

# 21 DAYS OF

## Prayer Guide

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. The goal of using this guide is not to add pressure or overwhelm you. The goal is simply to get comfortable with praying and using the model of the Lord's Prayer. 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

*"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 Particular 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 Definite Plan

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it "The Lord's Prayer." 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.

# THE LORD'S PRAYER

## Matthew 6:9-13

*<sup>9</sup>Pray like this: Our Father in heaven, may your name be kept holy. <sup>10</sup>May your Kingdom come soon. May your will be done on earth, as it is in heaven. <sup>11</sup>Give us today the food we need, <sup>12</sup>and forgive us our sins, as we have forgiven those who sin against us. <sup>13</sup>And don't let us yield to temptation, but rescue us from the evil one.*

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..."*

### Connect With God Relationally

#### *"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.

### Worship His Name

#### *"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.

## Pray His Agenda First

***“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

## Depend On Him For Everything

***“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.

## Forgive And Be Forgiven

***"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.

## Engage In Spiritual Warfare

***"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.

## Express Faith In God's Ability

***"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

# PRAY DAILY

## 21 Areas in 21 Days

### Recognition and Connection

1. **God's guidance** | Psalm 23
2. **God's presence** | James 4:8
3. **God's promises** | Deuteronomy 31:6
4. **God's love** | Romans 5:8
5. **God's peace** | Philippians 4:6-7
6. **Glory of His name** | Psalm 66:1-7
7. **Surrender** - our bodies | Romans 12:1
8. **Surrender** - our will | Matthew 16:24-27
9. **Surrender** - our understanding | Proverbs 3:5-6
10. **Surrender** - our treasure | Matthew 6:19
11. **Surrender** - our busyness | Psalm 46:10
12. **Dependence** - provision for our needs | 2 Corinthians 9:8
13. **Dependence** - provision of grace | 1 John 1:9
14. **Dependence** - on His protection | Isaiah 41:13
15. **Dependence** - on His strength | Isaiah 40:29
16. **Dependence** - on Him to fight for us | Exodus 14:14
17. **Confession** - experiencing community | James 5:16
18. **Confession** - experiencing mercy | Proverbs 28:13
19. **Confession** - Jesus is Lord | Romans 10:9
20. **Protection** - from the evil one | 2 Thessalonians 3:3-5
21. **Protection** - the weapons against us | Isaiah 54:17