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Chrystal Evans Hurst Leads Readers on a Journey to Develop a Powerful Prayer Life in New Book

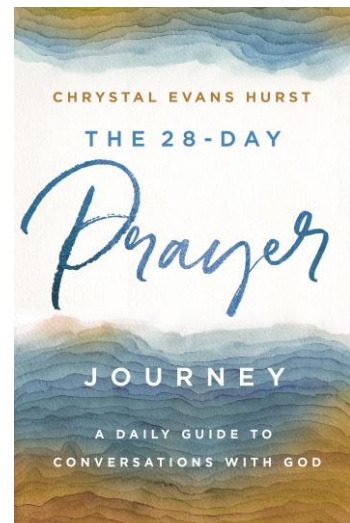
The 28-Day Prayer Journey helps readers establish rhythms and habits to transform their conversations with God, one day at a time

GRAND RAPIDS, Mich., May 2020—Prayer can feel daunting. Where to begin? What to say? As a seasoned Christian speaker and author, even Chrystal Evans Hurst found herself in a prayer rut, her spiritual life lacking consistent and fervent prayer, in need of a jolt to bring it back to life. On a whim, she began a 28-day prayer challenge with her audience on Instagram, and what followed was a transformative journey through which she began to love her daily time with God.

In her new book, *The 28-Day Prayer Journey: A Daily Guide to Conversations with God* (Zondervan, Aug. 11, 2020), Hurst leads readers on a journey to pray, bit by bit, day by day, to make regular, consistent, fervent prayer become less formidable and more integral to their daily lives.

“The goal of this journey is for you to become addicted to your time with Jesus,” writes Hurst. “There are a lot of things you could be addicted to that will kill your spirit, harm your soul, or cripple your body, but talking to Jesus because you can’t imagine your life without Him—that will only give you life!”

Each day on the 28-day journey, Hurst invites readers to pray, along with three short devotional readings—for the morning, afternoon, and evening—that cover the basic tenets of prayer. Readers are invited to journal their dialogue each day, and to reflect on their progress at the conclusion of each week.



August 11, 2020
9780310361138
224 pages; \$17.99
Softcover

Hurst is available for interviews and can speak to:

- How prayer changed her during one of the hardest seasons of her life
- Dealing with disappointment from unanswered prayers
- Why it’s so important to have raw and authentic conversations with God
- How to wait on God’s answers to your prayers, and still have peace
- Why your prayers matter for more than just you

“Prayer is our conduit into relationship with God. Just like any relationship, our relationship with God requires time, intentionality, and consistent deposits of our hearts while listening to His. Don’t let distraction or forgetfulness throw you; just pick up where you left off with Him. He is ready and willing to listen and wants to talk to you, no matter how long it has been.”

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About Chrystal:

Chrystal Evans Hurst is an energetic, life-loving “girl-next-door” who loves encouraging others to fulfill their potential in Christ. With humor and vulnerability, Chrystal tells it like it is but does so with grace, integrity, and love.

She is the best-selling author of *She’s Still There* and *Kingdom Woman*. You can find Chrystal regularly sharing encouragement via her podcasts and blogs, where she poignantly reflects on faith and speaks with frank honesty about the everyday experiences of women.



Chrystal firmly believes God’s promise in Jeremiah 29:11, “I know the plans that I have for you...” and she desires to help other women believe and apply that truth to their lives. You can find Chrystal sharing chronicles of the journey at ChrystalEvansHurst.com.

Web Site: www.chrystalevanshurst.com
Facebook: [@ChrystalHurst](https://www.facebook.com/ChrystalHurst)
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Suggested Interview Questions

The 28-Day Prayer Journey by Chrystal Evans Hurst

1. Tell us about your new project, *The 28-Day Prayer Journey*, and the personal journey that led you to write this book.
2. How has your personal prayer life been transformed since you prompted your followers to take this challenge alongside you on Instagram?
3. Why do so many find prayer so daunting? What is it about talking to God that keeps people from getting started?
4. The book is broken down into three short devotions for each day of the 28-day journey. Tell us about that format—why it’s important to be praying three times during the day, and why the journey lasts 28 days.
5. You incorporate the four basic tenets of prayer into each week of the journey. Tell us about those tenets, where they come from, and their importance.
6. On the remaining three days of the week, what prayer topics do you cover?
7. Each day includes an empty page for readers to write out their prayers. Why can journaling our prayers be such a powerful practice?
8. What encouragement do you have for others who may feel stuck when it comes to prayer?
9. What do you want listeners to know about prayer? How do you hope this journey will change the lives of those to take it?

