

DAYS
OF

21

Prayer



Sept 25th - Oct 15th

**AWAKEN
YOUR
SOUL**



**A Daily Seven
Minute
Prayer Time
With Your
Family**

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HOW TO USE THIS BOOK

The goal of this guide is not to add pressure or to overwhelm you. The goal is simply for you to get comfortable with different biblical models of prayer and for your prayer life to become more natural, effective, and enjoyable! To get the most out of your prayer time, you can write notes and prayer requests, and play worship music as you engage this guide. The most important thing however is to commit to regularly entering God's presence through prayer.

We don't have to follow a specific formula to talk with God, but practicing different ways to pray can help us find deeper purpose and connection to Him through our prayer time. Follow along with us each day as we pursue God together in prayer. When you pray, try to focus on the process each model teaches, making sure that you give yourself time to pray intentionally. If your mind wanders, use the model to restore your focus. We pray that at the end of these 21 days you will have learned some new ways to pray and your relationship with God has deepened.

Lastly, we hope that you will use this guide to pray daily together as a family, Life Group, ministry team and congregation!

CREATING A LIFESTYLE OF PRAYER

HAVE A CERTAIN TIME

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

HAVE A CERTAIN PLACE

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

HAVE A CERTAIN PLAN

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

WEEK 1

THE LORD'S PRAYER

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

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

LUKE 11:1

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

MATTHEW 6:9-13

"Our Father in Heaven"

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

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

ROMANS 8:15 NLT

Start your prayer time today by proclaiming your intimate relationship with God, addressing Him lovingly as your "Father" and thanking Him that you are His child.

PRAYER:

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

WEEK 1

DAY
02WORSHIP HIS NAME

"Hallowed be Your name"

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

God is our **Righteousness** (Jehovah Tsidkenu)– *He makes us clean*

God is our **Sanctifier** (Jehovah Mekoddishkem) – *He calls us and sets us apart*

God is our **Healer** (Jehovah Rapha) – *He heals all our diseases*

God is our **Banner of Victory** (Jehovah Nissi)– *He defeats our enemies*

God is our **Shepherd** (Jehovah-Raah) – *He speaks to us and leads us*

God is our **Peace** (Jehovah Shalom) – *He is our peace in every storm*

God is our **Provider** (Jehovah Jireh) – *He supplies all of our needs*

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

PROVERBS 18:10 ESV

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

PRAYER:

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

WEEK 1

PRAY HIS AGENDA FIRST

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

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

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

LUKE 12:31 TLB

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

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

PRAYER:

“God, I recognize there is no better plan on earth than Yours, and I pray for Your will to be done in our world and in my life (name the areas of your life where you need more of God’s presence today). This world is lost and needs You desperately, and I pray for every person to know You as their personal Lord and Savior.

I pray for the leaders in my life (pray specifically over parents, spiritual leaders, governmental leaders, employers, and any other leaders in your life), that You would show them Your will and give them supernatural wisdom and discernment as they lead. God, I pray that Your heart for justice and unity would be seen in our world; that those who are in bondage will be set free; that the needs of the poor and marginalized will be met. Show me what my role is in seeing the realities of heaven come to earth. Make Your priorities my priorities.

Help me love who You love and see value in all people. I give my life to You again today; have Your way in me. Please give me wisdom and clarity as You show me my next steps.” In Jesus name, Amen.

WEEK 1

DAY
04DEPEND ON HIM FOR EVERYTHING

"Give us this day our daily bread"

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

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

PSALM 121:1-2 NLT

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

PRAYER:

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

WEEK 1

DAY 05 FORGIVE AND BE FORGIVEN

"Forgive us our debts, as we forgive our debtors"

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

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

1 JOHN 1:9

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

PRAYER:

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

THE LORD'S PRAYER

WEEK 1

DAY
06ENGAGE IN SPIRITUAL WARFARE

"And do not lead us into temptation, but deliver us from the evil one."

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

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

EPHESIANS 6:12

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

PRAYER:

"God, I recognize that my struggles today aren't against the people or circumstances around me, but against the enemy. Please help me to see how the enemy is lying to me.

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

In Jesus name, Amen.

WEEK 1

DAY
07

EXPRESS FAITH IN GOD'S ABILITY

"For Yours is the Kingdom and the power and the glory forever."

