



Your Pray **HER** Era

21-Day Prayer Lifestyle

She doesn't visit prayer. She lives there.

Gwynné Dionne

Welcome to Your Pray**HER** Era

Sis,

Welcome to **PrayHER Era** a 21-day journey designed to help you grow in prayer, deepen your relationship with God, and build a consistent lifestyle of intimacy with Him.

This challenge isn't about perfection; it's about presence. Over the next 21 days, you'll spend intentional time in Scripture, prayer, reflection, and action as you draw closer to God and strengthen your faith.

Whether you're rebuilding your prayer life, seeking consistency, or simply longing for more of God, this is your invitation to meet Him daily.

My prayer is that these 21 days ignite a deeper hunger for God, strengthen your confidence in prayer, and remind you that God desires a relationship with you more than a routine from you.

Come as you are. Show up daily. Trust God with the process.

Welcome to your **PrayHER Era**.

With love,

Gwynne Dionne

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Founder, NcourageHER

Draw near to God, and He will draw near to you. ~James 4:8

How to Use This Workbook

Welcome to your Pray**HER** Era journey! This workbook was designed to help you build a consistent prayer life and deepen your relationship with God over the next 21 days.

Each day, set aside intentional time to complete the following:

Read the Scripture

Begin by reading the daily scripture. Ask the Holy Spirit to give you understanding and reveal what God wants you to learn.

Pray Intentionally

Use the daily prayer focus as a guide, but don't be afraid to talk to God from your heart. Prayer is a conversation, not a performance.

Journal Honestly

Take time to reflect on the journal prompt. Write what you're learning, feeling, struggling with, or hearing from God.

Speak the Declaration

Read the daily declaration aloud. Allow God's truth to replace fear, doubt, and negative thinking.

Complete the Action Step

Each day includes a simple activation to help you apply what you're learning and strengthen your prayer life.

A Few Reminders:

- ✓ Consistency is more important than perfection.
- ✓ Give yourself grace if you miss a day just pick back up and keep going.
- ✓ Be honest with God and with yourself.
- ✓ Expect God to meet you during this journey.

Most importantly, enjoy the process. This isn't about checking off boxes it's about growing closer to God one day at a time.

Prayer is no longer an occasional practice. It's your lifestyle.

Welcome to your Pray**HER** Era. 💖

Challenge Overview

Welcome to Pray**HER** Era

PrayHER Era is a 21-day prayer lifestyle challenge designed to help you grow in prayer, deepen your relationship with God, and build consistency in your spiritual walk. Over the next three weeks, you'll move from simply praying when needed to developing a lifestyle of prayer and intimacy with God.

Week 1: Return to the Altar. Days 1–7

Focus on reconnecting with God and rebuilding consistency in prayer.

Focus Areas:

- Intimacy with God
- Daily prayer habits
- Surrender
- Spiritual renewal

Key Question:

What is keeping me from a deeper relationship with God?

Week 2: Pray With Power. Days 8–14

Learn to pray with confidence, faith, and authority.

Focus Areas:

- Praying Scripture
- Bold faith
- Spiritual authority
- Intercession

Key Question:

Am I praying from fear or faith?

Week 3: Live in Prayer. Days 15–21

Develop prayer as a daily lifestyle, not just a moment.

Focus Areas:

- Daily connection with God
- Hearing His voice
- Peace and gratitude
- Spiritual consistency
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Key Question:

How can I stay connected to God throughout my day?

Your Goal

By the end of these 21 days, my prayer is that you will grow closer to God, build confidence in prayer, and develop habits that keep you rooted in His presence.

This is more than a challenge it's your PrayHER** Era.**

Day 1: Come Back to Me

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YOU DON'T VISIT PRAYER ANYMORE. YOU LIVE THERE.

The Word: Jeremiah 24:7~ I will give them a heart to know me, that I am the Lord. They will be my people, and I will be their God, for they will return to me with all their heart.

The Focus: Returning to God with total, unfiltered honesty.

The Unpack: Where did my prayer life start to drift? Was it busyness, disappointment, distraction, or just a slow fade?

The Sound God, I am dropping the excuses and the guilt. I'm coming
(Declaration): back to You fully."

The Move Set a timer for 3 minutes. Sit in absolute silence with no agenda. Whenever
(Action): your mind starts to wander to your to-do list, gently pull it back by whispering the name of Jesus.

Day 2: God Still Hears Me

YOU DON'T VISIT PRAYER ANYMORE. YOU LIVE THERE.

The Word: 1 John 5:14 ~ This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.

The Focus: Rebuilding your confidence that your voice matters to God.

The Unpack: What makes me doubt that God is actually listening to me? Do I feel like my past, my inconsistency, or my lack of "perfect words" disqualifies my prayers?

