

# 21 Days of Prayer

Day 1

## Quote

*You can do more than pray after you have prayed, but you cannot do more than pray until you have prayed.* —**John Bunyan** (*The Golden Treasury of Puritan Quotations*, 235)

## Read - Mark 1:35

## Examine

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

## Apply

### 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 aloud.

### HAVE A CERTAIN PLAN

Our daily plans for prayer can vary, including worship music, Bible reading, and quiet time to listen to God. It helps when we have a plan and a list for connecting regularly with God.

## Pray

**“God help me make time with You a daily priority.” Today, I prayed for (list below) these people in my life, at our church, and these lost people I know.**

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### Your Requests

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Revival in our Church

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Missionaries

# 21 Days of Prayer

Day 2

## Quote

“Prayer is not learned in a classroom but in the closet.” – **E. M. Bounds**

## Read - Matthew 6:5-6

## Examine

The idea of prioritizing prayer sounds wonderful — until prioritizing prayer means *not* doing something we would rather do. **We can talk about prioritizing prayer all we want, but we don’t truly do so unless we regularly set aside second-best priorities, some of them pressing, to get alone with God.** The life of our Lord provides the best illustration.

Sometimes, Jesus prioritized prayer over ministry. When Jesus prayed in the pre-dawn dark outside Capernaum, he could have been ministering. Even at that early hour, the disciples told Him, “Everyone is looking for you.” (Mark 1:37). The needs were real and urgent: the sick needed healing, the wayward needed teaching, the lost needed saving. But first, Jesus prayed.

“When Jesus’s priorities competed, prayer didn’t lose.”

## Apply

How often do I let busyness — even the best kind of busyness — justify prayerlessness?

When was the last time I set my alarm earlier than normal to make sure I pray?

## Pray

“God, set my soul on fire for You. Help me long for little else but You and Your holy presence. Help me walk closely with You. **Today, I prayed for (list below) these people in my life, at our church, and these lost people I know.**

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### Your Requests

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Day 3

## Quote

“The man who mobilizes the Christian church to pray will make the greatest contribution to world evangelization in history.” – **Andrew Murray**

## Read - **Luke 11:1; Matthew 6:9-13**

## Examine

Jesus provided this model as an outline to teach us how to pray in a way that connects us to God and empowers us to accomplish His will. We should pray the way Jesus instructed us to pray.

### **CONNECT WITH GOD RELATIONALLY**

“Our Father in Heaven”

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

Rejoice in your intimate relationship with God, addressing Him lovingly as your Father and thanking Him that you are His child.

## Apply

Remember, you are not offering God information or seeking a transaction. You are coming to Him as His child whom He loves.

## Pray

“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.” **Today, I prayed for (list below) these people in my life, at our church, and these lost people I know.**

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### **Your Requests**

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Day 4

## Quote

“I’d rather be able to pray than to be a great preacher; Jesus Christ never taught his disciples how to preach, but only how to pray.” – **D.L. Moody**

**Read – Proverbs 18:10; Matthew 6:9-13**

## Examine

### **WORSHIP HIS 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 – *He makes us clean*

God is our Sanctifier – *He has called us and set us apart*

God is our Healer – *He heals all our diseases*

God is our Banner of Victory – *He defeated our enemies*

God is our Shepherd – *He speaks to us and leads us*

God is our Peace – *He is our peace in every storm*

God is our Provider – *He supplies all our needs*

When we proclaim who He is, we not only worship Him, but we also remind ourselves how powerful and great our God is.

## Apply

When I reverence your name, I am attributing worth to the One Who is Worthy. Your name is Holy!

