

30 DAYS OF PRAYER

Journal

30 DAYS OF PRAYER

Experience a 30-day journey that will change the way you pray.

Author: Matt Peeples

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Free Online Resources

Your 30-Day Prayer Journey doesn't end here.

We've created a series of free online resources to help you continue to grow in prayer — at home, with your Life Group, or in your Micro-group.

You'll find video resources to guide you through the prayer tools you'll encounter in this journal, as well as additional help to support your ongoing prayer life.

These resources are designed to walk with you as you continue learning to live aware of the presence of the Holy Spirit in everyday life.

Scan the QR code below to explore these free resources or visit faithoakville.org/prayerresources.



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INTRODUCTION

Becoming Present to the Presence of the Holy Spirit in Prayer

In Acts chapter 1, Jesus just walked His disciples through the most extraordinary forty days in human history. Holy Week had come and gone. The cross stood empty. The tomb was open. And now the risen Christ stood before them, fully alive.

Then He said something unexpected. He told them to wait. “Do not leave Jerusalem,” He said, “but wait for the gift my Father promised... You will receive power when the Holy Spirit comes upon you.”

So what did they do? They went to a quiet place, that upper room, and they waited. Luke tells us, “All these with one accord were devoting themselves to prayer.” The disciples didn’t rush ahead. They didn’t strategize or organize. They went still. They prayed. They waited on the Holy Spirit.

And sure enough, the Spirit came rushing like a mighty wind, filling the house, setting their hearts ablaze. Pentecost happened, and the world was never the same.

But here’s what struck me as I was studying this passage:
Elijah waited for the Spirit at the mouth of the cave.
The disciples waited for the Spirit in the upper room.
But for us, the baptized children of God, the Spirit has already come.

The Spirit already dwells in you.
The same Spirit who hovered over the waters of creation.
The same Spirit who descended on Jesus at His baptism.
The same Spirit who filled that upper room at Pentecost.

If you are baptized, that Spirit lives in you. He is the seal of God's promise, the One who unites you to Christ and intercedes for you even when you don't have the words. And even if you're not baptized yet — if you're reading this and your heart is stirring — know this: the Holy Spirit is near. He is drawing you toward the grace and presence of Jesus.

So the question for us isn't "How do we wait for the Spirit?" The question is "Is the Spirit waiting for us?"

Waiting for us to slow down.

Waiting for us to be still.

Waiting for us to quiet the noise long enough to actually hear His voice.

Over the last few years, I've been learning what that looks like. I meet once a month with a spiritual director — not a counselor or a coach, but someone whose only goal is to help me pay attention to the Holy Spirit in prayer. When we first started meeting, I remember thinking, "I wonder if the Holy Spirit will show up this time." But then, one day, it hit me. I'm the teenager in this relationship.

You know how it is with teenagers — when they're little, your kids run to you the moment you walk through the door. But, as they grow, that changes. My friend Ben, who at the time had teenage kids, once told me, "If my kids want to spend time with me, I'll drop everything just to be with them."

That's when it clicked. The question isn't whether the Holy Spirit will show up when I make time for Him. He's already there — waiting. The question is whether I'll slow down enough to notice. See, we're not waiting on the presence of the Holy Spirit. We're learning how to be present to the presence of the Holy Spirit that's already with us. That's what this journal is all about.

For the next thirty days, you're not trying to get God's attention. You already have it. You're not trying to summon the Spirit. He's already here. You're simply learning to recognize Him — in prayer.

So as you begin this journey, make this your prayer:

Come, Holy Spirit — not because You are absent, but because we are distracted. Teach me to slow down. Teach me to listen. Teach me to become present to Your presence.

Let's learn how to live aware and listen to the Holy Spirit who's already waiting for us.

How to Use This 30-Day Prayer Journal

This is not a book. It's an interactive prayer experience. While these pages will teach you about different styles of prayer, the goal isn't simply to learn about prayer — it's to experience it. You don't need another resource that fills your mind with information. You need space to slow down, listen, and engage with God. That's what this journal is designed to help you do over the next 30 days.

For the first ten days, you'll explore a different style of prayer each day. Think of these as tools — simple, practical ways to meet God in conversation. Each section will introduce you to a practice, show you how to engage it, and then give you space to actually do it. Some will feel natural. Others may stretch you. That's good. Each one opens up a new way to listen to the Holy Spirit.

On the eighth day, we'll talk about fasting, how it becomes both a prayer in itself and a catalyst for deeper prayer. Fasting helps you create space for God by letting go of something else. You'll see how it can renew your focus and deepen your connection to Him.

The remaining days will guide you with simple daily prompts — scripture, reflection, and space to respond in prayer. You'll also find QR codes throughout this journal that link to online resources to help you as you walk through this 30-day experience.

The Psalm of the Day

While we have prayer prompts and scriptures throughout this journal, some days you may not know what to pray. Maybe the prompt or verse doesn't connect with you, or you just don't feel like you have the words to pray. That's why each day includes a Psalm of the Day.

This isn't meant to pressure you to pray through all the Psalms in 30 days — but instead to give you another option. The Psalms expand your language in prayer. They give you words for joy, sorrow, confusion, and hope. They remind you that prayer isn't just what you say to God — it's also what God says to you through His Word.

Here's how it works:

Each day includes a *Psalm of the Day* at the bottom of the page. The Psalms are the prayer book of Scripture, giving voice to every human emotion — joy, fear, anger, hope, and gratitude. If you want to pray through the entire book of Psalms in 30 days, here's a simple way: take the day you're on, and add 30 four more times.

Example: On Day 1, read Psalms 1, 31, 61, 91, and 121.
Continue this pattern each day, and you'll have prayed all 150 Psalms in a month.

When you're unsure what to pray, let the Psalms be your voice. They'll help you bring your whole heart — praise, questions, and even lament — before God.

Create Space

To get the most out of this journal, make intentional space to pray. Find a time and place where you can be quiet before God. It doesn't have to be long; it just has to be intentional. If prayer feels hard to focus on, try setting a timer. You're not limiting God — you're freeing yourself to be fully present. When the timer is on, you don't have to think about what's next. You can simply be here, now.

As Henri Nouwen once said, "Prayer is being present to God in the moment you are in." That's where God will meet you in this moment. And if you find that moment quiet — if you don't know what to say, or if you say nothing at all — that's okay. Because prayer is not something you do alone. It's something you do with the Holy Spirit.

As Paul reminds us in Romans 8:26–28:

"Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit Himself intercedes for us with groanings too deep for words. And He who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. And we know that for those who love God all things work together for good, for those who are called according to His purpose."

So even in silence, you are never praying alone. The Spirit is already praying with you, guiding you, and drawing you closer to the heart of the Father. So take a deep breath, slow down, and begin.

This isn't about perfection or performance. It's about presence. And my prayer is that these 30 days will help you create space, learn new ways to connect, and experience the joy of being present to the presence of God.

DAY ONE: SILENCE

Becoming Still Before God

Introduction

I'll never forget the most unsettling silence I ever experienced. I was living in New Jersey, where the noise was constant. Trains, buses, cars — there was always movement, always sound. And in my house? I had seven, five, and three-year-olds. Boys. You know what boys don't do? Sit quietly.

Then one February morning in 2020, everything changed. My wife, Liza, had found some dirt-cheap tickets to Florida and took the boys south for a few days of sunshine. The house was suddenly quiet. But even then, I could still hear the trains, the buses, the traffic, the hum of life around me. Until one day I stepped outside and realized I didn't hear any of it. No trains. No cars. No buses. No people. That's when it hit me — COVID had shut everything down. The world had gone silent. And it was weird. I remember standing there thinking, what do you do when the noise stops? Most of us fill the silence. We turn on Netflix. We scroll. We pedal. We talk. We fill every quiet corner of life with something. But what if — in filling the silence — we're missing something sacred? Because sometimes the silence isn't empty. It's full of God.

Scripture Focus

“And after the earthquake a fire, but the Lord was not in the fire. And after the fire, the sound of a low whisper.”

1 Kings 19:12

Reflection

When Elijah stood on the mountain waiting for God to speak, he expected something big — a windstorm, an earthquake, a fire. But the Lord wasn't in any of those. God came in a “low whisper.”

In the Hebrew, it literally means “a thin silence.” God was in the stillness. It’s the same stillness that Jesus often sought — pulling away to quiet places to pray. And it’s the same stillness the disciples found as they waited together in the upper room. The Holy Spirit didn’t arrive in their activity; He filled their stillness. Silence feels unnatural because it reveals what’s beneath the noise — our fears, distractions, longings, even our need to be productive. But when we stop long enough to let the silence speak, we discover that the Spirit isn’t absent. He’s been waiting for us to slow down. The question isn’t whether God is speaking — it’s whether we’re quiet enough to hear Him.

Overview

Silence is the starting place of prayer. It’s not about trying to make something happen. It’s about creating room for God to speak. In the stillness, we become aware of His presence that’s been there all along.

Why it matters

We live in a world that never stops talking. But God often speaks in whispers, not shouts. Learning to sit in silence teaches us to recognize His voice. It slows our pace and reminds us that prayer isn’t about performance — it’s about presence.

How to practice it

1. Find a quiet place where you can be undisturbed for at least five minutes.
2. Sit comfortably. Take a deep breath, and simply saying, “Speak, Lord, your servant is listening.”
3. As thoughts rise, imagine handing each one to Jesus.
4. Don’t rush to fill the space with words. Just sit — and listen.