The Sound (Declaration): My prayers are not hitting the ceiling. My Father hears me, loves me, and is leaning in.

The Move (Action): Pray out loud today, even if it's just for two minutes in your car or your closet. Let your own ears hear your voice talking to your Father. Break the awkwardness of the silence.

Day 3: Honest Prayers

YOU DON'T VISIT PRAYER ANYMORE. YOU LIVE THERE.

The Word: Psalm 62:8 ~ Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.

The Focus: Dropping the "proper" church language and being completely real with God.

The Unpack: What have I been holding back or trying to hide from God?
What am I actually angry, frustrated, tired, or anxious about right now?

The Sound I don't have to perform for God. I can be fully honest, and
(Declaration): He can handle my truth.

The Move Write an unfiltered, unedited "raw text" to God in your journal. Don't
(Action): worry about sounding holy just pour out exactly how you feel on the page.

Day 4: Back to the Secret Place

YOU DON'T VISIT PRAYER ANYMORE. YOU LIVE THERE.

The Word: Matthew 6:6 ~ But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

The Focus: Protecting and prioritizing private intimacy with God away from the noise.

The Unpack: What is the biggest digital or physical distraction that keeps me from being still? How can I intentionally build a boundary around my quiet time this week?

The Sound (Declaration): My connection to God is worth protecting. I prioritize the secret place over the public noise.

The Move (Action): Write aCreate a physical boundary today. Put your phone in another room or inside a drawer, close the door, and spend 10 uninterrupted minutes talking to God.

Day 5: God Wants Me Close

YOU DON'T VISIT PRAYER ANYMORE. YOU LIVE THERE.

The Word: James 4:8 ~ Come near to God and he will come near to you.

The Focus: Recognizing that God isn't tolerating your return He is actively desiring it.

The Unpack: Do I subconsciously feel like God is distant or annoyed with me when I haven't prayed in a while? Why do I project that onto Him?

The Sound (Declaration): God is not hiding from me. He desires closeness with me, and He is meeting me right here.

The Move (Action): Put on one specific worship song. Close your eyes, don't ask for anything, and just let the music play. Use those few minutes to simply receive His presence and rest.

Day 6: Surrender Again

YOU DON'T VISIT PRAYER ANYMORE. YOU LIVE THERE.

The Word: Romans 12:1 ~ Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God this is your true and proper worship."

The Focus: Letting go of control and releasing the weight of the outcomes.

The Unpack: What area of my life am I still trying to micro manage or fix in my own strength? (Career, relationship, kids, finances, timelines?)

The Sound (Declaration): I am not the manager of the universe. I surrender control and trust God's hands.

The Move (Action): Physically open your hands palms-up on your lap. Intentionally name that one heavy worry out loud, and picture yourself handing it over to God. Leave it there.

Day 1: God is Patient With Me

YOU DON'T VISIT PRAYER ANYMORE. YOU LIVE THERE.

The Word: Psalm 103:13-14 ~ As a father has compassion on his children, so the Lord has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust.

The Focus: Receiving grace for the process and breaking the spirit of perfectionism.

The Unpack: Where have I been too hard on myself spiritually? How can I replace the pressure to be "perfect" with the joy of just being consistent?

The Sound (Declaration): God is patient with my growth, and I am choosing to be patient with myself.

The Move (Action): No pressure prayer day. Reflect on making it through Week 1. Take a deep breath, thank God for keeping you, and just rest in His love today.

Week 1 Reflections

YOU DON'T VISIT PRAYER ANYMORE. YOU LIVE THERE.

What did God teach me?

Where did I grow spiritually?

What was difficult?

What changed in my prayer life?

Day 8: My Voice Matters in Prayer

YOU DON'T VISIT PRAYER ANYMORE. YOU LIVE THERE.

The Word: John 14:13 ~ And I will do whatever you ask in my name, so that the Father may be glorified in the Son.

The Focus: Walking in the authority given to you through Christ

The Unpack: Do I pray like I actually believe I'm heard, or do I pray with fingers crossed, hoping for the best? What changes if I realize my prayers hold weight?

The Sound (Declaration): My prayers are not weak wishes. They carry power because of the Name I stand on.

The Move (Action): Before you step into your day, pray boldly over it. Speak over your schedule, your meetings, and your interactions with absolute authority.

Day 9: Praying the Word

YOU DON'T VISIT PRAYER ANYMORE. YOU LIVE THERE.

The Word: Isaiah 55:11 ~ So is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.

The Focus: Anchoring your prayers in the unshakeable promises of Scripture.

The Unpack: What specific promise from God do I need to anchor my life to right now? Am I praying my problems, or am I praying His promises?

The Sound (Declaration): I don't have to guess what God wants. His Word backs my prayers, and His truth never fails

The Move (Action): Take one Bible verse today. Read it, personalize it, and pray it back to God word-for-word. Let His truth do the heavy lifting.

