

PRAYER & FASTING

January 1-21

PRAYER MEHTS

January 3, 10 & 17 at 6:30pm



Dear Friend,

You hold in your hands a simple resource. The goal of this resource is to help you engage with Jesus through prayer. For many people, the idea and thought of prayer can be intimidating. Maybe you have said or thought one of the following:

"How do I know I am praying right?"

"I'm not very good at prayer."

"I'm not sure that God wants to listen, let alone talk to me!"

I have good news for you! Prayer doesn't need to be intimidating or daunting. Here is why: prayer is simply communication. Through prayer, we can take time to share what is on our hearts with Jesus and we can also position our hearts to hear from Him! Let that idea sink in for a moment: God wants to hear from you and He also wants to speak to you. It has been said before that you can tell how much we value prayer by how much time and attention we give toward it.

I trust that as you engage in prayer, you will be amazed at how things begin to transform both in you and around you. Thanks for being willing to take a step towards growing in relationship with Jesus over these next few days. He has something good for you!

Tyler Sollie Life Center Senior Pastor

P.S. In addition to using "The Lord's Prayer" as a guideline for praying, we've included a few other examples of prayer guides that you might use in the back of this book:

Personal Prayer Warfare Prayers Praying for Those Who Need God Personal Prayer



WHY DO WE PRAY? It's part of our obedience and a practice that Jesus told us to make a part of our relationship with Him. It's simply an ongoing conversation with God. It's been said that prayer changes things. Actually, as the practice and discipline of prayer is developed in your life, prayer changes you.

There's a consistency to prayer that helps create a lifestyle, versus an afterthought that we may get around to when we remember.

For Jesus followers, prayer is our first response, not our last resort.

JESUS GAVE US AN EXAMPLE AROUND PRAYER:

"Very early in the morning, while it was still dark, he got up, went out, and made his way to a deserted place; and there he was praying."

Mark 1:35 CSB

FROM THIS VERSE WE SEE A FEW PRINCIPLES:

ONE

Have a Certain Time. Jesus got up early to have a time of prayer. It's great to figure out your rhythm of life and to have a time that is your daily appointment with God.

TWO

Have a Certain Place. We see that Jesus had a specific place He went to pray. The specific place can often help eliminate distraction and help to establish the rhythm.

THREE

Have a Certain Plan. When Jesus taught His first disciples to pray, He offered them a prayer outline. We call this outline the Lord's Prayer.

THIS 21 DAY PRAYER JOURNAL IS GOING TO UTILIZE THE LORD'S PRAYER AS AN OUTLINE OF PRAYER AND AS OUR GUIDE. Jesus' closest followers asked Him to teach them how to pray. Jesus said these words...

"Therefore, you should pray like this:

Our Father in heaven,
your name be honored as holy.
Your kingdom come.
Your will be done
on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And do not bring us into temptation,
but deliver us from the evil one."

Matthew 6:9-13 CSB

THE PLAN WE'RE GOING TO FOLLOW IS DEFINED BY THE PRAYER POINTS WE SEE IN THE LORD'S PRAYER:

PRAISE

Our Father in heaven, Hallowed be Your name.

PURPOSE

Your kingdom come. Your will be done. On earth as it is in heaven.

PROVISION

Give us this day our daily bread.

PURITY

And forgive us our debts, As we forgive our debtors.

POWER

And do not lead us into temptation,

PROTECTION

But deliver us from the evil one.

PRIORITIES

For Yours is the kingdom and the power and the glory forever. Amen.

We'll repeat this plan three times during our 21 days. You'll see this as you begin your 21 Day Journal.

FASTING IS THE PRACTICE OF REFRAINING FROM SOME-THING NATURAL TO RECEIVE SOMETHING SPIRITUAL.

Fasting can be abstaining from food, social media, entertainment, or other activities to focus more on Jesus. The time typically allotted to activities should be instead focused on prayer, worship and meditation on Scripture. When you fast, you are giving God more space in your life to speak more clearly to you.

The power of fasting isn't when we stop eating. The power is when we start praying.

THE PRACTICE OF KEEPING A JOURNAL CAN BE ONE OF THE MOST HELPFUL SPIRITUAL DISCIPLINES A CHRISTIAN CAN UNDERTAKE. Journaling is more than writing down events that occur in your daily routine like a diary, but rather writing down your insights, reflections, and observations of what God is doing in you and through you.

JOURNAL TO PAY ATTENTION

Journaling reminds us to rehearse God's wonderful works. Keeping track of God's consistent faithfulness has a way of enabling you to look back and give all the praise to God as He transforms you through the good and difficult times.

JOURNAL TO GROW IN GRATITUDE

Journaling can encourage you to be disciplined in growing out of your grumbling and complaining spirit. By keeping track of the blessings that God has given you over the years and right now, a true sense and belief in God's faithfulness will bring great joy and delight.

JOURNAL TO REFLECT ON SCRIPTURE

As we read Scripture, we have the opportunity to interact through journaling. As you look at Scripture, reflect on what it says, what it means, and then what it means to you. This interaction with Scripture can be helpful in both understanding and application.

JOURNAL TO LEARN

Journaling aids in self-understanding and evaluation. You will be able to look at yourself with more clarity as you read your journal. A journal can act like a mirror, capturing a realistic portrait of your mind and heart.

JOURNAL TO CLARIFY YOUR THOUGHTS

Thoughts have a way of disentangling themselves when they move past your lips to your fingertips. Clarity in life often will come as you write out thoughts.

S.O.A.P.

A pattern of journaling that many people choose to use is the acrostic S.O.A.P.

SCRIPTURE / Write out the verse(s) that caught your attention today during your Bible reading.

OBSERVATION / Write out what God is showing you in this passage. What is the overall messsage God is saying in your verse(s)?

APPLICATION / Write out how this affects your life. How can you take what you've read and observed today and put it into practice in your life?

PRAYER / Take a few moments to pray about what God spoke to you today, asking for His help to implement His word in your life. Write down any prayers to God and anything more He wants to speak to you.



