

30 DAY GUIDE

30 Days of Prayer

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.



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Day 1

Slow Down- Slowing down may seem like a strange place to start a prayer journey, but 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. 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, in the busyness of life, help me not to miss out on Your presence.

Verse- ²⁸“Come to me, all of you who are weary and burdened, and I will give you rest. ²⁹Take up my yoke and learn from me, because I am lowly and humble in heart, and you will find rest for your souls.
Matthew 11:28-29

Day 2

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 those around me. Help me to stay in touch with You throughout today so that I can grow in my relationship with You.

Verse- ¹⁷pray constantly... 1 Thessalonians 5:17



Day 3

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- ¹⁴I will praise you because I have been remarkably and wondrously made. Your works are wondrous, and I know this very well.
Psalm 139:14

Day 4

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- ⁹If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. 1 John 1:9



Day 5

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- ¹⁷ Therefore, if anyone is in Christ, he is a new creation; the old has passed away, and see, the new has come! 2 Corinthians 5:17

Day 6

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- ¹² As far as the east is from the west, so far has he removed our transgressions from us. Psalm 103:12



Day 7

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- ⁵Trust in the LORD with all your heart, and do not rely on your own understanding; ⁶in all your ways know him, and he will make your paths straight. Proverbs 3:5-6

Day 8

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, and Your feet as I trust in You.

Verse – ³When I am afraid, I will trust in you. Psalm 56:3



Day 9

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- ¹⁵ Rejoice with those who rejoice; weep with those who weep.
Romans 12:15

Day 10

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- ⁵ Now if any of you lacks wisdom, he should ask God—who gives to all generously and ungrudgingly—and it will be given to him. James 1:5

Day 11

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- ²Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God. Romans 12:2

Day 12

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- ⁴⁵“Then he will answer them, ‘Truly I tell you, whatever you did not do for one of the least of these, you did not do for me.’
Matthew 25:45



Day 13

Those in My Path- We can spend our days staring down at our phones or going from task to task. Today, try and see the people that God has placed in your path. 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- ¹⁶In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven. Matthew 5:16

Day 14

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

Prayer- God You are an amazingly HUGE God. 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- ¹⁵We are not boasting beyond measure about other people's labors. On the contrary, we have the hope that as your faith increases, our area of ministry will be greatly enlarged, ¹⁶so that we may preach the gospel to the regions beyond you without boasting about what has already been done in someone else's area of ministry.
2 Corinthians 10:15-16



Day 15

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- ¹⁵ And let the peace of Christ, to which you were also called in one body, rule your hearts. And be thankful. ¹⁶ Let the word of Christ dwell richly among you, in all wisdom teaching and admonishing one another through psalms, hymns, and spiritual songs, singing to God with gratitude in your hearts. ¹⁷ And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him. Colossians 3:15-17

Day 16

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- ⁶Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus. Philippians 4:6-7

Day 17

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- ⁶Come, let us worship and bow down; let us kneel before the LORD our Maker. Psalm 95:6

Day 18

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- ⁸For you are saved by grace through faith, and this is not from yourselves; it is God's gift... Ephesians 2:8



Day 19

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 the building up the dignity of everyone they meet.

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

Verse- ²When arrogance comes, disgrace follows, but with humility comes wisdom. Proverbs 11:2

Day 20

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- ¹⁹My dear brothers and sisters, understand this: Everyone should be quick to listen, slow to speak, and slow to anger... James 1:19



Day 21

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- ¹⁰“Stop your fighting, and know that I am God, exalted among the nations, exalted on the earth.” Psalm 46:10

Day 22

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- ¹⁹Pray also for me, that the message may be given to me when I open my mouth to make known with boldness the mystery of the gospel. Ephesians 6:19



Day 23

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- ¹⁰For we are his workmanship, created in Christ Jesus for good works, which God prepared ahead of time for us to do.
Ephesians 2:10

Day 24

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- ¹¹I will remember the LORD's works; yes, I will remember your ancient wonders. Psalm 77:11

Day 25

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- ⁷ Then the LORD God formed the man out of the dust from the ground and breathed the breath of life into his nostrils, and the man became a living being. Genesis 2:7

Day 26

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- ⁴ And let endurance have its full effect, so that you may be mature and complete, lacking nothing. James 1:4



Day 27

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- ¹ God is our refuge and strength, a helper who is always found in times of trouble. Psalm 46:1

Day 28

Learning- The moment we think we have arrived is the moment we take steps backwards. 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- ⁵ let a wise person listen and increase learning, and let a discerning person obtain guidance... Proverbs 1:5



Day 29

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- ⁶The point is this: The person who sows sparingly will also reap sparingly, and the person who sows generously will also reap generously. 2 Corinthians 9:6

Day 30

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- ³⁴"I give you a new command: Love one another. Just as I have loved you, you are also to love one another. ³⁵By this everyone will know that you are my disciples, if you love one another."
John 13:34-35

