



# 21 DAYS *of* PRAYER

*A Guide to Deepening Your Prayer Life*



TEACH US TO PRAY

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TEACH US TO PRAY

# INTRODUCTION TO PRAYER: FOUNDATIONS AND PURPOSE

Prayer is the heartbeat of a Christian's spiritual life, a sacred dialogue with the Creator that transcends mere words. It embodies our deepest yearnings, gratitude, confessions, and requests, laid bare before the Almighty.

Jesus, throughout His earthly ministry, exemplified the essence and discipline of prayer, showcasing it as the cornerstone of a vibrant relationship with God. He retreated to secluded places to commune with His Father, teaching us the value of solitude, persistence, and faith in prayer.

This book embarks on a 21-day spiritual odyssey, meticulously crafted to explore the multifaceted nature of prayer, its profound impact on our lives, and its pivotal role in shaping our faith. Each day unveils a unique facet of prayer, enriched with scripture, thoughtful reflection, and a dedicated prayer, chosen to enhance your communion with God.

As you journey through these pages, you're invited to delve deeper into the practice of prayer, uncovering its transformative power and discovering how it can fortify your spiritual formation, drawing you closer to the heart of God. This guide aims to enrich your prayer life, offering insights and reflections that illuminate the path to a more intimate and fulfilling relationship with the Lord.

## Silence & Stillness

Before you jump into prayer each day, I want to encourage you to practice the spiritual discipline of silence and stillness. The idea is to just be present with the Lord for a few minutes before and after you pray. The entire purpose of these two minutes is to *"Be still and know that He is God."* **Psalm 46:10**. Take two minutes of silence before and after you do each day's reading and prayer. Below are the Silence and Stillness guidelines from the Emotionally Healthy Classes to help.

## Silence & Stillness Guidelines

*"The Lord will fight for you; you need only to be still."* **Exodus 14:14**

- Sit down and take a few deep breaths to settle into the silence.
- Choose a very simple prayer to express your openness and desire for God. (e.g. Abba, Father, Lord, Jesus, Holy Spirit, have mercy on me)
- Close your eyes and offer this prayer to Jesus, allowing His will and love full access in your life.
- When you become distracted, offer again your simple prayer back to God.





# WHY SHOULD I PRAY?

## Reflection:

Prayer is the soul's sincere desire, uttered or unexpressed, the motion of a hidden fire that trembles in the heart. It is our direct communication line with God, a fundamental practice that Jesus not only engaged in but also encouraged His followers to prioritize. But why should we pray? Firstly, prayer is an act of obedience. The Bible is replete with commands to pray. It's a way for us to align our will with God's, to cast our anxieties upon Him because He cares for us deeply. Through prayer, we acknowledge our reliance on God, recognizing that every breath and every moment of our existence is sustained by His grace.

Prayer also fosters our relationship with God. Just as any relationship requires communication to grow, our relationship with God flourishes when we engage in regular, heartfelt prayer. It's in these moments of vulnerability and trust that we come to know God more intimately. Prayer is transformative. It changes us, molding our hearts to mirror Christ's compassion, humility, and love. As we pour out our hearts to God, we become more attuned to His voice, leading us towards spiritual growth and maturity.

Moreover, prayer is a vehicle for intercession. Through prayer, we have the privilege of bearing one another's burdens, interceding for the needs of those around us, and participating in God's work in the world. It's a powerful tool in spiritual warfare, equipping us to stand firm against the schemes of the devil.

Timothy Keller illuminates this beautifully, stating, "Prayer is both conversation and encounter with God... We must know the awe of praising his glory, the intimacy of finding his grace, and the struggle of asking his help, all of which can lead us to know the spiritual reality of his presence."

## WHY SHOULD I PRAY? - CONT.

### Scripture:

*Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. 1 Thessalonians 5:16-18 (ESV)*

*Casting all your anxieties on him, because he cares for you. 1 Peter 5:7 (ESV)*

*Praying at all times, in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints.*

**Ephesians 6:18 (ESV)**

*The prayer of a righteous person has great power as it is working.*

**James 5:16b (ESV)**

### Prayer:

“Heavenly Father, I seek to understand the depth and breadth of prayer. Teach me to pray without ceasing, to rejoice in Your presence, and to lay my burdens at Your feet, trusting in Your care and provision. Help me to grow in my relationship with You through prayer, becoming more attuned to Your voice and Your will. Empower me to intercede for others, using prayer as a tool for spiritual warfare and for the advancement of Your kingdom. May my prayer life reflect my faith in You, demonstrating my reliance on Your strength and wisdom. In Jesus’ Name, Amen.”

#### **Day 1 Challenge: Why Should I Pray?**

**Challenge:** Spend five minutes in silence, reflecting on your personal reasons for praying.

**Prayer Prompt:** “God, reveal to me the value and power of prayer in my life.”



# HOW JESUS TEACHES US TO PRAY: THE LORD'S PRAYER

## Reflection:

The Lord's Prayer is a masterclass from Jesus on communicating with our Heavenly Father. It encapsulates the essence of prayer in a manner that is both profound and accessible, guiding believers in their approach to God. This prayer beautifully integrates adoration, confession, thanksgiving, and supplication, serving as a comprehensive template for our prayers. It starts with honoring God's holiness, transitions into acknowledging His sovereignty over our lives and the world, and then moves to our personal and communal needs. The Lord's Prayer is not just a set of words to be recited but also a pattern that teaches us the priorities of prayer: God's glory, God's kingdom, daily provision, forgiveness, and spiritual protection.