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WRITE DOWN AREAS TO FOCUS YOUR PRAYERS FOR THIS UPCOMING WEEK. Be specific with your prayers so that you can see how God answers at the end of the week.

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CHURCH

COMMUNITY



20 and declared:

"May the name of God be praised forever and ever, for wisdom and power belong to him." Daniel 2:20 CSB

DEVOTIONAL THOUGHT

Where do you place your confidence? It's easy to place confidence and trust in things that don't deliver the return you're expecting. Be reminded today that confidence that is anchored in God is confidence that has a foundation of wisdom and power. Thank God today for who He is and what He offers as we bring our praise to Him.

PRAISE

"Our Father in heaven, Hallowed be Your name."

DECLARE YOUR PRAISE

"Jesus, You are beautiful..."

PRAYER FOR TODAY



"Many plans are in a person's heart, but the Lord's decree will prevail." Proverbs 19:21 CSB

DEVOTIONAL THOUGHT

It's been said that the easiest way to make God laugh is to tell Him your plans. It's not that plans are wrong or that you shouldn't set some goals, but the tension in this verse is that your plans should be held loosely. As you step into your day, keep your eyes open to see where God's purpose is happening around you. God is inviting you today to join Him in what He's up to.

PURPOSE

"Your kingdom come. Your will be done. On earth as it is in heaven."

AGREE WITH HIS PURPOSE

"Let your will be done..."

PRAYER FOR TODAY



"His divine power has given us everything required for life and godliness through the knowledge of him who called us by his own glory and goodness."

2 Peter 1:3 CSB

DEVOTIONAL THOUGHT

What's on your needs list today? Often times it's not about stuff or things, but rather about people and relationships. Be encouraged today that God knows you better than you know yourself and He knows exactly what you need today to handle the things on your list. Give God your list today. Receive from Him everything you need to live the life He has for you today.

PROVISION

"Give us this day our daily bread."

AGREE WITH HIS PROVISION

"Lord, please give me..."

PRAYER FOR TODAY



"God, create a clean heart for me and renew a steadfast spirit within me." Psalm 51:10 CSB

DEVOTIONAL THOUGHT

Life with God is an inside job. He's not impressed with the things that can be so easily distracting. Appearances, acquisitions, and abilities can so easily impress those you come in contact with today. Begin your day by allowing God to do His inside work starting with your heart. Eliminate the outside distractions and focus inside today. You'll be pleasantly surprised to see what God wants to do.

PURITY

"And forgive us our debts, as we forgive our debtors."

REPENT OF YOUR SINS

"I confess and turn away from..."

PRAYER FOR TODAY



"For we do not have a high priest who is unable to sympathize with our weaknesses, but one who has been tempted in every way as we are, yet without sin. 16 Therefore, let us approach the throne of grace with boldness, so that we may receive mercy and find grace to help us in time of need."

Hebrews 4:15-16 CSB

DEVOTIONAL THOUGHT

Do you have a mentor? A mentor is someone we allow into our life to provide guidance, direction, and encouragement towards our preferred future. God understands your need for a mentor: so much so that He sent His son Jesus for you. The foundation of this mentoring relationship with Jesus is mercy and grace. Invite Jesus today to step in where you need it most.

POWER

"And do not lead us into temptation,"

AGREE WITH HIS POWER

"Spirit, empower me to..."

PRAYER FOR TODAY



"Call on me in a day of trouble; I will rescue you, and you will honor me."

Psalm 50:15 CSB

DEVOTIONAL THOUGHT

Are you facing any trouble today? It's been said that you're either just getting out of trouble, presently in trouble, or trouble is just around the corner. The verse today reminds you that it's not if you are in trouble, but rather when you are in trouble that you can call on God. Call on Him today and see what He can do with your trouble, and don't forget to say thanks when your day is done.

PROTECTION

"but deliver us from the evil one."

AGREE WITH HIS PROTECTION

"Guard me from..."

PRAYER FOR TODAY



"But seek first the kingdom of God and his righteousness, and all these things will be provided for vou."

Matthew 6:33 CSB

DEVOTIONAL THOUGHT

What's on your priority list? There are lots of good things that can get on the list; family, work, friends, a hobby...you can make your own list. A priority list can be a challenge because there's tension in keeping the list in the right order. The verse today provides a new perspective to making your priority list. In these words of Jesus, you can simplify your priority list by making it a list of one item: God's Kingdom. Try that today and see how the rest of your list comes together.

PRIORITIES

"For yours is the kingdom and the power and the glory forever. Amen."

AGREE WITH HIS PRIORITIES

"Guard me from..."

PRAYER FOR TODAY



HOW DID GOD ANSWER YOUR REQUESTS AT THE BEGINNING OF WEEK ONE?

PERSONAL

CHURCH

COMMUNITY



WRITE DOWN AREAS TO FOCUS YOUR PRAYERS FOR THIS UPCOMING WEEK. Be specific with your prayers so that you can see how God answers at the end of the week.

PERSONAL

CHURCH

COMMUNITY



"He is your praise and he is your God, who has done for you these great and awe-inspiring works your eyes have seen."

Deuteronomy 10:21 CSB

DEVOTIONAL THOUGHT

What things get your attention? Today's verse is a reminder that your attention should start in one place: God. As you reflect today on the things that God has done, stop and give Him praise. Praise is simply communicating approval and admiration. What has God done that deserves your approval? How can you speak a word of admiration to God today? Speak a word of praise to God today.

PRAISE

"Our Father in heaven, Hallowed be Your name."

DECLARE YOUR PRAISE

"Jesus, You are beautiful..."

PRAYER FOR TODAY



"For everything was created by him, in heaven and on earth, the visible and the invisible, whether thrones or dominions or rulers or authorities— all things have been created through him and for him."

Colossians 1:16 CSB

DEVOTIONAL THOUGHT

It's been said that it's not what you know, it's who you know. This verse reminds you that you've got a friend in a high place. Jesus is the one described in this verse as the one who is the source of everything. Jesus invites you to know Him. As you join your life with His, it can redefine your plan and your purpose. Say yes to Jesus today and live your day with a renewed purpose.