## Pray

“Lord, Your name is great, and You are greatly to be praised. You are holy and Your name is holy. Help me not use Your name in vain or in blasphemy. Help me learn about how You revealed Yourself through Your mighty names.” **Today, I prayed for (list below) these people in my life, at our church, and these lost people I know.**

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# 21 Days of Prayer

Day 5

## Quote

“I would rather teach one man to pray than ten men to preach.” – **Charles Spurgeon**

**Read – Luke 12:31; Luke 11:1–13**

## Examine

### **PRAY HIS AGENDA FIRST**

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

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*
- Accomplishing His purpose in our lives

## Apply

How often do you ask God to follow your priorities rather than ask Him to help you follow His?

How easy or hard is it to pray for His will to be done? Is it easier knowing that He is a loving, heavenly Father?

## Pray

“God, I submit my will to You. May You use me and our church today to accomplish Your purposes. I surrender to Your plan for my life.” **Today, I prayed for (list below) these people in my life, at our church, and these lost people I know.**

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### **Your Requests**

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Day 6

## Quote

“It’s one thing to long for a sense of God’s presence while not experiencing it, and another to live routinely with no awareness of his absence” – **Don Whitney**

**Read – Psalms 121:1-2; Luke 11:1-13**

## Examine

### **DEPEND ON HIM FOR EVERYTHING**

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.

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. You can 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.

## Apply

Write out the needs that are burdening your heart. After you are done, put an X beside of any of those things that are too big for God. Share all of these with the Lord, knowing He can meet these needs.

## Pray

“Dear Jesus, You have all power. Nothing is hard or easy for You. Today, I acknowledge my dependence on You. My needs are not a burden to You, I am not bothering You. You love me.” **Today, I prayed for (list below) these people in my life, at our church, and these lost people I know.**

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Day 7

## Quote

"Our prayers may be awkward. Our attempts may be feeble. But since the power of prayer is in the one who hears it and not in the one who says it, our prayers do make a difference." -

**Max Lucado**

**Read – 1 John 1:9; Luke 11:1–13**

## Examine

### **FORGIVE AND BE FORGIVEN**

God has offered us complete forgiveness, and we can receive it from Him.

Forgiving others is a supernatural work in our lives. We can forgive because we have been forgiven.

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. You can even choose to forgive people in advance. Ask God to help you forgive others.

## Apply

Before you pillow your head tonight, who is God leading you to forgive?

## Pray

“Father, because You forgave me, I can forgive others. Until their sin against me is greater than mine against You, I can trust You to empower me to forgive them. Help me to do that.” **Today, I prayed for (list below) these people in my life, at our church, and these lost people I know.**

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# 21 Days of Prayer

Day 8

## Quote

“To be a Christian without prayer is no more possible than to be alive without breathing.” –  
**Martin Luther**

**Read – Ephesians 6:12; Matthew 6:9-13**

## Examine

### **ENGAGE IN SPIRITUAL WARFARE**

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

By recognizing that the enemy wants to destroy you, you can shed light on his lies and claim God’s truth over your life. Ask God to show you any lies you’re believing or areas of warfare happening in your life. The Bible tells us in James 4:7 that if we resist the Devil, he will flee from us. Through prayer, you can resist him and walk forward in holy living.

## Apply

We are to evangelize the world while not emulating it and to crucify the flesh and not feed it. Understand that even though Satan is a defeated foe, he is more powerful than we are apart from the help of the Holy Spirit. We must not give aid to our enemy; we must fight temptation the weapon of prayer.

## Pray

“Dear Jesus, do not allow me to give in to temptation. Deliver me from the evil one.” **Today, I prayed for (list below) these people in my life, at our church, and these lost people I know.**

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### **Your Requests**

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# 21 Days of Prayer

Day 9

## Quote

"True prayer is a way of life, not just for use in cases of emergency. Make it a habit, and when the need arises you will be in practice." - **Billy Graham**

**Read – Jeremiah 32:17; Matthew 6:9-13**

## Examine

### **GIVE GLORY TO GOD**

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.

Remind yourself of God’s limitless power and then return to praising Him and declaring your faith in Him. This is an excellent time to enumerate His blessings in your life and offer thanksgiving to God.

