

A low-angle shot of a woman with long dark hair, wearing a white tank top, with her arms raised high in the air. She is smiling and looking upwards. The background is a bright blue sky with scattered white clouds.

MENTOR MARNIE'S

7-DAY PRAISE CHALLENGE

Let us continually offer to God
the sacrifice of praise.

BY MARNIE SWEDBERG

Behind the 7-Day Praise Challenge

In my work with indigenous missions around the world, I witness first-hand the spiritual-crippling created by a beggar's mentality in prayer. This is typically seen among Christians facing extreme poverty, but we are all susceptible.

In response, I created this challenge whereby individual leaders, and their congregations, can quickly move from a perspective of desperation into their true standing as beloved, provided-for, children of the King of the Universe.

7-Day Praise Challenge

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by Marnie Swedberg

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For more information contact:

Gifts of Encouragement, Inc.

4001 Marlin Dr SE

St. Petersburg, FL 33705

877-77-HOW-TO

877-774-6986

<https://www.Marnie.com>

<http://www.7DayPraiseChallenge.com>

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THERE IS SO MUCH POWER IN PRAISE



I'm excited you're considering joining me for a 7-Day Praise Challenge. My name is Marnie, which means "Joyful" in Hebrew. My middle name is Joy. So, unknowingly, my parents named me "Joyful Joy" and I've loved rejoicing in, and praising God since I asked, and He gave me a new heart, way back when I was only four years old.

Imagine my shock when I did my first Praise Challenge, only to find myself asking for stuff--a lot of requests, and often. This despite my commitment *not* to ask, just to praise. I behaved as if God didn't already know my needs and have a plan-in-place to meet them. Convicted of my pride, I realized I'd been believing that God "needed" my prayers. I'd even felt justified bossing Him around and blaming Him for being a "Bad Dad." Worse, I'd shame Him, by begging instead trusting as a beloved child.

As the proportion of praise-to-petition grew in my life, I began connecting with the Almighty God in a more personal and pleasing way.

I still pray, of course, because the Bible clearly calls us to ask, seek, knock and even pray fervently. It's just that praise pulls us closer to God's heart; and praise that is proven-under-pressure further cements our faith while proclaiming our humility in acknowledging His perfect ability to manage every last detail, without our help.

7-DAY PRAISE CHALLENGE

COMMIT TO 7 DAYS OF ONLY PRAISING - NO ASKING ALLOWED

Just for these 7 days, commit to ZERO requests and 100% praise.
Feel free to praise God for how He is meeting your needs
and the needs of everyone you love.

ACKNOWLEDGE ANY IMBALANCE

The Bible instructs us to pray 316 times and to praise 238 times.
Reflect on your prayer-life. What is your typical prayer-to-praise ratio?

GRACE, FORGIVENESS & HABIT REPLACEMENT

Begging from God (or even bossing Him around) may be a habit.
If you find yourself slipping back into "ask" mode, just S.T.O.P.
S - Say "Sorry!" T - Turn (from asking) and O - Opt for P - Praise.

THERE IS SO MUCH POWER IN PRAISE

We enter into His presence through praise according to Psalm 100:4-5.
Therefore, it follows that not praising leaves us farther away from His power.

PRAISE IS THE SACRIFICE GOD WANTS

Based on Hebrews 13:5, offering God praise, when we feel like
crying or screaming, proves our faith in the deepest way possible.

GOD REQUIRES OUR FAITH

Hebrews 11:6 tells us that to please God we must believe He rewards us for trusting Him.
When we praise, especially during hard times, our faith increases exponentially.

GOD HONORS OUR PRAISE

Job 1:21 finds Job in trouble, but praising God: "The Lord gave and the Lord has taken
away; may the name of the Lord be praised." Job 42:12 tells the rest of the story:
"So, the Lord blessed the latter days of Job more than his beginning."

7-DAY PRAISE CHALLENGE

DAY 1: COMMIT

We are called to praise!