5. End your time by simply saying, “Amen.”

Scripture tie-in

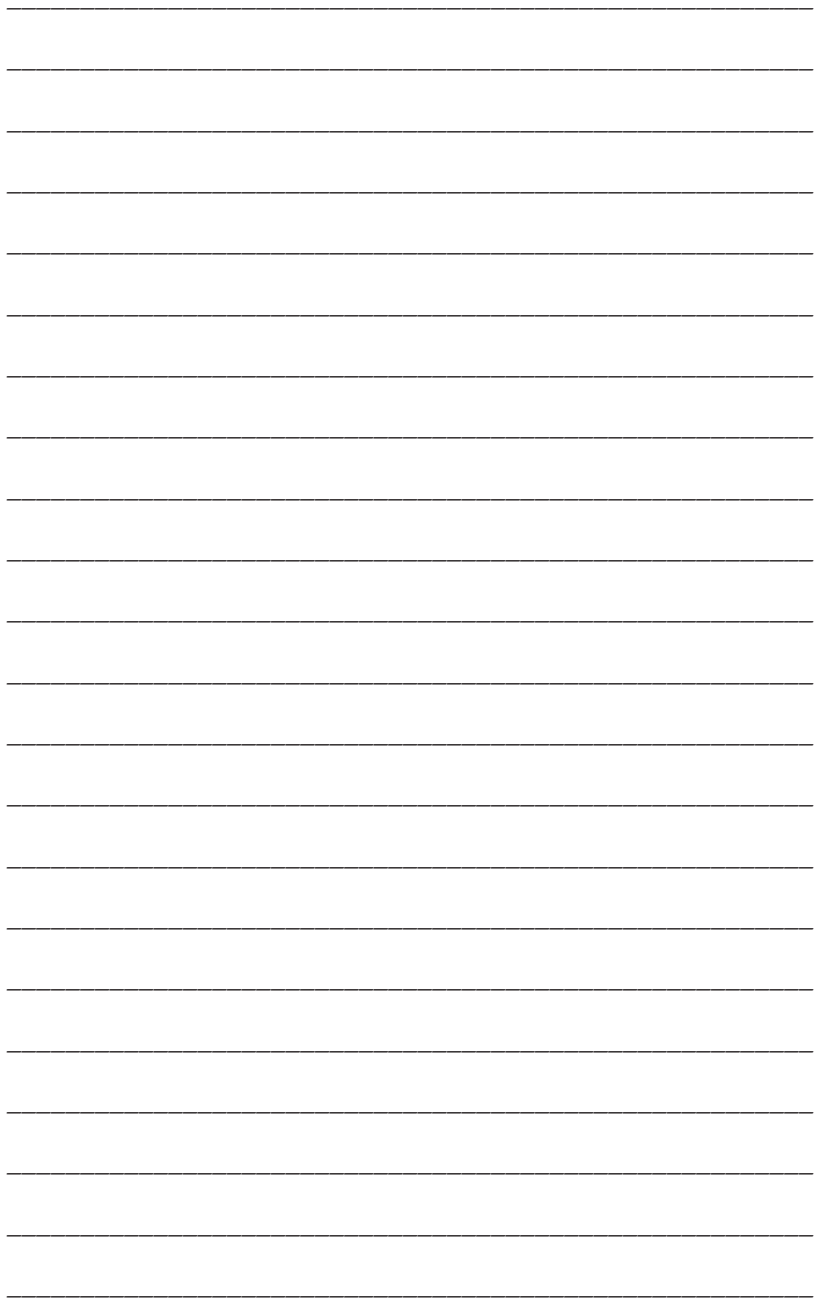
“Be still, and know that I am God.”

Psalm 46:10

Prompt

Lord, help me to rest in the quiet — to hear not just something, but You.

Psalms of the Day: 1, 31, 61, 91, 121



DAY TWO: PRAYER JOURNALING

Writing Your Prayers Down

Introduction

Sometimes prayer feels easier when it's spoken, but other times — especially when our minds are crowded or our hearts are heavy — it can help to put pen to paper. Prayer journaling is one of my favorite ways to pray. For me, it's like writing a letter to God. It slows me down. It helps me see what's really going on in my heart.

When I first began learning to journal my prayers, they looked a little like writing an email to God. “Dear Lord,” I would begin, and then I would pour out what was on my mind: frustrations, hopes, joys, fears. And somewhere in the writing, I'd find myself moving from worry to peace — because the act of writing helped me let go of what I'd been carrying.

Sometimes our hearts are so full that words swirl in our heads without shape or direction. Writing them down brings them into the open. It turns invisible prayers into something you can see. And that's often where God begins to meet you.

Scripture Focus

“Cast all your anxieties on Him, because He cares for you.”

1 Peter 5:7

Reflection

The disciples in Acts 1 “devoted themselves to prayer” while they waited. That word devoted means they busied themselves with prayer — it was something active, not passive. Prayer journaling is one of the ways we can “busy” ourselves in prayer. It's not about crafting beautiful words. It's about honesty. When you write your prayers, you're not trying to

impress God — you're inviting Him to enter your thoughts as they are. Every line becomes a moment of surrender, and every page a testimony of His faithfulness. Over time, something powerful happens. When you look back through old pages, you begin to see God's answers. You see the ways He's moved, the comfort He's given, the peace He's provided. Your journal becomes a living reminder that the Holy Spirit really has been present all along.

Overview

Prayer journaling is simply writing your prayers as if you were sending a letter or an email to God. It's a way of turning your thoughts and feelings into words before Him.

Why it matters

When we put pen to paper, prayer becomes tangible. It helps move our worries and praises from our minds into God's hands. Writing slows us down enough to listen for His Spirit and notice what's really going on inside.

How to practice it

1. Find a quiet space and open your journal.
2. Begin as if writing a letter: "Dear Lord..."
3. Pour out what's on your heart — thanks, struggles, questions, hopes.
4. Don't edit or polish. This isn't for anyone but you and God.
5. End by entrusting what you've written to Him and resting in His presence.

Scripture tie-in

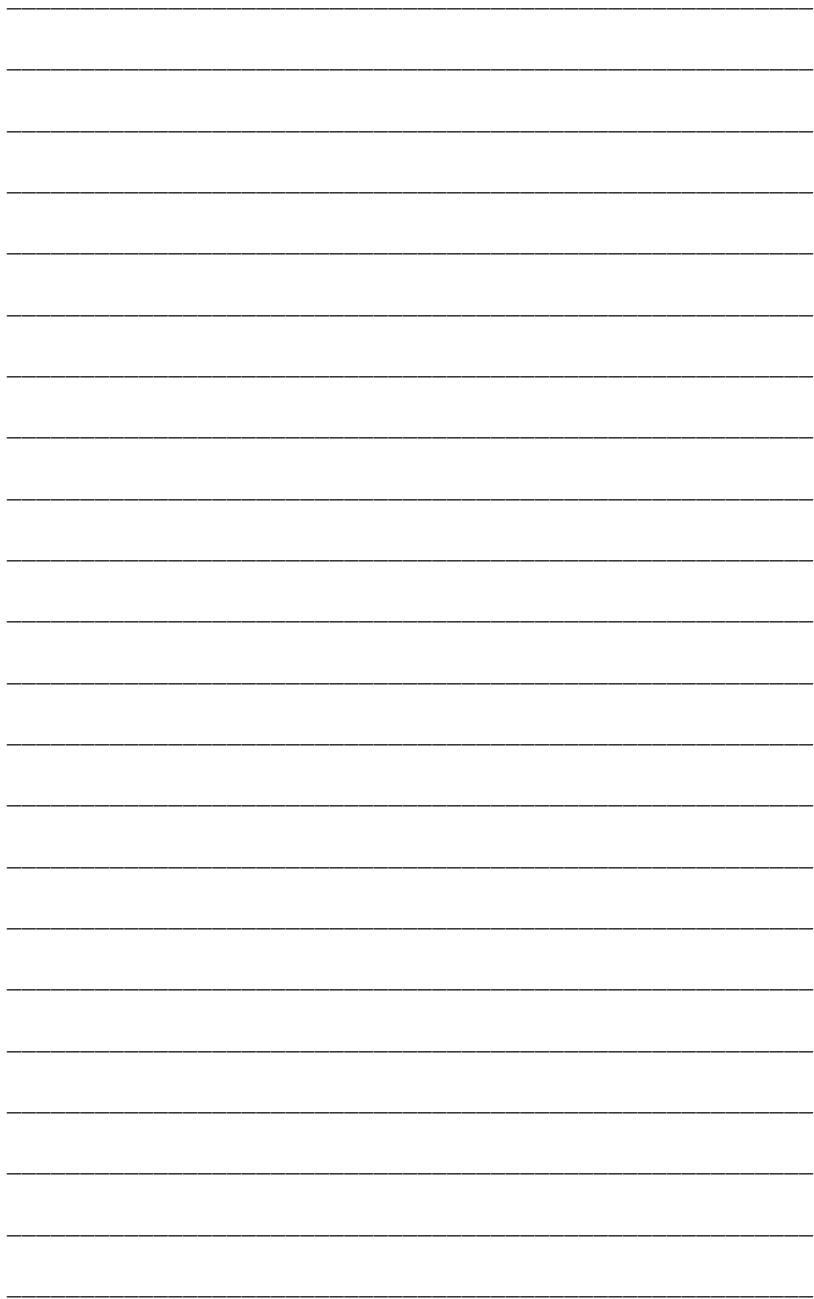
“Cast all your anxiety on Him because He cares for you.”

1 Peter 5:7

Prompt

Lord, today I need to hand You this...

Psalms of the Day: 2, 32, 62, 92, 122



DAY THREE: PRAYING SCRIPTURE

Letting God Speak First

Introduction

When I first discovered the power of praying Scripture, it changed the way I prayed. Before that, my prayers were mostly me talking — asking, thanking, confessing — but they didn't always feel like a conversation. Then I realized something. When we pray Scripture, we're letting God speak first.

Think about it. Scripture is literally God-breathed. “All Scripture is breathed out by God...” (2 Timothy 3:16). Every word carries His voice. So when we begin with His words, our prayers aren't one-sided, they're responsive. We're praying back what He's already spoken.

Scripture Focus

“All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness.”

2 Timothy 3:16

Reflection

The beauty of praying Scripture is that it grounds our prayers in truth instead of emotion. It reminds us who God is, even when our hearts don't feel it. When you pray the words of the Psalms — joyful, angry, fearful, grateful — you join the prayers of generations who have cried out to God in every circumstance imaginable.

