

PRAY HERS 31-DAY CHALLENGE

IN HERS IS YOURS

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INTRODUCTION

The moment I woke up and my feet hit the floor, it was as if I had entered the devil's boxing ring unprepared. He swung and hit me with feelings of uncertainty concerning my purpose in life. He came at me with hopelessness and discouragement. Then with a left hook, I was panged with failure and disappointment over the lack of progression in my life. I felt behind in what I thought I needed to accomplish. The devil's goal was obvious—to knock me into a deep hole of depression. Needless to say, I felt defeated and forsaken.

I tried to call a friend for a little encouragement, but it seemed like every time I reached for the phone, the devil yanked it out of my hand. He convinced me that she was too busy and had her own problems to deal with. So there I was, alone in the ring with my tormentor, as he continued to jab away at my emotions.

Fortunately, that was the same day I was to attend a party where some faith-filled, devil-fighting, and praying women would also be in attendance. At the party, I pretended to have a good time. I laughed and talked, but in reality I was still in the ring with the devil and he was wearing me down mentally and emotionally. Finally, after

spending hours fighting alone, I boldly interrupted the women as they were talking. I explained to them what I was contending with and asked them to pray for me. It was time to take control of the fight!

Four powerful women immediately jumped into the ring with me, surrounded me in a circle—as if to protect me—and began to battle in prayer. The intensity, unity, and power in their prayer were so tremendous; it knocked the devil dead on his face. I sensed an instant relief that was undeniable. It was at that moment I realized the power that is made available when women can come together with one accord. When women are not afraid of helping each other, good things happen, problems go away, and prayers are answered.

I wonder how many women have lost their fight to the devil only because there was no one around to jump in the ring with them and help them fight. How many times have you ignored the prompting to call a sister only to find out later, that was the day she needed you the most? I realize how busy life can be. I know how easy it is to become consumed with the demands of your own life, and forgetting about others. But I have also come to realize the power that is made available when we stop and pray in support of one another.

What is the PrayHers 31-Day challenge?

It's when women like you are willing to commit to praying for other women for a period of 31 days. The PrayHers 31-Day challenge is a labor of love! It's not meant to be easy or convenient. It's designed to push us out of the norm of just thinking about our own hopes and dreams, and to think about HERS as well.

In Hers is Yours. What does that mean?

Imagine that you have an apple seed in your hand and you desire to have apples. Inside of the seed you are holding are the apples you desire, but the only way to get to the apples is to plant the seed into the ground.

You represent the apple seed. Your sister represents the ground. When you sow into HER life and the lives of others, you can expect a return. The life of Jesus Christ is the greatest example of how sowing and reaping works. He walked the earth, giving unselfishly of Himself. He sowed kindness into the lives of people who were deemed unlovable. He ultimately sowed His life for the redemption of mankind and He is still reaping souls today.

We may never know how far and wide the fruit of our seed will spread, but what we should know is this: Holding on to a seed or what we have will produce nothing.

Note: You may not necessarily receive from the person you are sowing or investing into. Your return may come from elsewhere, but it will come. *“Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap”* (Galatians 6:7).

Why Take The PrayHers 31-Day Challenge?

I believe that we are in a season where God is going to use women more mightily than in times past. But for that to happen, we must rid ourselves of envy, backbiting, pride, people-pleasing, and needless competition. It's time to celebrate our uniqueness and unite our commonalities so that we can be more powerful in our existence. What better way to do that than to PrayHers?

The Challenge:

1. Each day begins with a scripture reference, summary, and ends with a prayer for you to pray. You may decide to take the challenge alone, but think about how rewarding it would be to gather your girls, or your women's group, and take it together?

Ideally, you should participate for 31 consecutive days, but if you miss a day for some reason, don't fall out of the race; start where you left off and keep going.

