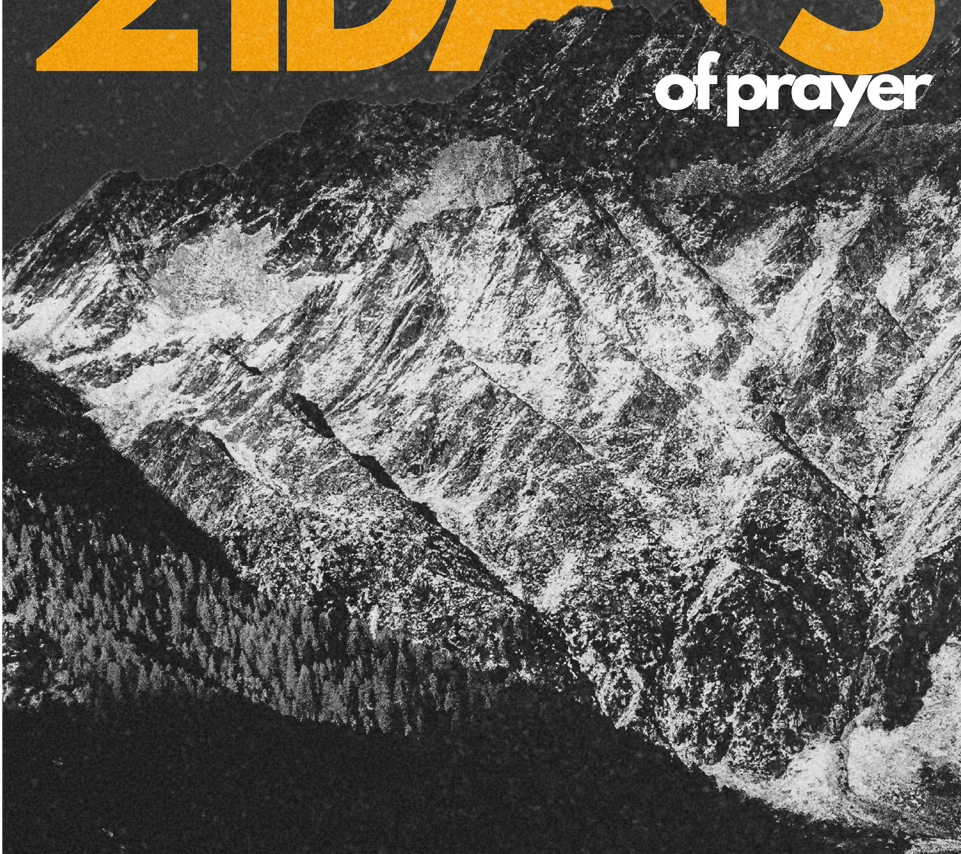




# 21 DAYS

of prayer





Dear Fellow Prayer Warrior,

You may not see yourself as a prayer warrior, but God has given us all the special privilege and power that comes with prayer. We are so excited about what will come if we all humble ourselves, unite, and pray God's will and heart together for our lives and ministry.

This little guide is primarily taken (by permission) from Church of the Highlands in Alabama. It offers some great insights and instruction on prayer.

I would like to point out one important addition. You'll notice a Daily Guide for 21 Days of Prayer. Our hope is to see the whole church praying in agreement and unity for these specific things every day. Imagine the power and unity of us all calling out to heaven every day for the same thing for the next 21 days. What might God do as a result?

You can decide when to pray and how to pray. But please pray every day! We're also asking you to join us in 21 days of fasting during this time. Fasting helps us humble ourselves, remember to pray, and remember where our help really comes from. We've included a few thoughts on fasting as well.

This is a big moment in our world, in our nation, and in our church. How appropriate to usher it in by appealing to Our Creator and committing to allowing Him to have His way in us! Here we go!

For The King,

*Karl Leuthauser*

## HOW TO USE THIS BOOK

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We don't have to follow a specific formula to talk with God, but practicing different ways to pray can help us find deeper purpose and connection to Him through our prayer time.

This book is designed to give you several prayer models. You don't have to master all of them at once; you can select a different prayer model each day in any order you want, and even spend a few days on the same model as you become more comfortable.

**To get started, choose which model you want to use today in prayer. As you pray, focus on the process the model reveals, giving yourself time to pray intentionally. If your mind wanders, use the model to restore your focus.**

The goal of using this guide is not to add pressure or overwhelm you. The goal is simply to get comfortable with different biblical models of prayer and for your prayer life to become more natural, effective, and enjoyable. To make your prayer time even more meaningful, you can write notes and prayer requests and play worship music. The most important step is committing to regularly entering God's presence through prayer.

The heart of this guide is to help you find a new level of purpose, effectiveness, and enjoyment in your prayer life. While prayer does take commitment and can require discipline to develop into a daily habit, we also want to remember that it's a "get to" not a "got to." It's a privilege to be able to come to God in prayer.

## CREATING A LIFESTYLE OF PRAYER

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*Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed.*

**MARK 1:35**

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

### **HAVE A CERTAIN TIME**

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

### **HAVE A CERTAIN PLACE**

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

### **HAVE A CERTAIN PLAN**

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it "The Lord's Prayer." This outline, along with several other tools, is available in this guide. As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.