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

## Apply

Have you learned to praise God for who He is and for what He is doing? Do all your prayers include thanksgiving and offer worship to the One who is worthy?

## Pray

“Through Your great power, all things are possible. All authority is Yours, all might is Yours, and I know that Your victory is complete. You are amazing, and I worship You. I praise You for Your power and presence in my life. You are God, and You are worthy of all praise.”

**Today, I prayed for (list below) these people in my life, at our church, and these lost people I know.**

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# 21 Days of Prayer

Day 10

## Quote

“A day without prayer is a day without blessing, and a life without prayer is a life without power.” – **Edwin Harvey**

**Read – John 6:44; Matthew 28:18-20**

## Examine

### **PRAYING FOR THE LOST**

#### **>ASK THE FATHER TO DRAW THEM TO HIMSELF**

Jesus came to seek and to save the lost. We have seemingly lost the mission that Jesus had and still has today. We are called to make disciples: to evangelize the lost and then equip those new saints.

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. We need to pray that those in spiritual darkness would be delivered from the kingdom of sin into the kingdom of God.

## Apply

Think about the people you know who are far from God. Let your heart be open to God and to anyone He may bring to your mind. Write down their names as you focus on praying for them. Commit to praying for them for the remainder of these 21 days.

## Pray

“Lord, here are these people that You love so much You died for on the cross. I pray for them now by name that they would yield to You and Your Holy Spirit as You draw them to yourself.” **Today, I prayed for (list below) these people in my life, at our church, and these lost people I know.**

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# 21 Days of Prayer

Day 11

## Quote

“I pray, not wish because I have God, not a genie.” - **Anonymous**

**Read – Matthew 9:13; Mark 1:15; Mark 6:12**

## Examine

### **PRAYING FOR THE LOST**

#### **>PRAY FOR CONVICTION OF SIN AND TURNING TO GOD**

Repentance is the act of being sorrowful for having committed sin (breaking God’s law and offending God) and then turning away from sin towards Jesus Christ resulting in a changed life of holiness.

If Christianity is only adopting a creed or a set of facts about God, then no life change can ever occur. To simply feel sorry for my sins will only bring more sorrow and misery. Conviction must lead to turning to God from how I was living and asking Him to change my life.

## Apply

As you look over your list of people away from God, unbelievers, or those spiritually apathetic, ask God to convict them of their sin and wickedness. **Commit to praying for them for the remainder of these 21 days.**

## Pray

“Dear Jesus, I pray for these folks on my list that You would convict them of sin and righteousness and that they would turn to You in faith and repentance.” **Today, I prayed for (list below) these people in my life, at our church, and these lost people I know.**

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# 21 Days of Prayer

Day 12

## Quote

“True prayer is neither a mere mental exercise nor a vocal performance. It is far deeper than that – it is a spiritual transaction with the Creator of Heaven and Earth.” – **Charles Spurgeon**

Read – **Romans 1:5; 1 John 1:29**

## Examine

### PRAYING FOR THE LOST

#### >PRAY FOR THEM TO HAVE A LIFE CHANGING RELATIONSHIP WITH THE GOD OF THE BIBLE

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 phonies and their hypocrisy.

But God didn't come to build an organization. He came to have a relationship with His creation. We should pray for people to have life changing encounters with the God that results in obedient faith.

## Apply

As you look over your list of people away from God, unbelievers, or those spiritually apathetic, ask God to put people, books, videos, and/or evangelistic Christians in their path. Pray that they would become a child of God by faith. **Commit to praying for them for the remainder of these 21 days.**

## Pray

“Dear Jesus, I pray for these folks on my list that You would keep drawing them to Yourself and they would be respond in faith to your truth.” **Today, I prayed for (list below) these people in my life, at our church, and these lost people I know.**

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# 21 Days of Prayer

Day 13

## Quote

“The value of persistent prayer is not that He will hear us but that we will finally hear Him.”