PURPOSE

"Your kingdom come. Your will be done. On earth as it is in heaven."

AGREE WITH HIS PURPOSE

"Let your will be done..."

PRAYER FOR TODAY



"And God is able to make every grace overflow to you, so that in every way, always having everything you need, you may excel in every good work."

2 Corinthians 9:8 CSB

DEVOTIONAL THOUGHT

Do you find yourself living with a scarcity mindset or an abundance mindset? It's so easy to have a feeling that there isn't enough. That feeling leads down a path of holding on, selfishness, and worry. Be reminded today that God wants to be generous with you. His generosity, though, isn't just for you. God wants to be generous with you so that you can in turn be generous with others. Can God trust you with His provision?

PROVISION

"Give us this day our daily bread."

AGREE WITH HIS PROVISION

"Lord, please give me..."

PRAYER FOR TODAY



"How can a young man keep his way pure? By keeping your word." Psalm 119:9 CSB

DEVOTIONAL THOUGHT

Have you ever used a compass? We live in a world where the tools of navigation have become much easier. A phone in your pocket, a screen on your dash, an address in a web browser, and you can find your way. If only life were that easy. We're reminded today that our moral compass is set one way...in God's word. Be encouraged today to be a reader of His word. Allow it to set your course today.

PURITY

"And forgive us our debts, as we forgive our debtors."

REPENT OF YOUR SINS

"I confess and turn away from..."

PRAYER FOR TODAY



"So then, brothers and sisters, we are not obligated to the flesh to live according to the flesh, because if you live according to the flesh, you are going to die. But if by the Spirit you put to death the deeds of the body, you will live."

Romans 8:12-13 CSB

DEVOTIONAL THOUGHT

Life or death — you choose. This verse is a simple reminder of where your obligation lies: you can choose life. As you connect your life to the power source of the Holy Spirit, you will find life. This God-given power source changes everything. Thank God for His power and thank Him for the gift of life that He offers to you today.

POWER

"And do not lead us into temptation,"

AGREE WITH HIS POWER

"Spirit, empower me to..."

PRAYER FOR TODAY



"No weapon formed against you will succeed, and you will refute any accusation raised against you in court.

This is the heritage of the Lord's servants, and their vindication is from me."

This is the Lord's declaration."
Isaiah 54:17 CSB

DEVOTIONAL THOUGHT

Do you ever feel like you're fighting a losing battle? Today's verse is a reminder that you're not losing, but rather you're winning. Those circumstances and people that can seem to have the best of you have no opportunity for success when you tap into God's benefit package. God offers you the protection you need as you choose to live in relationship with Him.

PROTECTION

"but deliver us from the evil one."

AGREE WITH HIS PROTECTION

"Guard me from..."

PRAYER FOR TODAY



"Brothers and sisters, I do not consider myself to have taken hold of it. But one thing I do: Forgetting what is behind and reaching forward to what is ahead, I pursue as my goal the prize promised by God's heavenly call in Christ Jesus." Philippians 3:13-14 CSB

DEVOTIONAL THOUGHT

Focus is defined as "the center of activity, attraction, or attention." What has your focus today? This verse is a reminder that your mind needs to be focused. There is a future that God has for you that requires this singular focus. Think about your focus today and what might be distracting you from what lies ahead. There is a finish line Jesus is calling you to. Focus today on Him and receive the strength and encouragement that only He can give.

PRIORITIES

"For yours is the kingdom and the power and the glory forever. Amen."

AGREE WITH HIS PRIORITIES

"Guard me from..."

PRAYER FOR TODAY



HOW DID GOD ANSWER YOUR REQUESTS AT THE BEGINNING OF WEEK TWO?

PERSONAL

CHURCH

COMMUNITY



WRITE DOWN AREAS TO FOCUS YOUR PRAYERS FOR THIS UPCOMING WEEK. Be specific with your prayers so that you can see how God answers at the end of the week.

PERSONAL

CHURCH

COMMUNITY



"Blessed be the Lord! He has given rest to his people Israel according to all he has said. Not one of all the good promises he made through his servant Moses has failed."

1 Kings 8:56 CSB

DEVOTIONAL THOUGHT

Are you tired? There's the good tired that comes from a day of labor and the not-so-good tired that you can't seem to overcome in your own strength and efforts. Today's encouragement is to discover the God-given rest that can only come as you focus on Him. Focus today on this simple attribute of God: He has never failed. As you focus on who God is, receive the rest that only He can provide.

PRAISE

"Our Father in heaven, Hallowed be Your name."

DECLARE YOUR PRAISE

"Jesus, You are beautiful..."

PRAYER FOR TODAY



"the one great in counsel and powerful in action. Your eyes are on all the ways of the children of men in order to reward each person according to his ways and as the result of his actions."

Jeremiah 32:19 CSB

DEVOTIONAL THOUGHT

Could you use a little wisdom today? The Bible provides clarity when it comes to wisdom, and today's verse adds to that clarity. The who and what of wisdom is found in this little verse. God is the who. Wisdom is the what. You provide the why as you look to God to give the wisdom that you need. Rest in this simple thought: "If you need wisdom, ask our generous God, and He will give it to you."

PURPOSE

"Your kingdom come. Your will be done. On earth as it is in heaven."

AGREE WITH HIS PURPOSE

"Let your will be done..."

PRAYER FOR TODAY



"Consider the ravens: They don't sow or reap; they don't have a storeroom or a barn; yet God feeds them. Aren't you worth much more than the birds?" Luke 12:24 CSB

DEVOTIONAL THOUGHT

Are you a bird watcher? This verse today raises the significance of watching birds and reminds you of God's provision for your need to survive. There's another reminder that's given in another verse around the flowers and how well they're clothed. That speaks to the desire for status. As you reflect on God's provision today, remember the value that God places on you and that He is the one to meet your needs.

PROVISION

"Give us this day our daily bread."

AGREE WITH HIS PROVISION

"Lord, please give me..."