- Hebrews 13:15 Through Him then let us continually offer up a sacrifice of praise to God.
- Psalm 150:6 Let everything that has breath praise the Lord! Praise the Lord!
- Colossians 3:16 Let the word of Christ dwell in you richly... singing psalms and hymns and spiritual songs, with thankfulness in your hearts.
- Exodus 15:2 This is my God, and I will praise Him, my father's God, and I will exalt Him.
- Acts 16:25 About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them... (then an angel set them free).
- I Chronicles 16:29 Ascribe to the Lord the glory due His name.
- Psalms 63:3-4 Because your steadfast love is better than life, my lips will praise you. So I will bless you as long as I live.

Make Your 7-Day Commitment

I, _____ (your name), commit to spending 7 days making zero requests, only praising God instead. I commit to replacing every typical prayer request, petition, cry or concern with praise for 7 full days.

I may praise God in advance (ie - a reverse prayer, see Day 5), but if I find myself actually asking for anything directly, I will **S.T.O.P.** and praise God instead. I will:

S - Say, "Sorry!"

T - Turn away from asking, and

O - Opt for

P - Praise

Signed _____ Date _____

7-DAY PRAISE CHALLENGE

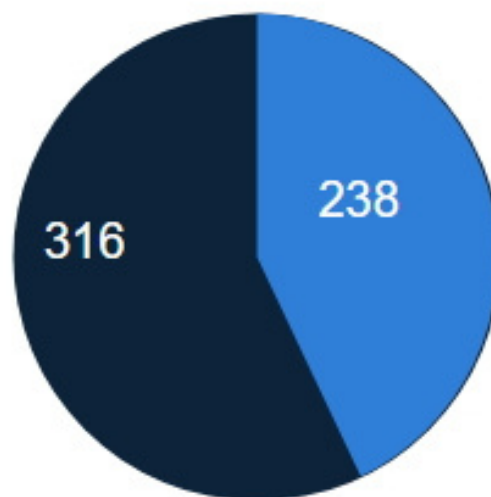
DAY 2

ACKNOWLEDGE ANY IMBALANCE

Question 1

How much of your prayer time is spent asking vs. praising?

The Bible instructs us to pray 316 times. It instructs us to praise 238 times. As a ratio, it looks like this:



Question 2

Why do you think God instructs us to praise nearly as much as to pray?

7-DAY PRAISE CHALLENGE

DAY 3

HABITS, GRACE & FORGIVENESS

As you slip back into habitual "prayer request" mode, you may find yourself feeling guilty or wanting to give up. Don't! God understands we have habits; *good* habits are HIS idea. Instead of giving up, create a new praise habit.



S - SAY, "SORRY!"
T - TURN* &
O - OPT FOR
P - PRAISE

Note: The word "repent" means to "turn away from."

DAY 4: PRAISE RELEASES POWER

Psalm 100 and other passages teach us that we "enter into God's presence with praise." Sounds great, right? When Israel went into battle, God had them send out the "Praise Team" first. Sounds OK, maybe. Finally, praises sung by the beaten, bloodied and enchained Paul and Silas opened prison doors. Why?

1	Don't you just love helping people who whine about how you've been failing them so far?	NO	LOVE IT
2	If you've been sending gifts and money, but never hearing anything except more demands, how likely are you to keep sending with joy?	NOT LIKELY	FOR SURE
3	If you had already given the best gift you had to offer, but the recipient seems unappreciative, how motivated are you to keep giving?	NOT VERY	IT'S FINE
4	If you had just given a HUGE gift, and the next thing you hear is, "Gimme, gimme, gimme," what do you want to do?	TEACH A LESSON	SEND MORE
5	If you'd been keeping a gift back, for a birthday or Christmas, but all you hear is "nag, nag, nag," what happens to your joy in giving?	TAKES THE FUN OUT	DOESN'T BOTHER ME

We are created in the image of God, but unlike God, our human storehouse needs constant replenishment. We quickly run out of patience. When you add the above offenses of entitlement and ingratitude, we've little love left to give.

But God! He only stops giving when He needs us to learn a lesson, is accomplishing something in the life of someone else (that requires our patience and/or participation), or is waiting for a special display. Trust that God is as good as He says He is. Thank Him. Praise Him. Enjoy His power.

7-DAY PRAISE CHALLENGE

DAY 5: PRAISE THROUGH THE PAIN

God loves us to praise Him anytime, but especially during times of trauma, stress, anxiety and pain. We need a lot of practice to get consistent.