When you pray the words of Jesus, “Our Father who art in heaven...”, you pray as He Himself taught His followers. And when you slow down and let each phrase sink in, you begin to notice things you might have missed. God brings specific people, needs, or moments to mind. His

Word becomes a living conversation, as the Spirit takes those ancient words and applies them to your present life.

Overview

Praying Scripture is letting God speak first. Every word of Scripture is *God-breathed* — so when we pray His Word, we are praying His promises back to Him. It's not about reciting verses; it's about listening to what the Holy Spirit is saying through them.

Why it matters

Praying Scripture keeps our prayers rooted in truth, not just emotion. It shapes our hearts around God's character instead of our circumstances. When we let His Word lead our prayers, we find ourselves speaking back to the very One who first spoke life to us.

How to practice it

1. Choose a short passage. The book of Psalms is a great place to start.
2. Read slowly and pay attention to what stirs in your heart.
3. Turn each phrase into a prayer. Example: "The Lord is my shepherd" → "Lord, thank You for guiding me today."
4. When something stands out, pause and listen. Let the Spirit draw your attention there.
5. End with gratitude for the way God has spoken through His Word.

Scripture tie-in

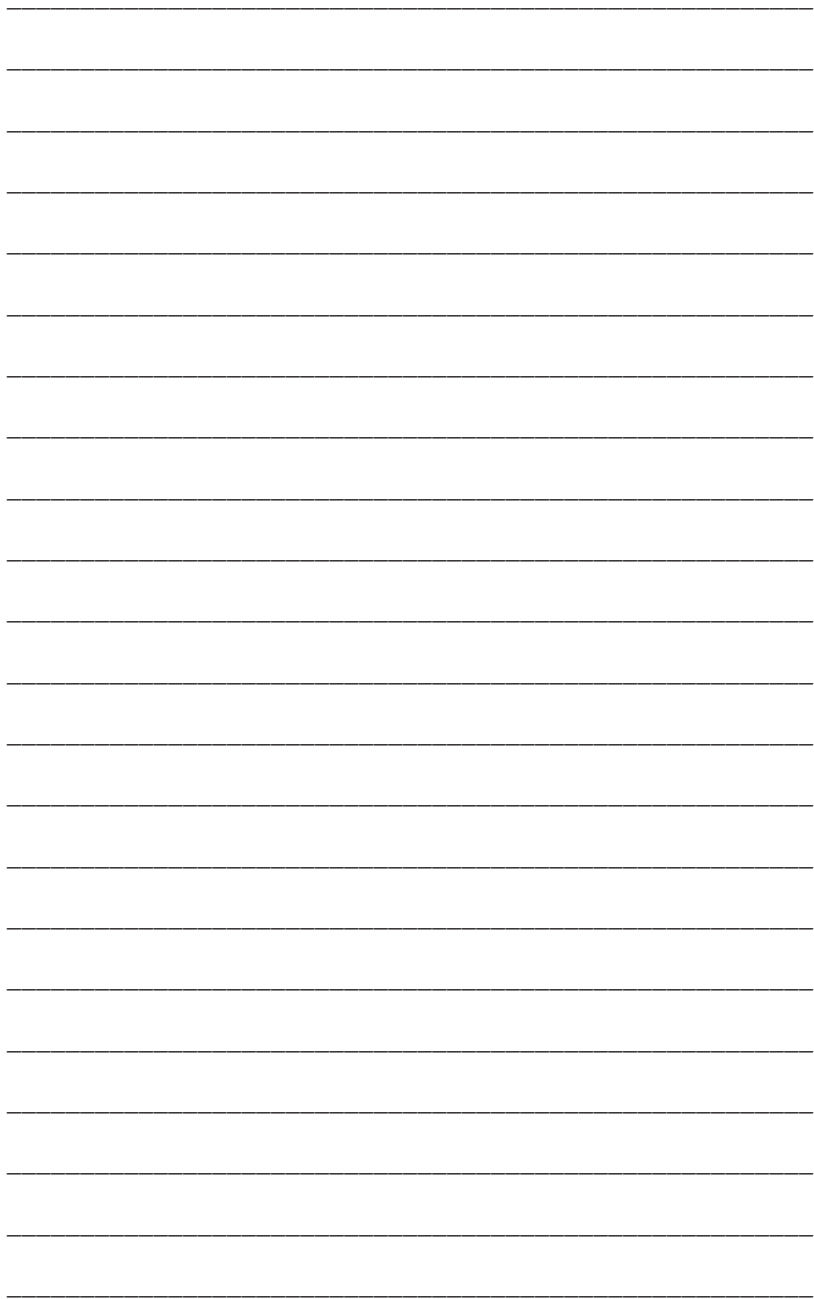
"Your word is a lamp to my feet and a light to my path."

Psalms 119:105

Prompt

Lord, as I pray Your Word today, what are You teaching me to trust about You?

Psalms of the Day: 3, 33, 63, 93, 123



DAY FOUR: GUIDED PRAYER

Learning to Listen Along the Way

Introduction

Have you ever found yourself praying and wondering, “Where do I even start?” Maybe your mind wanders, or your thoughts chase each other in circles. That’s when guided prayer becomes a gift.

Guided prayer is simply a way of letting someone else — whether a trusted voice, a written prayer, or the structure of Scripture itself — lead you into conversation with God. Sometimes, being guided doesn’t restrict you; it frees you.

When I first began meeting with my spiritual director, he often led me through guided prayer. We’d start with silence, then Scripture, then space to listen. Those prompts helped me slow down long enough to recognize where the Spirit was already present. It reminded me that prayer isn’t about performance; it’s about presence.

Scripture Focus

“Lord, teach us to pray.”

Luke 11:1

Reflection

When the disciples asked Jesus to teach them to pray, He didn’t hand them a formula. He gave them a guide — the Lord’s Prayer. Every phrase of that prayer leads us deeper into God’s heart: relationship (“Our Father”), reverence (“Hallowed be Your name”), dependence (“Give us this day our daily bread”), forgiveness, and trust.

Guided prayer takes our wandering hearts and helps them find direction in God’s promises. It allows us to be taught by the Spirit Himself, who,

as Paul says, “intercedes for us with groanings too deep for words.”

Overview

Guided prayer uses structure to help you focus your heart. It may be led by Scripture, a trusted voice, or the movement of the Holy Spirit prompting you to respond step by step.

Why it matters

Sometimes prayer feels too big, or our minds too noisy. A guide gives us a starting point and a way forward. It reminds us that prayer is not about having the right words, but the right posture — a posture of listening and following.

How to practice it

1. Choose a guide — a written prayer, the examen, or an audio resource like Lectio365.
2. Begin with silence and ask the Holy Spirit to open your heart.
3. Let each phrase or question lead you into response.
4. Don't rush. If something stirs you, stay there.
5. End with gratitude, resting in the awareness that God has spoken.

Scripture tie-in

“The Spirit helps us in our weakness... for we do not know what to pray for as we ought, but the Spirit Himself intercedes for us.”

Romans 8:26

Prompt: The Examen Prayer

(Originally developed in the 16th century by St. Ignatius of Loyola, founder of the Jesuits, the Examen is a daily prayer practice that helps believers reflect on God's presence and guidance in the ordinary moments of life.)

Use these five simple questions as your guided prayer for today. Move slowly through each one, allowing the Spirit to bring specific moments and thoughts to mind.

1. Become aware of God's presence.

Take a deep breath and recognize that God is with you right now.

2. Review the day with gratitude.

Where did you see God's goodness today? Thank Him for those moments.

3. Pay attention to your emotions.

What stirred joy, anxiety, or frustration in you today? Offer those emotions to God.

4. Confess and seek grace.

Where did you fall short, or resist the Spirit's prompting? Receive His forgiveness.

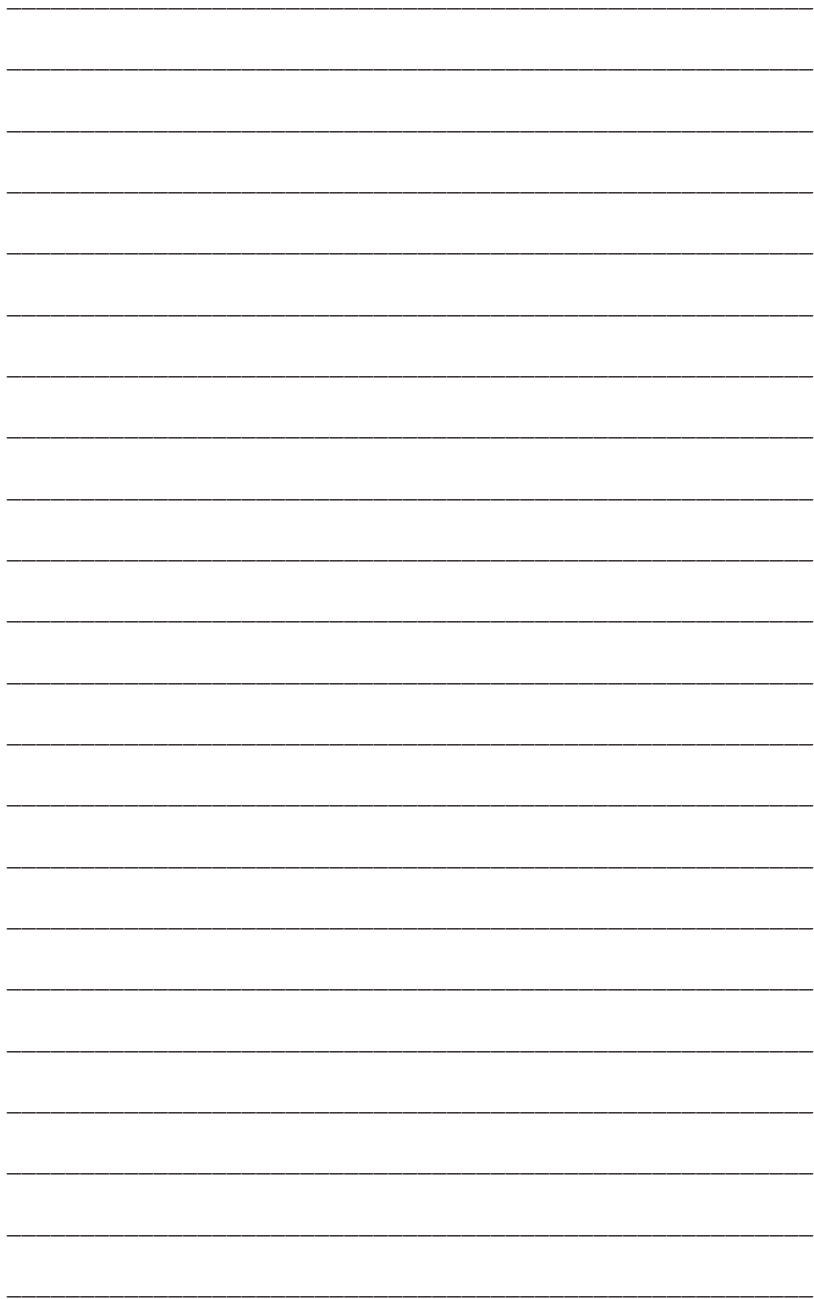
5. Look forward in hope.

