

21 DAYS OF
PRAYER
GUIDE



Dear Reader,

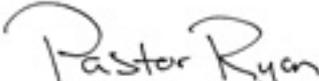
Since the beginning of our church in 1998, we have set our hearts to be a people of prayer. Our rally cry has simply been, “Pray First.” In every situation, whether good or bad, we try to pray before we act. Many times people act first and then want God to bail them out of that situation, **but prayer should be our first response**, not our last resort.

Understanding the necessity of prayer is not enough. In order for it to become a part of our life, it needs to become something we look forward to doing. I’m convinced most people don’t enjoy prayer because they have never been taught how to pray. That’s where this simple prayer journal can help. Using several prayer models out of the Bible and having some guides to make prayer more personal, this booklet is designed to bring joy into your time with God. When you discover the beauty of daily conversation with Him, you’ll experience the presence of God that will change your life.

Once you learn how to pray, prayer can become a part of everyday life. And then...

Before the day begins —
Before you go to bed —
Before you go to work or school —
Before you send that text —
Before you eat, drive or travel —
When bad things happen —
Before bad things happen —
*In every situation — **PRAY FIRST!***

Prayer changes everything!


PASTOR RYAN GALLEGOS

DAY 01 WHAT I THINK

Our minds play an exceedingly large role in our Christian lives. Some of our fiercest battles take place in our minds. Doubt, lust, envy, fear, pride, anger, greed, confusion, insecurity, apathy and shame are just a sample of what invades our thoughts and overwhelms us. In our minds, God also comforts, reassures and guides us towards truth. We can easily get consumed by our thoughts and lose sight of the redemptive work God wants to do in our hearts. Every thought is a teachable moment for God to transform and renew our minds. What do your thoughts reveal about your heart? Your love for God? Your love for others? How often are you inviting God into your thought life so He can grow you emotionally and spiritually?

Read and meditate on the following verses, and spend a few moments asking God what you need in the area of your thoughts. Do you need help with doubts or fear, resisting gossip or self-degradation? Maybe you just need God to reassure or comfort you. Maybe you're fighting lies that won't go away. He is your loving heavenly father who wants to meet your deepest needs.

ASK HIM.

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

ROMANS 12:2

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. **2 CORINTHIANS 10:5**

GOD, WHEN IT COMES TO MY THOUGHTS, PLEASE HELP ME:

1. _____
2. _____

As you move throughout your day, keep these requests at the forefront of your mind. Continue asking Him for help and believe He will provide. At the end of your day, record insights and victories below. Share them with a friend so they are encouraged and know how to intentionally pray for you.

DAY 02 WHAT I FEEL

What are you feeling right now? Can you put a name to it? Most people struggle to do this effectively because talking about or identifying what we're feeling isn't something many of us are used to doing. In fact, it's quite the opposite. Many people grow up thinking and learning those who 'talk about feelings' are weak, vulnerable or lack self-sufficiency. The problem is this isn't what God intended for us. God has emotions, and He also created us with emotions.

- *Whoever does not love does not know God, because God is love.*
1 JOHN 4:8
- *For the Lord will vindicate his people and have compassion on his servants.* **PSALM 135:14**
- *The wrath of God is being revealed from heaven against all the godlessness and wickedness of People, who suppress the truth by their wickedness.* **ROMANS 1:18**

To ignore our emotions or move through life as if they don't matter is to ignore a significant part of who God made us to be. Through our emotions, God interacts with us and works powerfully in our hearts. Therefore, we need to learn to identify our emotions, understand where they're coming from and what God desires to teach us through them.

AS YOU GO THROUGHOUT YOUR DAY

Notice what you're feeling and name it.

- Common feelings are happiness, sadness, frustration, worry, confusion, guilt shame, love, disgust, fear and surprise. "Good" or "bad" aren't feelings. Be specific identifying what you feel.

Immediately pray and invite God into what you're feeling.

- "God, I just noticed I'm very worried about money right now. Please help me trust You and believe You will take care of me."
- "God, I'm feeling excited about today. Thank You for how you provide!"

Is God revealing something new to you through your prayers?

