

God Breaks the Enemy's Power

"Their sword shall enter their own heart, and their bows shall be broken." Psalm 37:15

Devotional Summary: The enemy falls by his own design—God turns every destructive plan back around.

Journal Prompts:

1. When has God protected me from unseen danger?
2. What trap did I avoid through His grace?
3. Where do I need to stop fighting in my own strength?

Additional Scriptures:



DAY 16

Little With God Is Much

“Better is the little that the righteous has than the abundance of many wicked.” Psalm 37:16

Devotional Summary: God’s presence outweighs earthly abundance. Your “little” is enough in His hands.

Journal Prompts:

1. Where do I feel like I don’t have enough?
2. How has God used my “little” before?
3. What spiritual wealth do I possess?

Additional Scriptures:

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DAY 17

God Upholds You With Strength

“For the arms of the wicked shall be broken, but the LORD upholds the righteous.” Psalm 37:17

Devotional Summary: Wickedness collapses, but God sustains those who belong to Him. Remember, you are operating in HIS righteousness, not your own.

Journal Prompts:

1. Where do I need strength today?
2. When has God upheld me in weakness?
3. What am I trusting Him to support?

Additional Scriptures:

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DAY 18

God Secures Your Future

“The LORD knows the days of the blameless, and their heritage will remain forever.” Psalm 37:18

Devotional Summary: Your life is not random—God knows every step and preserves your eternal heritage. The Blood of Jesus is your promised exemption from blame and guilt.

Journal Prompts:

1. What fear do I have about the future?
2. What heritage am I building?
3. How has God shown He knows my days?

Additional Scriptures:

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DAY 19

God Provides in Hard Seasons

“They are not put to shame in evil times; in the days of famine they have abundance.” Psalm 37:19

Devotional Summary: God’s daughters thrive even in famine; Though you will not avoid hard times, His provision is supernatural, intimate, and fully present.

Journal Prompts:

1. Where do I fear lack?
2. How has God provided in unexpected ways?
3. What abundance do I already see?

Additional Scriptures:



DAY 20

The Enemy's Ways Cannot Last

"The wicked will perish... they vanish—like smoke they vanish away." Psalm 37:20

Additional Scriptures:

Devotional Summary: Wickedness is a temporary mirage that destroys itself. You can anchor your heart in what lasts forever.

Journal Prompts:

1. What temporary things distract me from God?
2. What truth keeps me grounded?
3. What needs to vanish from my life?

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DAY 21

Generosity Marks God's Daughters

"The wicked borrows but does not pay back, but the righteous is generous and gives." Psalm 37:21

Devotional Summary: Generosity opens spiritual doors and reflects the character of God. You can multiply God's blessing by the fruit of generosity!

Journal Prompts:

1. Where can I be generous?
2. What blessing has generosity brought me?
3. What does "open-handed living" look like?

Additional Scriptures:



DAY 22

God Blesses and Establishes Your Path

“Those blessed by the LORD shall inherit the land, but those cursed by Him shall be cut off.” Psalm 37:22

Devotional Summary: Your inheritance comes from God’s blessing, not human effort. Stay hidden in Christ Jesus and watch the enemy flee.

Journal Prompts:

1. Where do I feel God’s blessing?
2. What land (promise) am I stepping into?
3. What direction do I need to trust Him with?

Additional Scriptures:

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Large empty rounded rectangular box for journaling.



DAY 23

God Establishes Your Steps

“The steps of a man are established by the LORD, when he delights in His way.” Psalm 37:23

Devotional Summary: Your path is not uncertain—God delights in guiding you. You were brought to this prayer challenge and it was no accident!

Journal Prompts:

1. How has God established my steps recently?
2. Where do I need to realign with His way?
3. What step of faith do I sense He’s calling me to take?

Additional Scriptures:

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Large empty rounded rectangular box for journaling.



DAY 24

You Will Not Be Cast Down

“Though he fall, he shall not be cast headlong, for the LORD upholds his hand.” Psalm 37:24

Devotional Summary: Even when you stumble, God holds your hand. Falling is not failure—it’s formation. God won’t let you fall too far.

Journal Prompts:

1. Where have I felt like I “fell”?
2. What did God teach me through it?
3. Where is He lifting me up again?

Additional Scriptures:



DAY 25

God Has Never Forsaken You

“I have been young, and now am old, yet I have not seen the righteous forsaken.” Psalm 37:25

Devotional Summary: David’s testimony becomes your assurance—God has never and will never abandon His daughters. Ask for what you need today.