Ask the Holy Spirit to guide your next steps — tomorrow's conversations, decisions, and moments of need.

“Search me, O God, and know my heart... and lead me in the way everlasting.”

Psalm 139:23–24

Psalms of the Day: 4, 34, 64, 94, 124



DAY FIVE: PRAYER WALKING

Turning Ordinary Paths into Sacred Space

Introduction

Prayer walking is not something I do every day — but every time I do, it has a way of opening my eyes to the presence of God right where I am. Prayer walking simply means praying as you move through the places you live in, work in, or pass by.

Sometimes it happens naturally. I'll be out for a walk around the neighborhood, or maybe I'm at an airport or walking through town, and I start to pray for what I see — the homes, the people, the workers, the conversations. I've found that when I intentionally bring those moments to God, the ordinary paths I walk begin to feel sacred.

It doesn't have to be dramatic or public. You don't need to stop in the street or bow your head. You can simply walk, observe, and pray quietly in your heart. Prayer walking helps you see the world the way God does: full of people He loves, places He's redeeming, and moments where His Spirit is already at work.

Scripture Focus

“Every place that the sole of your foot will tread upon I have given to you.”

Joshua 1:3

Reflection

In Scripture, walking and faith are often intertwined. God told Abraham to “walk before Me.” Jesus called His disciples to walk with Him. The first Christians were known as followers of “the Way.” When we pray as we walk, we are joining that long movement of faith. We invite God's

Kingdom to come — not in theory — but in the places we literally step. Prayer walking is not about claiming territory; it's about interceding for the people who live in it. Each step becomes a silent "Amen."

Overview

Prayer walking is praying with your feet. It turns your neighborhood, campus, or workplace into a sacred space where you can talk with God and intercede for others.

Why it matters

It's easy to pray in a sanctuary and forget that God is also present in the streets, homes, and businesses of your community. Prayer walking opens your eyes to see your world the way God does — filled with people He loves and places He wants to redeem.

How to practice it

1. Choose a route: your street, a park, or your workplace.
2. Begin by asking God to open your eyes to what He sees.
3. As you walk, pray silently for peace, healing, hope, and salvation in that place.
4. If someone crosses your path, pray for them quietly (or with them, if invited).
5. End your walk thanking God for being present in every place your feet touched.

Scripture tie-in

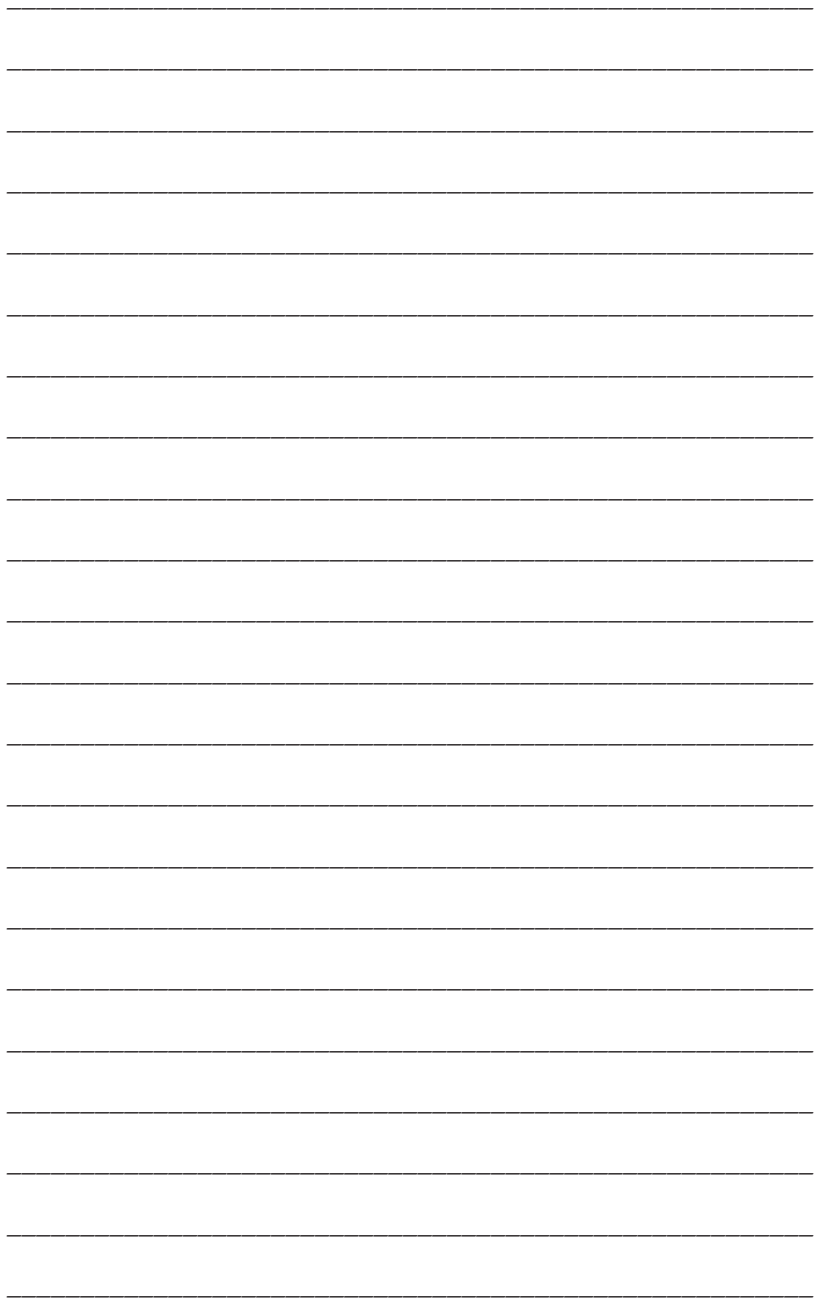
"How beautiful are the feet of those who bring good news."

Romans 10:15

Prompt

Lord, as I walk today, open my eyes to the people and places You love.
Let my steps become prayers.

Psalms of the Day: 5, 35, 65, 95, 125



DAY SIX: OIKOS PRAYER

Praying for Your Circle of Influence

Introduction

When it comes to living out our faith, prayer is always the starting point. In fact, if you look at church-planting movements and disciple-making movements across the world, there's one thing they all have in common: extraordinary prayer. Not extraordinary in the sense of praying for hours on end, but extra ordinary prayer: simply taking your ordinary prayer life and adding something extra to it.

That might mean praying five minutes longer. Or praying while you walk through your neighborhood. Or taking time each week to pray specifically for the people God has placed in your life. That's what the Oikos Prayer is all about.

The word *oikos* is a Greek word that means “household.” In the ancient world, it described your immediate sphere of relationships — the people you did life with. Today, your *oikos* might include your family, coworkers, friends, neighbors, your gym community, or even your favorite coffee shop barista.

When I practice Oikos Prayer, it helps me remember that God has already placed me in mission fields I sometimes overlook. It shifts my prayers from vague to specific — from “God, bless people” to “God, move in John's life. Help me see how to love him like You do.”

Jesus said in John 15, “Abide in Me, and I in you... apart from Me you can do nothing.” The Oikos Prayer helps us do exactly that — abide with Jesus so we can join Him in His work among the people we already know and love.

Scripture Focus

“But you will receive power when the Holy Spirit has come upon you, and you will be My witnesses in Jerusalem and in all Judea and Samaria, and to the ends of the earth.”

Acts 1:8

Reflection

We sometimes talk about “doing work for God,” but the truth is, we never work for Him — we work with Him. The Oikos Prayer reminds us that the Holy Spirit is already moving in the lives of those around us. Our part is simply to pray, watch, and join Him in that work.

Think of your oikos as a personal mission map. When you start praying for people by name — your coworkers, neighbors, or family members — you begin to see where God is already at work and how you can love them more intentionally.

And don’t forget: prayer is powerful not because of how long or eloquent it is, but because of Who you’re praying to. Every name you lift up is a reminder that God’s heart beats for the people in your circle, too.

Overview

Oikos Prayer is a simple way to pray intentionally for the people and communities God has placed around you. It’s a way to make your ordinary relationships part of God’s extraordinary mission.

Why It Matters

God has already positioned you in the lives of others for a reason. When you pray for your oikos, you’re aligning your heart with His heart for those people. Oikos Prayer trains your eyes to see your everyday spaces — your workplace, gym, school, or neighborhood — as sacred spaces for the Spirit to move.