- Is He showing you your feelings are rooted in a deeper place that needs attention such as insecurities, fear, past traumas, family upbringing or ingrained lies?

Based on what God is revealing, what next step could you take?

- Memorize a verse to renew your thinking.
- Seek counseling.
- Learn more about who you are in Christ so the lies you tell yourself can be challenged by truth.
- Develop a routine of thanking God for His generosity to you.

DAY 03 WHAT I DO

*By their fruit, you will recognize them. Do people pick grapes from thorn bushes, or figs from thistles? Likewise, every good tree bears good fruit, but a bad tree bears bad fruit. A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. Thus, by their fruit you will recognize them. **MATTHEW 7:16-20***

Look at what Jesus says about our behaviors: whatever is inside us comes out. If there's love in our hearts, we'll be kind to those around us. If there's jealousy, we'll want what others have. If there's grace, we'll give people the benefit of the doubt. If there's forgiveness, we won't hold grudges. If there's lust, we'll have inappropriate desires for others. Jesus says the inside determines what others see on the outside.

It's discouraging to know your anger, jealousy, lust, or impatience will surface because it already exists inside you, but take heart! If you have crossed over the Faith Line, God is changing you from the inside out.

Philippians 1:6 says, "...he who began a good work in you will carry it on to completion until the day of Christ Jesus."

God doesn't ask us to love our neighbors and watch from afar.

Instead, God gives us His Holy Spirit so we fight the sin in our lives and become more loving. Do not be intimidated in your battle to love others well. God is with you, for you and changing you from the inside out.

NEXT STEP

Get together with at least one other person you trust and devote time for praying and processing your behaviors and those you lack. Start by asking the Holy Spirit to open your eyes to what's coming out of you.

As God begins to reveal what's inside you via your behaviors, discuss the root of those behaviors. As you finish your time together, read

Ephesians 4:1-5:21 to see how God will change you from the inside out.

Read **Galatians 5:22-25** and write out a prayer asking God to develop the fruits of the Spirit in you:

DAY 04 WHAT I SAY

A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of. **LUKE 6:45**

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. **EPHESIANS 4:29**

Even fools are thought wise if they keep silent, and discerning if they hold their tongues. **PROVERBS 17:28**

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry. **JAMES 1:19**

The Bible has a great deal to say about the tongue and its role in our lives.

- With our tongues, we can do much good or cause much harm.
- Our tongues are great servants but terrible masters.
- We should listen more than we speak.

Today, reflect on the role your tongue plays in your life. Are you mastered by it? Does it serve God by comforting and loving others? Do you need to apologize to anyone for the way your words may have damaged them? Do you love to be heard more than you love to hear? Ask God to reveal what your words expose about your heart, and write down what you're beginning to understand about yourself.

Conclude your time of prayer with:

Change me from the inside out, O God may the words of my mouth and the meditations of my heart be acceptable in your sight.

PSALM 19:14

Write out a prayer asking God to help you control what comes out of your mouth:

DAY 05 WHAT I DESIRE

We've been asking God to show us what He's doing in our lives but not in isolation because the Christian life is nearly impossible to live alone. Grab a friend or group of friends to process today's journal entry.

Read this short paragraph from Tim Keller's book, *Counterfeit Gods*: "Most people spend their lives trying to make their hearts fondest dreams come true. Isn't that what life is all about, the 'pursuit of happiness'? We search endlessly for ways to acquire the things we desire and we are willing to sacrifice much to achieve them. We never imagine that getting our heart's deepest desires might be the worst things that can ever happen to us."

*The heart is deceitful above all things and beyond cure.
Who can understand it? JEREMIAH 17:9*

We all have desires, but the sometimes we desire the wrong things. And, we usually don't want what we think we do. We think about getting our money in order and sticking to our budget, but then that deal on Amazon.com is way too good. We think we want to get in shape and have a healthy lifestyle, but fried chicken sounds tastier than grilled chicken. We think we want our kids to turn out well, but we actually just want everyone to think we are good parents.