## **INCLUDE YOUR FAMILY**

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A lifestyle of prayer is caught more than taught. Lead your child(ren) by example. Let them see you pray and model how to pray. Start small and lay a foundation that can be built on for years to come.

### **START SMALL**

#### **Stacking**

Attach a time of prayer to something you do everyday anyway: pray before meals, during bathtime, on the way to school, or at bed time.

#### **Repeat-After-Me**

Model prayer with repeat-after-me prayers. Some children are scared to pray simply because they don't know what to say. You can make one up, or check out the Lord's Prayer in the Jesus Storybook Bible.

### **TAKE IT FURTHER**

#### **Grace Kids Prayer Guide**

Go through the Grace Kids Prayer Guide with your child(ren). It has a host of ideas and fun activities to cultivate a prayer life!

#### **Pray in Difficulty**

Pray when your child gets hurt, feels sick, or has a bad attitude. Pray when you see an accident on the side of the road or a homeless person. Teach your child to look for reasons to pray for others. Have your children pray for you when you are hurt, sick, or need an attitude adjustment.

## **Pray in Thanksgiving**

Pray thanksgiving when your child has a great day at school, when they get a good grade, or when that thing they were worried about turns out to be okay. Thank God for good weather, yummy food, and all of the small things that show His goodness every day.

## **GO DEEPER**

### **Let's Ask Jesus**

Model prayer as simply asking Jesus a question and practice hearing His voice.

#### **Here are some ideas to start:**

*"Jesus, what is something you love about me?"*

*"Jesus, is there anyone I need to forgive?"*

*"Jesus, what is your favorite thing about (insert name here)?"*

*"Jesus, will you please show me who I need to ask forgiveness from?"*

### **Listening Worship**

Take time regularly to sit in God's presence and listen for what He has to say. Turn on some instrumental worship music quietly and get comfortable. Lay on the floor or the couch if it helps. Close your eyes if you'd like. Kids can play with playdoh or quietly color if they have trouble sitting still. Don't get so caught up in "being quiet" that you miss the point of "listening for God's voice." Listen for the duration of 1-2 songs. You can build up the length of time as your children get older. When the music is done, ask everyone "What did you get?" It may be a picture or a word, a feeling or a scripture.

### **Communion**

Take communion together as a family. Read about the Last Supper and why we take communion (Luke 22:17-20, Matthew 26:26-29, 1 Corinthians 11:23-29). Let this be a time of praise and thanks, but also a time to examine your hearts. Is there anyone you need to forgive or ask forgiveness from? Share what God is doing in your heart with your family.

# 21 DAYS OF PRAYER: DAILY GUIDE

## *LET US ALL PRAY TOGETHER!*

There is so much power in unity and in prayer! Let's all pray together for the same things every day for the next 21 days. God will knit us together and do amazing things in our midst!

- Day 1: Praise Him!** Pray James 1:16-17 aloud. Pray prayers of thanksgiving and worship. Reflect on the good God has done in your life and our church family this past season and thank Him for it. Read Colossians 1:16-17. Praise God for what He is doing now and what He's going to do.
  
- Day 2: Repentance.** Pray Psalm 139:23-24 aloud. Wait to see what God brings to mind. Confess any sin He reveals and repent by committing to walk away from it. Read 2 Chronicles 7:12-16. Pray for God to restore and return anything in your life that has been broken or stolen by sin.
  
- Day 3: Protection.** Pray Ephesians 6:10-18 aloud. Pray for God's protection over your life, your family, and your friends. Pray for protection over our church and its ministries.
  
- Day 4: Our Leaders.** Pray 1 Timothy 2:1-4 aloud. Pray for our President, Congress, and Governor. Pray for our county leaders, city leaders, and school board. Read Romans 13:1-6. Pray that God will give us wisdom on how to honor our leaders without ever disobeying His Word.
  
- Day 5: Our Church Leadership.** Pray Hebrews 13:17-18 aloud. Pray for our pastors, staff, and Dream Team (volunteer) leaders. Pray that God would protect them from temptation and poor decisions. Pray for discernment, integrity, wisdom, vision and sensitivity to what God wants to do.



**Day 6: Our Families.** Pray Psalm 127:3-5 aloud. Pray for your family. Pray for families and marriages in our church. Pray for families in our community and the sanctity of marriage in our nation. Pray that God will heal broken families and the hurt that comes in the midst of that brokenness.

- Day 7: The Spiritual Battle.** Pray 2 Corinthians 10:3-6 aloud. Ask the Holy Spirit to show you where the Enemy is working in your heart, thinking, family, city, and church. Bind and rebuke his efforts in the name of Jesus. Firmly declare the life, truth, and Word of God over each situation.
  
- Day 8: The Power of The Spirit.** Pray Acts 1:8 and John 16:7-11 aloud. Ask the Holy Spirit to give you greater wisdom, gifts, and power to do His will. Pray that God will increase the power and work of the Holy Spirit in our church. Pray that we all will be attentive to His direction and in step with His Spirit in all things.
  