— William McGill

Read – **Matthew 9:38; Luke 19:10**

## Examine

### PRAYING FOR THE LOST

#### > PRAY FOR BELIEVERS TO CROSS THEIR PATHS

This is twofold: we can pray for other Christians to influence the people around them evangelistically, and we can also look for opportunities to influence others for Christ.

God’s plan to reach people is working through those who already know and love Him.

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 lead someone to Christ.

## Apply

As you look over your list of people away from God, unbelievers, or those spiritually apathetic, ask God to set up divine appointments in their lives and in your life. **Commit to praying for them for the remainder of these 21 days.**

## Pray

“Dear Jesus, who would You have me communicate with today? Help me recognize the divine appointments You have set up.” **Today, I prayed for (list below) these people in my life, at our church, and these lost people I know.**

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# 21 Days of Prayer

Day 14

## Quote

“Prayer makes a godly man, and puts within him the mind of Christ, the mind of humility, of self-surrender, of service, of pity, and of prayer. If we really pray, we will become more like God, or else we will quit praying.” – **E.M. Bounds**

Read – **Matthew 9:37-38; Luke 10:2**

## Examine

### PRAYING FOR THE LOST

#### > PRAY FOR LABORERS IN THE FIELD OF THE WORLD

Jesus urged His followers to pray for laborers in the harvest of the lost. He encapsulated that in the Great Commission, found in Matthew 28:18-20. We are to make disciples, see them baptized, and then teach them how to live according to the Scriptures.

We are to be busy laboring for Jesus, helping others become His followers. Sometimes, we lack the burden for the lost that would help motivate us to see them saved. When this happens, we should repent of our apathy.

## Apply

As you look over your list of people away from God, unbelievers, or those spiritually apathetic, ask God for more laborers in the field of the world. Answer the question – “Am I working for Jesus to see people come to a saving faith in Him?”. **Commit to praying for them for the remainder of these 21 days.**

## Pray

“Dear Lord, please send laborers into Your field. Use me today to help some come to faith in Your Son.” **Today, I prayed for (list below) these people in my life, at our church, and these lost people I know.**

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# 21 Days of Prayer

Day 15

## Quote

"Prayer lays hold of God's plan and becomes the link between his will and its accomplishment on earth. Amazing things happen, and we are given the privilege of being the channels of the Holy Spirit's prayer." - **Elisabeth Elliot**

## Read – Ephesians 6:13-17

## Examine

### SPIRITUAL BATTLE

#### > PUT ON THE ARMOR OF GOD

Prayer is not only communion with God; it is also confrontation with the enemy. Prayer is listed as the last weapon, after the sword of the Spirit (*the Scripture you know and use*), in the Armor of God.

This weapon of all prayer is to be used daily. We would not think of leaving the house undressed or ill-dressed. We certainly would not go into battle without weapons or armor.

## Apply

Does your browser history and streaming accounts indicate you need to fasten the helmet of salvation to protect your mind?

Do you need to wear the shoes of the gospel, so you are ready to speak for God? Have doubt and fears assaulted you? Pick up the shield of faith!

## Pray

“Dear Jesus, I want to live for You today. I realize I am in a battle. Help me to wear Your armor and use my spiritual weapons to live victoriously in Your power.” **Today, I prayed for (list below) these people in my life, at our church, and these lost people I know.**

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# 21 Days of Prayer

Day 16

## Quote

“It is possible to move men, through God, by prayer alone.” – **Hudson Taylor**

Read – **1 John 1:7–9; Psalm 66:18**

## Examine

### **SPIRITUAL BATTLE**

#### **> CONFESSION**

Keep short accounts with God. Sin that is not confessed to God and repented of will fester like a spiritual infection. What we would not dream of doing when our lives are clean, will hardly give us a second thought to when we allow unconfessed sin to grow unchecked.