Here is where your friend or group of friends comes into play. We usually aren't very good at identifying misplaced desires in our lives. Ask your most trusted friends to pray with you and ask God to reveal these. God already knows your heart, and He wants you to long for the right things. Discuss the ways you think your heart's desires might be off track and agree to hold each other accountable in those areas.

Listen to the song "One God" by Ghost Ship - finding it on YouTube or Spotify.

Finally, hold onto this encouragement from *Counterfeit Gods*:

"The only way to free ourselves from the destructive influence of counterfeit gods is to turn back to the true One. The living God, who revealed himself both at Mount Sinai and on the Cross, is the only Lord who, if you find him, can truly fulfill you, and, if you fail him, can truly forgive you."

DAY 06 WHAT I WORSHIP

Part of our problem with idol worship is we don't see it as a problem. We recall the statues and images of the Old Testament and how ridiculous it would be to construct a golden calf and bow down to it. Present-day idols, however, are just as real — and a whole lot sneakier.

Idols in current-day Iowa come in many varieties — evil desires and sin, yes — but often even in good forms. Accomplishment, achievement, hard work, our homes, toys, the success of our kids, comfort, recreation, hobbies, pleasure, Netflix and social media all can consume us. Similarly, instead of being attentive to the body God has created for us and simply tending to our health, we idolize our muscle tone instead of our Creator. Good things which God created for us take the shape of an idol when we look to them over, above and even completely in lieu of God.

An idol is anything that receives undue attention or displaces and replaces God in our hearts and minds.

Deuteronomy 6:4-5 says “Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength.” Jesus repeats this in **Mark 12:30** as the most important commandment, Israel had hundreds of laws and commands, and Jesus said this one is the most important.

Isaiah 44:10 challenges “Who shapes a god and casts an idol, which can profit nothing?” When we recognize none of our idols save us, provide eternal significance, security or pleasure, we begin the process of re-ordering our energies and priorities. When we love God with ALL our heart, ALL our soul, ALL our mind and ALL our strength, there is no room for idols.

PRAYER SEQUENCE FOR TODAY:

- Invite God to examine your heart for idols: asking the Holy Spirit to clearly point out anything or anyone who has blatantly or subtly claimed first place in your life. Listen, is there something in your life which you have allowed to drown out the voice of God and your desire for Him?
- Confess any idols. and move forward in God's forgiveness.
- Ask God to help you love Him with ALL your heart, soul, mind and strength. Him first. Him most. Ask God to help all your other responsibilities, energies and desires to beautifully flow and fall in place
- Make weekly, monthly and quarterly plans to spend more time with God so your love, awe and reverence for Him might grow. Share your plan with one who will hold you accountable.

DAY 07 WHAT I HIDE

Are you hiding from God, others or yourself? Maybe even from your past? Brokenness is part of the human condition, and we don't begin life with a clean slate. In fact, we are born with hardened and darkened hearts.

They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. **EPHESIANS 4:18**

This condition is theologically called "original sin," and we all have it. It's a disease of the soul, causing chaos in our hearts and minds.

Therefore, just as sin entered the world through one man, and death through sin, and in this way death came to all people, because all sinned. **ROMANS 5:12**

God's desire is we experience freedom and joy instead of chaos. Sometimes the journey to freedom begins when we stop hiding and start embracing truth, authenticity and vulnerability. Our God is a loving Father who promises to be with us every step of the way.

READ & MEDITATE ON THE FOLLOWING SCRIPTURES

Use the space below to ask God for help in areas you might be hiding.

The Lord is close to the brokenhearted and saves those who are crushed in spirit. **PSALM 34:18**

He heals the brokenhearted and binds up their wounds. **PSALM 147:3**

You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings. My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise. **PSALM 51:16-17**

DAY 08 PRAYING FOR MY FAMILY

Family affects us deeply. Due to the unique bonds and interweaving of familial relationships, we can hurt for and be hurt by them. We often need to be forgiven and forgive. Family can be both immensely fun and intensely frustrating. We care about and are cared for by them. The extraordinary love we possess for family often causes us apprehension for their spiritual, physical and emotional well-being. When we bring concerns to God, we shift unhealthy worry with its destructive potential to one of the greatest gifts we can give —interceding on their behalf before God Almighty.

