

INTRO

30 Days of Prayer

Over the last few months, our world has moved into a new reality. One thing that has become abundantly clear is the need for us to pray. We have gone through the 30 Days of Prayer twice before, but in light of everything that is transpiring, we thought it would be a unifying way the church could practice one of the most essential disciplines of our faith, together.

How to use this guide:

Prayer softens the heart and opens the door for God to move in and through us. It is our hope that this guide will help you to see the world more like God sees it.

Every morning, recite the prayer 3 times:

- Recite it to understand.
- Recite it as a prayer. Slow down and give these words to God.
- Restate the prayer in your own words, adopting the words as your own for the day.

As you go throughout the day, try and take in the words that you prayed. Challenge yourself. Let God shape you and use you for His glory.



GUIDE

30 Days of Prayer

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DAY 1

Slow Down

Slow Down

Slowing down may seem like a strange place to start a prayer journey. Over the last few weeks, we have even been forced to slow down. Slowing down is more than adjusting our pace of life. Far too often we speed through life checking off boxes. We can miss what God has to say.

Prayer

Father, help me to slow down in my life so I can allow You to speak to me. With all that is going on around me, help me to sense Your presence in my life in every aspect. Teach me how to hear Your voice. Teach me how to see You move all around me. God, help me not to miss out on Your presence.

Verse

Matthew 11:28-29



DAY 2

Constant Contact

Constant Contact

It is difficult to grow in a relationship without communication. Prayer is the way we speak and hear from God.

Prayer

Father, remind me to think of You throughout today. Prompt me to pray for my relationship with You. Steer my thoughts into prayers for others. Help me to stay in touch with You throughout today so that I can grow in my relationship with You.

Verse

1 Thessalonians 5:17



DAY 3

Value

Value

God does not make mistakes. You are loved and valued. You were fearfully and wonderfully made.

Prayer

Today, I long to see myself as You see me. God, remind me that I am a child of Yours. Remind me that You will never leave me or forsake me. Remind me that I can't outrun You. Immerse me in Your unconditional love. Help me not to waiver from placing my identity in You.

Verse

Psalm 139:14

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DAY 4

Confronting Sin

Confronting Sin

Without dealing with the sin in our life, our relationship with God will be hindered.

Prayer

God, today I would ask that You show me my sins. In my shortcomings, help me to become aware of the things that are out of place in my life and that keep me away from Your presence. As I become aware of these things, help me to give them to You. In my mistakes, help me to still feel Your love. Help me to choose to obey You out of love.

Verse

1 John 1:9



DAY 5

Remorse

Remorse

Remorse is a sign of a heart that is broken. We often try and hurry through this stage into forgiveness, but without remorse, the heart cannot truly be changed. Today's prayer is a challenge, but face it head on trusting in God's plan for your life.

Prayer

Father, keep my heart from becoming cold. When I sin, help me to feel remorse so that I will not sin again. Help me to see how my sin hurts my life and the lives of those around me. Encourage me that there is hope on the other side of my brokenness. Create in me a new heart today.

Verse

2 Corinthians 5:17

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DAY 6

Forgiveness

Forgiveness

God's forgiveness extends farther than the east is from the west. We can struggle to receive it because we feel unworthy. The truth is...we are! Yet, receiving the gift of His forgiveness frees us to be on mission.

Prayer

Restore me God. Restore me in my relationship with You. Remind me once again that You love me. Forgive me of my sins. (Name them if you can). Help me to forgive myself and to see the love You still have for me.

Verse

Psalm 103:12



DAY 7

Purpose

Purpose

God has a plan...for you.

Prayer

Father, help me to find my purpose as I walk through my day today. Guide me. Lead me. Use me. I desire to be open to how You want to use me. Help me to hear Your voice. Embolden me to act. Help me today to see You move through me into the lives of others.

Verse

Proverbs 3:5-6

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DAY 8

Trust

Trust

Trust is measured by one's faith in another.

Prayer

God, You are good. I have been let down by so many other people, remind me that You will NEVER fail me. Forgive my doubt. Strengthen my resolve. Help me to lay my worries, doubts, and fears, at Your feet as I trust in You.

Verse

Psalms 56:3

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DAY 9

Empathy

Empathy

Life is not about us. Empathy connects us with the heart of other people and reminds us of the need of God's love for all.

Prayer

Today, I ask that You give me a heart for those around me. Help me to be able to relate to what others are feeling. Help me to see how I can point them to You in whatever situation they are going through.