PRAYER FOR TODAY



"Blessed are the pure in heart, for they will see God." Matthew 5:8 CSB

DEVOTIONAL THOUGHT

A pure heart is an inside job. It's getting your mind, thoughts, and attitude in alignment with God. It's interesting, as those things become aligned it changes what you see. You begin to see God at work around you. As your pure heart is developed you see more and more of God at work, and you can join Him in what He's up to. Do you want to see God? Allow Him to do the inside work that opens up your vision to see what He's up to on the outside.

PURITY

"And forgive us our debts, as we forgive our debtors."

REPENT OF YOUR SINS

"I confess and turn away from..."

PRAYER FOR TODAY



"Therefore, he had to be like his brothers and sisters in every way, so that he could become a merciful and faithful high priest in matters pertaining to God, to make atonement for the sins of the people. For since he himself has suffered when he was tempted, he is able to help those who are tempted."

Hebrews 2:17-18 CSB

DEVOTIONAL THOUGHT

God is able — what a great reminder. God is able in so many ways, but the reminder in today's verses is the offer of help when you are being tested. Have you studied for any tests lately? It can be easier to study with a partner, especially someone who has already passed the test. Lean in to your study partner, thank Him for preparing the way, and receive His power to pass whatever test you may be facing today.

POWER

"And do not lead us into temptation,"

AGREE WITH HIS POWER

"Spirit, empower me to..."

PRAYER FOR TODAY



"The Lord will rescue me from every evil work and will bring me safely into his heavenly kingdom. To him be the glory forever and ever! Amen." 2 Timothy 4:18 CSB

DEVOTIONAL THOUGHT

What a great encouragement in this verse today. God is your deliverer. Throughout Scripture we see the image of God as a deliverer. God delivers you from your troubles, your fears, and your distress. Where do you need to experience His deliverance today? Where do you need to receive the safety that only He can provide? Receive what He has to offer today and, as you do, don't forget to give Him the glory and the thanks.

PROTECTION

"but deliver us from the evil one."

AGREE WITH HIS PROTECTION

"Guard me from..."

PRAYER FOR TODAY



"Don't strive for what you should eat and what you should drink, and don't be anxious. For the Gentile world eagerly seeks all these things, and your Father knows that you need them.

"But seek his kingdom, and these things will be provided for you."

Luke 12:29-31 CSB

DEVOTIONAL THOUGHT

What are your priorities? It's easy to get a list of priorities put together. It's harder to keep a list of priorities in the right order. It's been said that seeking first the Kingdom of God is actually a priority list of one thing. Stop today and think about what it might look like if your priority list was just one item. It definitely would keep things simpler. Live today with the single priority of God and His Kingdom and see what happens with the rest of your list.

PRIORITIES

"For yours is the kingdom and the power and the glory forever. Amen."

AGREE WITH HIS PRIORITIES

"Guard me from..."

PRAYER FOR TODAY



HOW DID GOD ANSWER YOUR REQUESTS AT THE BEGINNING OF WEEK THREE?

PERSONAL

CHURCH

COMMUNITY

PRAYING SCRIPTURE

The Word of God is one of the most valuable tools we have to build a dynamic daily prayer life. It brings power, truth, and encouragement to our prayer time.

Let's begin with King David's Psalm 23. Take a moment to read it, and then use the prayer below as a way to use the psalm to have a conversation with God.

SCRIPTURE

The Lord is my shepherd;
I have what I need.
He lets me lie down in green pastures;
he leads me beside quiet waters.
He renews my life;
he leads me along the right paths
for his name's sake.
Even when I go through the darkest valley,
I fear no danger,
for you are with me;
your rod and your staff—they comfort me.

You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.
Only goodness and faithful love will pursue me all the days of my life, and I will dwell in the house of the Lord as long as I live.

PRAYING SCRIPTURE

PRAYER

"God, You are my Provider, and I know You will take care of me. Thank You for guiding me to places of rest. You are my source of energy and passion. You keep me going and lead me toward a life of purpose and freedom. I know that even when I experience my darkest seasons of difficulty and challenge, I have nothing to be afraid of because You are with me. Your presence and power are a constant comfort to me. I know that You are preparing the way for me and that my enemies cannot touch me because You are taking care of me. I know that You have blessed me, and I thank You for choosing me and anointing me with purpose. Your blessings are so much more than I could ask for. I know that You are good, God, and that You are with me all the days of my life. You have chosen me, and I have chosen You, and that means I will be with You, in Your presence, forever."

In the following section, we will use several Scriptures and claim their promises through prayer. You can make this as personal as you like. You will find the most benefit when you pray the Scriptures that God is showing you in His Word and that are connecting with you personally in your current season of life.

"Draw near to God, and he will draw near to you. Cleanse your hands, sinners, and purify your hearts, you double-minded."
James 4:8 CSB

PRAYER

"Heavenly Father, You have promised that if I draw near to You, You will draw near to me. I need more of Your presence today, and I am drawing near to You through prayer, worship, and reading Your Word. I open my heart to You and ask You to be near to me and change me to be more like You."

SCRIPTURE

"Search me, God, and know my heart; test me and know my concerns. See if there is any offensive way in me; lead me in the everlasting way." Psalm 139:23-24 CSB

PRAYER

"Father God, I ask You to search my heart. If You find anything in me that is offensive, please show me and help me remove it from my life. Lead me to live a life that draws people to You. Help me live my life on earth in a way that impacts eternity."

"But seek first the kingdom of God and his righteousness, and all these things will be provided for you." Matthew 6:33 CSB

PRAYER

"Your Word tells me that if I seek first Your Kingdom and Your righteousness, You will lead me to a life of blessing, purpose, and freedom. I am Yours today, God, and I give this day to You. Help me to focus on Your priorities first, sharing Your love and making Your Name known. I know that by focusing on You rather than myself, I will receive joy and peace."

SCRIPTURE

"Humble yourselves before the Lord, and he will exalt you."
James 4:10 CSB

PRAYER

"God, You have promised that if I humble myself before You, You will lift me up. I recognize today that I cannot succeed on my own, and I need You in every moment. I humble myself before You, and I ask You to work in and through me today. My time, efforts, thoughts, and words are Yours today (name specific parts of your day and give them to God). Use me for Your purposes, Lord. I trust that You will be with me and lift me up."