Day 10: No Fear in Prayer

YOU DON'T VISIT PRAYER ANYMORE. YOU LIVE THERE.

The Word: 2 Timothy 1:7 ~For God has not given us a spirit of fear, but of power and of love and of a sound mind."

The Focus: Shaking off timidity and stepping into spiritual boldness.

The Unpack: What makes me hesitant or timid when I pray? Am I afraid of asking for too much, or am I afraid of being disappointed if things don't change?

The Sound (Declaration): Fear has no seat at my altar. I pray boldly, confidently, and without hesitation.

The Move (Action): Pray out loud today without filtering, formatting, or editing yourself. Just speak with raw honesty and bold faith for 3 minutes.

Day 11: Break Agreement

YOU DON'T VISIT PRAYER ANYMORE. YOU LIVE THERE.

The Word: 2 Corinthians 10:5 ~We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

The Focus: Tearing down mental strongholds and toxic thought loops.

The Unpack: What negative thoughts or lies about myself, my future, or my family have I accidentally agreed with lately?

The Sound I break agreement with doubt, fear, and insecurity. My mind submits to the
(Declaration): truth of God.

The Move The moment a negative or anxious thought hits your mind today, stop. Interrupt
(Action): it out loud by speaking the exact opposite truth over yourself.

Day 12: Spiritual Authority

YOU DON'T VISIT PRAYER ANYMORE. YOU LIVE THERE.

The Word: Luke 10:19 ~ I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.

The Focus: Evicting fear, tension, and chaos out of your personal environment.

The Unpack: Where have I been passive spiritually? Where have I been tolerating chaos, stress, or heaviness in my life instead of using my authority to shift it?

The Sound (Declaration): I am not a victim to the atmosphere. I walk in spiritual authority, and peace rules my world.”

The Move (Action): Walk through your home, office, or space today. Actively pray over it, commanding peace, order, and God's presence to fill every single corner.

Day 13: Pray for Others

YOU DON'T VISIT PRAYER ANYMORE. YOU LIVE THERE.

The Word: Job 42:10 ~ After Job had prayed for his friends, the Lord restored his fortunes and gave him twice as much as he had before.

The Focus: Stepping into intercession and using your prayers to build up others.

The Unpack: Who has God been putting on my heart lately? Who needs a breakthrough right now that I can stand in the gap for?

The Sound (Declaration): My prayers are not selfish. God uses my voice to unlock power and freedom for the people around me.

The Move (Action): Choose 2 people intentionally today. Send them a quick text letting them know you are praying for them, and then actually spend 2 minutes praying specifically for their needs.

Day 14: Consistency Over Emotion

YOU DON'T VISIT PRAYER ANYMORE. YOU LIVE THERE.

The Word: Galatians 6:9 ~Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

The Focus: Choosing discipline and devotion over temporary feelings.

The Unpack: Do I only show up to pray when I "feel" like it or when things go wrong? How does building spiritual discipline protect me when life gets crazy?

The Sound (Declaration): My devotion is not dictated by my mood. I am stable, I am disciplined, and I am consistent

The Move (Action): Even if you feel tired, uninspired, or totally distracted today show up anyway. Keep your appointment with God. Show your flesh that your spirit is in charge.

Week 2 Reflecyions

YOU DON'T VISIT PRAYER ANYMORE. YOU LIVE THERE.

What did God teach me?

Where did I grow spiritually?

What was difficult?

What changed in my prayer life?

Day 15: Pray Without Stopping

YOU DON'T VISIT PRAYER ANYMORE. YOU LIVE THERE.

The Word: 1 Thessalonians 5:17 ~Pray continually.

The Focus: Moving from scheduled prayer times to an ongoing, open-ended conversation with God.

The Unpack: What would my day look like if I stopped "ending" my prayers with Amen and instead treated the whole day as one continuous chat with God?

The Sound (Declaration): Prayer is not a slot on my calendar; it is the atmosphere of my life. I am always connected.

The Move (Action): Keep the line open today. Talk to God casually and consistently while driving, folding laundry, typing emails, or walking down the hall.

Day 16: God is My Day

YOU DON'T VISIT PRAYER ANYMORE. YOU LIVE THERE.

The Word: Proverbs 3:6 ~ In all your ways submit to him, and he will make your paths straight.

The Focus: Acknowledging God's presence and wisdom in the mundane and minor details of life.

The Unpack: Where do I usually lock God out of my day? Do I tend to forget Him during business decisions, conversations with my family, or when managing my time?

The Sound (Declaration): God is intimately involved in every single part of my life. I don't walk alone.

The Move (Action): Invite God into every micro-decision today. Before opening an email, answering a phone call, or making a choice, whisper: "Holy Spirit, guide me in this."