We can pray for virtually every concern for our loved ones: a disobedient child's heart to become softened toward God, our child's academic struggles and friend concerns, an adult sibling's marriage, a spouse's anxiety or the lonely heart of a grandfather. **Ephesians 6:18 says to "pray in the Spirit on all occasions with all kinds of prayers and requests."**

AN EFFECTIVE WAY TO DO THIS IS TO PRAY SCRIPTURE & INSERT THEIR NAME INTO THE VERSE

God, allow _____ to find favor in Your eyes, to be righteous and blameless among the people of their time and walk with You.

GENESIS 6:8-9

Father, help _____ to acknowledge Jesus is your Son, so You may live in them and they in You. **1 JOHN 4:15**

I pray that out of Your glorious riches You may strengthen _____ with power through Your Spirit in _____'s inner being, so that Christ may dwell in _____'s heart through faith. And I pray that _____, being rooted and established in love, may have power together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge - that _____ may be filled to the measure of all the fullness of You. **EPHESIANS 3:16-19**

Father, allow _____ to set their heart to honor You and Your name. **MALACHI 2:2**

God, help _____ to remember Your command to be strong and courageous - not to be terrified or discouraged, remembering You are with them wherever they go. **JOSHUA 1:9**

Sometimes we feel helpless knowing we can't fix a loved one's hardship. In those times, the MOST helpful thing we can do is pray, lifting them before their Maker and Creator. Prayer is on action we never have to second guess. When we pray for family, we are giving them an unfading eternal gift. Prayer can change the course of our Loved one's life and impact multiple generations to come.

DAY 09 PRAYING FOR MY FRIENDS

Do you struggle to maintain deep friendships because life is too busy or too hard? Most of us do, but that doesn't let us off the hook from investing in the people in our lives.

God allows people to cross our paths for a moment, a season or maybe longer. Regardless of your situation, you have people God has allowed into your life. They are there by divine appointment so God can continue to do His work in them and you.

REFLECT ON JOHN 15:12-17

My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends. You are my friends if you do what I command. I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you. This is my command: Love each other.

Jesus modeled what true friendship looks like when He willingly served and sacrificed to show His love. The overarching principle in friendship for Jesus was always love in action.

LIST YOUR THREE CLOSEST FRIENDS, AND ANSWER THE QUESTIONS BELOW.

What can you do to be a blessing to a friend who needs love or encouragement?

Ask your friend(s), "What has God been showing you lately?" Listen well and pray for them.

Are there ways you need to serve or sacrifice in order to continue growing your friendships?

DAY 10 PRAYING FOR MY WORK

*Whatever you do, work at it with all your heart, as working for the Lord, not for human masters. **COLOSSIANS 3:23***

*Devote yourselves to prayer, being watchful and thankful. And pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains. Pray that I may proclaim it clearly, as I should. Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always be of grace, seasoned with salt, so that you may know how to answer everyone. **COLOSSIANS 4:2-6***

Whether you are a student seeking God's direction for your future, living your golden years as a retiree or anywhere in between, we all have daily tasks God has called us to accomplish. How do you usually start your day? Maybe you grab a cup of coffee, clean the kitchen, take medications or check your email. We all have our own routines, and these rhythms shape the outcome of our day.

Wherever God has called us to work, we face situations that test our faith, try our patience and point to our constant need for Jesus. We want to make right decisions, have good attitudes and be good witnesses to our faith, but we are often faced with obstacles that catch us off guard. One way we can respond is by asking in advance for Christ's presence and guidance in every situation.

Acknowledging God is ultimately in control allows us to face the day with courage and confidence. Make it a habit to spend a few moments in prayer for your day and the days of the people in your community and circle of influence.

PRAYER

LORD, I ASK THAT...

- I would work with all my heart as if You were my employer, coworker or customer.
- I would find joy in the work You created me to do, as well as the work for which I am not gifted.
- I would be intentional about including those in my workplace in my life, allowing them to see You at work in me. Help me recognize the privilege and opportunity I have to bring the Gospel to my co-workers.
- You would stir in the hearts of those at my workplace and bring them to You.
- You would help me bring every part of my work before You as an offering of praise and worship.