- Day 9: Strife, Fear, Disunity.** Pray Joshua 1:9 aloud. Ask God to bring an end to the strife, fear, and disunity in our nation. Pray that He would keep it out of your home and far from our church. Pray that your life and our church will be places of peace, courage, unity and blessing.
  
- Day 10: Youth and the Future.** Pray 1 Timothy 4:12 aloud. Pray over children's and youth ministries at our church. Pray Jeremiah 29:11 over our young people. Pray for protection, courage, and faith in our young people. Pray that God will raise up amazing leaders to lead the next generations.
  
- Day 11: Health and Healing.** Pray Jeremiah 30:17 aloud. Pray for the people you know who are sick and need healing. Pray that disease, death, and suicide will be pushed back from our city. Pray that the Holy Spirit would bring miraculous healing in our church to the glory of God the Father.

- Day 12: Favor.** Pray Psalm 90:17 aloud. Pray that God would give you favor to minister and bring life to places others cannot reach. Pray that God opens doors for our church that only He can open. Pray that God will grant us favor in our community and that every bit of it would be used to advance God's Kingdom and bring glory to Jesus.
  
- Day 13: The Lost.** Pray 2 Peter 3:9 aloud. Pray for family members and friends you know who don't know Jesus. Pray for their hearts to be opened by God's Spirit. Pray for Words and strategy from the Holy Spirit on how you can be used to reach them. Pray that our church will see a large number of people come to Jesus and grow in Him.
  
- Day 14: Our Church.** Pray Hebrews 10:24-25. Pray that God would protect, bless, and use our church. Pray that He always has His way there. Pray that people would encounter God during our services. Pray that we would be good stewards of the resources and people He has brought to us. Pray for unity, love, and power in and through the ministry. Pray that leaders and ministry would be multiplied and released beyond our current limitations. Pray for His vision.
  
- Day 15: The Church Throughout the World.** Pray Psalm 22:27-28 aloud. Pray for the persecuted Christians throughout the world. Pray for their protection and for their leaders. Pray for the nations that seem to have turned away from Jesus. Ask the Holy Spirit to give you a specific nation to pray for and pray for them. Pray that God will raise up world-wide evangelists and workers of the harvest.
  
- Day 16: Social Ills.** Pray John 10:10 and Proverbs 11:10 aloud. Pray against crime, drugs, and violence in our area and nation. Pray for peace, order, righteousness, and healing. Pray against abortion and human trafficking. Pray healing on those who have been involved with it. Pray against racism, poverty, and injustice.

- Day 17: Personal and World Peace.** Pray John 14:27 aloud. Ask God to increase your peace no matter what goes on around you. Pray that you can minister His peace to others who need it. Pray for an ending to war, terrorism and bloodshed. Pray for the peace of Israel.
  
- Day 18: Strongholds and Breakthrough.** Pray Isaiah 61:1-3 aloud. Ask the Holy Spirit to reveal spiritual strongholds in your life, the hearts of your family members, and our church. Pray that God would tear them down, open eyes, and bring forth His freedom. Pray that people you encounter and people who are touched by our ministries find genuine and lasting freedom and breakthrough.
  
- Day 19: Wisdom and Understanding.** Pray James 1:5 and Jeremiah 33:2-3 aloud. Pray that God would give you wisdom and understanding to navigate the challenges of our times. Pray for discernment in the things we hear and wisdom in the voices we listen to. Pray that we will take the path of wisdom and righteousness regardless of what is expected of us.
  
- Day 20: Provision and Blessing.** Pray 2 Corinthians 9:8 aloud. Pray that God will provide all that you need to accomplish His will. Pray for an abundance that you can share with others. Pray that God will supply for all the needs and work of our church and that we steward it all well for His glory.
  
- Day 21: Jesus' Return.** Pray 2 Peter 3:11-13 aloud. Pray for revival that the Gospel will be preached throughout the world, and that a great harvest will result. Pray that God will prepare us for our heavenly home and bring the Church to it soon!

# PRAYER AND FASTING

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While you may be familiar with prayer, fasting may be new to you. There are a number of examples of fasting in the Old and New Testament. The most famous is the 40-day fast Jesus undertook before His earthly ministry started in earnest. The purpose of fasting is to humble ourselves, break our reliance on the comforts of this world, to focus on Jesus through prayer, and to seek His will for breakthrough and transformation in our world and lives.

Here's what Dr. Bill Bright said about the purpose of fasting in his "Personal Guide To Fasting."

Fasting is one of the Spirit's tools for strengthening and transforming grace in our lives. This spiritual practice is a gift from God meant to grow us and draw us into a deepening relationship with Him. If you do not already know this power and the importance of fasting, here are some insights drawn from God's Word and personal experience to get you started:

- Fasting was an expected practice in both the Old and New Testament eras. For example, Moses fasted for at least two recorded 40-day periods. Jesus fasted 40 days and reminded His followers to fast. He said, "When you fast," not, "If you fast" (Matthew 6:16).
- Fasting and prayer can restore the loss of your "first love" for the Lord (Revelation 2:4) and result in a more intimate relationship with Christ.