A quote from C.S. Lewis, a renowned Christian apologist and author, illuminates this further: "Prayer is not merely a means of presenting requests but a way of becoming acquainted with God." Lewis's insight underscores the relational aspect of prayer highlighted by Jesus in the Lord's Prayer. It's a dialogue that fosters a deeper understanding of and alignment with God's will.

## Scripture:

*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)**

*And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses.*

**Mark 11:25 (ESV)**

## THE LORD'S PRAYER - CONT.

*But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.*

**Matthew 6:6 (ESV)**

### **Prayer:**

Heavenly Father, in Your holiness, teach me the sacred rhythm of prayer that Jesus modeled. Let Your kingdom and Your will be the compass that guides my desires and petitions. Provide for my daily needs and instill in me a spirit of forgiveness as profound as the grace You've extended to me. Protect me from temptation and deliver me from evil, that my life may glorify You in all things. May my prayers deepen my relationship with You, drawing me closer to Your heart. In the name of Jesus, Amen.

#### **Day 2 Challenge: How Jesus Teaches Us to Pray:**

##### **The Lord's Prayer**

**Challenge:** Recite the Lord's Prayer slowly, focusing on each petition's meaning.

**Prayer Prompt:** "Lord, teach me to pray as Jesus taught, aligning my desires with Yours."





## HOW DID JESUS PRAY?

### Reflection:

Jesus' prayer life is a profound model for our own. He often withdrew from the crowds and His disciples to pray in solitude, demonstrating the importance of a private, intimate dialogue with the Father. Jesus' prayers were marked by depth, sincerity, and a heartfelt submission to God's will, especially evident in His prayer at Gethsemane. His example teaches us the value of setting aside dedicated time and space for prayer, emphasizing that prayer is not just about speaking to God but also listening for His guidance and surrendering to His will.

Martin Luther, the seminal figure of the Protestant Reformation, once said, "To be a Christian without prayer is no more possible than to be alive without breathing." This quote encapsulates the essence of Jesus' approach to prayer: as essential to our spiritual life as breathing is to our physical life. Luther's words remind us that prayer should be as natural and necessary as the air we breathe, a constant and vital part of our relationship with God.

### Scripture:

*But Jesus often withdrew to lonely places and prayed.*

**Luke 5:16 (ESV)**

*And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will."*

**Matthew 26:39 (ESV)**

*In these days he went out to the mountain to pray, and all night he continued in prayer to God. **Luke 6:12 (ESV)***

## HOW DID JESUS PRAY? - CONT.

### Prayer:

Lord Jesus, Your life of prayer is a beacon for my own. Teach me to seek moments of solitude to commune with the Father, embracing the quiet and the stillness where Your voice can be heard most clearly. Guide me to pray with a heart fully surrendered to God's will, trusting that His plans are good and perfect. Let prayer become as essential to my spirit as breathing is to my body, a never-ending rhythm of communion with God. Inspire me to understand that a life without prayer is incomplete and draw me ever closer to the heart of God. In Your holy name, Amen.

#### Day 3 Challenge: How Did Jesus Pray?

**Challenge:** Choose a quiet place to pray alone, emulating Jesus' habit of solitary prayer.

**Prayer Prompt:** "Jesus, guide my prayers today, helping me to seek solitude and sincerity."





## CREATING A LIFESTYLE OF PRAYER

### Reflection:

To cultivate a lifestyle of prayer is to weave prayer into the very fabric of our daily life, making it as intrinsic as the air we breathe. It's about recognizing that every moment presents an opportunity to communicate with God, whether we're rejoicing, struggling, or simply going about our routine tasks. This constant, ongoing dialogue with God helps to center our lives around His presence and guidance, ensuring that we always remain in tune with His will.

A.W. Tozer, a profound Christian thinker, once beautifully articulated, "Prayer is not a 'spare wheel' that you pull out when in trouble, but it is a 'steering wheel' that directs the right path throughout." This insight highlights the importance of prayer not just as a reactionary measure in times of need but as a proactive guide through every aspect of life. By embracing prayer as our steering wheel, we invite God to lead us, shaping our decisions, our actions, and our thoughts.

### Scripture:

*Continue steadfastly in prayer, being watchful in it with thanksgiving. Colossians 4:2 (ESV)*

*Pray without ceasing. 1 Thessalonians 5:17 (ESV)*

*Evening and morning and at noon I utter my complaint and moan, and he hears my voice.*

**Psalm 55:16-17 (ESV)**

## CREATING A LIFESTYLE OF PRAYER - CONT.

### **Prayer:**

Heavenly Father, I ask for Your guidance to integrate prayer into every aspect of my daily life. May it become a reflex, not just in moments of distress but in every moment of joy, every decision, and every ordinary task. Teach me to lean on prayer as my constant communication with You, allowing it to steer my path through life. Help me to remember to be steadfast in prayer, to pray without ceasing, and to always approach You with thanksgiving. Let my life be a testament to the power of living in continuous fellowship with You, guided by Your will and Your wisdom. In Jesus' name, Amen.

#### **Day 4 Challenge: Creating a Lifestyle of Prayer**

**Challenge:** Set specific times today for brief prayer pauses, integrating prayer into your daily routine.

**Prayer Prompt:** "Father, help me weave prayer into every part of my day."



## PRAYERS OF CONFESSION

### Reflection:

Prayers of confession are a vital aspect of our spiritual life, allowing us to openly acknowledge our sins before God and seek His forgiveness. This act of humility not only cleanses us but also restores our relationship with Him, as we are reminded of His grace and mercy. Confession is an opportunity for introspection and spiritual renewal, inviting God's transforming love into our hearts.

