



# PRAYING, PRAISING & PLANKING CHALLENGE



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	<b>13-FAMILY</b> (5) <u>20 SECOND PLANKS</u> DO 5, 20 SECOND PLANKS W/10 SECOND REST BETWEEN EACH PLANK	<b>14-FRIENDS</b> (5) <u>20 SECOND PLANKS</u> DO 5, 20 SECOND PLANKS W/10 SECOND REST BETWEEN EACH PLANK	<b>15-CHURCH</b> (5) <u>20 SECOND PLANKS</u> DO 5, 20 SECOND PLANKS W/10 SECOND REST BETWEEN EACH PLANK	<b>16-THE LOST</b> (5) <u>20 SECOND PLANKS</u> DO 5, 20 SECOND PLANKS W/10 SECOND REST BETWEEN EACH PLANK
<b>17-NATION</b> (5) <u>20 SECOND PLANKS</u> DO 5, 20 SECOND PLANKS W/10 SECOND REST BETWEEN EACH PLANK	<b>18-FAMILY</b> (5) <u>30 SECOND PLANKS</u> DO 5, 30 SECOND PLANKS W/10 SECOND REST BETWEEN EACH PLANK	<b>19-FRIENDS</b> (5) <u>30 SECOND PLANKS</u> DO 5, 30 SECOND PLANKS W/10 SECOND REST BETWEEN EACH PLANK	<b>20-CHURCH</b> (5) <u>30 SECOND PLANKS</u> DO 5, 30 SECOND PLANKS W/10 SECOND REST BETWEEN EACH PLANK	<b>21-THE LOST</b> (5) <u>30 SECOND PLANKS</u> DO 5, 30 SECOND PLANKS W/10 SECOND REST BETWEEN EACH PLANK	<b>22-NATION</b> (5) <u>30 SECOND PLANKS</u> DO 5, 30 SECOND PLANKS W/10 SECOND REST BETWEEN EACH PLANK	<b>23-FAMILY</b> (5) <u>45 SECOND PLANKS</u> DO 5, 45 SECOND PLANKS W/10 SECOND REST BETWEEN EACH PLANK
<b>24-FRIENDS</b> (5) <u>45 SECOND PLANKS</u> DO 5, 45 SECOND PLANKS W/10 SECOND REST BETWEEN EACH PLANK	<b>25-CHURCH</b> (5) <u>45 SECOND PLANKS</u> DO 5, 45 SECOND PLANKS W/10 SECOND REST BETWEEN EACH PLANK	<b>26-THE LOST</b> (5) <u>45 SECOND PLANKS</u> DO 5, 45 SECOND PLANKS W/10 SECOND REST BETWEEN EACH PLANK	<b>27-NATION</b> (5) <u>45 SECOND PLANKS</u> DO 5, 45 SECOND PLANKS W/10 SECOND REST BETWEEN EACH PLANK	<b>28-FAMILY</b> (5) <u>60 SECOND PLANKS</u> DO 5, 60 SECOND PLANKS W/10 SECOND REST BETWEEN EACH PLANK	<b>29-FRIENDS</b> (5) <u>60 SECOND PLANKS</u> DO 5, 60 SECOND PLANKS W/10 SECOND REST BETWEEN EACH PLANK	<b>30-CHURCH</b> (5) <u>60 SECOND PLANKS</u> DO 5, 60 SECOND PLANKS W/10 SECOND REST BETWEEN EACH PLANK
<b>31-THE LOST</b> (5) <u>60 SECOND PLANKS</u> DO 5, 60 SECOND PLANKS W/10 SECOND REST BETWEEN EACH PLANK	<b>1-NATION</b> (5) <u>60 SECOND PLANKS</u> DO 5, 60 SECOND PLANKS W/10 SECOND REST BETWEEN EACH PLANK	<b>NOTE REGARDING PRAYER TIME:</b> Set a timer so you won't be distracted and, as you are planking and resting, pray for each of the subjects noted in the date boxes on your calendar. Then, on your last plank, use that time to praise the Lord for His gifts in those same subject areas. For example, on your starting date of December 13th, you would want to pray for family members during your first 4 planks and resting periods. Then, on your last plank, praise the Lord for things He has done for and through those family members. You would then do the same for friends, church, the lost, and the nation.				