DAY 11 PRAYING FOR MY NEIGHBORHOOD

Take a prayer walk through your neighborhood. If you stay inside, position yourself near a window where you can see your neighborhood. Invite other Christ followers to join you in this prayer, based on the model Jesus gave us.

Our Father who art in heaven... “Lord, you are a Father to us, and we want every person in this neighborhood to know You as Father, too. We speak Your comfort and peace to them. Let them know You are a God of love and long to be their good Father.”

Hallowed be thy name... “Lord, we are here to represent Your Kingdom in the midst of darkness. Allow Your presence to come to this neighborhood in special way and never leave. We claim this neighborhood as part of Your Kingdom and declare, ‘Every place the soles of our feet tread upon belongs to You.’”

Thy will be done on earth as it is in heaven... ‘Lord Jesus, we pray everyone in this neighborhood would come to know and obey Your will for their lives. We pray they would repent and seek Your will without fear of compromise and would rejoice in their obedience because it glorifies You.’”

Give us this day our daily bread... “Lord, there may be people in our neighborhood who worry about not having enough food, clothing or shelter. We pray they learn You are ready and willing to supply all their physical, emotional and spiritual needs. Have them turn from any acts inspired by fear and insecurity and turn to You for their confidence and security.”

And forgive us our sins as we forgive those who sin against us... “Lord, teach our neighbors about Your forgiveness for them and Your requirements of their forgiveness towards others. May they know your wonderful grace and forgiveness, so the burdens of guilt they bear can be lifted and they experience freedom.”

And lead us not into temptation... “Lord, our neighbors may be in agonizing difficulties due to past mistakes and sins. Show them the way out of these problems and into Your freedom. Relieve them of their bondage and fill them with Your hope.”

But deliver us from the evil one... “Father, bring these people to a knowledge of the spiritual source of pain and suffering -realizing there is a devil and he, not other people, is the enemy – so they will stop blaming and fighting each other.”

For Yours is the kingdom and the power and the glory forever. Amen. “Lord, we pray You would be glorified in this neighborhood. We ask everyone would learn to praise You. We want our neighbors taken out of the darkness and put into Your wonderful Kingdom so we may worship You in unity and love. Thy Kingdom come – here, beginning today!”

This prayer is an adaptation of a piece written by Roy Schulz.

DAY 12 PRAYING FOR OUR SCHOOLS

Our schools contain the hope and joy of our next generation. As a church, we need to come alongside our teachers, staff, administrators and students by supporting, praying and blessing them with our time and talents.

Teachers, Staff and Administrators:

- Pray for their emotional and physical health.
- Pray for discernment, wisdom and patience as they interact with students.
- Pray for inspiration in strategizing and implementing curriculum.
- Pray for unity and cohesiveness within their building with other coworkers and staff.

Students:

- Pray for healthy relationships with teachers, staff and other students.
- See the light of Jesus through Christian staff, teachers and other students.
- Focus on class activities/work and homework.
- Pray for their emotional and physical health.

Choose a day to bless your local school by doing one of the following:

- Bring in a plate of treats and a note of thanks for staff and teachers to show your appreciation for all they do.
- If you have a student in your household, encourage them to write a note of thanks and appreciation to one their teachers and hand deliver it.
- Volunteer to help in an upcoming event.

DAY 13 PRAYING FOR MY CHURCH

Let us hold unwaveringly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the day approaching. **HEBREWS 10:23-25**

PRAYER WALK

This week, choose a day and time your family or LifeGroup can gather for about an hour at church. You will need a Bible, pen and journal or writing pad.

- Meet at Central Church (or previously announced location).
- Take 10-15 minutes to read Scripture together; some possible passages are **Ephesians 4:1-16**, **Psalm 133** and **Hebrews 10:19-25**.
- Pray together for 5-10 minutes using breath prayers (each person praying only as long as a breath) for your church as it relates to the Scripture read.
- Walk as a group around the church in corporate prayer, stopping as the Holy Spirit leads. Suggestions would be to pray over the Kids Church rooms/nursery, sanctuary, staff offices, foyer, etc.
- Disperse throughout the building to individually pray for our church. Share any specific prayer requests with your group before leaving.