Dietrich Bonhoeffer beautifully captures the essence of confession's power in the Christian life: "Confession in the presence of a brother is the profoundest kind of humiliation. It hurts, it cuts a man down, but it is a surgery that heals." Bonhoeffer's words highlight the dual nature of confession as both a humbling experience and a healing process, emphasizing its importance for spiritual growth and community.

### Scripture:

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

**1 John 1:9 (ESV)**

*Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.*

**James 5:16 (ESV)**

*For I know my transgressions, and my sin is ever before me. Against you, you only, have I sinned and done what is evil in your sight... Psalm 51:3-4 (ESV)*

## PRAYERS OF CONFESSION - CONT.

### **Prayer:**

Heavenly Father, I approach Your throne of grace with a heart weighed down by my own failings. In Your infinite mercy, hear my confession and forgive me. Teach me the true meaning of repentance and guide me to live a life that reflects Your holiness. May Your Spirit work within me, creating a clean heart and renewing a steadfast spirit. Let my confession not just be words, but a doorway to deeper change, drawing me closer to You each day. In Jesus' Name, Amen.

### **Day 5 Challenge: Prayers of Confession**

**Challenge:** Spend five minutes in reflective confession, acknowledging your sins before God.

**Prayer Prompt:** "God, I confess my sins to You, seeking Your forgiveness and cleansing."





# PRAYERS FOR PROTECTION

## Reflection:

Prayers for protection are an essential aspect of our faith, serving as a reminder of God’s sovereignty and His promise to watch over us. In a world where dangers and challenges abound, these prayers are not merely requests for safety but declarations of trust in God’s power to protect and sustain us.

Charles Spurgeon, a renowned preacher of the 19th century, eloquently captured the essence of divine protection: “The power of prayer is not in the one who is praying but in the one who hears and answers our prayers. We rest in the Almighty’s shadow, not because of our own clinging but because His wings have chosen to cover us.” This insight encourages us to see prayers for protection as an act of faith, fully reliant on God’s willingness and ability to keep us safe under His wings.

## Scripture:

*But the Lord is faithful. He will establish you and guard you against the evil one.*

**2 Thessalonians 3:3 (ESV)**

*He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the Lord, “My refuge and my fortress, my God, in whom I trust.*

**Psalms 91:1-2 (ESV)**

*You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.*

**Psalms 32:7 (ESV)**

## PRAYERS FOR PROTECTION - CONT.

### **Prayer:**

Lord, You are my refuge and fortress, the one in whom my trust is securely placed. In Your hands, I lay my fears and the vulnerabilities of those I love, believing in Your promise to protect and guide us. May Your presence be a constant shield around us, guarding us from harm and leading us through each day in peace. Help us to rest in the assurance of Your protective care, confident that You are our safe haven in every storm. In Jesus name, Amen.

### **Day 6 Challenge: Prayers for Protection**

**Challenge:** Pray for God's protection over specific areas of your life, family, and community.

**Prayer Prompt:** "Lord, shield us from harm and guide us in Your paths of safety."







# FORGIVENESS PRAYERS

## Reflection:

Forgiveness is a cornerstone of the Christian faith, reflecting God's infinite mercy towards us and our call to extend that mercy to others. Prayers of forgiveness are essential not only for seeking God's pardon for our own transgressions but also for asking for the grace to forgive those who have wronged us. This dual act of humility and grace can be transformative, freeing us from the chains of resentment and opening our hearts to God's healing love.

Corrie ten Boom, a Dutch watchmaker who became a renowned evangelist after surviving a Nazi concentration camp, once said, "Forgiveness is an act of the will, and the will can function regardless of the temperature of the heart." Her experience of forgiving those who perpetrated such immense personal suffering underscores the power of forgiveness as a deliberate choice, one that liberates the forgiver and manifests the depth of God's forgiveness towards us.

## Scripture:

*For if you forgive others their trespasses, your heavenly Father will also forgive you. **Matthew 6:14 (ESV)***

*Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. **Ephesians 4:32 (ESV)***

*Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working. **James 5:16 (ESV)***

## FORGIVENESS PRAYERS - CONT.

### Prayer:

Heavenly Father, in the shadow of Your mercy, I seek forgiveness for the times I have fallen short of Your glory. Grant me the humility to confess my sins and the courage to extend forgiveness to those who have wronged me. Inspired by Corrie ten Boom's testament to the power of forgiveness, help me to choose forgiveness, even when my heart struggles to follow. May this act of will reflect Your grace and lead to healing and reconciliation in my life and in the lives of those around me. In Jesus' Name, Amen.

### Day 7 Challenge: Forgiveness Prayers

**Challenge:** Identify someone you need to forgive and pray for the strength to release any bitterness.

**Prayer Prompt:** "Heavenly Father, grant me a heart of forgiveness towards those who have wronged me."



## PRAYERS AGAINST TEMPTATION

### Reflection:

The battle against temptation is a constant reality in the Christian journey, challenging our commitment to live righteously. Temptation, in its many forms, seeks to divert us from God's path, exploiting our vulnerabilities and desires. Prayers against temptation are our spiritual defense, a means to seek God's strength and wisdom to resist the snares laid by the enemy. Acknowledging our susceptibility to temptation and relying on God's power to overcome it underscores our dependence on His grace and the truth that, in Him, we find the fortitude to stand firm.

The apostle Paul provides a profound insight into this struggle and the promise of divine assistance: "*No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation, he will also provide the way of escape, that you may be able to endure it.*" **1 Corinthians 10:13 (ESV)**. This scripture reassures us that God is actively involved in our battle against temptation, equipping us with the means to resist and providing a path to victory.

