



# 7-day Devoted Challenge

Welcome to the Loved Girl Devoted Challenge. This is only the beginning to a beautiful journey in your relationship with God. I pray that this time of seeking deeper and committing your time and attention will result in a devoted relationship with him.



## What you will need:

1. A Bible – you can use any version you prefer, if you're new to Bible Study, I'd recommend downloading The YouVersion Bible App and using either the NIV or the NLT for easy understanding.
2. A notebook to take down your notes from what you're learning. I sometimes journal my prayers in order to keep track of my conversations with God. It's always fun to look back and appreciate the prayers God has answered over the years.
3. An open heart. This is something you'll need to pray for daily before you start the challenge. The challenge will require you to be consistent, disciplined and will also call you to do things you've never done before. An open heart is paramount.

Day 1  
Bible Study + Worship

Read: Psalm 1:1-3

Listen: [Click here to listen to our worship playlist](#)

1. What does this scripture say happens when you meditate on the Bible day and night?

Day 2  
Bible study + Prayer

Read: Mark 1:35

1. Why do you think Jesus prayed?
2. What stops/distracts you from praying daily?
3. Pray to seek God daily and for a longing heart to know him.

Day 3  
Bible Study + Pray for friends & family

Read: Matthew 22: 37-40

1. What does it look like for you to love God this way?
2. What does it mean to love your neighbour as yourself?
3. Ask friends & family for prayer requests and pray for them.

Day 4  
Bible Study, Prayer + Fasting

Read: Isaiah 58:6-9

- Fasting is a time to empty yourself and seek God wholeheartedly.
- There are many things to fast: food, social media, coffee, TV – whatever you feel like you rely on the most.
- If you choose to fast food for the first time, I would recommend skipping one or two meals.
- The rest you can choose to go without for a day.
- During your fast, pray for God to give you strength and to draw you closer to Himself.



Day 5  
Bible Study + Prayer +  
Confession

**Read: James 5:16**

1. According to this scripture, what do we benefit from confessing our sins?
2. Take a moment and ask yourself the following question: In what areas of my life do I struggle to be open & transparent about my shortcomings?
3. Do you have someone who is a safe space that you could confess your sins to and ask them to pray for you?
4. If you don't, you can DM me @lovedgirlmag and I'll pray for you ❤️

Day 6  
Bible Study + Prayer to  
forgive someone

**Read: Matthew 6:14-15**

1. **What does the scripture say is the benefit of forgiving those who have wronged us?**
- Forgiveness is HARD, but it's also a very necessary part of being a Devoted Christian. If we forgive others, God will forgive us. God sets this condition so that we can learn to love like He loves. We can do to others as we want others to do to us.
  - Think of someone(s) you haven't forgiven.
  - Pray for God to help you forgive them.

Day 7  
Bible Study + Prayer +  
Meditation

**Read: Psalm 19:14**

- Christian Meditation is different from Eastern Meditation. Christian meditation is a prayer that incorporates scripture and the imagination.
- To meditate, **read Psalm 121:1-2** & repeat it out loud whilst seated comfortably.
- The goal of this meditation is to surrender your will and plans to God. To let him be the one who leads and guides your life.
- Imagine yourself sitting with God and giving him your life, dreams, ideas, will, plans and desires.
- Sit in this space for 20 minutes.

**Congratulations! 🎉 You've completed the challenge!**

If you're not already feeling pleased with yourself for completing this challenge, I encourage you to take a moment and give yourself a pat on the back. Committing, showing up, and devoting yourself to seeking God deeper is no small feat. You have invested richly in your relationship with God, and He is faithful. He will produce fruit that will last through this act of obedience.

To continue with this challenge going forward, I suggest reading the book of Matthew and following the 7-day steps.