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

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

JEREMIAH 32:17

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

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

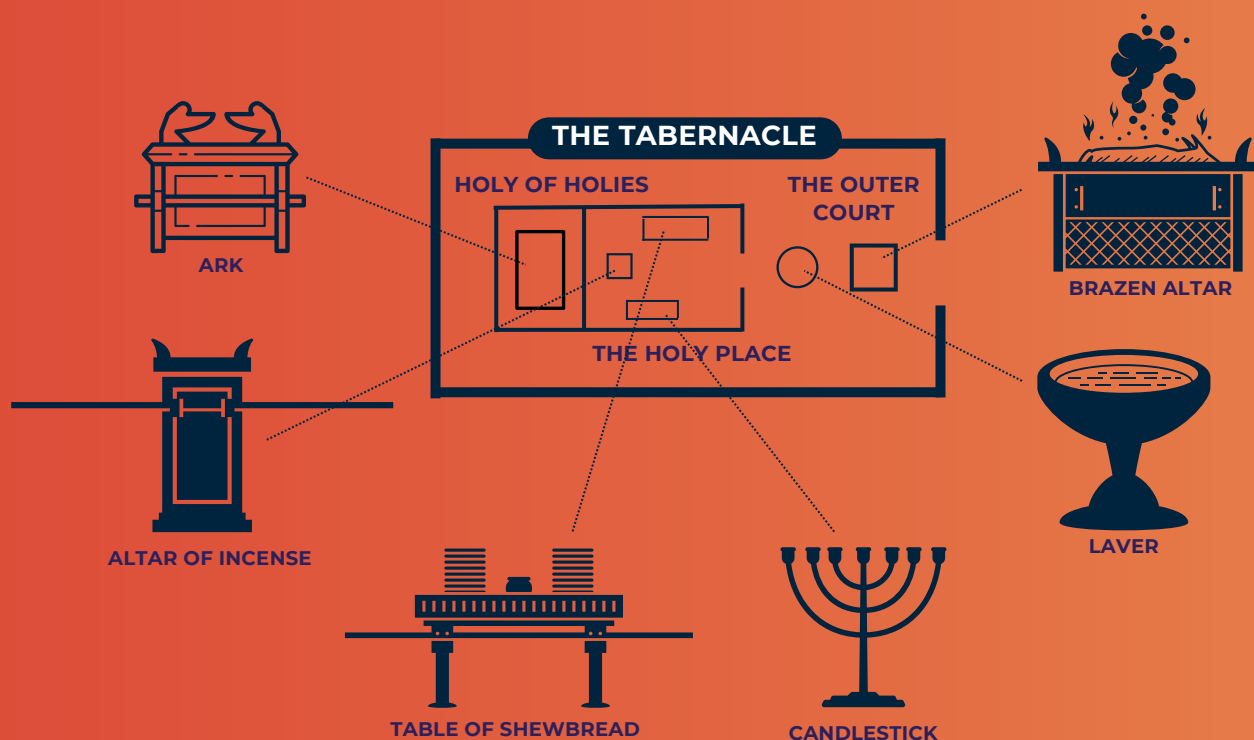
PRAYER:

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

THE LORD'S PRAYER

WEEK 2

TABERNACLE PRAYER



In the Old Testament, the Tabernacle was the dwelling place of God, built to His specifications, where He would meet His people. As they entered the Tabernacle, they passed through seven stations, following God's instructions, to experience His presence.

Today, even though we no longer need the physical Tabernacle to meet with God, these same steps can help us connect with Him. This prayer model will take us through each station of the Tabernacle, and use the purpose of each station to guide our prayers.

WEEK 2

DAY
01

THE OUTER COURT

THANKSGIVING AND PRAISE

The Israelites entered the Tabernacle with thanksgiving and praise, and we start our prayer time the same way.

Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name.

PSALM 100:4

Spend some time really thinking about all the blessings in your life for which you are thankful. You can write down a list, sing your own song of praise, or just spend quiet moments reflecting on your gratitude and praise toward God.

PRAYER:

"Father God, You are good, and You deserve all my praise and more. Thank You for the many ways You have blessed me and for watching over me (tell Him specific things in your life that you're grateful for. Thank Him for something new that you've never thanked Him for before).

I want to experience Your presence and Your love in a fresh way today, Jesus. I thank You that Your mercies are new every day. I thank You for who You are and all You have done for me." In Jesus name, Amen.

TABERNACLE PRAYER

WEEK 2

DAY
02THE BRAZEN ALTAR

THE CROSS OF JESUS

In the Old Testament, everyone had to regularly bring animal sacrifices as payment for their sins. Today, we don't have to do that because Jesus paid for our sins once and for all with His blood on the cross.

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

PSALM 103:2-5

Thank God for the gift of Jesus. Thank Jesus for His sacrifice and love. Let the power of the cross and what it means for your life settle in your spirit. In addition to expressing your gratitude, claim the power of transformation and healing that the cross of Jesus has in your life.