How to Practice It

1. Grab a blank sheet of paper or a journal page.
2. Write your name in the center. This represents where God has placed you.
3. Draw circles or lines outward to represent different communities or circles of influence — your family, coworkers, gym, neighborhood, etc.
4. Write down names of people you interact with in each circle, especially those who might be struggling or far from God.
5. Pray over each name. Ask God to bless them, draw them closer to Him, and show you how to love them well.
6. Revisit your oikos map regularly. Add new names or write down notes of how God is moving.

Scripture Tie-In

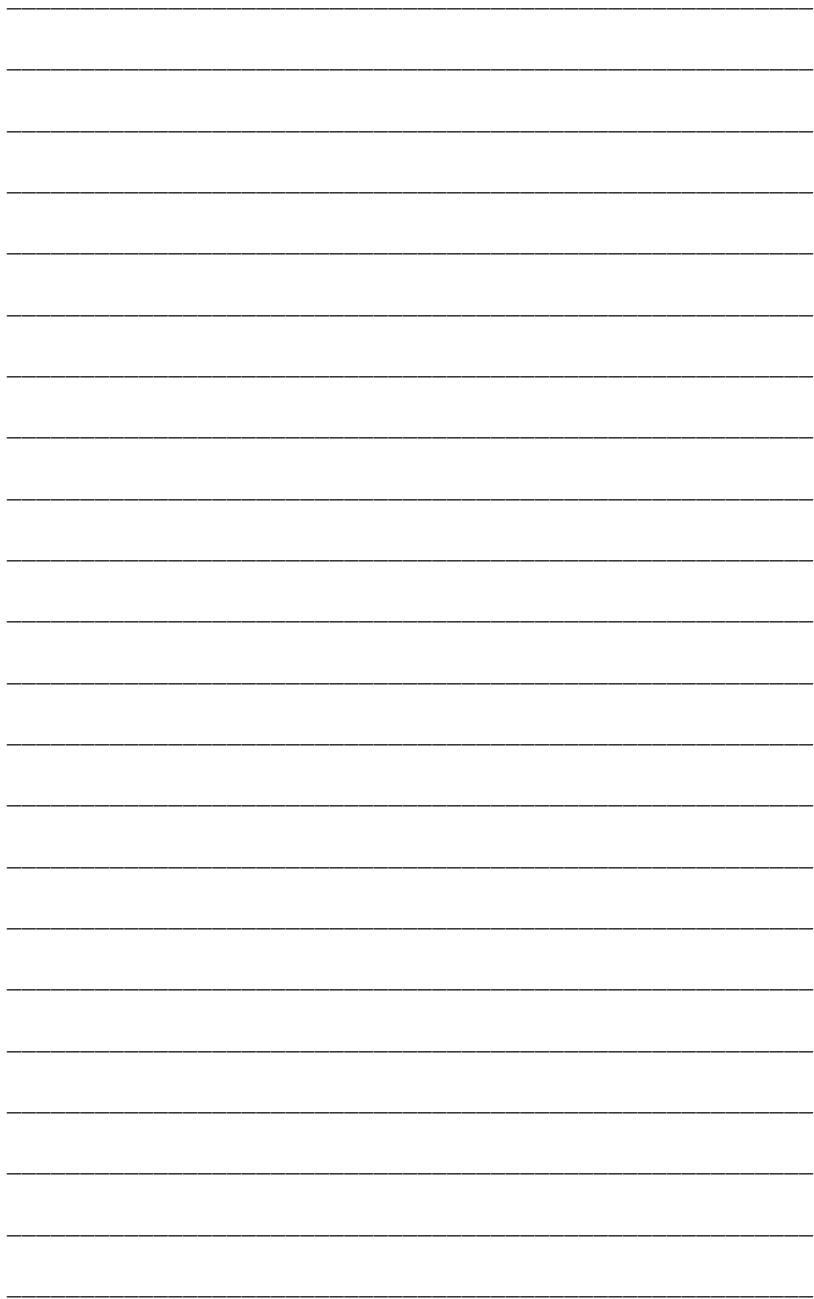
“The harvest is plentiful, but the laborers are few.
Therefore, pray earnestly to the Lord of the harvest to send
out laborers into His harvest.”

Matthew 9:37–38

Prompt

Lord, open my eyes to the people You’ve already placed in my life.
Show me where You’re at work and how I can join You.
Help me love, listen, and pray faithfully for my oikos today.

Psalms of the Day: 6, 36, 66, 96, 126



DAY SEVEN: CONFESSION AND ABSOLUTION

Praying Honest Prayers

Introduction

Confession and absolution — we don't often think of those as prayer practices. But confession is one of the most honest prayers you can pray. It's the moment you bring before God the very things you'd rather hide — your sins, your failures, your shame — and instead of rejection, you find mercy. Confession is not about informing God of your sin; it's about agreeing with Him about it and placing it at the foot of the cross. And then comes the miracle of grace: absolution. To hear, spoken out loud, the words “You are forgiven.”

I love how John puts it: “If we say we have no sin, we deceive ourselves... But if we confess our sins, God is faithful and just to forgive.” That forgiveness is not theoretical. It is real. Spoken. Delivered.

Scripture Focus

“If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”

1 John 1:8–9

Reflection

In confession, we stop pretending and start trusting. In absolution, we hear the truth of the Gospel applied personally: Christ died for this sin. For me. As Luther wrote, “When I urge you to go to confession, I am simply urging you to be a Christian.” It's not about self-punishment; it's about freedom. And while private confession with a pastor is a gift, you

can also confess in prayer, naming your sins before God, or even with a trusted Christian who can declare His forgiveness to you. However you practice it, remember: forgiveness is not a feeling you achieve; it's a promise you receive.

Overview

Confession is prayer at its most honest — naming before God what He already knows, trusting that His grace is greater than our sin.

Why it matters

Unconfessed sin isolates us. But when we confess, we return to the God who never stopped loving us. Absolution is God's Word spoken directly to our hearts: You are forgiven.

How to practice it

1. Ask the Holy Spirit to reveal any sin weighing on your heart.
2. Confess those sins to God in prayer, specifically and sincerely.
3. Hear His Word of forgiveness: In the name of Jesus Christ, you are forgiven.
4. If possible, confess with a pastor or trusted believer who can proclaim that forgiveness to you.
5. Rest in the peace that follows, not because you've earned it, but because Jesus already has.

Scripture tie-in

“As far as the east is from the west, so far does He remove our transgressions from us.”

Psalm 103:12

Prompt

Pray slowly through Psalm 103 today. As you read each line, let the psalmist's words become your own confession and your own song of thanksgiving. When you come to verses about sin and forgiveness — pause.

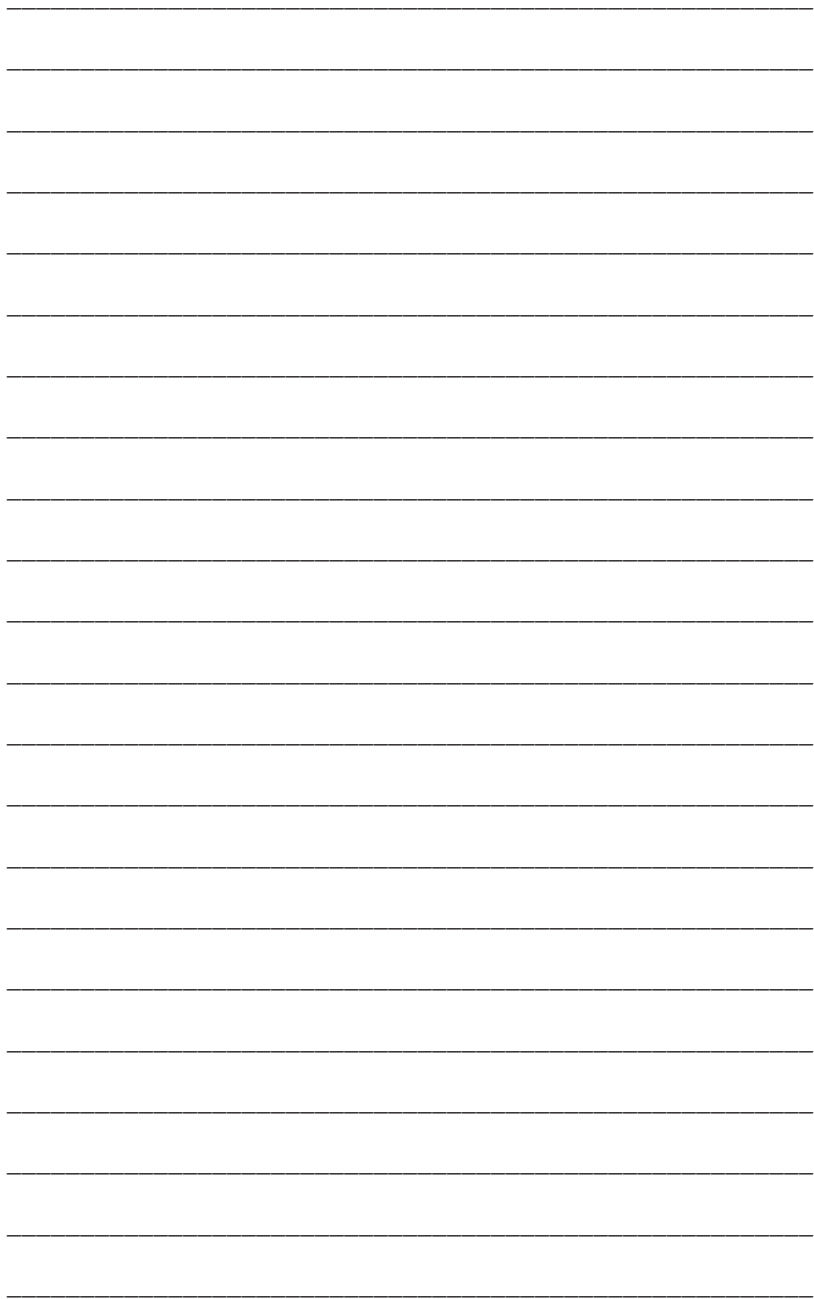
Name before God the sins that weigh on you, and then hear His Word of grace:

“As far as the east is from the west,
so far does He remove our transgressions from us.”