- Fasting is a biblical way to truly humble yourself in the sight of God (Ezra 8:21). King David said, “I ... humbled myself with fasting” (Psalm 35:13, New International Version).
- Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance and a transformed life.
- Through fasting, the Holy Spirit will imprint God’s Word deeper on your heart, and His truth will become more meaningful to you.
- Fasting can transform your prayer life into a richer and more personal experience.
- Fasting can result in a dynamic personal revival and make you a channel of life change to others. If you fast, you will find yourself being humbled as I did. You will discover more time to pray and seek God’s face. And as He leads you to recognize and repent of unconfessed sin, you will experience God’s grace to grow and mature you.

Fasting does not just have to be refraining from food. Some people fast from food. Some fast from certain kinds of food. Some fast from media, a regular indulgence, or something else that will clearly remind them to pray and seek God every day. While there are examples in the bible of people fasting from food and water, we highly recommend you hydrate very well during any fasting that involves a change in diet. In fact, juice and healthy beverages are often an important part of fasting from food.

Our pastor has decided to take the following approach: 7 days without solid foods while including healthy beverages and plenty of water; 7 days of no media, phones, screens, or news using computers only for work purposes; 7 days of eating only vegetables with plenty of water (a variation of “The Daniel Fast”).

There are health risks with prolonged fasting. Please consider your risks and personal health factors when choosing to fast from food and the duration of your fast. Consult your physician about your plan and make the adjustments needed for your personal health and needs. People with health issues such as diabetes, anorexia, liver, and heart issues should choose another form of fasting that won't exacerbate these or other health issues. Consider talking to your doctor about the impact fasting could have on your health, or any other questions you might have. Don't be afraid to mix up your strategy for the 21 days.

CRU (formerly known as Campus Crusade for Christ) has some wonderful tools for fasting on their website ([www.cru.org](http://www.cru.org)) including Dr. Bill Bright's "Personal Guide to Fasting", "7 Steps to Fasting" and a "Fasting Starter Kit."

# THE LORD'S PRAYER

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The Lord's Prayer is often recited in churches or at religious events, but there's so much more to this prayer. Jesus provided this model as an outline to teach us how to pray in a way that connects us to God, aligns our priorities with His, and helps us live dependently on Him. This model takes us through each part of The Lord's Prayer, showing us how to pray the way Jesus instructed.

*One day Jesus was praying in a certain place. When He finished, one of His disciples said to Him, "Lord, teach us to pray..."*

**LUKE 11:1**

*"Our Father in Heaven, hallowed be Your name. Your Kingdom come. Your will be done on earth as it is in Heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. For Yours is the Kingdom and the power and the glory forever. Amen."*

**MATTHEW 6:9-13 NKJV**

## CONNECT WITH GOD RELATIONALLY

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### *“Our Father in Heaven”*

God isn't interested in us practicing religion; instead, He desires a relationship with us. God has adopted us as His children and loves for us to call Him our Father. Starting our prayer time acknowledging our relationship with God is powerful for us and delights Him as well.

*You have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when He adopted you as His own children. Now we call Him, “Abba, Father.”*

#### **ROMANS 8:15 NLT**

Proclaim your intimate relationship with God, addressing Him lovingly as your Father and thanking Him that you are His child.

#### **PRAYER:**

*“Father, I come to You in prayer today thankful that I am Your child. I know I am a sinner, but You have forgiven me and adopted me as Your own, and I am so grateful to call You my Father. Thank You for loving me. I love You.”*



## WORSHIP HIS NAME

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### *“Hallowed be Your name”*

God loves when we worship Him, and there is power in His name. Here is a list of some of His names to help us worship Him specifically and personally:

God is Righteousness – *He makes us clean*

God is Sanctifier – *He has called us and set us apart*

God is Healer – *He heals all our diseases*

God is Banner of Victory – *He defeated our enemies*

God is Shepherd – *He speaks to us and leads us*

God is Peace – *He is our peace in every storm*

God is Provider – *He supplies all of our needs*

*The name of the Lord is a strong tower; the righteous man runs into it and is safe.*

### **PROVERBS 18:10 ESV**

Speak God’s names out loud. When we proclaim who He is, we not only worship Him, but we also remind ourselves how powerful and great our God is.

### **PRAYER:**

*“God, I am in awe of You. Your name is a strong tower, a place of protection and safety for me. I praise You as my Healer, my Shepherd, and my Banner of Victory. You are my Peace, my Provider, my Righteousness, and my Sanctifier. Your name is great, and I worship You.”*

## PRAY HIS AGENDA FIRST

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***“Your Kingdom come. Your will be done on earth as it is in Heaven”***

Part of being a child of God is caring about what He cares about and loving who He loves. We know His will is perfect, and we acknowledge His wisdom and sovereignty when we pray His agenda first.