The cross provides:

- Salvation - *God forgives all my sins*
- Healing - *God heals all my diseases*
- Redemption - *God rescues me and restores me*
- Transformation - *God changes me into His likeness*
- Blessing - *God provides everything I need*

PRAYER:

Thank you God for all the benefits I receive in Your name. Thank you for having me in mind when you sacrificed your life for mine. I'm so grateful that there's nothing more or nothing less, nothing I can or cannot do to earn your amazing gift of love. Jesus, may your love continue to transform me inside and out to look more like you so that others may come to know You as well.

In Jesus name, Amen.

THE LAVER

CLEANSING AND PREPARING

The next step in the Tabernacle was a bowl of water where people were reminded of their sinfulness and their need to be cleansed and forgiven by God. Checking our hearts and motives and surrendering our lives to God is an important part of daily prayer.

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

ROMANS 12:1 ESV

Because of what Jesus did on the cross, we can confess our sins to Him and receive complete forgiveness and a fresh start. In prayer, humbly and sincerely turn away from your sins and allow God to cleanse and renew you. Then, surrender your life and every part of yourself to Him.

PRAYER:

"God, I confess my sins to You and turn away from them (tell God any sin you know is in your life and confess it to Him with a sincere heart. Ask Him to show you any other areas that need His cleansing). Thank You, God, for freely forgiving me. As I turn away from my sin, I turn toward You, and I offer myself to You. In Jesus name, Amen.

WEEK 2

DAY
04THE CANDLESTICK

THE HOLY SPIRIT

The next piece of the Tabernacle was a seven-branched golden candlestick. The oil represents the Holy Spirit and how we are called to be light in the world's darkness.

The Spirit of the LORD will rest on him—the Spirit of Wisdom and of Understanding, the Spirit of Counsel and of Might, the Spirit of the Knowledge and fear of the LORD.

ISAIAH 11:2

When Jesus left the earth, Christians were given the gift of the Holy Spirit. He calls the Holy Spirit our “Advocate.” We cannot do what God has called us to do without His supernatural power. It is through the Holy Spirit that God comforts us, guides us, and empowers us.

PRAYER:

“Holy Spirit, I ask You to fill me up. I need Your presence in my life, guiding, directing, comforting, and counseling me. I know that You, Holy Spirit, are God, in the Trinity with God the Father and the Son, Jesus. You are the Spirit of Wisdom, Understanding, Counsel, Might, and Knowledge. Give me a holy fear of You, Oh Lord. Help me to be in awe of who You are and what You do. Work in me, Holy Spirit. Teach and transform me (pray through any areas where you feel the need for transformation today). Empower me with Your spiritual gifts to strengthen the Church and to help bring the reality of the Kingdom of Heaven to earth. In Jesus name, Amen.

WEEK 2

DAY
05

THE TABLE OF SHEWBREAD

THE PROVISION OF GOD

The Table of Shewbread was meant to remind the 12 tribes of Israel that they were sustained under the watchful eye and care of the Lord.

I am the bread of life. Your fathers ate the manna in the wilderness, and are dead. This is the bread which comes down from heaven, that one may eat of it and not die. I am the living bread which came down from heaven. If anyone eats of this bread, he will live forever; and the bread that I shall give is My flesh, which I shall give for the life of the world."

John 6:48-51

Just as bread provides for our physical needs, Jesus' atoning death provides for our spiritual needs. In prayer think about all the ways God has provided for you spiritually and physically. For it is only through His provision that we have everything we need.

PRAYER:

Thank you, Lord, that You know all my needs and necessities of life, and thank You that You delight to provide for each of Your children day to day. I praise You that You are willing and able to make all grace abound towards each one of Your children, so that we have all sufficiently in all things and for every good work. In Jesus name, Amen.

TABERNACLE PRAYER

THE ALTAR OF INCENSE

INTERCESSION

A small altar of burning incense stood at the entrance to the Holy of Holies. There, the priest interceded by praying on behalf of the people of God. In the same way, Christ, our great High Priest, intercedes on our behalf. Now we get to intercede on behalf of those around us.

May you accept my prayer like incense, my uplifted hands like the evening offering!