As believers, we must treat sin with hostility and not hospitality. We should be aware of those who are influencing us away from God and resolve to end those relationships if we can't win them to Christ. Entertainment, cell phones, internet sites, etc. must all be handled with the utmost care as they can easily draw our hearts away from God.

## Apply

If you are truly honest, what sins should you confess to God right now and ask His forgiveness? Has unconfessed sin drawn you away from Jesus? How tender is your heart towards the things of God?

Make dealing with personal sin part of your daily time with God.

## Pray

“Dear Jesus, I want to live for You today. I realize I am in a battle and help me to wear Your armor and use my spiritual weapons to live victoriously in Your power.” **Today, I prayed for (list below) these people in my life, at our church, and these lost people I know.**

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### **Your Requests**

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# 21 Days of Prayer

Day 17

## Quote

“To desire revival... and at the same time to neglect (personal) prayer and devotion is to wish one way and walk another.” – **A.W. Tozer**

**Read – Proverbs 11:2, 16:18, 26:12; 1 Timothy 3:6**

## Examine

### **SPIRITUAL BATTLE**

#### **> PRIDE AND HUMILITY**

Prayer seems so hard when we are full of self-sufficiency or pride. Nothing screams that we are incapable of handling our situations like spending time in prayer and nothing is as obnoxious to God as telling Him we have everything under control.

The Bible tells us that pride comes before the fall. Pride can be a very real issue in our lives, but we have the power to overcome it through Jesus. Remember, pride always leads to destruction.

- Refuse to read your Bible - destruction is looming.
- Refuse to pray - destruction is looming.
- God’s commands don’t apply to you – destruction awaits.

## Apply

Practicing humility requires overcoming pride in our lives. Just as you confess other sins, regularly confess your pride to God. Submit it to Him, asking Him to help you walk in humility, free of pride and self-absorption.

## Pray

“Father God, I come to You in the Name of Jesus. I know pride only keeps me from You. I put down anything that would cause me to have pride in my heart in dealing with other people. Help me to prioritize others over myself. I ask you God, to remind me daily that true humility is not thinking less of myself, it’s thinking of myself less.” **Today, I prayed for (list below) these people in my life, at our church, and these lost people I know.**

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Day 18

## Quote

“I saw more clearly than ever, that the first great and primary business to which I ought to attend every day was, to have my soul happy in the Lord.” – **George Mueller**

## Read – Ephesians 5:25-30

## Examine

### SPIRITUAL BATTLE

#### > HOME LIFE

Work and home relationships all present unique situations that challenge our beliefs and values. Whatever your home looks like – single, single again, or married – you must pray about your home life.

Marriage is often a point of spiritual attack. God created marriage, and His design for it is good. In marriage, just as in any human relationship, we must work to love well. We can't do this successfully in our own power. As Christian husbands and wives, we have the high honor to represent the love and commitment Christ has for the Church through our love and commitment to each other. In the same way that adultery is a temptation for those married, sexual sin is a major sinful issue for those who are single.

## Apply

Thank God for your home life. Start by asking Him to help you be the best spouse or single individual you can be. Ask Him to help you love well and to see those in your family as He sees them. Then, pray for your marriage or your relationships, asking God to use your loved one to impact the world for Him.

## Pray

“Dear Lord, I ask You to be the Lord of my home. Help me walk in unity, purity, and joy with all those You put in my life.” **Today, I prayed for (list below) these people in my life, at our church, and these lost people I know.**

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### Your Requests

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# 21 Days of Prayer

Day 19

## Quote

“Prayer is the open admission that without Christ we can do nothing. And prayer is the turning away from ourselves to God in the confidence that He will provide the help we need. Prayer humbles us as needy and exalts God as wealthy.” – **John Piper**

## Read – 1 Timothy 2:1-4

## Examine

### LOCAL, STATE, FEDERAL LEADERS

Typically, election years help us focus on the need for good and godly leadership in our government. Seemingly, we pray more at those times than as the Bible commands to be always praying for those in authority. As God has commanded believers to submit to the authorities over us, it behooves us to pray that these leaders would lead righteously. In the Bible, God repeatedly shows His interest in the affairs of the kingdoms of men. We should be giving our best effort to making disciples, but we cannot forsake being salt and light in the world we inhabit. When necessary, we should cry out against the darkness of the age like the prophets old.