Journal Prompts:

1. Where have I seen God show up for me?
2. What promise am I clinging to?
3. What area needs more trust?

Additional Scriptures:

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DAY 26

Legacy Through Generosity

“He is ever lending generously, and his children become a blessing.” Psalm 37:26

Devotional Summary: Your generosity is sowing seeds that will bless generations. Ask God to help you realize the power of giving!

Journal Prompts:

1. What legacy am I creating?
2. Where is God calling me to bless others?
3. What blessing do I pray over my family?

Additional Scriptures:

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Large empty rounded rectangular box for journaling.



DAY 27

Turn From Evil, Choose Good

“Turn away from evil and do good; so shall you dwell forever.” Psalm 37:27

Devotional Summary: This is a call to holiness—to choose righteousness in every area of your life. Every moment invites a decision that will lead you on God’s path.

Journal Prompts:

1. What do I need to turn away from?
2. What goodness is God calling me into?
3. What does dwelling with God look like today?

Additional Scriptures:



DAY 28

God Loves Justice and Protects His Own

“For the Lord loves justice; He will not forsake His saints.” Psalm 37:28

Devotional Summary: You are never unprotected—God defends those who walk with Him. Let Him do it HIS WAY!

Journal Prompts:

1. Where do I need God’s justice?
2. How has He defended me before?
3. Where do I feel His protection?

Additional Scriptures:



DAY 29

Your Inheritance Is Secure

“The righteous shall inherit the land and dwell upon it forever.” Psalm 37:29

Devotional Summary: God’s provision for you is eternal, unshakeable, and cannot be stolen. This is said over and over in Psalm 37. Do you finally get the God Memo?

Journal Prompts:

1. What promise am I standing on?
2. What land is God asking me to claim?
3. What insecurity do I need to release?

Additional Scriptures:

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Large empty rounded rectangular box for journaling.



DAY 30

Speak Wisdom and Truth

“The mouth of the righteous utters wisdom, and his tongue speaks justice.” Psalm 37:30

Devotional Summary: Your words have power and influence —God is shaping your speech. Don’t give the enemy power by speaking “worldly truth”.

Journal Prompts:

1. Where do I need to speak wisdom today?
2. What truth must I release?
3. What conversation needs my God-given voice?

Additional Scriptures:

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Large empty rounded rectangular box for journaling.



DAY 31

Scripture Anchors Your Steps

“The law of his God is in his heart; his steps do not slip.”

Psalms 37:31

Devotional Summary: When God’s Word is rooted within you, you become a force to be reckoned with. The Lord will guide you in all decisions if you let Him.

Journal Prompts:

1. What verse is anchoring me?
2. How is God writing His law on my heart?
3. What area of my life needs more grounding in Scripture?

Additional Scriptures:

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DAY 32

God Sees the Enemy's Intentions

"The wicked watches for the righteous and seeks to put him to death." Psalm 37:32

Devotional Summary: Even when others watch or wait for you to fail, God is your shield and sword. Ask Him how you should respond, or if you should ignore.

Journal Prompts:

1. Where do I feel watched or judged?
2. How is God shielding me?
3. What fear do I need to release?

Additional Scriptures:

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Large empty rounded rectangular box for journaling.



DAY 33

God Will Not Abandon You to the Enemy

*“The LORD will not abandon him to his power.” Psalm
37:33*

Devotional Summary: What an incredible and reassuring promise! No accusation, no manipulation, and no attack can overpower God’s protection.

Journal Prompts:

1. What lie or accusation have I battled?
2. How has God defended me?
3. What truth do I need to declare?

Additional Scriptures:



DAY 34

Patience Prepares You for Promotion

“Wait for the LORD and keep His way, and He will exalt you.” Psalm 37:34

Devotional Summary: Waiting on God positions you for honor, purpose, and elevation. Be prepared to be lifted up above your enemies and challenges.

Journal Prompts:

1. Where am I waiting on God?
2. What obedience is He asking of me?
3. What promise am I trusting Him to fulfill?

Additional Scriptures:

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Large empty rounded rectangular box for journaling.



DAY 35

Don't Envy Temporary Success

"I have seen a wicked, ruthless man, spreading himself like a green laurel tree." Psalm 37:35

Devotional Summary: The wicked may flourish for a moment, but their success is rootless. It's called a mirage.

Journal Prompts:

1. What have I envied lately?
2. What does false success look like to me?
3. What lasting fruit is God growing in me?

Additional Scriptures:

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Large blank space for journaling.



DAY 36

What Isn't Rooted in God Will Fade

"But he passed away, and behold, he was no more."

Psalm 37:36

Devotional Summary: Anything not built on God's Truth will eventually fade—and that's His protection at work. Be in awe of how God removes your obstacles when you trust Him.