Psalms 141:2

We can make a difference when we spend time praying for others. Pray for those with whom you interact and connect, including:

- Those in authority - *church leaders, government, family, and workplace*
- Those who are marginalized - *the poor, the widowed, the weak*
- Your family - *both immediate and extended family members*
- Your church - *pastors, small group leaders, members, and missionaries*
- Your community - *people in your city, nation, and world*
- Your relationships - *friends, coworkers, acquaintances*
- Your adversaries - *those with whom you disagree*

PRAYER:

"Thank You, God, for creating a way through Jesus for me to have Your presence wherever I go. I want to specifically ask You to watch over those in authority over me (pray for these people by name). I also ask You to please meet the needs of the poor, the widowed, the weak, and those suffering injustice (pray specifically for people you know who need help, advocacy, and intervention). Show me how I can be Your hands and feet to those who are hurting. I ask You, God, to be present with my family (pray for any specific needs in your family right now). For those in my family who don't know You, please meet them where they are and guide their hearts toward You. I ask You to watch over my church. God, please give my pastors, small group leaders, church members, and missionaries wisdom strength and power to do your will. I ask You to watch over my city, my nation, and our world. I pray for justice and equality for all and ask You to bring peace (name areas where you feel a burden for your city, nation, and the world). I pray for anyone who comes across my path to see Your light in me. I lift up my friends, neighbors, and coworkers. I thank You for them and pray for Your blessing over them (pray for any specific needs of others). I also pray for my adversaries. Let me be a bridge through which You can bring unity and reconciliation. Please help me to love others like you do. In Jesus name, Amen.

THE ARK OF THE COVENANT

PRESENCE OF GOD

The final place in the Tabernacle was the Holy of Holies, where God's presence dwelled. The people of God entered God's presence as they worshipped His names. This altar represents worship and the pleasure it gives God when we worship Him.

Therefore, brothers and sisters, since we have confidence to enter the holy place by the blood of Jesus, by a new and living way which He inaugurated for us through the veil, that is, through His flesh, and since we have a great priest over the house of God, let's approach God with a sincere heart in full assurance of faith, having our hearts sprinkled clean from an evil conscience and our bodies washed with pure water.

Hebrews 10:19-22

Thank God for making His presence available to you. Worship Him personally and specifically for who He is and how He has moved in your life.

PRAYER:

"Thank You, God, for Your presence. I know that You are here with me. I worship You and You alone. (As you pray through the different names of God, focus on a few aspects of who He is that have been especially meaningful in your current season of life.)

I know God, that You are:

My Righteousness - Jeremiah 23:6

My Sanctifier - Leviticus 20:7-8

My Healer - Exodus 15:26

My Provider - Genesis 22:14

My Banner of Victory - Exodus 17:15

My Peace - Judges 6:24

My Shepherd - Psalm 23:1

In Jesus name, Amen.

I know that You are always with me, God, and Your presence is life to me. You give me breath, joy, and purpose. I love You, God."

WEEK 3

PRAYING SCRIPTURE

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

In the following section, we will use several scriptures and claim their promises through prayer. You can make this as personal as you like. You will find the most benefit when you pray the scriptures which connect with you the most in your current season of life.

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

The Lord is my Shepherd, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. He guides me along the right paths for His name's sake. Even though I walk through the darkest valley, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely Your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

PSALM 23

DAY
01

PRAYER:

PRAYING SCRIPTURE

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

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

PRAYER:

WRITE YOUR PRAYER HERE:

[illegible]

SCRIPTURE:

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

PSALM 139:23-24

PRAYER:

"Father God, I ask You to search my heart. If You find anything in me that is offensive, please show me and help me remove it from my life. Teach me to love others well and live a life that points people to You. Help me live my life on earth in a way that impacts eternity." In Jesus name, Amen.

WRITE YOUR PRAYER HERE:

MATTHEW 6:33

*"Your Word tells me that if I seek first Your Kingdom and Your righteousness, You will lead me to a life of blessing, purpose, and freedom. I am Yours today, God, and I give this day to You. Help me to focus on Your priorities first—sharing Your love, making Your Name known, and advocating for justice in our world. I know that by focusing on You and Your heart for others, rather than myself, I will receive joy and peace."
In Jesus name, Amen.*

[illegible]

SCRIPTURE:

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

JAMES 4:10

PRAYER:

"God, You have promised that if I humble myself before You, You will lift me up. I recognize today that I cannot succeed on my own, and I need You in every moment. I humble myself before You, and I ask You to work in and through me today. My time, efforts, thoughts, and words are Yours today (name specific parts of your day and give them to God). Show me what I don't know, and help me grow in the knowledge of You and Your heart for people. Use me for Your purposes, Lord. I trust that You will be with me and lift me up." In Jesus name, Amen.

WRITE YOUR PRAYER HERE:

[illegible]

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

PRAYER:

WRITE YOUR PRAYER HERE:

[illegible]

SCRIPTURE:

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

ROMANS 8:28

PRAYER:

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

WRITE YOUR PRAYER HERE:



llcfwest.com

Adapted from "Pray First" Church of the Highlands