*He will always give you all you need from day to day if you will make the Kingdom of God your primary concern.*

### **LUKE 12:31 TLB**

Spend time focusing on what God is focused on. His priorities include:

- *Saving the lost*
- *Wisdom and guidance for those in authority—  
parental, spiritual, governmental, work-related*
- *Caring for the poor and marginalized*
- *Unity and love*
- *Justice*
- *Freedom for those in bondage*
- *Accomplishing His purpose in our lives*

**PRAYER:**

*“God, I recognize there is no better plan on earth than Yours, and I pray for Your will to be done in our world and in my life (name the areas of your life where you need more of God’s presence today). This world is lost and needs You desperately, and I pray for every person to know You as their personal Lord and Savior. I pray for the leaders in my life (pray specifically over parents, spiritual leaders, governmental leaders, employers, and any other leaders in your life), that You would show them Your will and give them supernatural wisdom and discernment as they lead. God, I pray that Your heart for justice and unity would be seen in our world; that those who are in bondage will be set free; that the needs of the poor and marginalized will be met. Show me what my role is in seeing the realities of heaven come to earth. Make Your priorities my priorities. Help me love who You love and see value in all people. I give my life to You again today; have Your way in me. Please give me wisdom and clarity as You show me my next steps.”*

## **DEPEND ON HIM FOR EVERYTHING**

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***“Give us this day our daily bread”***

*God promises to supply all our needs, and He wants us to come to Him with our problems, needs, and desires and to trust Him to provide.*

*I look up to the mountains—does my help come from there? My help comes from the Lord, who made heaven and earth!*

**PSALM 121:1-2 NLT**

Ask God for what you need today. It may help to write down the concerns weighing on your mind or the desires of your heart. Bring them to God, and trust Him enough to hand them over to Him fully. It may help to open your hands before God to physically show your surrender to Him. Problems can either be ours or God's; they can't be both.

**PRAYER:**

*“Father, I acknowledge that everything I need today will come from You. You made the heavens and the earth; You are more than capable of handling any situation I’m dealing with, so I give it to You completely (specifically talk to God about what is on your mind and heart right now and give it to Him). I look to You to help me, sustain me, and give me Your peace. Remind me of Your hope and power today. Thank You in advance for taking care of my needs.”*

## **FORGIVE AND BE FORGIVEN**

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***“Forgive us our debts, as we forgive our debtors”***

God has offered us complete forgiveness, and we can receive it at any time. When we turn away from our sins and receive His forgiveness, our hearts are more prepared to forgive others as well.

*If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

**1 JOHN 1:9**

Ask God to check your heart and life and show you areas where you might need to ask for forgiveness from Him. Then, it is your turn to forgive those who have offended you. We can even choose to forgive people in advance. Ask God to forgive you and to help you forgive others.

**PRAYER:**

*“God, thank You so much for offering me the gift of forgiveness. Show me any areas in my life that I need to bring before You in order to receive forgiveness and healing. I confess that I have been struggling with sin (talk to God about any areas of sin in your life), and I know that You want me to be clean again. Please forgive me for my sin. Thank You for showing me unfailing grace. As You have so freely forgiven me, I also want to freely forgive others. Help me let go of the things that have offended me and acknowledge when I have offended others. I release to You those who have hurt me, and I trust You to handle those situations according to Your perfect will.”*

## ENGAGE IN SPIRITUAL WARFARE

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*“And do not lead us into temptation, but deliver us from the evil one.”*

Spiritual warfare can seem difficult to understand, but the Bible makes it very clear that we have an enemy who is trying to steal from us, kill us, and destroy us. As we pray, we take our stand against the enemy and fight from a place of victory through Jesus as we're empowered by His Holy Spirit. There is power in God's Word, and every lie the enemy has told us can be replaced with God's truth.

*For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.*

### **EPHESIANS 6:12**

By recognizing that the enemy wants to destroy you, you can shed light on his lies and claim God's truth over your life. Ask God to show you any lies you're believing or areas of warfare happening in your life. Ask Him to expose the enemy and to help you understand and receive His truth. Simply speaking the name of Jesus has great power in the spiritual realm. The Bible tells us in James 4:7 that if we resist the devil, he will flee from us. Through prayer, we can resist him and walk forward in freedom.

**PRAYER:**

*“God, I recognize that my struggles today aren’t against the people or circumstances around me, but against the enemy. Please help me to see how the enemy is lying to me. Help me to recognize his lies, take them captive, and make all of my thoughts obedient to the truth of Your Word (list out any specific areas God shows you where you have believed a lie that needs to be replaced with His truth). While the enemy wants to destroy me, I know that You came to give me life to the fullest. I speak the name of Jesus over my life and declare that no weapon formed against me will prosper. I don’t have to fear the enemy because the One who is in me is greater than the one who is in the world.”*

## **EXPRESS FAITH IN GOD’S ABILITY**

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***“For Yours is the Kingdom and the power and the glory forever.”***

God is more than able to move in every situation, and ending our prayer time claiming His authority and power focuses our minds on the truth and hope of who He is and what He can do.