Psalm 103:12

Let this Psalm lead you from honesty to healing — from confession to absolution. End your time in quiet gratitude, resting in the truth that in Christ, you are fully forgiven.

Psalms of the Day: 7, 37, 67, 97, 127



DAY EIGHT: FASTING

Making Room for More of God

Introduction

When most people hear the word “fasting,” they think of diets or detoxes. But Biblical fasting is about something much deeper. It’s not just giving something up; it’s creating space for God to fill.

I once heard my friend Chris Paavola describe fasting as “emptying the glass.” Chris wrote a wonderful book called *Less for More: Seven Fasts in Seven Weeks for More of Jesus*. In it, he paints this vivid image: our days are like full glasses — sleep, work, family, screens, responsibilities — until there’s no room left for anything else.

Fasting is our intentional choice to pour something out so that Jesus can pour something better in. During Lent, we often give something up, but Jesus reminds us in Matthew 6 that fasting is not about looking spiritual; it’s about hungering for Him.

Scripture Focus

“But when you fast, anoint your head and wash your face,
that your fasting may not be seen by others but by your
Father who is in secret. And your Father who sees in secret
will reward you.”

Matthew 6:17–18

Reflection

Jesus didn’t say if you fast — He said when. That means fasting is expected, but not to impress others. It’s between you and your Father. Fasting reminds us that true satisfaction doesn’t come from food, media, or anything else we cling to for comfort. It comes from abiding in Christ. The point isn’t to prove our strength; it’s to admit our need.

As Paul wrote, “Whatever gain I had, I counted as loss for the sake of Christ.” When we fast, we let go of lesser things to hold more tightly to the One thing that matters most.

Overview

Fasting is the spiritual discipline of letting go of something — usually food or a daily comfort — in order to focus more fully on Jesus.

Why it matters

Our world is filled with noise and excess. Fasting helps us notice what truly satisfies. It’s not deprivation for its own sake — it’s desire redirected toward the God who fills every hunger.

How to practice it

1. Ask God what He’s inviting you to fast from — food, screens, social media, or something else.
2. Set a time frame (a meal, a day, or a week).
3. Each time you feel the absence of that thing, turn your attention to Jesus in prayer.
4. Replace what you’ve given up with time in the Word or acts of service.
5. End your fast in gratitude, thanking God for filling you with Himself.

Scripture tie-in

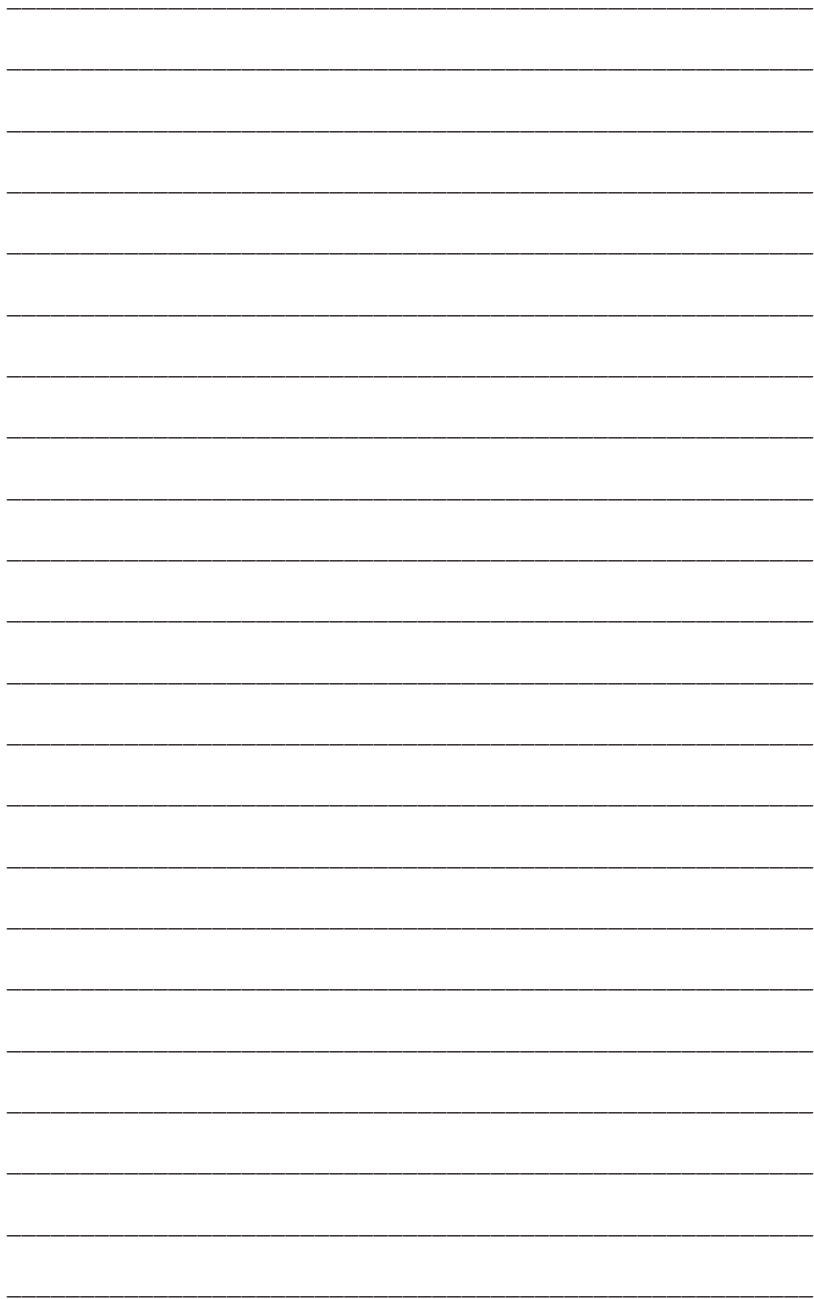
“Man shall not live by bread alone, but by every word that comes from the mouth of God.”

Matthew 4:4

Prompt

Lord, show me what I can release so that I may receive more of You.

Psalms of the Day: 8, 38, 68, 98, 128



DAY NINE: THE LORD'S PRAYER

When You Don't Know What to Pray

Introduction

There are days when prayer feels effortless. Words flow, thoughts come easily, and your heart feels in rhythm with God. But there are other days when you sit in silence and can't seem to find the words. Maybe you're tired. Maybe your heart is heavy. Maybe you just don't know where to begin.

When that happens, you're not alone. The disciples once felt the same way. In Luke 11, we read that after Jesus finished praying, one of His disciples came to Him and said, "Lord, teach us to pray." And Jesus didn't scold them or tell them prayer was too advanced for them. Instead, He gave them a gift — a simple and powerful way to pray that we still hold onto today.

This prayer is both a model and a means. It's a set of words we can pray as they are, and a structure that shows us how to bring every part of life before God — a prayer for every season and every believer. When you don't know what to say, say what Jesus said.

Why It Matters

The Lord's Prayer connects us to the heart of Jesus. Every line teaches us something about who God is and what we need most. It reorients our hearts to God's priorities — His name, His kingdom, His will — and it grounds our lives in daily dependence and grace.

When you pray the Lord's Prayer, you're joining your voice with Christians across centuries and continents. You're praying the very words Jesus gave to His church. And in those words, you'll find everything you need — adoration, confession, petition, and trust.

How to Practice It

There are three simple ways to pray the Lord's Prayer:

1. **Pray the Words Simply.** Say the prayer just as Jesus taught it. Let the rhythm and beauty of His words draw you into the presence of your Father. When you don't know what to say, let these words be enough.

2. **Pray It as Scripture Meditation.** Take your time and linger over each line.

- "Our Father in heaven, hallowed be Your name" — thank God that you belong to Him.
- "Your kingdom come, Your will be done" — pray for God's reign in your family, your city, your heart.
- "Give us this day our daily bread" — bring your daily needs to Him.
- "Forgive us our debts, as we also have forgiven our debtors" — confess, and rest in His absolution.
- "Lead us not into temptation, but deliver us from evil" — ask for protection, courage, and faith.

Use the Lord's Prayer as a guide that expands into a deeper conversation with God.

3. **Pray It in Community.** The Lord's Prayer is a church prayer. It begins with *Our* Father, not *My* Father. When you pray it aloud in worship, in small groups, or with family, you're reminded that you belong to a larger family of faith. Together, we lift one voice to the One who unites us in Christ.