2. **Who should I pray for?** Pray for a woman who may have the same purpose or job assignment as you. Instead of treating her like she's competition, treat her like she's an ally. PrayHer success and you will reap your success. You may want to be a fashion designer, so find a designer that you admire and pray for their success. If you want to be a writer, pray for your favorite author. If there is someone you are at odds with, pray for them! The Bible admonishes us to love our enemies and pray for those who spitefully use us. (Matthew 5:44, paraphrased)

You can also pray for a celebrity who may be struggling with an addiction or troubled relationship. Instead of sitting back while the media makes a spectacle of her, pray as if she were your friend or family member, because she hurts no differently than the rest of us.

3. **How do I pray?** Oftentimes, people don't pray because they believe they don't know how or what to pray. Prayer is simply a conversation with God. What makes prayer powerful and effective is when we pray according to

what God has promised us in the Bible. That's why it is important to establish regular Bible reading, so that we know our entitlements. The prayers that are written at the end of each day are all Bible-based prayers. Read each of them as though it came from your own heart. You can also add in your own words, in addition to what is written. Pray for her peace, direction, and for her business and relationships. Pray that God watches over her and keeps her in good health.

Some days have an "Extra Step." The extra step may require you to do something for another person or may challenge you to think and examine your heart. The purpose for that is to stretch you. After all, it is a challenge.

How do I Prepare for the Challenge?

1. **Start with a simple prayer,** "God, who do you want me to pray for during this time?" What do YOU want me to gain from this experience?
2. **Schedule it.** Treat each day like you would an important business meeting, because this is business. Kingdom business.
3. **Journal your experience:** Make note of the women you would like to focus on for the next 31 days. Write down names of those you may be at odds with, because during the challenge we will address areas of unforgiveness. Ask others if they have any special prayer request that you can pray for on their behalf. Write their names in your journal.
4. **Anticipate distractions.** Distractions are inevitable. Watch out for them!

The demands of everyday life: work, kids, meetings, etc. may cause you to give up and develop an attitude that this is not important enough to continue. Let me assure you with words that Jesus spoke:

“Greater love has no man than this, that a man lay down his life for his friends” (John 15:13).

5. **Focus:** Don’t underestimate the undertaking. Get your mind in the game as if you were playing a sport. Focus. Your utmost attention will assure that you cross the finish line!

There will be days, especially midway, when the contractions are very strenuous, but the push will result in beautiful babies being birthed. Of course, those babies are the dreams we have all been carrying.

Are you ready to make the commitment to give unselfishly of your time and attention for the next 31 days? I think I heard you loudly say, “Yes!” As you journey through this challenge, expect to grow more compassionate and sensitive to the needs of others.

My dear sister, I want to say thank you in advance for your commitment to *PrayHers*. God Bless You!



DON'T GET WEARY

"Anyone who meets a testing challenge head-on and manages to stick it out is mighty fortunate. For such persons loyally in love with God, the reward is life and more life" (James 1:12 MSG).

Challenges are not made to be easy or convenient; they demand our time and effort. But guess what! You are halfway through the challenge, the point where most people get weary and want to give up, thinking, "What's the point of this anyway?" But I say to you: Don't you dare give up! Your sister needs you; her life may just depend on you sticking this challenge out for just two more weeks.

You have the power to impact lives. Keep in mind, we are all in this together and by doing our individual parts, we collectively keep the body in tip-top shape. Giving up on her now is the same as giving up on you. Don't underestimate your worth and what you have to offer. No matter

how big or small your assignment, it's needed! So don't get weary... continue on.

Prayer:

Father, I pray for every sister right now who has made a decision to partake in the PrayHers 31-Day Challenge. Give her the willingness to continue through to the end, despite the temptation to be drawn away by the busyness of life. I know that You are faithful not to forget her labor of love that she has shown and sown towards other women (Hebrews 6:10). What she is doing is pleasing to You, which positions her to receive from You her own desires. In Jesus' name, we honor and thank You, Amen!

The Extra Step: If you are sharing this challenge with another sister, encourage each other to continue on. Share with each other how the challenge has helped you.