"For God has not given us a spirit of fear, but one of power, love, and sound judgment." 2 Timothy 1:7 CSB

PRAYER

"Father, I know You have not given me a spirit of fear or timidity, but one of power, love, and self-discipline. When my mind feels out of control, I pray that You will renew my spirit and let power, love, and self-discipline fill me. Help me to look more like You every day. I declare that anything that is not of You has to leave me in Jesus' mighty Name. I proclaim that I do not have a spirit of fear, but I have a sound and healthy mind."

SCRIPTURE

"We know that all things work together for the good of those who love God, who are called according to his purpose."
Romans 8:28 CSB

PRAYER

"God, You promise me in Your Word that in all things You work for my good. Right now, there are circumstances in my life that don't feel good and that I can't see an ounce of good in (talk to God about the specific situations that are causing you difficulty or pain). Even though this is how I feel, I choose to believe Your truth over my feelings. When you say You will work in all things for my good, I believe You. Even in situations that seem hopeless, I know You are working on my behalf and that You want more for me than I could ever want for myself. Thank You for having a purpose for me and for working all my life circumstances for good."

"Trust in him at all times, you people; pour out your hearts before him. God is our refuge. Selah" Psalm 62:8 CSB

PRAYER

"Father, in Your Word You invite me to pour out my heart to You. You are my refuge, and I know that anything I think, feel, or do is ok to bring to You. Knowing that You are a safe place for me, I come to You and give You everything on my heart (talk to God about the specific things that are on your heart today). From what is worrying me to what is delighting me, what I hope for to what I'm afraid of, I bring it all to You because I know I can trust You. Help me and guide me in every area, in Jesus' Name."

SCRIPTURE

"The Lord will open for you his abundant storehouse, the sky, to give your land rain in its season and to bless all the work of your hands. You will lend to many nations, but you will not borrow." Deuteronomy 28:12 CSB

PRAYER

"Lord, I believe You have everything I need and You want to bless me. You tell me in Your Word that You will open the heavens to bless the work I do. I know that without You, I can do nothing. I ask that You will open the heavens and pour out Your blessings and power over me. I give my work and my efforts to You and I ask You for favor and blessing in anything my hands touch (surrender specific efforts to Him). May it be for Your glory alone so that others may see Your power and goodness at work."

"For I am persuaded that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor any other created thing will be able to separate us from the love of God that is in Christ Jesus our Lord." Romans 8:38-39 CSB

PRAYER

"God, I am in awe of Your love for me. You are so great, and I am so small, yet You love me fully. I remind my soul today that nothing can separate me from Your love—I am so grateful! There is nothing I can do to win or lose Your love; You love me without condition. Because I know nothing on earth, in time or space, or anything in existence can separate me from Your love, I will live confidently and peacefully knowing I have always been and will always be fully loved by You."

SCRIPTURE

"No weapon formed against you will succeed, and you will refute any accusation raised against you in court. This is the heritage of the Lord's servants, and their vindication is from me." This is the Lord's declaration." Isaiah 54:17 CSB

PRAYER

"Lord, I know that no weapon raised against me will succeed because I am Your child. I feel pressure in my life right now, and sometimes I feel as though life will overcome me (talk to God about the concerns weighing on you). Even though I feel this way, in faith, I claim Your promise that no weapon can overcome me and that any accusations that come against me will be silenced. This truth is verified by Your love and saving power in my life."

"Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus." Philippians 4:6-7 CSB

PRAYER

"Father, my heart feels anxious (tell God what is giving you anxiety). I don't like this feeling, but I'm thankful I can come to You and receive peace. You invite me to replace my anxiety with prayer, and even though my mind and heart are racing, I'm coming to You knowing that You provide healing and calm for my soul. Thank You for giving me breath and life. I thank You that I am fearfully and wonderfully made in Your image. I lay down all worries, all my physical and mental anxiety, and any attempt at trying to control it all (tell Him the things you are laying down right now). I surrender it all to You. I need You. I need Your peace that transcends my human understanding. Even if things are unstable around me, I pray that Your peace will be evident in my heart and my life. Guard my heart and mind, God. I trust that You are faithful, and I receive Your peace in my life today."

"For I know the plans I have for you"—this is the Lord's declaration—"plans for your well-being, not for disaster, to give you a future and a hope. You will call to me and come and pray to me, and I will listen to you. You will seek me and find me when you search for me with all your heart." Jeremiah 29:11-13 CSB

PRAYER

"My God, I try to make so many plans for my life, but I know Your plans for me are best. You tell me that You have plans for me to prosper and have hope and a future. Thank You for loving me enough to have a plan for my life. You have promised me that when I call on You, You will listen to me. Thank You for listening when I pray. I am confident knowing that I serve a God who cares about my life. I want to find You every day, and You say that if I seek You with all my heart, I will find You. Thank You for showing me the way to You. I lay my plans down at Your feet and receive Your plans for me (mention your plans and lay them down before God). I know that You see the big picture and You know what is better for me than I do. I trust You, and I ask You to guide me toward Your plans."

"Keep your life free from the love of money. Be satisfied with what you have, for he himself has said, I will never leave you or abandon you." Hebrews 13:5 CSB

PRAYER

"Father, I am so comforted by the fact that You will never leave me. You are always with me, and I am safe with You. As I go through my life and take on each new situation, I'm comforted by knowing I'm not alone because You are by my side. Help me feel Your presence. When I feel uncertain or afraid, I pray You will comfort me through Your Holy Spirit and remind me that I am never alone because You, the Almighty God, have promised to always be with me."

SCRIPTURE

"Come to me, all of you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, because I am lowly and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light." Matthew 11:28-30 CSB

PRAYER

"Lord Jesus, I am so tired and worn out (tell God the areas that you're tired and weary). I feel exhausted mentally and physically. Life feels hard, and I feel like I can't keep up my current pace. You invite me to come to You when I am weary, and I fall at Your feet desperate for rest, peace, and perspective. Show me where I am trying to do things on my own. Show me where I need to rest instead of strive. Teach me Your ways. Show me how to walk in gentleness, humility, and rest. I know Your ways are higher than my ways, and I pray that You will transform my heart and mind to be more like You."