Scripture Focus

“Pray then like this: 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 also have forgiven our debtors.
And lead us not into temptation, but deliver us from evil.”
Matthew 6:9–13 (ESV)

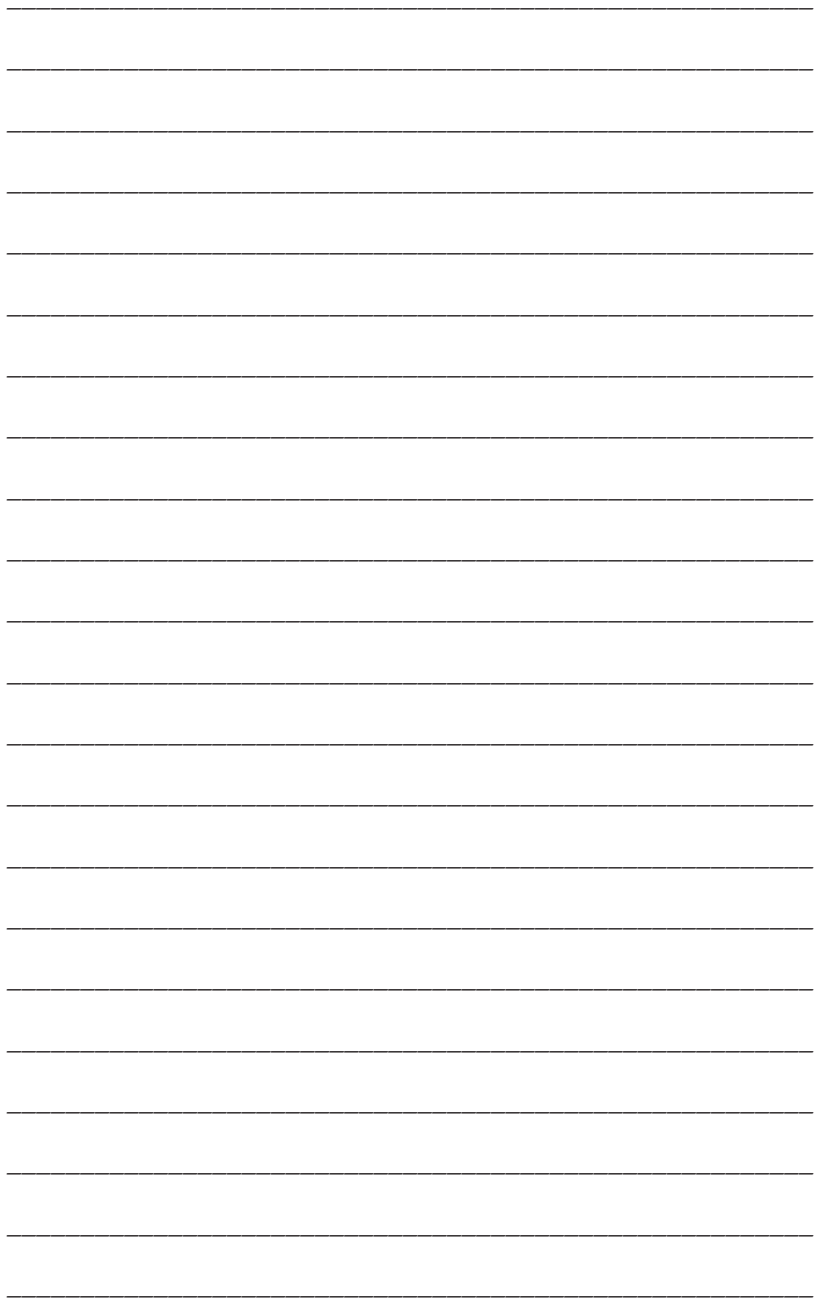
Note: You can find the Lord’s Prayer in both Matthew 6:9–13 and Luke 11:2–4. Together, they give us a fuller picture of how Jesus taught His disciples — and us — to pray.

Prompt

Today, take time to pray the Lord’s Prayer slowly. Let each phrase settle into your heart. Don’t rush. As you pray, listen for what the Spirit emphasizes in your mind. Perhaps it’s a line that speaks to your current season or a word that draws your attention. If you feel led, write your reflections afterward:

1. What word or phrase stood out?
2. What part of the prayer do you find hardest to pray right now? What part is easiest?
3. What would it look like to live today in light of what you just prayed?

Psalms of the Day: 9, 39, 69, 99, 129



DAY TEN: BREATHING PRAYER

Finding Stillness in the Moment

Introduction

Not every prayer happens in a quiet room with an open Bible and time to linger. Sometimes you're in the middle of your day — headed into a meeting, sitting in traffic, or feeling overwhelmed — and you need a way to reconnect with God right there in the moment. That's where breathing prayer comes in.

Breathing prayer is one of the simplest, most practical forms of prayer. You can use it anywhere — no notebook, no schedule, no special setup required. It's a way of anchoring your heart in God's presence through something you already do every second of every day: breathing.

I've found that breathing prayer is especially powerful when life feels hurried or anxious. It slows you down just long enough to remember that the Holy Spirit — the same Spirit who breathed life into creation — lives in you. When everything around you feels noisy, this form of prayer helps you become aware of His still, quiet presence.

Why It Matters

Breathing prayer brings together what we see in Scripture again and again: God often speaks in silence and stillness.

Think of Elijah in 1 Kings 19. He looked for God in the wind, the earthquake, and the fire, but the Lord was not in any of those. Then came “a low whisper” — literally, a thin silence — and that's where Elijah heard God's voice.

Breathing prayer invites you into that same silence. It's a way of saying, “Lord, I'm here. I'm listening.” And because it's built on something as natural as your breath, it reminds you that prayer isn't confined to a set

time or place. You can pray while walking into work, while sitting at a stoplight, or while holding a crying child. It's a way to stay connected with the Spirit even when you don't have time for a long, drawn-out prayer.

How to Practice It

1. Find a quiet moment or create one. You don't need much time. Just a few breaths where you can pause and be present to God.

2. Choose a short prayer phrase. Something simple that helps you focus on God's presence. Examples:

- "Spirit, guide me."
- "Lord Jesus Christ, have mercy on me."
- "Be still, and know."

3. Pair the phrase with your breathing. As you breathe in, think or whisper the first part of your phrase (Spirit...). As you breathe out, say the second part (...guide me).

4. Repeat slowly. Let the words match your breath. Don't rush. If distractions come, notice them, and return to your breath and your prayer.

5. End in stillness. Take one final deep breath, and thank God for meeting you — even here, even now.

Scripture Focus

"Be still, and know that I am God."

Psalm 46:10

Prompt

Today, take a few moments to try a breathing prayer. Start by quieting your mind. Then, with each breath, pray:

Inhale: “Be still.”

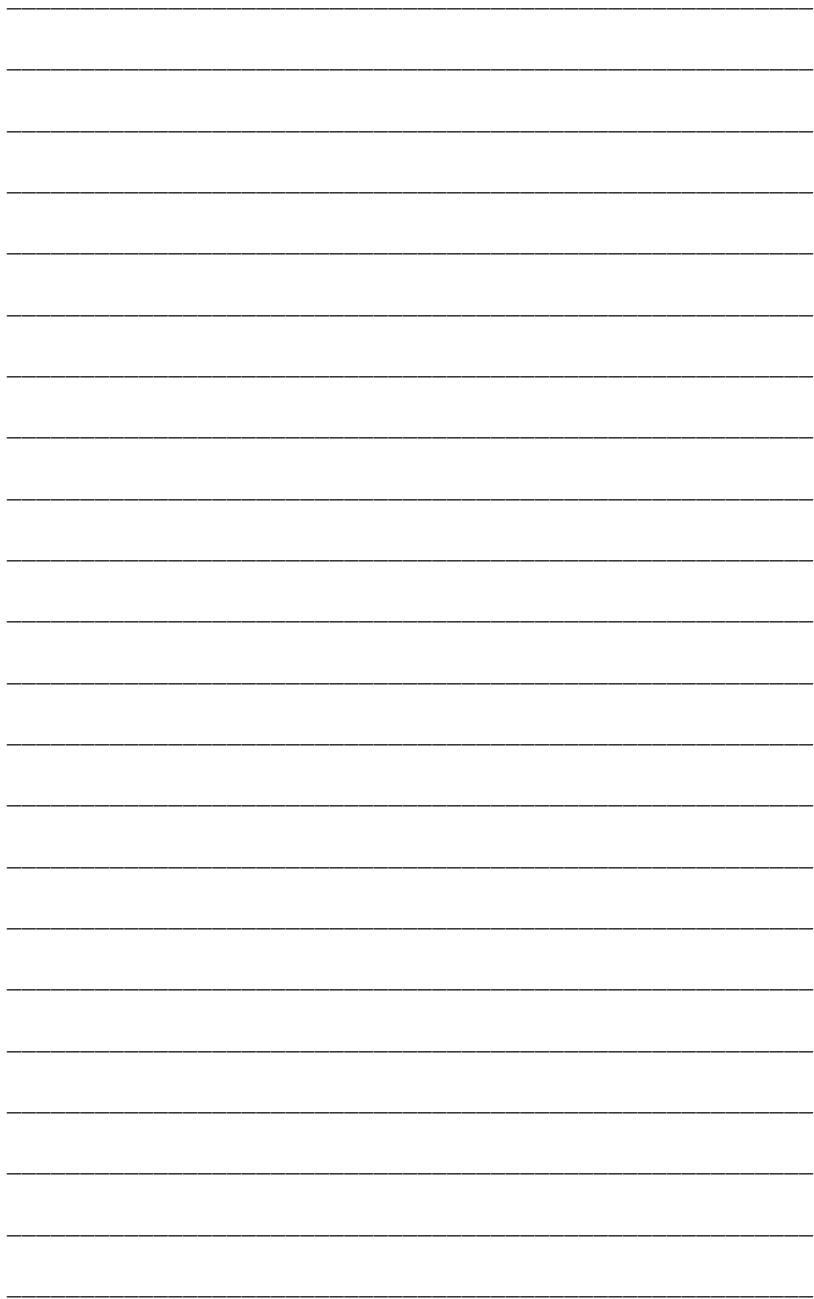
Exhale: “And know that I am God.”

Repeat this as long as you need. Let the rhythm of your breathing become the rhythm of your prayer.

If you’d like, journal what you noticed afterward:

- How did this slow you down or center you?
- Did anything in the quiet stand out — a thought, a phrase, a sense of peace?
- How might this kind of prayer fit into your ordinary day?

Psalms of the Day: 10, 40, 70, 100, 130



THE TOOLBOX

Putting It All into Practice

I'll never forget the first Christmas my brother and I each got our own tool sets. They came in little plastic cases — nothing fancy — just a hammer, a ratchet set, a razor knife, and a few screwdrivers. When we opened them, my parents said something I still remember to this day: “Every man needs his own toolbox.”

That little toolbox became the start of something much bigger. Over the years, between fixing up old houses and tackling projects with my wife, that single box has grown into a full chest and a shed full of tools. But it all started with that first set — the basics I learned to use over time.

That's what these first ten days have been for you: your starter toolbox for prayer. It's not an exhaustive list of everything you'll ever need, but it's enough to get you started. And like that first toolbox, the more you use it, the more you'll find your prayer life growing and expanding. Because here's the thing — tools only work if you use them.