“To gather with God’s people in united adoration of the Father is as necessary to the Christian life as prayer.” - **MARTIN LUTHER**

Please pray for our staff...

- **Pastor Ryan Gallegos - lead pastor**
- **Pastor Gary Magill - connection/discipleship**
- **Melissa Nystrom - worship**
- **Jon Sampson - administration**
- **Jen Mason - kids**
- **Chelsie Jaeschke - youth**
- **Paul Stenbo - advancement**

DAY 14 PRAYING FOR MY CITY

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

1 TIMOTHY 2:1-4

If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

2 CHRONICLES 7:14

As for other matters, brothers and sisters, pray for us that the message of the Lord may spread rapidly and be honored, just as it was with you.

2 THESSALONIANS 3:1

IN YOUR LIFE GROUP OR ON YOUR OWN, PRAY:

- For the Gospel to be boldly proclaimed in our local churches, and they would be safe places for the broken, unwanted and hurting.
- The Lord would increase our burden for our city - that love and growth in the Gospel would produce a desire to see others saved.
- Pray **Matthew 6:10**, replacing the word “earth” with the name of your city -”In _____as it is in heaven.”
- For God to break down the walls of hurt, prejudice, rivalry and desolation existing in your city. Ask for peace and welfare.
- For people of influence in your city to lead with integrity, strength and wisdom.
 - Elected officials - Emergency responders - Educators
 - Social workers - Business owners - Doctors and nurses
 - Coaches - Journalists - Pastors - Police officers and firefighters

ACTIVITY

Listen to the song “Spirit Pour Out” by Andy and Rachel Graham and “God of this City” by Chris Tomlin (find them on YouTube or Spotify); reflect on the lyrics and pray them for your city.

PRAYING FOR THOSE WHO NEED GOD

God desires everyone to know Him. He says in His Word that He would leave the 99 to go after the one who doesn't know Him. As followers of Christ, we are called to partner with Him praying for those who don't know Him to come to know Him.

DAY 15 **ASK THE FATHER TO DRAW THEM TO JESUS**

God draws people to Him. It's not something we can make happen out of our own efforts, so we need to be faithful in praying that the Father would draw those He's placed on our hearts to Jesus.

No one can come to me unless the Father who sent me draws them...

JOHN 6:44

Think about the people you know who are far from God. Let your heart be open to God and anyone He may bring to your mind. It may help to write down their names as you focus on praying for them.

PRAYER:

"Father, I pray for the people around me (list specific names), that you would supernaturally draw their hearts to you. Send your Holy Spirit to them, and give them the desire to give their lives to You. Help them to recognize their longing for more in life as a spiritual thirst only you can quench. Open their ears to hear your voice."

DAY 16 **BIND THE SPIRIT THAT BLINDS THEIR MINDS**

The truth can be right in front of some people, and they still can't see it because something is in the way blocking their view of God.

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

2 CORINTHIANS 4:4

We can pray against whatever is in their way so that they can see the light of God. We can pray that they would see the truth without any obstacles or distractions interfering.

PRAYER:

“Father, bind the evil spirits that are blinding the minds of the people around me. In the name of Jesus, I pray that they would be able to see clearly, to recognize who You are, and to give their hearts to You. Remove all hindrances the enemy would use to distract them from Your truth. Open their eyes, Lord, that they might see Jesus.”

DAY 17 **PRAY THAT THEY MAY HAVE A PERSONAL RELATIONSHIP WITH GOD**

Many people think Christianity is just another religion. They only see God through the lens of the organization and institution of the church. They may even feel frustrated, angry, or betrayed by people in churches they have encountered or by religious legalists and their hypocrisy. But God didn't come to build an organization. He came to have a relationship with his children.

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

ROMANS 8:15

God wants His beloved sons and daughters to come home. Praying for people to have personal encounters with the living God makes a huge difference.