Verse

Romans 12:15



DAY 10

Wisdom

Wisdom

If we ask for wisdom, the Bible says God WILL grant it to us.

Prayer

Give me wisdom, Lord, so that I might live for You. Help me to know the path I should take. Help me to see trouble headed my way in advance so that I can steer away. Help me to know what I should do and the way I should live for Your name.

Verse

James 1:5

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DAY 11

Transformation

Transformation

As we seek God, He will transform us into a new creation. It is a maturing of our faith, but it is also when God grabs ahold of our life and really begins to lead. As He leads, we begin to look more and more like Him.

Prayer

Father, make me more like You. Remove completely anything that hinders me from letting You lead my life. Make me new. I give You all of me today.

Verse

Romans 12:2



DAY 12

Those Closest To Us

Those Closest to Us

How we treat those closest to us is often an accurate reflection of our true faith. Often, we give everyone else the best of us. It is important to remember to speak Jesus into the lives of those closest to us.

Prayer

God, I pray that I can point those closest to me to Jesus today. I pray that they can see Your faith in me. Help me to see and meet their needs. Help me to serve them faithfully. Help me to love them unconditionally.

Verse

Matthew 25:45

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DAY 13

Those Around Us

Those Around Us

In a time of isolation and/or minimal contact, you may feel like there aren't many people in your life. However, there are more than you think. Look around at your neighbors. Look at your interaction through email, social media, or zoom. In those interactions, how is He asking you to be Jesus to them?

Prayer

Many people will cross my path today. God, help me to see them as You see them. Open my eyes and help me to make a connection with how You love them. Teach me to see my routine moments as an opportunity to meet the needs of those around me. Use me today to help someone see more of You.

Verse

Matthew 5:16



DAY 14

Expectations

Expectations

The only thing that is limiting your faith...is you. Think about that.

Prayer

God, You are an amazingly HUGE God. Today, I ask that You would do something amazing in my life so that I can see how big You truly are. Nothing is impossible as long as You are involved. So God, today I ask that You would increase my faith. Move in such a way that I have to know only You could have done it bringing glory to Your name.

Verse

2 Corinthians 10:15-16



DAY 15

Developing a Thankful Heart

Developing a Thankful Heart

You are halfway through this prayer study. Have you seen God move? Have you felt your life start to change? Sometimes we just need to pause and thank God for answered prayers.

Prayer

You are so good, God. Thank You for being with me on this journey. Thank You for loving me. Today, help me to have a thankful heart the entire day; to be reminded over and over again of Your love and how You care for me and are moving in and through me.

Verse

Colossians 3:15-17



DAY 16

Peace

Peace

As we start the 2nd half of our prayer journey, we want to allow God to begin to grow some distinguishing characteristics in our lives. True peace is being at rest with whatever comes our way. As we exhibit a life lived at peace in all circumstances, it will give us a powerful testimony to how good God truly is in our lives.

Prayer

Father, may I rest in You with whatever comes my way today. Erase any doubts or fears that I may have allowing me to place control of my circumstances in Your hands. As I grow in peace, may I show others how good You are, making my trials into a living testimony of Your love.

Verse

Philippians 4:6-7



DAY 17

Worship

Worship

Worship is our response to how good God is and has been in our life. Worship can not be confined to the words of a song, but is measured in the outpouring of joy that comes from a heart content with God.

Prayer

May I worship You with all my emotions, actions, and thoughts today. Let my life live as an example of how truly worthy You are of praise. As I go through every moment today, may the words on my lips and the meditation of my heart be found to be pleasing to You.

Verse

Psalms 95:6



DAY 18

Grace

Grace

Offering grace means we understand grace. Grace given sheds the shackles of bitterness from our heart and liberates the Gospel into the lives of others.

Prayer

God, make my life a life that shows the grace You have given me. As others ask for forgiveness, help me to grant it. As bitterness creeps in my heart, remind me of the grace You have given me. Help me to love those that are hard to love that You have placed in my life.

Verse

Ephesians 2:8



DAY 19

Humility

Humility

The surest sign of a lack of humility is to think you are humble.

Humility doesn't dwell on what others are thinking of you. A truly humble person devotes him/herself to building up the dignity of everyone they meet.

Prayer

Father, may my thoughts be of lifting those around me up. Make me an encourager, comforter, and friend. Teach me how to serve, excepting nothing in return. Guard my heart from pride as I try to point people to You.