This week, we have committed to ONLY praise God: NOT to ask, just to praise. It's like a water fast. We wouldn't do it forever, but it's a good thing to do, from time-to-time, to refocus our heart on WHOSE we are and how wonderful HE is!

Below are some of my favorite "reverse prayers" for praise weeks.

- Jesus, Thank You for holding my hand through this, cuz I'm pretty freaked out right now. Thank You, Jesus. Jesus! Jesus! Jesus! I trust You!
- Father, Thank You so much that You are already on the job helping ____.
- Daddy, I love it that You are way ahead of me here. You are PROVIDENCE: You have gone ahead and prepared the way. I can hardly wait to see what You've got in store for me, and when!
- But God! I choose to praise You because I know You've got this!
- WOW! I love that You're ready to flex those big muscles and show off Your power again, God! I'm Your biggest fan! Yes! Yes! Yes!

As you can see, I'm rather playful with God. I talk to Him as if He is actually the loving, Abba, Papa, Father He claims to be.

If you had a bad or absent dad, I'm so sorry, but please don't blame God. Instead, imagine the most wonderful, loving father--then multiply that times a billion, because God is far more loving and kind than any human Dad could be.

We are actually the beloved children of the King: He withholds no good thing from us unless He's got a great reason, and then only for a season.

God is love. Delight yourself in Him even as He delights in you.

DAY 6

GOD HONORS YOUR FAITH

"But without faith it is impossible to please Him, for he who comes to God must believe that He exists and is a rewarder of those who diligently seek Him." Hebrews 11:6

God is pure good...

"God is Light. In Him there is no darkness at all." 1 John 1:5

"The Lord is good, His loving kindness is everlasting." Psalm 100:5

Since God is pure good, let's incubate some reasons He allows suffering during our time on earth.

- From Genesis 3:6-7 we learn that sin came into our lives when Eve ate the forbidden fruit, and gave some to Adam. Their eyes were opened to their frailty, and suffering began for all mankind.
- Romans 5:12 says, "By one man sin entered into this world."
- Romans 3:23 says, "For all have sinned and fall short of God's glory."
- When Jesus came, He modeled suffering for us through hunger and cold, loneliness, grief and pain; but most importantly He suffered for our sins, receiving the wrath for sin. He bore the penalty we deserve.
- 1 Peter 4:1 says, "Therefore, since Christ suffered in his body, arm yourselves also with the same attitude." And, in verses 12-13, we are reminded, "Do not be surprised at the fiery ordeal that has come on you to test you... but rejoice inasmuch as you participate in the sufferings of Christ."
- As we learn to accept God's comfort, and praise Him through our own suffering, we become a comfort to others (II Corinthians 1:4).
- Romans 5:3 expands on that when it says, "We also glory in our sufferings, because suffering produces perseverance...."
- James 1:4 explains that perseverance leads to us lacking in nothing.
- James 1:12 goes on, "Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him."

DAY 7 - PRAISE ON!

Throughout our years on earth, we experience days of ease and days of anguish. There are seasons of peace and times of war. It won't be like that in heaven, but HERE we have lots of opportunities to praise God through some really rough stuff. So, let's do it!

I PETER 2:9

But you are a chosen race, a royal priesthood, a holy nation, a people for His own possession, that you may proclaim the excellencies of Him who called you out of darkness into His marvelous light.

ISAIAH 43:2

When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.

I PETER 5:10

And the God of all grace, who called you to His eternal glory in Christ, after you have suffered a little while, will Himself restore you and make you strong, firm and steadfast.

PSALM 34:19

The righteous person may have many troubles, but the Lord delivers him from them all.

JOHN 16:33

I have told you these things, so that in Me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

II CORINTHIANS 4:17

For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.

REVELATION 21:4

He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.

Whatever else you do, PRAISE ON!

CHALLENGE HIGHLIGHTS

Use the spaces below to track memorable moments, insights and specific praise reports as you progress through the challenge.

Start & End
Dates

I like to create a new highlights sheet each time I do a challenge.

01

02

03

04

05

06

07

MISSIONS MINISTRY MENTOR



Whether at home or abroad, training in person, over the airwaves or through my books, my joy is encouraging women, providing them with practical help and turning their hearts toward Jesus. I'd be so grateful if you would help me get resources, like this, into the hands of more women worldwide.

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