Praise for *The 28-Day Prayer Journey*:

“Chrystal has written a book that inspired me to desire a closer walk with God while giving me a sure guide to take steps to become more consistent in seeking Him through prayer. I know you will treasure this book.”

—**Sally Clarkson**, author, blogger, podcaster; Sallyclarkson.com

“Let Chrystal Evans Hurst take you on an unforgettable journey of prayer. You'll be challenged to dig deeper into areas you usually run from, inspired to take a second look at the things you take for granted, and, most of all, you'll be invited to experience a new level of freedom in prayer. With every step, Chrystal reminds us that the goal is not perfection, but simply opening ourselves to God's limitless love.”

—**Jen Fulwiler**, standup comic, mom of six, bestselling author of *Your Blue Flame*

“Chrystal takes you by the hand like a close friend and walks alongside you, as guide and encourager, into a richer prayer life. You'll find the prompts accessible, biblical, and fun. So join Chrystal on a 28-day journey that may change you in ways you never imagined.”

—**Margaret Feinberg**, author of *Taste and See: Discovering God among Butchers, Bakers, and Fresh Food Makers*

“To anyone who's longed for deeper connection and more intentional conversations with God, this 28-day prayer journey is more than a guide... but, a tool to return to again and again. I felt a renewed passion in my relationship with God just as I would attending 28 days of therapeutic, marriage counseling restoring a love I didn't even know lacked attention and affection. Chrystal's powerful prayer prompts for morning, noon, and night offer a language and space I had often longed to make, but felt trapped in stagnate intentionality, otherwise.”

—**Candace Payne**, author, speaker, viral sensation, + joy evangelist

“One of the most important ways we can spend our life is in prayer. In Chrystal's newest book, *The 28-Day Prayer Journey*, she gives us 28 days of easy-to-pray prayer prompts to help us develop the discipline of daily, personal prayer. If you want a friend to come alongside you and help encourage you to develop this life-changing habit, pick up this book, and watch how your prayer life is transformed. You're only 28 days away!”

—**Angela Perritt**, founder and director of Love God Greatly Women's Ministry

“Let me let you in on a secret. Whenever I need wisdom, I know who to go to, and Chrystal Hurst is one of my wisdom people. Whatever she writes, I will read. Whatever she says, I listen. Because I know she listens to God. This 28-day prayer challenge is powerful, life-giving and life-changing. I am guessing I'll do this challenge at least once a year.”

—**Nicki Koziarz**, bestselling author and speaker with Proverbs 31 Ministries

“My heart needed *The 28-Day Prayer Journey*! In a discipline with which so many of us struggle, Chrystal Evans Hurst leads us toward growth with strength and simplicity. I've been praying for decades, but I found myself built up in places that I didn't know were weak and revitalized in areas with deep foundations. Chrystal's step-by-step guidance leads us to a new habit of praying through the day every day.”

—**Amy Carroll**, Proverbs 31 Ministries Speaker and Writer, Author of *Breaking Up with Perfect and Exhale*

“This is not ‘just another prayer journal.’ My friend Chrystal has given us a much needed gift. *The 28-Day Prayer Journey* is an intimate journey we all need to embark on. Whether you are just starting out on your journey with God, or you’ve been walking with him for a while, the next 28 days will refresh you and remind you of the transforming, reassuring, gift of prayer. Chrystal offers each of us a front row seat and an opportunity to reap the rewards of her personal journey back to intimacy with Christ. This journal is more than a book to read, it’s an experience to be had—and worth having two or three times over. As a spouse it will transform your marriage, as a leader it will transform your church, as a parent it will transform your family, and as a Christ follower it will beckon your heart to transform your personal world and the world around you. Chrystal sets off on a journey for you ‘to become addicted to your time with Jesus.’ She absolutely succeeds in that goal and provides a gentle but passionate reminder that our prayer life can always be deeper and more persistent. You can start to change that today.”

—**Jada Edwards**, Creative Services Director for One Community Church, author of *The Captive Mind*

Prayer is the foundation upon which a dynamic and healthy spiritual life will grow. So, what does it take to develop a fruitful prayer life? Chrystal Hurst Evans knows that the intimacy, power, and purpose you seek is best birthed through a lifestyle of prayer. In *The 28-Day Prayer Journey*, Chrystal will urge you to boldly connect with God in a personal and intimate way that will release His power and nurture your soul. I recommend this book for everyone who longs to experience the power and presence of God on a daily basis.”