PRAYER:

"Father, I pray that people will understand how much You love them. Loose the spirit of adoption for the people around me, so that they come into a meaningful relationship with You. Stir in their hearts a longing to come home, to hear Your voice, and to see You welcoming them with open arms. Let them know You are always running to meet them and hold them close."

DAY 18 PRAY FOR BELIEVERS TO CROSS THEIR PATHS

This is twofold: we can pray for other Christians to influence the people around them positively, and we can also look for opportunities to influence others positively ourselves. God's plan to reach people is worked through those who already know and love Him. Jesus asked us to pray for people to go into the world to be salt and light. He came to bring the good news of the Gospel to all people, and His desire is that everyone would know and love Him.

*Ask the Lord of the harvest, therefore, to send out workers into his harvest field. **MATTHEW 9:38***

As his "spiritual farmers," we should be attuned to opportunities to plant spiritual seeds in the lives of the people we encounter each day. We may have no idea who has already been praying for them and the culminating impact our kind word, compassionate act, or loving attitude can have to draw someone to Christ.

PRAYER:

"Father, I pray for the lost around me to meet believers who will influence them in a positive way. Lord, let my life shine in such a way that people want to know the God I serve. Allow others to see my genuine love and concern for them in all that I say and do. Let me be Your hands and feet to serve them and let them know just how much You love them."

DAY 19 RELEASE THE SPIRIT OF WISDOM AND REVELATION ON THEM, SO THEY MAY KNOW GOD BETTER

It's that "eureka" moment, that "aha!" when it finally clicks. The most important moment to have this kind of revelation is when the lights come on spiritually. People need to see their own sin, see what Jesus did on the cross, and see the hope that comes from giving their life to God.

I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.

EPHESIANS 1:17

People need wisdom, not just knowledge, of spiritual things and insight into how spiritual realities directly impact them. We can pray for this kind of supernatural revelation that only comes from God.

PRAYER:

"Father, I pray for the people around me to experience the spirit of wisdom and revelation. I pray that they would truly understand their spiritual condition and see what Jesus did for them on the cross. Help them to have the information and experiences needed to come to You, so they can understand all You have for them."

Write below the list of people you are praying for.
Consider writing their names on the front prayer walls at Central:

DAY 20 WARFARE PRAYERS

Prayer is not only communion with God; it is also confrontation with the enemy. When Jesus was on the earth, He came face-to-face with the devil when He was tempted in the wilderness (see Matthew 4 and Luke 4), and every time the enemy tried to tempt Him, Jesus responded with a reference from the Bible. He used the Sword of Truth to defend Himself from the enemy's attacks. Consider that in these exchanges, Jesus didn't confront the devil as God. He confronted the devil as a man with the Word of God. We should do the same thing. These spiritual warfare prayers and verses are examples we can use and adapt to our specific situations when we or someone we know is under attack from the devil.

THE ARMOR OF GOD

Based on Ephesians 6:13-17

Knowing that we are in a spiritual battle, God provides spiritual armor and equips us to take a stand when battles come our way.

Put on the full armor of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the Gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the Word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

EPHESIANS 6:11-18

Continued on next page

Acknowledge that you're in a spiritual battle. Then, claim the protection God has given you by praying through the different pieces of armor described in Ephesians 6.

PRAYER:

“Thank You, Lord, for my salvation. I receive it in a new and fresh way from You, and I declare that nothing can separate me from the love of Christ and the place I have in Your Kingdom. I wear Your righteousness today against all condemnation and corruption. Cover me with Your holiness and purity—defend me from all attacks against my heart. Lord, I put on the belt of truth. I choose a lifestyle of honesty and integrity. Expose the lies I have believed, and show me Your truth today. I choose to live for the Gospel in every moment. Show me where You are working and lead me to it. Give me strength to walk daily with You. I believe that You are powerful against every lie and attack of the enemy and I receive and claim your power in my life. Nothing is coming today that can overcome me because You are with me. Holy Spirit, show me the truths of the Word of God that I will need to counter the traps of the enemy. Bring those Scriptures to mind today. Finally, Holy Spirit, I agree to walk in step with You in everything as my spirit communes with You in prayer throughout the day.”

