THE DULL & BORING *prayer life* WORKBOOK

Reignite: A Guide for the Spiritually Weary and Prayerfully Dry

THE Feisty Faith PODCAST

Companion to Episode 6 of The Prayer Life Series

Cassie Rajewich

Reflection

Getting Honest with Yourself and *God*

Which of the following resonates with your current prayer life?

- [ ] I pray, but it feels like nothing is happening
- [ ] I feel numb, disappointed, or spiritually tired
- [ ] I used to be on fire... but I'm not anymore
- [ ] I've lost the expectation that God will meet me
- [ ] Prayer feels more like duty than delight

Journal

What do you miss most about the times you felt closest to God?

Where do you feel disconnected from Him now?

What disappointment or silence may have dulled your expectancy?

Move Gently. Move Honestly.

Stirring the Embers

Choose one small way to reignite intimacy this week:

- [ ] Pray through one Psalm aloud
- [ ] Try 5 minutes of silence (just breathing + listening)
- [ ] Rewrite Hebrews 11:6 in your own words
- [ ] Ask God to speak to you again—even if you're unsure He will

Create Your New Rhythm:

Morning check-in idea: _____

Nighttime reflection habit: _____

"God, I'm showing up even when I feel _____."

God isn't afraid of your *Honesty*

Write your rawest prayer—doubt, weariness, questions, and all.

"God, I miss when…" "I want to believe that…" "I feel like You're…" "But I choose to…"

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You're Not *Broken* You're Being Drawn In

Feeling bored or dry isn't failure.
It's a signal.
God is inviting you to dig deeper.

"You don't have to fake fire.
You just have to keep showing up at the altar."

This week, set aside 5 minutes to pray with complete honesty. Bring God your doubts, frustrations, or weariness—no filter, no formula. Let the words tumble out raw, even if they feel messy. Sometimes the breakthrough begins when we stop performing and simply invite Him into the truth of where we are. As you pray, ask for His Holy fire to burn fresh inside of you. Give the Holy Spirit permission to do a deep work in your soul—one that stirs something new, awakens what feels asleep, and makes your spirit come alive and fervent the way He intended it to be.

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