WARFARE PRAYERS

Prayer is not only communion with God; it is also confrontation with the enemy. When Jesus was on the earth, He came face-to-face with the devil when He was tempted in the wilderness (see Matthew 4 and Luke 4), and every time the enemy tried to tempt Him, Jesus responded with a reference from the Bible. He used the Sword of Truth to defend Himself from the enemy's attacks. Consider that in these exchanges, Jesus didn't confront the devil as God. He confronted the devil as a man with the Word of God. We should do the same thing.

These spiritual warfare prayers and verses are examples we can use and adapt to our specific situations when we or someone we know is under attack from the devil.

THE ARMOR OF GOD

Based on Ephesians 6:11-18

Knowing that we are in a spiritual battle, God provides spiritual armor and equips us to take a stand when battles come our way.

"Put on the full armor of God so that you can stand against the schemes of the devil. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the cosmic powers of this darkness, against evil, spiritual forces in the heavens. For this reason take up the full armor of God, so that you may be able to resist in the evil day, and having prepared everything, to take your stand. Stand, therefore, with truth like a belt around your

waist, righteousness like armor on your chest, and your feet sandaled with readiness for the gospel of peace. In every situation take up the shield of faith with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit—which is the word of God. Pray at all times in the Spirit with every prayer and request, and stay alert with all perseverance and intercession for all the saints." Ephesians 6:11-18 CSB

Acknowledge that you're in a spiritual battle. Then, claim the protection God has given you by praying through the different pieces of armor described in Ephesians 6.

PRAYER

"Thank You, Lord, for my salvation. I receive it in a new and fresh way from You, and I declare that nothing can separate me from the love of Christ and the place I have in Your Kingdom. I wear Your righteousness today against all condemnation and corruption. Cover me with Your holiness and purity—defend me from all attacks against my heart. Lord, I put on the belt of truth. I choose a lifestyle of honesty and integrity. Expose the lies I have believed, and show me Your truth today. I choose to live for the Gospel in every moment. Show me where You are working and lead me to it. Give me strength to walk daily with You. I believe that You are powerful against every lie and attack of the enemy and I receive and claim your power in my life. Nothing is coming today that can overcome me because You are with me. Holy Spirit, show me the truths of the Word of God that I will need to counter the traps of the enemy. Bring those Scriptures to mind today. Finally, Holy Spirit, I agree to walk in step with You in everything as my spirit communes with You in prayer throughout the day."

THE WEAPONS OF WARFARE

Based on 2 Corinthians 10:4-5

When we are aware of spiritual warfare, we can be active in praying through it. God has given us victory and power to fight through the blood of Jesus.

"since the weapons of our warfare are not of the flesh, but are powerful through God for the demolition of strongholds. We demolish arguments and every proud thing that is raised up against the knowledge of God, and we take every thought captive to obey Christ." 2 Corinthians 10:4-5 CSB

You can command anything that comes against the truth of God and His Word to bow to the Name of Jesus. Take a bold stand, praying specifically and confidently through God's power and His Spirit.

"Father, Your Word says that no weapon formed against me will prosper (Isaiah 54:17), and I declare it in Jesus' Name. Your Word says that trouble will not arise a second time (Nahum 1:9). So I declare in Jesus' Name that satan cannot make trouble for me again, like he has in the past. I declare in the Name of Jesus that all of these prayers are answered and taken care of by trusting You.

I stand on Your Word. The enemy is driven out from me; from my home, workplace, church, family, children, and loved ones. I declare that he is not able to stand against me. No weapon formed against me will prosper, because the Spirit of the Lord is with me, protecting me. I declare these truths in the Name of Jesus. Anything that comes against me or my family that is not in line with the truth and will of God, I command to bow to the powerful Name of Jesus. Father God, I give You all of my thanksgiving, praise, glory, honor, and worship. Thank You for loving me, making me clean, and giving me purpose."

PROTECTION PRAYER

Based on 2 Thessalonians 3:3; 2 Corinthians 6:14-7:1, 10:3-5; Romans 12:1-2

We often worry about our safety and protection. When we feel this way, we can immediately come to God in prayer, pouring out our heart to Him, and battling in the heavenly realms by asking for and claiming protection for ourselves and our families in Jesus' Name.

"But the Lord is faithful; he will strengthen you and guard you from the evil one." 2 Thessalonians 3:3 CSB

Share your thoughts and concerns with God. Ask Him for His supernatural protection. He says He will command His angels concerning you to guard you in all your ways (Psalm 91:11). Claim this promise and lay everything down before Him, trusting His good plans and His power to protect you and those you love.

PRAYER

"God, I bow in worship to praise You. Thank You for making a way for me through Your Son, Jesus. I surrender myself completely in every area of my life to You. I submit myself to the true and living God and refuse any involvement of the enemy in my life. I choose to be transformed by the renewing of my mind. I reject every thought that tries to compete against the knowledge of Christ. I pray and thank You for a sound mind, the mind of Christ. Today and every day I ask for protection over my family and loved ones: all immediate family members, relatives, friends, acquaintances, and myself. I ask for protection during all of our travels.

I ask You to watch over our financial security, possessions, health, and safety (be as specific here as you like). All that I have is Yours, God, and I declare that satan cannot touch me or anything You have given me. I rebuke the enemy and tell him to bow to the blood of Jesus that covers me and my family. He will not take what You have given us and we are protected and provided for by You, God, and You alone."

CONFESSION PRAYER

Based on Romans 10:10; James 5:16; I John 1:7-9, 3:8

Our sin separates us from God, but Jesus made a way for us to be reunited with God by covering our sin by dying on the cross. When we accept the gift of salvation we confess our sin, and as Christians, confessing and repenting of sin is something we continue to do. When we come clean and repentant before God, He is able to work in our lives and transform us to be more like Him.

"If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness."