### Scripture:

*Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.*

**Matthew 26:41 (ESV)**

*Lead us not into temptation, but deliver us from evil.*

**Matthew 6:13 (ESV)**

*Submit yourselves therefore to God. Resist the devil, and he will flee from you.* **James 4:7 (ESV)**

## PRAYERS AGAINST TEMPTATION - CONT.

### Prayer:

Lord Almighty, in the face of temptation, I seek Your strength and guidance. Help me to remain vigilant, to recognize the subtle snares of the enemy, and to cling to Your promises for deliverance. Let Your Word be my shield and Your Spirit my guide, that I may navigate each day with wisdom and discernment. Empower me to resist temptation, to submit fully to Your will, and to live a life that honors You. In every moment of weakness, remind me of Your faithfulness and the escape You provide, that I may endure and emerge victorious. In Jesus' Name, Amen.

### Day 8 Challenge: Prayers Against Temptation

**Challenge:** Reflect on personal temptations and ask God for strength to overcome them. Consider memorizing a couple of specific passages of scripture that pertain to your temptations so that when you are tempted you can prayer those passages in that moment of temptation.

**Prayer Prompt:** "God, fortify me against temptation and lead me not into sin."





# HEALING PRAYERS

## Reflection:

The Scripture is rich with instances of God’s healing power, both physically and spiritually. In our journey through life, we encounter moments of illness, pain, and heartache, where our strength seems insufficient. It is in these moments that prayers for healing remind us of God’s sovereignty over our bodies and spirits. Healing prayers are an expression of our trust in God’s ability to restore us, not just a plea for relief but a declaration of faith in His goodness and mercy.

The late Billy Graham, a prominent Christian evangelist, once said, “God has given us the privilege of being His ambassadors on earth. In this ministry of healing, we are to be instruments of His healing touch by which we bless and meet the needs of others.” Graham’s words encapsulate the calling to not only seek God’s healing for ourselves but to also be conduits of His healing to others, embodying the compassion and love of Christ in our actions and prayers.

## Scripture:

*He sent out his word and healed them, and delivered them from their destruction. Psalm 107:20 (ESV)*

*Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. James 5:14 (ESV)*

*But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed.*

**Isaiah 53:5 (ESV)**

## HEALING PRAYERS - CONT.

### Prayer:

Heavenly Father, the Great Physician, I come before You today to seek Your healing touch. In Your compassion, restore those suffering in body, mind, or spirit. Guide the hands and hearts of those who minister healing, that through their care, Your love and peace might be felt. Empower us to be ambassadors of Your healing, sharing the hope and restoration found in You. May our faith be strengthened as we witness Your power to heal and save. In Jesus' Name, Amen.

### Day 9 Challenge: Healing Prayers

**Challenge:** Pray for healing in any areas of physical, emotional, or spiritual brokenness.

**Prayer Prompt:** "Healer of our every ill, touch and restore me with Your healing power."





# PRAYERS FOR THE LOST

## Reflection:

One of the deepest burdens on the heart of a believer is the concern for those who are lost — individuals who have yet to experience the transformative love and salvation offered through Jesus Christ. Prayers for the lost are an essential part of our Christian duty, reflecting God’s own desire... “*that all should reach repentance.*” **2 Peter 3:9 ESV.** Such prayers express not only our concern for the eternal welfare of others but also our trust in God’s ability to reach and redeem even the most distant heart.

Charles Spurgeon, known as the “Prince of Preachers,” profoundly understood the power of prayer in the mission of salvation. He remarked, “If sinners be damned, at least let them leap to Hell over our bodies. And if they perish, let them perish with our arms around their knees, imploring them to stay. If Hell must be filled, let it be filled in the teeth of our exertions, and let not one go there unwarned and unprayed for.” This passionate plea underscores the urgency and depth of our prayers for the lost, urging us to intercede fervently and ceaselessly for their salvation.

## Scripture:

*The Lord is not slow to fulfill his promise as some count slowness, but is patient toward you, not wishing that any should perish, but that all should reach repentance.*

**2 Peter 3:9 (ESV)**

*Therefore, I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.*

**Mark 11:24 (ESV)**

*How then will they call on him in whom they have not believed? And how are they to believe in him of whom they have never heard? And how are they to hear without someone preaching?* **Romans 10:14 (ESV)**

## PRAYERS FOR THE LOST - CONT.

### **Prayer:**

Lord of Mercy and Grace, I lift up to You those who are lost, those who wander far from Your love. Open their hearts to Your call, that they may experience the joy of Your salvation and the peace that comes from knowing You. Use me as a vessel for Your love, to share the Gospel with courage and compassion. May my prayers and efforts be tireless, as I seek not to rest until those lost have found their way back to You. In the powerful name of Jesus, Amen.

### **Day 10 Challenge: Prayers for the Lost**

**Challenge:** Intercede for someone you know who is far from God, asking for their salvation.

**Prayer Prompt:** “Lord, I pray for [name], that they may find their way back to Your love.”







# PRAYERS OF PROVISION

## Reflection:

In every life, there come times of need—moments when we look to God to provide for us physically, emotionally, and spiritually. Prayers of provision are an expression of our dependence on God, acknowledging Him as the source of all our needs. These prayers align our hearts with the truth that “*My God will supply every need of yours according to his riches in glory in Christ Jesus.*” **Philippians 4:19 ESV**. They are a testament to our faith in God’s ability to provide and to our trust in His timing and wisdom in meeting our needs.

George Müller, a Christian evangelist known for his strong faith and reliance on God to provide for the needs of thousands of orphans, once said, “The beginning of anxiety is the end of faith, and the beginning of true faith is the end of anxiety.” Müller’s life was a living testimony to the power of prayer for provision. He never made the needs of his orphanages public but instead prayed earnestly, trusting God to provide, and saw miraculous answers to those prayers.