Journal Prompts:

1. What has God removed for my good?
2. Where is He clearing space for new things?
3. What foundation is He strengthening?

Additional Scriptures:

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Large empty rounded rectangular box for journaling.



DAY 37

A Peace-Filled Future Awaits You

“Mark the blameless and behold the upright, for there is a future for the man of peace.” Psalm 37:37

Devotional Summary: Your integrity is shaping a peaceful future. God honors who you are becoming as you allow Him to shape you. You have a bright future, Sister!

Journal Prompts:

1. What character is God building in me?
2. What peace am I pursuing?
3. Where do I see growth in myself?

Additional Scriptures:



DAY 38

Wickedness Has No Future

“But transgressors shall be altogether destroyed; the future of the wicked shall be cut off.” Psalm 37:38

Devotional Summary: God ends what harms His daughters. This is reassurance, not fear. Just ask Abigail in 1 Samuel 25.

Journal Prompts:

1. What harmful influence do I need to avoid?
2. Where is God calling me to stand firm?
3. What truth protects my heart?

Additional Scriptures:



DAY 39

God Is Your Rescue and Strength

“The salvation of the righteous is from the LORD; He is their stronghold in the time of trouble.” Psalm 37:39

Devotional Summary: You are never alone—God Himself fights for you and shelters you. This is the one time when a stronghold is actually a good thing!

Journal Prompts:

1. Where do I need rescue or strength?
2. How has God carried me through trouble?
3. What stronghold do I need Him to be today?

Additional Scriptures:

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Large empty rounded rectangular box for journaling.



DAY 40

God Delivers and Rescues His Daughters

“The LORD helps them and delivers them... because they take refuge in Him.” Psalm 37:40

Devotional Summary: Your story ends in victory because God is your refuge. Trust brings deliverance. Deliverance brings peace.

Journal Prompts:

1. What deliverance am I thanking God for?
2. Where is He rescuing me now?
3. What new level of trust am I stepping into?

Additional Scriptures:

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A
Sisterhood
is waiting
for you...

This journey has been a time of transformation, growth, and deepening your relationship with God. But this is just the beginning! Prayer is not just a season; it is a lifestyle—a daily walk with God that continues to bring strength, clarity, and breakthrough.

As you continue this journey, we invite you to become part of a nationwide sisterhood of Christian women who are growing in faith, purpose, and business for the Kingdom.