Day 11: Listening In Prayer **HER**

YOU DON'T VISIT PRAYER ANYMORE. YOU LIVE THERE.

The Word: John 10:27 ~My sheep listen to my voice; I know them, and they follow me.

The Focus: Developing a posture of listening rather than just talking or presenting requests..

The Unpack: Honestly, am I spending my prayer time just reading off a spiritual grocery list, or am I actually quiet enough to hear Him reply?

The Sound I am a daughter who knows her Father's voice. I hear Him clearly, and I
(Declaration): recognize His whisper.

The Move Set a timer for 5 to 10 minutes. Grab your journal, sit in total silence, and ask:
(Action): "Lord, what do You want to say to my heart today?" Write down whatever drifts into your spirit.

Day 18: Peace in Prayer **HER**

YOU DON'T VISIT PRAYER ANYMORE. YOU LIVE THERE.

The Word: Philippians 4:6-7 ~Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God... will guard your hearts and your minds.

The Focus: Actively exchanging internal panic and anxiety for supernatural peace.

The Unpack: What heavy weight or worry am I still carrying around unnecessarily?
Why am I choosing to worry about it instead of praying about it?

The Sound (Declaration): Prayer is my defense mechanism. It intercepts my anxiety and completely replaces it with peace.

The Move (Action): The very first time you feel a spike of stress, frustration, or anxiety today, stop immediately. Do not react. Take a deep breath and pray over that exact situation before you say or do anything else.

Day 19: Grateful Prayer Life

YOU DON'T VISIT PRAYER ANYMORE. YOU LIVE THERE.

The Word: 1 Thessalonians 5:18 ~Give thanks in all circumstances; for this is God's will for you in Christ Jesus.

The Focus: Shifting the frequency of your prayers from desperation to deep gratitude.

The Unpack: Look back over the last year what has God already done, answered, or delivered me from that I forgot to thank Him for?

The Sound (Declaration): I pray from a place of gratitude, not just a place of need. My heart is full and my eyes are open to His goodness.

The Move (Action): Take out your journal and list 10 specific things you are profoundly grateful for right now. Spend your entire prayer time today simply thanking Him for those 10 things. No asking for anything.

Day 20: Stay Connected

YOU DON'T VISIT PRAYER ANYMORE. YOU LIVE THERE.

The Word: John 15:5 ~I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

The Focus: Remaining rooted and abiding in the source of your strength throughout the day.

The Unpack: What usually pulls me away from God's presence as the week goes on? Is it a frantic pace, a bad mood, or just slipping back into old, self-reliant habits?

The Sound
(Declaration): I refuse to try and live this life on empty. I remain connected to the Vine daily and effortlessly.

The Move
(Action): Set an alarm on your phone for three different times today. When it goes off, pause for just 60 seconds to do a "spiritual check-in" with God. Just recalibrate, acknowledge Him, and keep moving.

Day 21: This Is My PrayHER Era

YOU DON'T VISIT PRAYER ANYMORE. YOU LIVE THERE.

The Word: James 5:16 ~ The prayer of a righteous person is powerful and effective.

The Focus: Making a permanent lifestyle commitment to your new, unshakeable prayer identity.

The Unpack: Look how far you've come over these 21 days. How has your intimacy, your consistency, and your confidence changed from Day 1 to right now?

The Sound (Declaration): I am no longer a visitor in prayer. This isn't a temporary challenge; this is my lifestyle. Welcome to my PrayHER Era.

The Move (Action): Write a formal, heartfelt commitment letter to yourself and to God in your journal. Commit to protecting your quiet time, standing in your authority, and living from the secret place from this day forward.

Final Reflecyions

YOU DON'T VISIT PRAYER ANYMORE. YOU LIVE THERE.

What has changed in me?

What will I continue?

What is God calling me into next?

Today I commit to my Prayer Era.

You Are Now Living in Your Pray**HER** Era

Sis,

You made it. Not because you were perfect. Not because you never missed a day. Not because you had all the answers. You made it because you chose to keep showing up. Over the last 21 days, you have created space for God, strengthened your prayer life, and taken intentional steps toward a deeper relationship with Him. But this isn't the finish line, it's the beginning.

My prayer is that what started as a challenge becomes a lifestyle. May you continue to seek God daily, trust Him fully, and pray boldly. May prayer become your first response instead of your last resort. May you grow in faith, walk in peace, and remain rooted in God's presence through every season.

As you move forward, remember:

God is still speaking.

God is still leading.

God is still working.

God is still faithful.

Keep showing up.

Keep seeking.

Keep praying.

This is more than a completed challenge. This is your **PrayHER Era**.

With Love,

Gwynné Dionne

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Founder, Ncourage**HER**

Be Encouraged. Be Renewed. Be **HER**. 