Verse

Proverbs 11:2



DAY 20

Facing Conflict

Facing Conflict

We all have conflict in our lives. Praying about conflict can help us gain perspective and know how to show the love of Christ even in the difficult conversations.

Prayer

God, in every aspect of my life I desire to make You known. When conflict arises, help me to know how to handle it. Guard my tongue, my heart, and my mind. Help me to know when to speak and when to be quiet. Grant me discernment and wisdom to know how to resolve whatever issue I am facing and to come through the other side giving testimony to Your name.

Verse

James 1:19



DAY 21

Listening

Listening

As we develop a pattern of prayer, it is important to pause and listen for the voice of God. Sometimes it is hard to hear. Take the time to sit in silence today. Take the time as you go throughout the day listening and allowing God to speak into your life.

Prayer

Father, help me to be still long enough to hear from You. Teach me to hear Your voice. Help me to follow as You lead.

Verse

Psalm 46:10



DAY 22

Boldness

Boldness

The more we know about God, the more we can share. In this journey, God has not brought you closer to Him for you to keep it to yourself. Speak His love into the life of another.

Prayer

God, I long to have the boldness to share what I know about You with others. Give me the courage to talk about You with another person today. Provide me the words to say and guard me from my fears. May You use my words for Your glory.

Verse

Ephesians 6:19

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DAY 23

Creativity

Creativity

God created everything. God even created creativity. He has given us unique abilities to showcase Him with our individual skills and talents. We are called to use them.

Prayer

Father, use my talents in a unique way today. Grant me creativity as I try and show the world Your love. As I serve You in this way, draw me and others closer to You.

Verse

Ephesians 2:10



DAY 24

Repetition

Repetition

Doing the same things over and over can grow our relationship with God, if we remember why we are doing it. Very few things are mastered the first time.

Prayer

Go back and pick a prayer that you would like to pray again. Use the repetition to reinforce what God was teaching you.

Verse

Psalms 77:11



DAY 25

Breathing

Breathing

OK, you might be thinking, “Did they run out of things to cover? Are we really praying about breathing?” Without breath, there is no life. The Bible describes God’s presence in our life as the Holy Spirit or the Holy Breath of God. Often, we can take both for granted, but without either, there is no life.

Prayer

As I breathe in today, remind me to take in more of You. As I breathe out, remind me to speak of You. God, may You be the very breath that fills my life.

Verse

Genesis 2:7



DAY 26

Endurance

Endurance

James tells us that endurance is necessary for maturity. Endurance indicates a life that is devoted, disciplined, and focused on a goal.

Prayer

As long as there is breath in my lungs, may I stay devoted to You. Whatever comes my way, Lord, remind me to keep going, looking to You for hope and guidance. Give me support from others around me when I start to waiver. Grant that I may live a life that brings You glory.

Verse

James 1:4



DAY 27

Recycle

Recycle

God desires for us to use our entire lives for His glory, not just the good stuff. Most of us try and hide our past mistakes and struggles, but God doesn't want us to throw them away. He want us to recycle our tough times for His glory.

Prayer

God, I thank You for bringing me through some difficult situations. While I don't want to go through it again, I want to help others through their difficult times by using my story for Your glory. I ask for wisdom to know where, when, and how to use it. I want to show others how good You are even through the struggles.

Verse

Psalm 46:1



DAY 28

Learning

Learning

The moment we think we have arrived is the moment we take steps backward. As we follow Jesus, we will continually be challenged to grow through learning more about who He is and what He desires for us.

Prayer

Help me to learn something new about You today. Open my eyes to an undiscovered truth about You. Use this knowledge to transform my relationship with You, bringing me closer and closer to Your presence.

Verse

Proverbs 1:5



DAY 29

Generosity

Generosity

Out of the abundance given to us, we are called to give back.

Prayer

God, may I be a generous person. Remind me I can trust You with all of my resources and that You hold my future. Teach me to lean into Your provision for my life. Guide me in the ways that I am to utilize the gifts of my talents and resources for You today and for the rest of my life.

Verse

2 Corinthians 9:6



DAY 30

Love

Love

Without love, we are nothing. Very strong words, but true.

Prayer

Father, as Your Word says, they will know us by our love. Make my life a beacon of love into this dark world. I pray I live out Your love today in such a way that someone will ask me about You. Give me an opportunity to tell them of Your love so that they may experience it for themselves.

Verse

John 13:34-35