*Ah, Sovereign LORD, You have made the heavens and the earth by Your great power and outstretched arm. Nothing is too hard for You.*

**JEREMIAH 32:17**

Remind yourself of God's limitless power and then return to praising Him and declaring your faith in Him:

- *"Yours is the Kingdom" – all authority belongs to You*
- *"Yours is the Power" – all mightiness flows from You*
- *"Yours is the Glory" – Your victory will be complete*

**PRAYER:**

*"Father God, nothing is too hard for You! Through Your great power, all things are possible. All authority is Yours, all might is Yours, and I know that Your victory will be complete. You are amazing, and I worship You. I praise You for Your power and presence in my life. You are my God, and You are worthy of all praise."*



# PRAYING SCRIPTURE

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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 lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. He guides me along the right paths for His name's sake. Even though I walk through the darkest valley, I will fear no evil, 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. Surely Your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.*

## **PSALM 23**

**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.

**SCRIPTURE:**

*Come near to God and He will come near to you.*

**JAMES 4:8**

**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.”*

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**SCRIPTURE:**

*Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.*

**PSALM 139:23-24**

**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. Teach me to love others well and live a life that points people to You. Help me live my life on earth in a way that impacts eternity.”*

**SCRIPTURE:**

*But seek first His Kingdom and His righteousness, and all these things will be given to you as well.*

**MATTHEW 6:33****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, making Your Name known, and advocating for justice in our world. I know that by focusing on You and Your heart for others, rather than myself, I will receive joy and peace.”*

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**SCRIPTURE:**

*Humble yourselves before the Lord, and He will lift you up.*

**JAMES 4:10****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). Show me what I don’t know, and help me grow in the knowledge of You and Your heart for people. Use me for Your purposes, Lord. I trust that You will be with me and lift me up.”*

**SCRIPTURE:**

*For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.*

**2 TIMOTHY 1:7****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 look more like You every day. With confidence that Your power lives in me, give me boldness to confront the enemy and anything I see in the world that does not reflect Your heart. Thank You for breaking the spirit of fear off my life, and I receive the truth that You have given me a sound and healthy mind.”*

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**SCRIPTURE:**

*And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.*

**ROMANS 8:28**

**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 circumstances for good.”*

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**SCRIPTURE:**

*Trust in Him at all times, you people; pour out your hearts to Him, for God is our refuge.*

**PSALM 62:8****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 okay 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, for 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 the heavens, the storehouse of His bounty, to send rain on your land in season and to bless all the work of your hands.*

**DEUTERONOMY 28:12****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.”*

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**SCRIPTURE:**

*For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*

**ROMANS 8:38-39**

**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.”*

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**SCRIPTURE:**

*“No weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the Lord, and this is their vindication from me,” declares the Lord.*

**ISAIAH 54:17****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.”*



**SCRIPTURE:**

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

**PHILIPPIANS 4:6-7****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.”*

**SCRIPTURE:**

*“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.”*

**JEREMIAH 29:11-13****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.”*

**SCRIPTURE:**

*“Never will I leave you; never will I forsake you.”*

**HEBREWS 13:5****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.”*

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**SCRIPTURE:**

*Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.*

**MATTHEW 11:28-30****PRAYER:**

*“Lord Jesus, I am so tired and worn out (tell God the areas where 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."*

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**SCRIPTURE:**

*Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."*

**PSALM 91:1-2**

**PRAYER:**

*"God, I claim that I dwell in Your shelter, the Most High God, and I rest in Your shadow, the Almighty One. I claim that You alone are my refuge and fortress. You are my God and I trust You. When I face anything that brings me uncertainty or fear (confess these things to Him), I know that I can come to You as my safe place. Thank You for Your strength and protection in my life."*

**SCRIPTURE:**

*The LORD is trustworthy in all He promises and faithful in all He does. The LORD upholds all who fall and lifts up all who are bowed down.*

**PSALM 145:13-14****PRAYER:**

*“Almighty God, as I claim the promises in Your Word through my prayer time, I praise You for Your character. Trustworthy, faithful—that is who You are. I thank You that I can trust You to be faithful to me. I know that when I come to You with humility and a surrendered heart that You will lift me up.”*

# THE PRAYER OF JABEZ

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*“Jabez cried out to the God of Israel, “Oh, that You would bless me and enlarge my territory! Let Your hand be with me, and keep me from harm so that I will be free from pain.” And God granted his request.*

**1 CHRONICLES 4:10**

The Prayer of Jabez is a helpful model of a prayer we can pray every day.

## **BLESSING**

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Jabez begins his prayer by asking God for His blessing. We need more of God’s blessing to be better equipped to make a difference for His Kingdom. We need more provision, more spiritual gifting, more wisdom, and greater understanding so that we can bless others with what God has given us. James 4:2-3 tells us, “You do not have because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.” God wants to bless us, but He is often waiting for us to ask with the right heart. We have a big God, and we can be bold in asking for His blessing. As James points out, God

sees our heart, and we get His attention when we ask for blessing with the motivation to help others.

*“Oh, that You would bless me...”*

### **1 CHRONICLES 4:10**

Ask God for His blessing. Recognize your need for His provision, and set your heart toward wanting more than you need so that you can be a blessing to others.