1 John 1:9

Assume a posture of humility, and without fear of condemnation or punishment, come sincerely to God confessing your sin on a regular basis. Whether your sin feels big or small to you, your sin is still sin and affects your relationship with God. You get His attention when you tell Him your sin and turn from that sin to follow Him. After you confess, remind yourself and claim the power of the blood of Jesus in your life to wash you clean and make you new.

"Lord Jesus, I confess all of my sins to You. I repent and turn away from them. I'm sorry for the wrong I have done. I confess the times I should have stepped up to do right and did nothing instead. I lay it all down at Your feet. I submit my thoughts, words, actions, and inactions to You. Thank You, God, for forgiving and making a way for me through Your Son, Jesus.

Lord Jesus, I believe that You are the Son of God. You died on the cross for my sins and rose to life again on the third day. I confess all my sins and repent. I receive Your forgiveness and ask You to cleanse me from all sin. Thank You for redeeming me, setting me free, making me holy, and giving my life purpose."

FORGIVENESS PRAYER

Based on Matthew 6:14-15; Leviticus 19:18

"For if you forgive others their offenses, your heavenly Father will forgive you as well. But if you don't forgive others, your Father will not forgive your offenses."

Matthew 6:14-15 CSB

Come before the Lord with humility, honesty, and sincerity. Share the areas in your life where you need to forgive others. Even if you aren't able to settle a situation with that person, you can settle it with the Lord, letting them off the hook by forgiving them. As you choose to forgive those who have hurt or offended you, you can also praise and thank God for forgiving you when you didn't deserve it.

"Lord, I have a confession to make. I haven't loved others well. I have resented certain people and have not forgiven them in my heart. God, I know that You have forgiven me for so much, and I need Your help to follow You and forgive others. In faith, I now forgive (name them). I also forgive and accept myself because You have made me new in the Name of Jesus."

PRIDE PRAYER

Based on Proverbs 11:2, 16:18, 26:12; 1 Timothy 3:6

The Bible tells us that pride comes before the fall. Pride can be a very real issue in our lives, but we have the power to overcome it through Jesus.

"When arrogance comes, disgrace follows, but with humility comes wisdom." Proverbs 11:2 CSB

Practicing humility requires overcoming pride in our lives. Just as you confess other sins, regularly confess your pride to God. Submit it to Him, asking Him to help you walk in humility, free of pride and self-absorption. If you feel like pride is an issue that continues to surface in your life, confess it daily and bring it before God.

PRAYER

"Father God, I come to You in the Name of Jesus. I know pride only keeps me from You. I put down anything that would cause me to have pride in my heart in dealing with other people. Help me to prioritize others over myself. I ask you God, to remind me daily that true humility is not thinking less of myself, it's thinking of myself less. I humble myself before You and come to You like a child."

HEALING PRAYER

Based on 1 Peter 2:24; Psalm 103:2-5; Luke 1:37

Our God is a God of miracles. Just as we read about in the Bible, we still see Him perform miraculous healing today. He is our healer, and we can confidently approach Him asking for healing for ourselves or someone we know.

"My soul, bless the Lord, and do not forget all his benefits. He forgives all your iniquity; he heals all your diseases. He redeems your life from the Pit; he crowns you with faithful love and compassion. He satisfies you with good things; your youth is renewed like the eagle." Psalm 103:2-5 CSB

In faith, ask God for healing. Proclaim His power and goodness, believing and trusting Him to take care of you or those you're praying to be healed.

PRAYER

"Father, in the Name of Jesus, I come before You asking for healing (name yourself or someone you are praying to experience healing). My hope is in You as our healer; I believe You are able to do this. Your name is Jehovah Rapha, the God who heals, and I believe every knee will bow to You including the name of (name disease or disorder). Thank You, Jesus, for dying on the cross so that we can receive healing. You say that You forgive our sins and heal our diseases, and I praise You for this. Thank You that the spirit that raised Jesus from the dead lives in us. I stand in faith believing for healing for (yourself or someone you're praying for). Nothing is impossible for You, God! Give us peace and direction as You work in our lives. In Jesus' Name, Amen."

MARRIAGE PRAYER

Based on Ephesians 5:25-30

God created marriage, and His design for it is good. In marriage, just as in any human relationship, we have to work to love well. We can't do this successfully in our own power. We need God, who is love Himself, to give us His Holy Spirit and to guide us in our marriage. Marriage is a picture of Jesus Christ and His bride, the Church. As Christian husbands and wives, we have the high honor to represent the love and commitment Christ has for the Church through our love and commitment to each other.

"Husbands, love your wives, just as Christ loved the church and gave himself for her to make her holy, cleansing her with the washing of water by the word. He did this to present the church to himself in splendor, without spot or wrinkle or anything like that, but holy and blameless. In the same way, husbands are to love their wives as their own bodies. He who loves his wife loves himself. For no one ever hates his own flesh but provides and cares for it, just as Christ does for the church, since we are members of his body." Ephesians 5:25-30 CSB

Thank God for your marriage. Start by asking Him to help you be the best spouse you can be. Ask Him to help you love well and to see your spouse as He sees them. Then, pray for your marriage, asking God to use your marriage to impact the world for Him. Ask Him for protection physically, spiritually, and emotionally. Pray for unity in your marriage and wisdom from Him about how to live your lives as one. Bring to Him anything in your marriage that concerns you, and trust Him to work on your hehalf

"Thank You, God, for loving us, and for creating marriage to be an illustration of Your love for us here on earth. Help me, God, to love my spouse (call them by name) the way You love me. Help me to listen to my spouse, give honor, and put my spouse before myself. Protect us physically, mentally, emotionally, and spiritually. We ask You to build greater unity between us; make us stronger as a couple, more devoted to one another and to You. Use us God, build us up to be an example of what Godly marriage can look like. Use us together to do more than we could ever do apart. We ask for greater influence and more impact on the people around us. We ask you to work through us in the lives of our friends, family, and even those far away. Fill us with Your Holy Spirit and move through us to bring those far from You closer, so that they can have an encounter with the Living God, who seeks and saves the lost, and who sets us free and gives us purpose. We choose as a couple to love You first, God. We put our relationship with You before anything and everything else. We confess our need for You. Thank You for bringing us together. We choose to love one another today and every day. Thank You for our marriage. We ask You to bless it, build it, and be present in it always."