THE WEAPONS OF WARFARE

Based on 2 Corinthians 10:4-5

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

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

2 CORINTHIANS 10:4-5

You can command anything that comes against the truth of God and His Word to bow to the Name of Jesus. Take a bold stand, praying specifically and confidently through God's power and His Spirit.

Continued on next page

PRAYER:

“Father, Your Word says that no weapon formed against me will prosper (Isaiah 54:17), and I declare it in Jesus’ Name. Your Word says that trouble will not arise a second time (Nahum 1:9). So I declare in Jesus’ Name that satan cannot make trouble for me again, like he has in the past. I declare in the Name of Jesus that all of these prayers are answered and taken care of by trusting You.

I stand on Your Word. The enemy is driven out from me; from my home, workplace, church family, children, and loved ones. I declare that he is not able to stand against me. No weapon formed against me will prosper, because the Spirit of the Lord is with me, protecting me. I declare these truths in the Name of Jesus. Anything that comes against me or my family that is not in line with the truth and will of God, I command to bow to the powerful Name of Jesus. Father God, I give You all of my thanksgiving, praise, glory, honor, and worship. Thank You for loving me, making me clean, and giving me purpose.”

DAY 21

PERSONAL PRAYER FOCUS

God has put us on the earth at this specific time for a reason. He says in Acts 17:26 that He determined when and where we would live. Knowing this, we can look at those around us at this specific time in history, and take personal responsibility to pray.

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

1 TIMOTHY 2:1-4

Pray for those in authority and those under your authority. Pray for those in your family and your circle of influence (anyone you're connected to). Write down the names of specific people and pray for them.

MY GOVERNMENT

PRESIDENT _____

NATIONAL LEADERS _____

STATE LEADERS _____

CITY LEADERS _____

Continued on next page

MY FAMILY

SPOUSE _____

CHILDREN _____

PARENTS _____

SIBLINGS _____

EXTENDED FAMILY _____

MY CHURCH

PASTOR _____

LIFEGROUP LEADER _____

LIFEGROUP MEMBERS _____

MY LIFE

EMPLOYER _____

CO-WORKERS _____

EMPLOYEES _____

TEACHERS/PROFESSORS _____

CLOSE FRIENDS _____

FASTING GUIDE

Here at Central Church, we are participating in 21 Days of Prayer. We encourage you to participate in a fast to enhance your prayer time. Jesus Christ set the example of fasting for us by fasting and praying in the desert for 40 days and nights. (Matthew 4:2). We certainly don't expect you to fast for 40 days and nights, but hope you will draw closer to God by fasting.

Why Do We Fast?

Fasting is a spiritual practice that enables the body to grow in their relationship with God.

The purpose of a fast is the set aside a specific span of time for restricting certain foods or practices as a physical commitment to seek God through deeper personal engagement and fervent prayer.

When we combine fasting with prayer and meditation, we can experience a more focused time of closeness with our Lord and seek His wisdom and help.

How to Prepare to Fast

How you begin and conduct your fast will largely determine your success. By following these seven basic steps to fasting, you will make your time with the Lord more meaningful and spiritually rewarding.

STEP 1: Make Your Commitment

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast (Matthew 6:16-18; 9:14,15) For Him it was a matter of when believers would fast, not if they would do it. Making these commitments ahead of time will help you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

STEP 2: Prepare Yourself Spiritually

The very foundation of fasting and prayer is repentance. Unconfessed sin will hinder your prayers. Take time to examine your heart and seek God's forgiveness before you start fasting.

STEP 3: Prepare Yourself Physically

Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision.

Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.

Do not rush into your fast. Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary foods. Eat raw fruit and vegetables for two days before starting a fast.

FASTING OPTIONS

COMPLETE FAST

In this type of fast, you drink only liquids, typically water with light juices as an option.

SELECTIVE FAST

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast ([learn more at ultimatedanielfast.com](http://ultimatedanielfast.com), during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

PARTIAL FAST

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

SOUL FAST

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.