—**Jan Greenwood**, Equip pastor, Gateway Church, and founder of Brave Strong Girl

“Uncompromising belonging, inspired understanding. I feel this way after only a few minutes of in-person conversation with Chrystal. So it makes sense that *The 28-Day Prayer Journey* would awaken me to God in such a similar way. This book will not only change the way you think about prayer, it will create a personal and sensory experience for you to enter into Heaven; agreeing with God in real time and in light of your eternal sense of self. Most of us feel insecure and unwise in our daily lives. My own prayer life often feels defeated before I begin, simply because, I don’t have a plan to believe God more today than I did yesterday. This book is our plan of attack through the posture of promise. Here, we are given weapons to fight against our real enemy. Here, we see our full acceptance through the mind of Christ. Thank you, Chrystal, for this offering. It is a force. I will read it over and over again.”

—**Kasey Van Norman**, professional counselor, author, and teacher

Quotes from *The 28-Day Prayer Journey*

by Chrystal Evans Hurst

“The reason sin is so destructive is that—in addition to harming us—it offends God and it also hurts others. This morning we talked about how confessing our sins to God helps us find freedom. Our honesty with God is the key that unlocks our ability to walk in the fullness of who we really are and who God wants us to be. And this afternoon, we’re considering the ways that our sin offends God.” (p. 19)

“This is a lesson I’ve had to learn the hard way. Yielding to God and releasing my grip makes life easier. While I’m responsible for what I do with my life, living a yielded life allows me to rest knowing that Someone else has an even greater responsibility for my life and is invested in guiding my steps.” (p. 28)

“Starting with a grateful heart overflowing with thanksgiving for what God has done and for who He is can change the way you see your world. When you realize that life doesn’t just happen to you but that you get to happen to your life, you will grasp the power that your praise can have.” (p. 44)

“Don’t miss out on the purposes and plans that God has for you because you don’t exercise faith and ask Him to intervene in your everyday life. But don’t fail to experience His intervention because you are too busy praying outside of His will either.” (p. 53)

“God is never blind to your tears, never deaf to your prayers, and never silent to your pains. When you are lifting your friends up before Him, He sees, He hears, and He will deliver. Wherever you are, right this very second, God sees your friend, and He cares.” (p. 64)

“It’s okay to be honest. It’s okay to talk to God tonight and to tell Him that He has not been first in your life, but that you want Him to be. It’s not too early to ask Jesus to invade your week. Ask him to give you a hunger and a thirst for Him, and to give you a heart committed to putting Him first and living the week focused on bringing Him glory.” (p. 73)

“No matter what you’ve done, where you’ve been, what you’ve said or how you said it, Jesus didn’t die for you based on your behavioral record. He loves you because He loves you. We repent because we don’t want to hurt Him. We repent because we want to remain in open, unbroken fellowship with Him. We repent and obey because we want to please Him. But He always loves us.” (p. 83)

“The evidence of our lack of surrender is often seen in our cycle of prayer, emotions, and actions. We pray. Then we get up and don’t act like we believe God is handling what we laid at His feet. What I want you to hear is that even though it feels scary to surrender, God is trustworthy. When you yield, God is faithful to give you what you need to obey and remain faithful.” (p. 93)

“If we don’t pray or if we delay our time to petition God about the details of our lives, we might be delaying His provision, His intervention, or His favor. Let me challenge you not to wait. Don’t act as if you have time. Make it your focus and your priority to talk to God this week and to talk to Him often...Don’t wait until tomorrow. He’s available to talk to you right now.” (p. 107)

“Cultivating a heart of thanksgiving goes a long way in determining how you will respond to whatever comes your way. Choosing to be grateful, instead of slipping into complaints and negativity, can shape the way your mind and heart interpret your circumstances. God instructs us in His Word to give thanks not only because it’s the right thing to do but because we are blessed in the process. Thanksgiving changes *us*.” (p. 110)

“It may be tough to forgive, but always keep this in mind: you will never have to be nailed to a cross for the actions of your offender. But guess what? Jesus did that for you.” (p. 115)

“...it always baffles me a little bit when people claim that prayer is boring. What? If it’s boring, then you might not be doing it right! God cares about everything in your heart: your anger, your sadness, your questions, and even whatever it is you might be whining about. Everything in your life—every moment of your day, every worry or concern, every giggle, every victory—matters to God.” (p. 128)

“Just like you check in multiple times on social media to see what you’ve missed, you can check in with God to talk about what’s transpired in your heart since your last conversation. Check in to see if He has any updates for you. Prayer is simply open, honest communication with God. I know sometimes the discipline might be a little difficult to maintain, but it’s worth it.” (p. 136)