PRAYING FOR THOSE WHO NEED GOD

God desires everyone to know Him. He says in His Word that He would leave the 99 to go after the one who doesn't know Him. As followers of Christ, we are called to partner with Him, praying for those who don't know Him to come to know Him.

01. ASK THE FATHER TO DRAW THEM TO JESUS

God draws people to Himself. It's not something we can make happen out of our own efforts, so we need to be faithful in praying that the Father would draw those He's placed on our hearts to Jesus.

"No one can come to me unless the Father who sent me draws him, and I will raise him up on the last day." John 6:44 CSB

Think about the people you know who are far from God. Let your heart be open to God and anyone He may bring to your mind. It may help to write down their names as you focus on praying for them.

PRAYER

"Father, I pray for the people around me (list specific names), that you would supernaturally draw their hearts to you. Send your Holy Spirit to them, and give them the desire to give their lives to You. Help them to recognize their longing for more in life as a spiritual thirst only you can quench. Open their ears to hear your voice."

02. BIND THE SPIRIT THAT BLINDS THEIR MINDS

The truth can be right in front of some people, and they still can't see it because something is in the way blocking their view of God.

"In their case, the god of this age has blinded the minds of the unbelievers to keep them from seeing the light of the gospel of the glory of Christ, who is the image of God." 2 Corinthians 4:4 CSB

We can pray against whatever is in their way so that they can see the light of God. We can pray that they would see the truth without any obstacles or distractions interfering.

PRAYER

"Father, bind the evil spirits that are blinding the minds of the people around me. In the name of Jesus, I pray that they would be able to see clearly, to recognize who You are, and to give their hearts to You. Remove all hindrances the enemy would use to distract them from Your truth. Open their eyes, Lord, that they might see Jesus."

03. PRAY THAT THEY MAY HAVE A PERSONAL RELATIONSHIP WITH GOD

Many people think Christianity is just another religion. They only see God through the lens of the organization and institution of the church. They may even feel frustrated, angry, or betrayed by people in churches they have encountered or by religious legalists and their hypocrisy. But God didn't come to build an organization. He came to have a relationship with His children.

"For you did not receive a spirit of slavery to fall back into fear. Instead, you received the Spirit of adoption, by whom we cry out, "Abba, Father!" Romans 8:15 CSB

God wants His beloved sons and daughters to come home. Praying for people to have personal encounters with the living God makes a huge difference.

PRAYER

"Father, I pray that people will understand how much You love them. Loose the spirit of adoption for the people around me, so that they come into a meaningful relationship with You. Stir in their hearts a longing to come home, to hear Your voice, and to see You welcoming them with open arms. Let them know You are always running to meet them and hold them close."

04. PRAY FOR BELIEVERS TO CROSS THEIR PATHS

This is twofold: we can pray for other Christians to influence the people around them positively, and we can also look for opportunities to influence others positively ourselves. God's plan to reach people is worked through those who already know and love Him. Jesus asked us to pray for people to go into the world to be salt and light. He came to bring the good news of the Gospel to all people, and His desire is that everyone would know and love Him.

"Therefore, pray to the Lord of the harvest to send out workers into his harvest." Matthew 9:38 CSB

As his "spiritual farmers," we should be attuned to opportunities to plant spiritual seeds in the lives of the people we encounter each day. We may have no idea who has already been praying for them and the culminating impact our kind word, compassionate act, or loving attitude can have to draw someone to Christ.

PRAYER

"Father, I pray for the lost around me to meet believers who will influence them in a positive way. Lord, let my life shine in such a way that people want to know the God I serve. Allow others to see my genuine love and concern for them in all that I say and do. Let me be Your hands and feet to serve them and let them know just how much You love them."

05. RELEASE THE SPIRIT OF WISDOM AND REVELATION ON THEM, SO THEY MAY KNOW GOD BETTER

It's that "eureka" moment, that "aha!" when it finally clicks. The most important moment to have this kind of revelation is when the lights come on spiritually. People need to see their own sin, see what Jesus did on the cross, and see the hope that comes from giving their life to God.

"I pray that the God of our Lord Jesus Christ, the glorious Father, would give you the Spirit of wisdom and revelation in the knowledge of him." Ephesians 1:17 CSB

People need wisdom, not just knowledge, of spiritual things and insight into how spiritual realities directly impact them. We can pray for this kind of supernatural revelation that only comes from God.

PRAYER

"Father, I pray for the people around me to experience the spirit of wisdom and revelation. I pray that they would truly understand their spiritual condition and see what Jesus did for them on the cross. Help them to have the information and experiences needed to come to You, so they can understand all You have done for them."

PERSONAL PRAYER FOCUS

GOD HAS PUT US ON THE EARTH AT THIS SPECIFIC TIME FOR A REASON. He says in Acts 17:26 that He determined when and where we would live. Knowing this, we can look at those around us at this specific time in history, and take personal responsibility to pray.

"First of all, then, I urge that petitions, prayers, intercessions, and thanksgivings be made for everyone, for kings and all those who are in authority, so that we may lead a tranquil and quiet life in all godliness and dignity. This is good, and it pleases God our Savior, who wants everyone to be saved and to come to the knowledge of the truth."

1 Timothy 2:1-4 CSB

Pray for those in authority and those under your authority Pray for those in your family and your circle of influence (anyone you're connected to). Write down the names of specific people and pray for them.

MY GOVERNMENT

PRESIDENT
NATIONAL LEADERS
STATE LEADERS
CITY LEADERS
MY FAMILY
SPOUSE
CHILDREN
PARENTS
SIBLINGS

EXTENDED FAMILY

MY CHURCH
PASTOR
SMALL GROUP LEADER
SMALL GROUP MEMBERS
MY LIFE
EMPLOYER
CO-WORKERS
EMPLOYEES

TEACHERS/PROFESSORS
CLOSE FRIENDS
THOSE WHO NEED GOD

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