So as you move into the next twenty days of this thirty-day journey, think of this as your time to practice. Use the tools you've been given; — silence, journaling, praying Scripture, guided prayer, prayer walking, oikos prayer, confession and absolution, fasting, the Lord's Prayer, and breathing prayer. Use whichever fits the moment you're in. We're not going to add new tools or long explanations. You already have enough.

Instead, the next section of this journal will simply give you Scripture and space — space to practice prayer, reflect on what God is saying, and record what you're noticing. You'll find verses and prompts designed to guide you into prayer, along with plenty of blank pages to:

- Journal your prayers
- Write down key scriptures
- Note how God speaks or moves during this time

Think of it this way — your growth in prayer doesn't come from reading about prayer. It comes from praying. From showing up. From being present to the Spirit who is already present to you. So take these next twenty days to put the tools to work. Use them however the Spirit leads. Because the best way to grow in your understanding of prayer is simply to pray — and experience God in your time with Him.

20 DAYS OF PRAYER PROMPTS

For the next twenty days, use the following verses and themes to guide you in your time of prayer. Let the words of Scripture draw you into conversation with God, and use the space provided to reflect, journal, or simply rest in His presence.

DAY ELEVEN

John 17:1–26

Theme: The High Priestly Prayer — Jesus prays for you.

“I do not ask for these only, but also for those who will believe in Me through their word.”

John 17:20

Pray in gratitude for Jesus’ intercession. Ask the Spirit to make you one with Him and with His church.

What prayer tool did you sense the Spirit leading you to?

Psalms of the Day: 11, 41, 71, 101, 131

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DAY TWELVE

John 16:25–33

Theme: Peace in the Overcoming Christ

“In the world you will have tribulation. But take heart; I have overcome the world.”

John 16:33

Pray for courage and peace in life’s trials, trusting that Jesus has already overcome.

What prayer tool did you sense the Spirit leading you to?

Psalms of the Day: 12, 42, 72, 102, 132

[illegible]

DAY THIRTEEN

Luke 12:22–34

Theme: Freedom from Anxiety

“For where your treasure is, there will your heart be also.”

Luke 12:34

Lay down your worries before God. Pray for a heart that treasures His kingdom above all.

What prayer tool did you sense the Spirit leading you to?

Psalms of the Day: 13, 43, 73, 103, 133

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DAY FOURTEEN

Luke 11:1–13

Theme: Lord, Teach Us to Pray

“Lord, teach us to pray.”

Luke 11:1

Reflect on how Jesus invites you to pray with childlike faith. What image of prayer do these verses give you?

What prayer tool did you sense the Spirit leading you to?

Psalms of the Day: 14, 44, 74, 104, 134

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DAY FIFTEEN

1 Timothy 2:1–4

Theme: Prayer for All People

“First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people.”

1 Timothy 2:1

Pray for your community, neighbors, and those who don't yet know Christ.

What prayer tool did you sense the Spirit leading you to?

Psalms of the Day: 15, 45, 75, 105, 135

[illegible]

DAY SIXTEEN

Romans 13:1–7

Theme: Praying for Those in Authority

“For there is no authority except from God, and those that exist have been instituted by God.”

Romans 13:1

Pray that local, national, and global leaders may serve with wisdom and justice.

What prayer tool did you sense the Spirit leading you to?

Psalms of the Day: 16, 46, 76, 106, 136

[illegible]

DAY SEVENTEEN

Galatians 5:16–24

Theme: Walking by the Spirit

“But the fruit of the Spirit is love, joy, peace, patience,
kindness, goodness, faithfulness, gentleness, self-control.”

Galatians 5:22–23

Ask God to cultivate the fruit of His Spirit in your daily life.

What prayer tool did you sense the Spirit leading you to?

Psalms of the Day: 17, 47, 77, 107, 137

[illegible]

DAY EIGHTEEN

Revelation 2:1–7

Theme: Returning to Your First Love

“But I have this against you, that you have abandoned the love you had at first.”

Revelation 2:4

Pray for renewed love for Jesus — pure, joyful, and undistracted.

What prayer tool did you sense the Spirit leading you to?

Psalms of the Day: 18, 48, 78, 108, 138

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DAY NINETEEN

Revelation 3:14–22

Theme: Be a People on Fire

“Behold, I stand at the door and knock.”

Revelation 3:20

Ask God to awaken your heart, rekindle your zeal, and help you respond to His call.

What prayer tool did you sense the Spirit leading you to?

Psalms of the Day: 19, 49, 79, 109, 139

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DAY TWENTY

Revelation 7:9–17

Theme: Hope of Heaven

“They shall hunger no more, neither thirst anymore... for the Lamb in the midst of the throne will be their shepherd.”

Revelation 7:16–17

Rest in the promise of eternal life. Thank God for the victory that awaits His people.

What prayer tool did you sense the Spirit leading you to?

Psalms of the Day: 20, 50, 80, 110, 140

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DAY TWENTY-ONE

Isaiah 43:1–7

Theme: God's Presence in the Fire and Flood

“When you pass through the waters, I will be with you.”

Isaiah 43:2

Pray for trust in God's presence through trials, knowing He calls you by name.

What prayer tool did you sense the Spirit leading you to?

Psalms of the Day: 21, 51, 81, 111, 141

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DAY TWENTY-TWO

Exodus 34:5–9

Theme: The God of Mercy and Faithfulness

“The LORD, the LORD, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness.”

Exodus 34:6

Meditate on who God is. Praise Him for His steadfast character and grace.

What prayer tool did you sense the Spirit leading you to?

Psalms of the Day: 22, 52, 82, 112, 142

[illegible]

DAY TWENTY-THREE

Matthew 28:16–20

Theme: The Great Commission

“Go therefore and make disciples of all nations.”

Matthew 28:19

Pray for courage to live on mission in your daily life and to share the hope of Christ.

What prayer tool did you sense the Spirit leading you to?

Psalms of the Day: 23, 53, 83, 113, 143

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DAY TWENTY-FOUR

John 13:31–35

Theme: Love One Another

“By this all people will know that you are My disciples, if you have love for one another.”

John 13:35

Ask the Spirit to help you love others as Jesus has loved you.

What prayer tool did you sense the Spirit leading you to?

Psalms of the Day: 24, 54, 84, 114, 144

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DAY TWENTY-FIVE

John 1:1–18

Theme: The God Who Dwells with Us

“And the Word became flesh and dwelt among us.”

John 1:14

Thank God that He draws near. Pray to experience His presence in the ordinary moments of life.

What prayer tool did you sense the Spirit leading you to?

Psalms of the Day: 25, 55, 85, 115, 145

[illegible]

DAY TWENTY-SIX

John 3:16–21

Theme: For God So Loved the World

“For God so loved the world, that He gave His only Son.”

John 3:16

Pray in gratitude for God’s love and for opportunities to share that love with others.

What prayer tool did you sense the Spirit leading you to?

Psalms of the Day: 26, 56, 86, 116, 146

[illegible]

DAY TWENTY-SEVEN

Luke 15

Theme: The Lost Found

“There will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance.”

Luke 15:7

Pray for the lost — friends, neighbors, or family — asking God to draw them home.

What prayer tool did you sense the Spirit leading you to?

Psalms of the Day: 27, 57, 87, 117, 147

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DAY TWENTY-EIGHT

Luke 18:9–14

Theme: The Humble Heart

“For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted.”

Luke 18:14

Pray for humility before God. Ask Him to create in you a heart that depends on His mercy.

What prayer tool did you sense the Spirit leading you to?

Psalms of the Day: 28, 58, 88, 118, 148

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DAY TWENTY-NINE

Mark 9:38–41

Theme: Prayer for the Whole Church

“For the one who is not against us is for us.”

Mark 9:40

Pray for unity across the body of Christ — that all believers would work together for the sake of the Gospel.

What prayer tool did you sense the Spirit leading you to?

Psalms of the Day: 29, 59, 89, 119, 149

[illegible]

DAY THIRTY

Matthew 13:31–33

Theme: Kingdom Seeds

“The kingdom of heaven is like a mustard seed.”

Matthew 13:31

Pray that God would plant His Kingdom deep in your life, and grow His influence through you in ways far beyond what you can see.

What prayer tool did you sense the Spirit leading you to?

Psalms of the Day: 30, 60, 90, 120, 150

[illegible]

CONCLUSION

This Is Only the Beginning

This is not the end — it's only the beginning. After spending 30 days in intentional prayer, is that you've had time to connect more deeply with God — to slow down in a frantic and hurried world, and to spend time with your Father. To, as John puts it in chapter 15, be attached to the Vine.

Because ultimately, that's where our life comes from. From the very beginning pages of Genesis, we learn that we were built for relationship — relationship with God.

This prayer journey wasn't simply an opportunity to learn new tools for prayer, but a way to spend time connected to the Father — through Jesus, by the power of the Holy Spirit. John 15 reminds us that our life, our fruit, our strength all come from being attached to Jesus.

So my prayer for you is that this would not be the end, but only the beginning — the beginning of a life filled with more intentional prayer. Like those early disciples in the upper room, who “devoted themselves to prayer,” may you continue to make space for God's presence in your everyday life.

If these tools have helped you, keep using them. Return to this journal often. Or better yet — share it. Discipleship is a life-on-life experience. Whether it's learning to follow Jesus in the places you live, work, learn, and play, or learning how to pray, we grow best when someone walks beside us.

So who around you might need this? Who could you invite to walk through these 30 days with you? You don't need to be a pastor or a ministry leader to disciple someone. You already have everything you need.

You've just spent 30 days praying. What did you learn? What challenged you? What encouraged you?

Now, consider helping someone else learn to pray — to discover what it means to stay connected to the Vine.

Thanks for taking time to walk through this 30-day journey. May these 30 days be not the end, but just the beginning.

Yours in Christ,

Pastor Matt Peeples