#### **PRAYER:**

*“Father God, I pray that You would bless me with more than I need so that I can bless others. I pray for more provision, that You would equip me to give generously to others and meet their practical needs in Your name. I ask You to give me greater spiritual gifting so that I can strengthen the Church and be more effective for the Kingdom of God. I pray for an abundance of wisdom and discernment so that I can point others to You and make decisions that honor You. I ask You to help me grow in understanding of Your truth and Your heart for people so I can do my part to bring Your Kingdom to earth. Help me keep Your generous blessings in perspective, so that I never become self-serving but stay focused on using what You’ve given me to serve other people.*”

## **INFLUENCE**

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Next, Jabez asks for more influence. As God’s blessings increase in our lives, we ask for and experience greater opportunity to influence the world around us for Him.

God has the power to bless us greatly, and He also has the power to open doors of opportunity for us to make a difference. We want to walk through doors that only He can open, and He responds when we specifically ask Him to give us more influence for His name.

*“Enlarge my territory...”*

### **1 CHRONICLES 4:10**

Pray for more influence. Knowing that God can make a way, trust in Him to open doors and lead you on the best path for your life and for His glory. Ask Him for boldness to take the steps He lays out for you.

#### **PRAYER:**

*“God, make me effective in my sphere of influence, and open new doors for me to be able to impact and reach even more people for Your glory. Give me a heart to make a difference in the lives of people I have never reached out to before and boldness to walk in obedience to Your calling. Help me to be a good steward of the responsibility You’ve entrusted to me. I pray for greater territory to impact for Your glory.”*

## **PRESENCE**

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In order to have lasting influence, we need God’s presence in our lives. Through His power at work within us, God can do more than we could ever ask or imagine (Ephesians 3:20). As we ask for blessing and influence, we also need to ask for His presence as Jabez did so that we are not operating out of our own strength but



through the presence and the hand of our Almighty God.

*“Let Your hand be with me...”*

### **1 CHRONICLES 4:10**

In humility, acknowledge your need for God’s presence. Depend on Him and ask for more of Him in your life today.

#### **PRAYER:**

*“Lord, I know that without You, I am nothing. I cannot do what You’ve called me to do on my own. I am desperate for Your presence in my life. I depend on You completely. I recognize that the same Spirit who raised Christ Jesus from the dead lives in me. Through the power of Your Spirit, I pray that You will help me succeed in the opportunities You’ve given me. Thank You for being with me. I would never want to face today without You.”*

## **PROTECTION**

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Finally, Jabez asks the Lord to protect him. If we are influencing the world for Jesus, we must understand the enemy will try to stop us. This leads us to pray that God will not only help us if the enemy attacks, but that He will protect us from the enemy attacking us in the first place. Jesus has already won the victory, so we don’t need to fear destruction. God promises to be with us and protect us, and because He is with us, we have nothing to fear.

*“Keep me from harm...”*

**1 CHRONICLES 4:10**

Trust God to protect you. Tell Him specific areas where you feel the need for His protection and ask Him to cover areas that you can't yet see.

**PRAYER:**

*“God, as I walk out the purpose You have for my life, I pray that You will stop any and every attack of the enemy against me. Please protect my body, my mind, and my emotions. Don't let the enemy get a foothold in my life. I pray, too, that You will protect my family and community from harm. I know that the One who is in me is greater than the one who is in the world, so I have nothing to fear. Thank You for watching over me. I love You and I trust You.”*

# WARFARE PRAYERS

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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. 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

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### **Based on Ephesians 6:13-17**

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 take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.*

*Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, 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. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.*

#### **EPHESIANS 6:11-18**

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 ARMOR OF GOD**

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### **Based on 2 Corinthians 10:4-5**

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

*The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

### **2 CORINTHIANS 10:4-5**

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.

**PRAYER:**

*"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). 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

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**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 heavenlies by asking for and claiming protection for ourselves and our families in Jesus' name.

*But the Lord is faithful, and He will strengthen you and protect you from the evil one.*

### **2 THESSALONIANS 3:3**

Share your thoughts and concerns with God. Ask Him for His supernatural protection. He says He will command His angels 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, loved ones, and those around me—all immediate family members, relatives, friends, and acquaintances. 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**

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**Based on Romans 10:10; James 5:16; 1 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 when He died on the cross. When we accept the gift of salvation we confess our sin. As Christians, confessing and repenting of sin is something we continue to do. By coming clean and repenting 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 just and will forgive us our sins and purify 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 it 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.

**PRAYER:**

*“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

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

Forgiveness can feel challenging, but God makes it clear in the Bible that He freely forgives us and we are expected to do the same for others.

*For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.*

**MATTHEW 6:14-15**

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 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.

**PRAYER:**

*"Lord, I have a confession to make. I have harbored bitterness in my heart. 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

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**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 pride comes, then comes disgrace, but with humility comes wisdom.*

### **PROVERBS 11:2**

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, closed-mindedness, 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 recognize where I lack knowledge and understanding. 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.”*

Note: One of the best ways to humble ourselves is to combine prayer with fasting.

## GENERATIONAL BONDAGE PRAYER

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**Based on Exodus 20:4-6, 34:7; Numbers 14:18; 2 Corinthians 5:17; Romans 8:1, 12:1**

Generational bondage is sin that can be passed down from generation to generation. Whether it's pride, addiction, racism, sexism, abuse, divorce, abandonment, sexual sin, or something else, through spiritual warfare, you can claim the power of Jesus to stop the sin with your generation.