## Scripture:

*And my God will supply every need of yours according to his riches in glory in Christ Jesus.*

**Philippians 4:19 (ESV)**

*Therefore do not be anxious, saying, “What shall we eat?” or “What shall we drink?” or “What shall we wear?” For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.*

**Matthew 6:31-32 (ESV)**

*Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.* **Matthew 7:7 (ESV)**

## PRAYERS OF PROVISION - CONT.

### Prayer:

Almighty Father, Provider of all, I come before You today to express my reliance on You for all things. In times of need, help me to remember that You are more than capable of providing for every aspect of my life. Inspired by the faith of George Müller, I choose to trust in Your provision rather than succumb to anxiety. May Your peace, which surpasses all understanding, guard my heart and mind as I await Your faithful provision. In Jesus' Name, Amen.

### **Day 11 Challenge: Prayers of Provision**

**Challenge:** Present your needs and the needs of others to God, trusting in His provision.

**Prayer Prompt:** "Provide for us, Lord, according to Your riches and Your will."





# INTERCESSORY PRAYER

## Reflection:

Intercessory prayer is a powerful expression of our role as believers to stand in the gap for others, whether they are close to us or far away, known or unknown. Through intercessory prayer, we bring the needs, pains, and hopes of others before God, asking for His intervention and blessing. This form of prayer is a selfless act, reflecting the heart of Jesus, who intercedes for us at the right hand of the Father **Romans 8:34**. It's about taking on the burdens of others and lifting them up to God, seeking His grace and mercy on their behalf.

Elisabeth Elliot, a Christian author and missionary whose life was a testament to faith in the face of loss, beautifully captured the essence of intercessory prayer when she said, "Prayer is not overcoming God's reluctance, but laying hold of His willingness." This perspective shifts our understanding of intercessory prayer from a plea to change God's mind to a collaboration with His already willing heart to bless and heal.

## Scripture:

*Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.*

**James 5:16 (ESV)**

*I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people.*

**1 Timothy 2:1 (ESV)**

*In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.*

**Romans 8:26 (ESV)**

## INTERCESSORY PRAYER - CONT.

### Prayer:

Heavenly Father, I come to You with a heart burdened for others, seeking Your intervention in their lives. Grant me the compassion and persistence to intercede faithfully for those in need, trusting in Your willingness to hear and answer. May Your Spirit guide me in prayer, helping me to align my requests with Your will. Let my prayers be a conduit of Your love and healing, extending Your grace to all those for whom I pray. In Jesus' powerful name, Amen.

### Day 12 Challenge: Intercessory Prayer

**Challenge:** Choose someone to specifically intercede for, bringing their needs before God.

**Prayer Prompt:** "I stand in the gap for [name], asking You to work powerfully in their life."



## THE ARMOR OF GOD: SPIRITUAL WARFARE FROM EPHESIANS 6

### Reflection:

The Christian life is often described as a battle, not against flesh and blood, but against spiritual forces of evil. Ephesians 6:10-18 provides us with the metaphor of the Armor of God, a divine toolkit designed to equip believers for this spiritual warfare. Each piece of the armor represents aspects of God's provision for our protection and victory: truth, righteousness, the gospel of peace, faith, salvation, and the Word of God, all empowered by prayer. Understanding and applying these elements in our daily lives empowers us to stand firm against the schemes of the devil.

Oswald Chambers, a prominent early 20th-century evangelist and teacher, emphasized the importance of being spiritually prepared for the battles we face: "Prayer does not fit us for the greater work; prayer is the greater work." Chambers reminds us that our strength and preparedness for spiritual warfare begin and end with prayer, connecting us to the power of God, which is our ultimate defense.

### Scripture:

*Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil.*

**Ephesians 6:10-11 (ESV)**

*For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.* **Ephesians 6:12 (ESV)**

*Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.* **Ephesians 6:13 (ESV)**

## THE ARMOR OF GOD - CONT.

### Prayer:

Lord God Almighty, I seek Your strength and protection as I face the spiritual battles before me. Help me to fully embrace the armor You provide — truth to guide me, righteousness to protect my heart, the gospel of peace to steady my steps, faith as my shield, salvation as my helmet, and Your Word as my sword. May my life be grounded in prayer, connecting me to Your infinite power and wisdom. Equip me to stand firm against all spiritual challenges, secure in the knowledge that victory is found in You. In the mighty name of Jesus, Amen.

### Day 13 Challenge: The Armor of God

**Challenge:** Reflect on each piece of the Armor of God and how you can apply it in your life.

**Prayer Prompt:** “Equip me with Your armor, Lord, so I may stand firm against the enemy.”





## THE WEAPONS OF BATTLE: ENGAGING WITH 2 CORINTHIANS 10:4-5

### Reflection:

Our spiritual journey involves combat with forces that oppose God's truth and righteousness. **2 Corinthians 10:4-5** reminds us, "*For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.*" This passage highlights the divine power bestowed upon us to overcome spiritual opposition, emphasizing that our primary weapons are spiritual, rooted in God's truth and our commitment to Christ.

A.W. Tozer, a profound Christian author, articulated the essence of our spiritual weaponry: "The Word of God is the sword we fight with, and faith is the shield we carry." Tozer's insight underlines the importance of Scripture and faith in navigating spiritual battles, reinforcing that our victory lies in our reliance on God's Word and our trust in His sovereignty.