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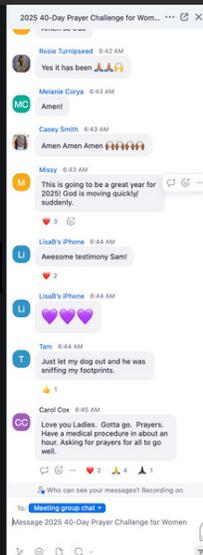
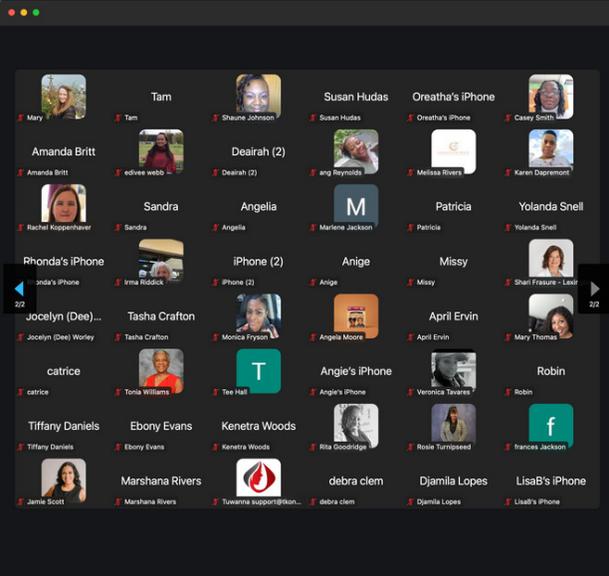
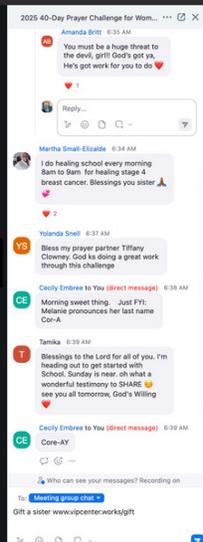
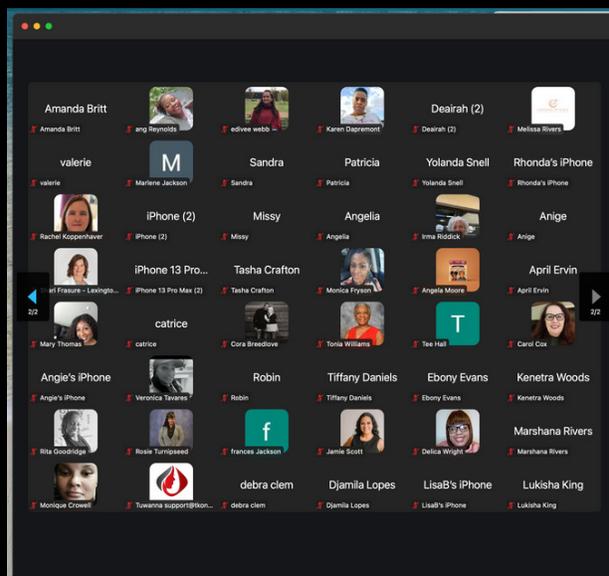
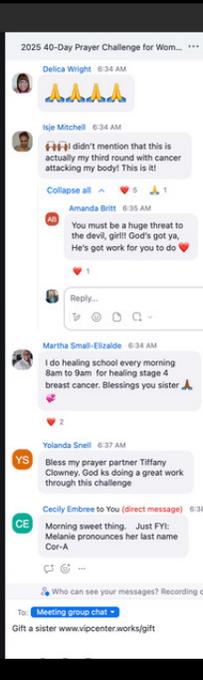
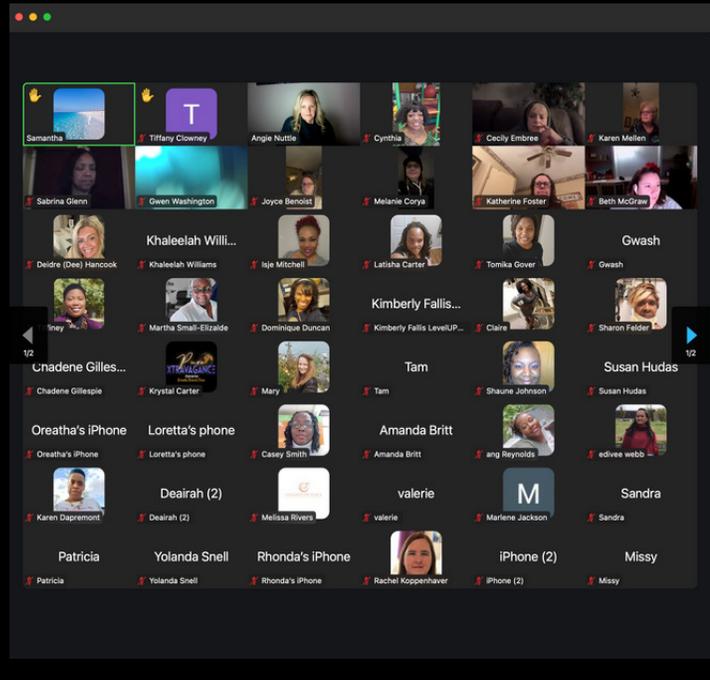
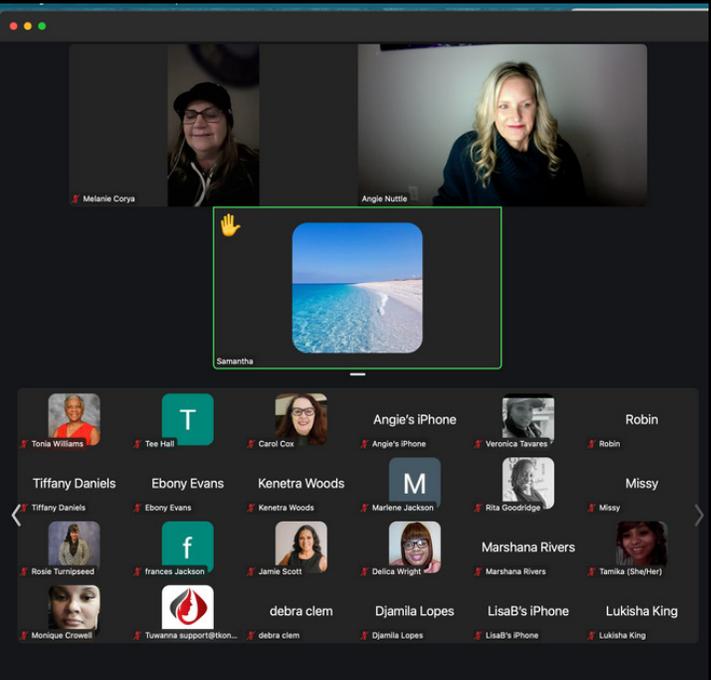
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Blessing and Favor to Every Woman Who Participated!

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