*You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them; for I, the LORD your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me, but showing love to a thousand generations of those who love me and keep my commandments.*

### **EXODUS 20:4-6**

Recognize the generational bondage that might be in your life and bring it before God. Ask for His power to defeat the sin that has affected generations of your family. Ask for it to stop right now, with you, and rebuke any sin or anything that tries to pull you away from your relationship with Christ. Pray for protection, healing, and a new path for you and your family.

## **PRAYER:**

*“Father God, I understand that I have inherited certain consequences from my family, and in the name of the Lord Jesus Christ, I proclaim Your power to break any hold of mental or physical illness, pride, addiction, racism, other ungodly perspectives, and anything else on me and my family that are a result of sin being passed down through parents, grandparents, or other family members (if specifics come to mind, talk to God about it). I proclaim that all generational sin ends here and now, and that I will not pass these on to anyone in my family. Thank You, Lord, for setting me free and making a new way for me and my family.”*

## **HEALING PRAYER**

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**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.

*Praise the LORD, my soul, and forget not all His benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle’s.*

**PSALM 103:2-5**

In faith, ask God for healing. Proclaim His power and goodness, believing and trusting Him to take care of you and 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**

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**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, as Christ loved the church and gave Himself up for her, that He might sanctify her, having cleansed her by the washing of water with the Word, so that He might present the church to Himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church.*

**EPHESIANS 5:25-29 ESV**

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 behalf.

**PRAYER:**

*“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 and honor my spouse, putting them 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 our marriage, build it, and be present in it always.”*



## RACIAL RECONCILIATION PRAYER

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Based on Ephesians 4:3-6; Mark 12:28-31; Psalm 139:23-24

God created every person in His image on purpose and for a purpose. We are all unique and have value in the eyes of God. As Christians, we love who God loves and seek to serve others, so it's important for us to see the value that each person brings to the world. We need to do our part to foster reconciliation, advocate for equality, and work to ensure that every person is treated with dignity, respect, and honor.

As followers of Jesus, we have been commanded to do everything we can to promote peace. We are all one in Christ, called to serve Him and others with a Spirit of Unity.

*Make every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit, just as you were called to one hope when you were called; One Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all.*

### **EPHESIANS 4:3-6**

Recognize the presence of racism in our world, and bring it before God today. Thank Him for creating every person in His image, on purpose, for a purpose. Ask Him to help you embrace your unique design and the uniqueness of others. Pray for eyes to see the ways inequality is at work in the world around you, and

pray for boldness to uphold peace, love, and unity in the face of injustice. Ask the Holy Spirit to bring to mind any ways you have not promoted equality and unity (thoughts, words, actions, etc.) or people towards whom you have not shown the love of Christ. Ask for forgiveness, and trust God to help you grow and become an advocate for reconciliation.

**PRAYER:**

*“Father, I recognize that You created every person in Your image and that You have great purpose for each of us. I ask You to help me see every person as You see them. Help me to love others with the unconditional love of Jesus and to make every effort to promote peace, unity, and equality for all people. Forgive me for the times that I have not valued others or spoken up for what is right. Give me boldness to confront inequity when I see it and to honor others in my thoughts, words, and actions. Help me to love my neighbor as myself and to be an ambassador for reconciliation, as You have called me to be. I ask You to break the spirit of racism and division off of our nation, in Jesus’ name. Thank You for making us one by the blood of Jesus and the power of Your Spirit.”*

# PRAYING FOR THOSE WHO NEED GOD

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

## ASK THE FATHER TO DRAW THEM TO JESUS

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God draws people to Him. 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 them...*

**JOHN 6:44**

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.”

## **BIND THE SPIRIT THAT BLINDS THEIR MINDS**

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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.

*The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God.*

**2 CORINTHIANS 4:4**

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.”*

## **PRAY THAT THEY MAY HAVE A PERSONAL RELATIONSHIP WITH GOD**

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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.

*The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by Him we cry, “Abba, Father.”*

### **ROMANS 8:15**

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.”*

## **PRAY FOR BELIEVERS TO CROSS THEIR PATHS**

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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.

*Ask the Lord of the harvest, therefore,  
to send out workers into His harvest field.*

### **MATTHEW 9:38**

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 them 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.”*

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

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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 keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of Wisdom and Revelation, so that you may know Him better.*

**EPHESIANS 1:17**

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 for them.”*



# PERSONAL PRAYER FOCUS

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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.

*I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth.*

## **1 TIMOTHY 2:1-4**

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

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PRESIDENT \_\_\_\_\_

NATIONAL LEADERS \_\_\_\_\_

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STATE LEADERS \_\_\_\_\_

\_\_\_\_\_

CITY LEADERS \_\_\_\_\_

\_\_\_\_\_

# MY FAMILY

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SPOUSE \_\_\_\_\_

CHILDREN \_\_\_\_\_

\_\_\_\_\_

PARENTS \_\_\_\_\_

SIBLINGS \_\_\_\_\_

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## NOTES

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# NOTES

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## NOTES

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**GRACE  
COMMUNITY  
CHURCH**  
MONTROSE CO