### Scripture:

*For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds.*

**2 Corinthians 10:4 (ESV)**

*And take the helmet of salvation, and the sword of the Spirit, which is the word of God,* **Ephesians 6:17 (ESV)**

*In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one;*

**Ephesians 6:16 (ESV)**

## THE WEAPONS OF BATTLE - CONT.

### **Prayer:**

“Heavenly Father, equip me with the spiritual weapons necessary for the battles I face. Let Your Word be my sword, cutting through deception and doubt, and my faith be the shield that protects me from the enemy’s assaults. Empower me to stand firm in Your truth, to demolish strongholds, and to bring my thoughts into obedience to Christ. May I rely on Your divine power and wisdom to navigate every challenge. In Jesus’ Name, Amen.”

### **Day 14 Challenge: The Weapons of Battle**

**Challenge:** Meditate on the spiritual weapons God has given you to fight spiritual battles.

**Prayer Prompt:** “Help me wield Your Word and faith as weapons against spiritual darkness.”





## THE POWER OF CORPORATE PRAYER: IS THERE STRENGTH IN NUMBERS?

### Reflection:

Corporate prayer, the collective prayer of believers, is a powerful force. **Acts 2:42** describes the early church devotedly engaging in prayer together, a practice that fostered unity and precipitated powerful movements of God. Jesus Himself said, “*For where two or three are gathered in my name, there am I among them.*” **Matthew 18:20 ESV**. This promise highlights the unique presence and power of Christ among His people when they unite in prayer, affirming that there is indeed added strength when believers join in prayer.

Dietrich Bonhoeffer, reflecting on Christian community, observed, “The physical presence of other Christians is a source of incomparable joy and strength to the believer.” Bonhoeffer’s insight speaks to the power of corporate prayer; it’s not just about the multiplication of prayer voices, but the profound encouragement and faith-building that occurs when believers pray together.

### Scripture:

*And they devoted themselves to the apostles’ teaching and the fellowship, to the breaking of bread and the prayers.*

**Acts 2:42 (ESV)**

*Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven.* **Matthew 18:19 (ESV)**

*For where two or three are gathered in my name, there am I among them.* **Matthew 18:20 (ESV)**

## THE POWER OF CORPORATE PRAYER - CONT.

### **Prayer:**

Lord Jesus, we come together as Your body, united in purpose and spirit, to seek Your face in prayer. Strengthen our bonds as we lift our voices in unison to You, believing in Your promise to be present among us. May our corporate prayers be a powerful testament to Your faithfulness, ushering in Your will on earth as it is in heaven. Encourage and fortify us through the fellowship of prayer, multiplying our joy and the impact of our petitions. In Jesus' Name, Amen.

#### **Day 15 Challenge: The Power of Corporate Prayer**

**Challenge:** Join or initiate a group prayer session, experiencing the power of praying together.

**Prayer Prompt:** “God, manifest Your power as we gather to pray in unity and faith.”



## DIRECTION IN PRAYER: TO THE FATHER, THE SON, OR THE HOLY SPIRIT?

### Reflection:

Prayer can sometimes bring questions about whom we should address: the Father, Son, or Holy Spirit? Christian doctrine teaches that God is one, existing in three persons, making prayer to any person of the Trinity appropriate. Jesus taught us to pray to the Father **Matthew 6:9**, He Himself prayed to the Father **John 17**, and yet, we are also invited to pray in Jesus' name **John 14:13-14** and to be led by the Spirit in our prayers **Romans 8:26-27**. This triune engagement in prayer reflects the depth and mystery of our relationship with God, where the Spirit intercedes, Christ mediates, and the Father receives our prayers with grace.

John Stott, a leading theologian, said, "Prayer is the simplest expression of faith. It is speaking to God because we believe He is there and that He listens." Whether addressing the Father, Son, or Holy Spirit, our prayers are heard by a God who is intimately involved in every aspect of our lives, eager to respond to us in love and power.

### Scripture:

*Pray then like this: "Our Father in heaven, hallowed be your name."* **Matthew 6:9 (ESV)**

*Whatever you ask in my name, this I will do, that the Father may be glorified in the Son.*

**John 14:13 (ESV)**

*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.*

**Romans 8:26 (ESV)**

## DIRECTION IN PRAYER - CONT.

### Prayer:

Almighty God, Father, Son, and Holy Spirit, I come before You in prayer, grateful for the mystery and beauty of Your triune nature. Teach me to engage with You fully in my prayers, whether I am drawn to the Father's embrace, Christ's mediation, or the Spirit's guidance. May my prayer life be enriched by this dynamic relationship, confident that my prayers are received and cherished by You. In the unity of Your divine presence, I find strength, comfort, and direction. In Jesus' Name, Amen.

#### Day 16 Challenge: Direction in Prayer

**Challenge:** Pray for direction in a specific area of your life, seeking God's will.

**Prayer Prompt:** "Show me the way I should go, Lord, and direct my steps according to Your purpose."





## WHY CAN'T I HEAR GOD'S VOICE?

### Reflection:

The quest to hear God's voice is a common theme among believers, underscored by the frustration and longing that accompany the silence. Dallas Willard's profound statement sheds light on this spiritual dilemma: "If God doesn't speak today, then the greatest disservice we could ever do to people is to tell them that they could have a personal relationship with God." This highlights the essential nature of God's communication in fostering a personal relationship with Him. Our faith narrative is filled with instances of divine dialogue, from the whispers in the Garden of Eden to the life-changing encounters of Moses, Elijah, and the apostles. Jesus, the Word incarnate, and His teachings further exemplify God's desire to communicate directly with us.