## Apply

Corruption, atheistic propaganda about the unborn, perversion indoctrinated into our children via the public schools, and many other issues should cause us to pray for our nation to repent and get right with God.

## Pray

“Dear Lord, thank You for allowing me to live in this country. I pray for my elected officials to know You as Lord and Savior. I pray they will govern in way that reflects Biblical worldviews.”  
**Today, I prayed for (list below) these people in my life, at our church, and these lost people I know.**

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# 21 Days of Prayer

Day 20

## Quote

“God does nothing but by prayer, and everything with it.” – **John Wesley**

**Read – Ephesians 3:12; Hebrews 4:16; 2 Timothy 1:7**

## Examine

### **BOLDNESS AND PERSISTENCE**

The word “boldness” in this verse is from the Greek word *parresia*, which describes a frankness of speech that is often viewed as unflinching authority — even in the face of opposition. It presents a picture of unashamed boldness. It also is associated with joy and courage. But in addition, Paul goes on to tell us that we can have “confidence” in Christ as we pray.

The word “confidence” is a derivative of the Greek word *peitho*, which, in most cases, means persuasion. However, in this verse, the word persuasion isn’t enough. The Greek form used here depicts absolute confidence — that is, one who is doubly persuaded. You could say that this person is convinced to the core — rock-solid certain about what he believes or feels. He is so completely persuaded and trustful of what he believes that no element of doubt remains.

## Apply

When you are certain of your right-standing in Christ, it provides you with a foundation on which to stand. You are convinced that what God has promised, He can do. You have a certainty that when you pray, God hears you. This means you don’t need to feel sheepish or embarrassed when you come to Jesus’ throne of grace. You can come boldly to seek mercy in your time of need.

## Pray

“Dear Jesus, help me pray like I believe You and Your Word.” **Today, I prayed for (list below) these people in my life, at our church, and these lost people I know.**

### **Your Requests**

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### **Revival in our Church**

### **People to follow Christ**

### **People Away from God to return to the Father**

### **Missionaries**

# 21 Days of Prayer

Day 21

## Quote

"Is prayer your steering wheel or your spare tire?" - **Corrie ten Boom**

**Read – Philippians 4:6; Colossians 4:2**

## Examine

### ACTS

One helpful acronym people use in their personal times with God is ACTS. The ACTS model or guide for prayer includes these elements:

**Adoration** – The A in the ACTS model stands for adoration, which means worship—glorying and exalting God. Through adoration, we show our loyalty and admiration of our Father. As we pray, we are called to worship God in adoration. This could be a song of praise to Him, praying a psalm of worship, declaring His attributes, or a myriad of other forms of worship.

**Confession** – The C in the ACTS model stands for confession. The word confess means “to agree with.” When we confess our sins, we agree with God that we are wrong and that we have sinned against Him by what we have said, thought, or done. God forgives us and restores our fellowship with Him (1 John 1:9).

**Thanksgiving** – The T represents thanksgiving. Philippians 4:6 says, “With thanksgiving let your requests be made known to God”. How is thanksgiving different from adoration? The difference is that worship focuses on who God is; thanksgiving focuses on what God has done. We can thank God for many things including His love, salvation, protection, and provision.

**Supplication** – The S stands for supplication, which refers to prayer for our and others’ needs. A supplication is a request or petition. We may pray for mercy (Psalm 4:1), leading (Psalm 5:8), wisdom (James 1:5), and much more. Paul encouraged us to make “supplication for all the saints” (Ephesians 6:18), which means to pray diligently for our brothers and sisters in Christ.

### Your Requests

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