Brother Lawrence, in his contemplative work *The Practice of the Presence of God*, captures the essence of our relationship with the divine: "There is not in the world a kind of life more sweet and delightful than that of a continual conversation with God." This sentiment beautifully articulates the joy and fulfillment derived from an ongoing dialogue with our Creator, emphasizing that God's desire to communicate with us is as strong today as it ever was.

Yet, the challenge remains: why do we struggle to hear Him? It's not that God has ceased to speak but rather that our ability to listen is often impaired by our disconnection from Him and our overconnection to the world. The Bible stands as God's enduring word to us, a primary means through which He speaks. However, our spiritual receptivity is frequently dampened by the noise and distractions of our daily lives.

Willard also notes, "God will not compete for our attention. Occasionally a Saul gets knocked to the ground and so on, but we should expect that in most cases, God will not run over us." Instead, God seeks us with a gentle persistence, often speaking in a still, small whisper, inviting us into deeper communion with Him. The key to hearing God's voice lies in cultivating a quiet space within our hearts and lives, away from the cacophony of our routines, to listen for His whispers. God is still speaking; the question is, are we making room to listen?

## WHY CAN'T I HEAR GOD'S VOICE - CONT.

### Scripture:

*My sheep hear my voice, and I know them, and they follow me.*

**John 10:27 (ESV)**

*Call to me and I will answer you, and will tell you great and hidden things that you have not known.* **Jeremiah 33:3 (ESV)**

*Be still, and know that I am God.* **Psalms 46:10 (ESV)**

### Prayer:

Heavenly Father, in times when Your voice seems distant, help me to trust in Your presence and Your unfailing love. Teach me to listen, not only for audible words but for Your guidance in the quietness, through Your Word, and in the wisdom shared by others. Increase my sensitivity to the many ways You speak, and strengthen my faith as I learn to discern Your voice more clearly. May I be reminded of Tozer's encouragement to listen more attentively, finding comfort and direction in Your silent whispers as well as Your loud declarations. In Jesus' Name, Amen.

#### Day 17 Challenge: Why Can't I Hear God's Voice?

**Challenge:** In quietness, ask God to help you discern His voice above all others.

**Prayer Prompt:** "Lord, open my ears and heart to hear Your voice clearly."



## HOW CAN I TELL IF GOD IS SPEAKING TO ME?

### Reflection:

Discerning whether it's God speaking to us involves recognizing the characteristics of His voice and the methods through which He communicates. God's voice aligns with Scripture, promotes peace and not confusion, encourages us towards love and good deeds, and often comes with a deep sense of inner knowing. It requires a heart attuned to the Holy Spirit and a mind steeped in the Bible to discern God's guidance from our own thoughts or external influences.

Elisabeth Elliot, a missionary whose life exemplified radical obedience to God, offered this wisdom: "The will of God is never exactly what you expect it to be. It may seem to be much worse, but in the end it's going to be a lot better and a lot bigger." Elliot's insight reminds us that God's voice often challenges our expectations and leads us into greater depths of faith and obedience.

### Scripture:

*For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.*

**Hebrews 4:12 (ESV)**

*But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.*

**John 14:26 (ESV)**

*And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.*

**Colossians 3:15 (ESV)**

## HOW CAN I TELL IF GOD IS SPEAKING TO ME? - CONT.

### **Prayer:**

Lord God, grant me the discernment to recognize when You are speaking to me. Help me to know Your voice, to distinguish it from my own thoughts and the noise of the world. May Your Word and Your Spirit guide me in understanding Your will, leading me in paths of righteousness for Your name's sake. Encourage me through Elisabeth Elliot's words to trust in Your unexpected ways, knowing that Your plans for me are far greater than I could imagine. Teach me to follow Your leading with a willing and obedient heart. In Jesus' Name, Amen.

### **Day 18 Challenge: How Can I Tell if God is Speaking to Me?**

**Challenge:** Journal any thoughts, scriptures, or impressions you believe may be from God.

**Prayer Prompt:** "God, give me wisdom to recognize Your guidance and respond in obedience."





## WILL GOD ALWAYS ANSWER MY PRAYERS?

### Reflection:

A common quandary among believers is whether God always responds to our prayers and, if so, why some prayers seem to go unanswered. The truth is, God hears every prayer, but His answers may come in varied forms: yes, no, or wait. The mystery of prayer lies not in securing an immediate solution but in deepening our trust and relationship with God, regardless of the outcome. Scripture reassures us that God is attentive to our cries and works all things for our good, even when His ways are beyond our understanding.

C.S. Lewis insightfully remarked, “Prayer doesn’t change God; it changes me.” This perspective shifts the focus from the outcome of our prayers to the transformation that occurs within us as we engage in prayer. It’s about aligning our will with God’s and growing in faith, patience, and humility, trusting that His ultimate answer serves a greater purpose in our lives and spiritual journey.

### Scripture:

*And this is the confidence that we have toward him, that if we ask anything according to his will he hears us.*

**1 John 5:14 (ESV)**

*Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.* **Matthew 7:7 (ESV)**

*For my thoughts are not your thoughts, neither are your ways my ways, declares the Lord.* **Isaiah 55:8 (ESV)**

## WILL GOD ALWAYS ANSWER MY PRAYERS? - CONT.

### Prayer:

Lord, I come before You with my prayers, knowing that You hear every word. Grant me the wisdom to seek Your will above my desires and the faith to trust in Your timing and answers. Let each prayer draw me closer to You, transforming my heart and mind to reflect Your love and grace. May I find peace in the assurance that You are at work in every aspect of my life, answering my prayers in ways that fulfill Your greater purpose. In Jesus' Name, Amen.

### Day 19 Challenge: Will God Always Answer My Prayers?

**Challenge:** Reflect on past prayers and identify how God has answered them, in various ways.

**Prayer Prompt:** "Thank You, God, for Your faithful responses to my prayers, seen and unseen."





## DOES THE OUTCOME OF PRAYER DEPEND ON MY FAITH?

Reflection: The relationship between faith and prayer is a topic of significant contemplation in the Christian life. While faith plays a crucial role in prayer, it's essential to understand that the efficacy of our prayers is not solely determined by the strength of our faith but by the sovereignty and will of God. Jesus spoke of faith that can move mountains, emphasizing the power of even faith as small as a mustard seed. Yet, this doesn't mean that a prayer's outcome is a direct measure of one's faith; rather, it highlights the importance of trusting in God's omnipotence and goodness, believing He is capable of all things.

Andrew Murray, a devout Christian pastor and author, once said, "Faith in a prayer-hearing God will make a prayer-loving Christian." This statement underlines that our confidence in God's attentiveness to our prayers fosters a deeper love for prayer itself, encouraging us to approach God with expectation and humility.

### Scripture:

*And whatever you ask in prayer, you will receive, if you have faith. Matthew 21:22 (ESV)*

*And Jesus answered them, "Truly, I say to you, if you have faith and do not doubt, you will not only do what has been done to the fig tree, but even if you say to this mountain, 'Be taken up and thrown into the sea,' it will happen."*

**Matthew 21:21 (ESV)**

*But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind. James 1:6 (ESV)*

## DOES THE OUTCOME OF PRAYER DEPEND UPON MY FAITH? - CONT.

### **Prayer:**

“Heavenly Father, strengthen my faith as I come to You in prayer, trusting not in my own understanding but in Your limitless power and love. May my prayers be filled with genuine faith, knowing that You are both willing and able to act according to Your perfect will. Help me to rest in the knowledge that my faith, though it may seem small, is precious in Your sight and that Your response to my prayers is always out of Your great love for me. Amen.”

### **Day 20 Challenge: Does the Outcome of Prayer Depend on My Faith?**

**Challenge:** Examine your faith as it relates to unanswered prayers, asking God to increase your trust.

**Prayer Prompt:** “Increase my faith, Lord, especially when answers seem delayed or different from my expectations.”





## HOW DO I CREATE A LIFESTYLE OF PRAYER?

### Reflection:

Cultivating a lifestyle of prayer is about making prayer an integral, continuous part of our daily existence, not confined to moments of need or formal times of worship. It's about living in constant communion with God, where prayer becomes as natural as breathing, influencing every decision, thought, and action. Such a lifestyle acknowledges God's constant presence and our ongoing dependence on Him.

Elisabeth Elliot beautifully captured the essence of this way of living: "Prayer is the deliberate and steadfast action of the soul. It is not an occasional upward glance but a continuous gaze of the heart towards the Father." Her words invite us to consider prayer not as a sporadic activity but as a sustained posture of the heart, continually oriented towards God.

### Scripture:

*Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. 1 Thessalonians 5:16-18 (ESV)*

*Continue steadfastly in prayer, being watchful in it with thanksgiving. Colossians 4:2 (ESV)*

*But I call to God, and the Lord will save me. Evening and morning and at noon I utter my complaint and moan, and he hears my voice. Psalm 55:16-17 (ESV)*

## HOW DO I CREATE A LIFESTYLE OF PRAYER? - CONT.

### **Prayer:**

Father, guide me into a lifestyle of prayer, where every moment is an opportunity to commune with You. Teach me to maintain a continuous gaze of my heart towards You, integrating prayer into every aspect of my life. May my days be marked by joy, ceaseless prayer, and gratitude, reflecting my ongoing relationship with You. Help me to live out this call to constant prayer, making it the foundation upon which my life is built. In Jesus' Name, Amen.

#### **Day 21 Challenge: Creating a Lifestyle of Prayer**

**Challenge:** Plan a daily prayer schedule or strategy to continue cultivating a prayerful lifestyle.

**Prayer Prompt:** "Guide me in maintaining a constant conversation with You, God, every day."





# CONCLUSION

As we conclude our 21-day journey together, embarking on a deeper exploration of prayer, it's important to remember that this is just the beginning of a lifelong conversation with God. The habits we've sought to cultivate, the insights we've gained, and the disciplines we've practiced are stepping stones into a richer, more profound relationship with our Creator.

Prayer is not a destination but a journey — one marked by continual growth, learning, and, most importantly, deepening intimacy with God. It's in the daily commitment to this sacred dialogue that we find strength, guidance, and comfort for the journey ahead. As you move forward, remember not to be discouraged by moments of silence, periods of doubt, or times of waiting. These are not signs of prayer's inefficacy but invitations to press deeper into the heart of God, trusting that He is always at work, even in the unseen.

To sustain and grow your prayer life, consider these next steps:

**Set Aside Daily Time for Prayer:** Make prayer a non-negotiable part of your daily routine, whether it's in the morning, during a lunch break, or before bedtime.

**Keep a Prayer Journal:** Record your prayers, thoughts, and the ways you see God moving in your life. This can be a powerful reminder of His faithfulness.

**Join a Prayer Group:** Engage with a community of believers who can support and encourage your prayer life.

**Explore Prayer Resources:** Books, podcasts, and sermons on prayer can provide additional insight and inspiration.

**Practice Listening:** Make time for silence in your prayers, opening your heart to hear God's voice.

Above all, approach prayer with an open heart, ready to be transformed by your encounters with the living God. Let the discipline of prayer become the joy of your heart, the anchor of your soul, and the compass for your life's journey. May you walk ever closer with God, today and always.







**TEACH US TO PRAY**



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