

# 7 DAY PRAYER CHALLENGE

MARCH 8-14

## Day 1

### He Prayers

Thanking Him for who He is, these are admiration and exaltation prayers. Praising and thanking God for how big and powerful He is.

**Yahweh/Shalom**, The Lord of Peace

*“My people shall know my name. In that day they shall know that it is I who speaks; here I AM!”* Isaiah 52:6, NIV)

*Jesus, You are called Wonderful Counselor, Mighty God, Everlasting Father, and Prince of Peace. In a world full of turmoil, remind me that true peace flows from You. I worship You as the One who establishes lasting peace. Your peace is beyond what my mind can grasp, and I turn to You to give me peace that surpasses all understanding. Continue to pray prayers of admiration and exaltation for who He is.*

### Me Prayers

Praying God’s promises. Prayers of proclamation and declaration. Speaking God's promises over my life and situation.

**Peace**, *“May the Lord of Peace himself give you peace at all times and in every way.”* (2 Thessalonians 3:16, NIV)

*“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your request to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”* (Philippians 4:6,7 NIV)

*You promised me Peace. Your Word says that you give peace, unlike what the world gives. I receive Your peace right now for myself and my family. During any storms, uncertainties, or conflicts, I let*

*Your unshakable peace fill my heart and home. Calm troubled hearts, quiet fears, and remind me daily that You are with me.*

## **We Prayers**

Praying for others. These are intercessory prayers, standing in the gap for others, praying for God to move in other people's hearts and lives.

### **Pray for those that need salvation.**

*"If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved." (Romans 10:9, NLT)*

*God, I know that you want all people to be saved and know the truth. I pray for [specific names]. Draw them near, open their hearts to the gospel, and let them experience the peace Jesus purchased for us at the cross. Use me and others as witnesses of Your love. In Jesus' mighty name, Amen.*

## **Day 2**

### **He Prayers**

Thanking Him for who He is, these are admiration and exaltation prayers. Praising and thanking God for how big and powerful He is.

### **El Shaddai, God Almighty**

*"Those who live in the shelter of the Most High will find rest in the shadow of the Almighty." Psalms 91:1(NLT)*

*Father, help me understand how mighty you are and for your desire and ability to protect me from the enemy. Remind me that greater is He that id in me than he that is in the world. Thank you for your protection even in the most troublesome times. Remind me that my god is the same Dod of David, Samson, Paul and John.*

### **Me Prayers**

Praying God's promises. Prayers of proclamation and declaration. Speaking God's promises over my life and situation.

### **Protection**

*“The name of the Lord is a strong fortress; the godly run to Him and are safe” (Proverbs 18:10)*

*Father God, today I pray for your protection. Your words remind me that I can walk in the darkest situations and fear no evil. So today I claim your protection from evil for my family and loved ones. I put my trust in you, my strong fortress.*

## **We Prayers**

Praying for others. These are intercessory prayers, standing in the gap for others, praying for God to move in other people’s hearts and lives.

### **Pray for our country.**

*“Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land.” (2 Chronicles 7:14, NLT)*

*“Pray this way for Kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity.” (1 Timothy 2:2, NLT)*

*Today as our country is amid the conflict in the middle east, I pray wisdom for our leaders as they make decisions for our country. We pray strength and protection for our soldiers, the men and women who chose to serve our great country and put themselves in harms way. I pray comfort for the families and friends at home, waiting for their loved ones to return. I pray too, for a swift and victorious conclusion and that our warriors will return home soon.*

## **Day 3**

### **He Prayers**

Thanking Him for who He is, these are admiration and exaltation prayers. Praising and thanking God for how big and powerful He is.

### **Adonai, Our Lord and Master**

*“Who is like you, O Lord, among the Gods? Who is like you, majestic in holiness, awesome in glorious deeds, doing wonders?” Exodus 15:11 (NIV)*

*Holy Father, I come to you today with awe as I experience your glory and splendor more each day. I will take directions from you. Guide my steps today as I seek to be an obedient follower of Christ.*

## **Me Prayers**

Praying God's promises. Prayers of proclamation and declaration. Speaking God's promises over my life and situation.

### **God's help**

*"The Lord hears his people when they call to him for help. He rescues them from all their troubles" (Psalms 34:18, NLT)*

*Each day I experience trials and troubles of this world. So I turn to you because you said in your word that you will rescue me when I call you for help. Help me to stand on your promises of peace and protection today.*

## **We Prayers**

Praying for others. These are intercessory prayers, standing in the gap for others, praying for God to move in other people's hearts and lives.

### **Pray for your friends and neighbors.**

*"I urge you to pray for all people. Ask God to help them; intercede on their behalf and give thanks for them." (1 Timothy 2:1, NLT)*

*Holy father, today I come to you to intercede for my neighbors and friends. Your words instruct me to love my neighbor as I love myself. Give me the strength and courage to reach out to my neighbors, especially those who need to have a personal encounter with you today.*

## **Day 4**

### **He Prayers**

Thanking Him for who He is, these are admiration and exaltation prayers. Praising and thanking God for how big and powerful He is.

### **Jehovah Rapha, God our Healer**

*"...I am the Lord who heals you." (Exodus 15:6 NLT)*

*Lord, I am grateful that you are the great physician. Today I praise you as the one who heals my body and my heart. My prayer echoes David in Psalms 103; "I praise the Lord; with my whole heart, I will praise his holy name. Let all that I am praise the Lord: may I never forget the good things he does for me. He forgives my sins and heals all my diseases."*

## **Me Prayers**

Praying God's promises. Prayers of proclamation and declaration. Speaking God's promises over my life and situation.

### **Healing**

*"He forgives all my sins and heals all my diseases." (Proverbs 18:10)*

*Jesus, I thank you that you have the power and authority to heal my body. I boldly come to you today to ask for your grace and healing power to be at work in my body. I trust that you are powerful and looking for an opportunity to show your power in my body. Jesus, send your word and heal me today.*

## **We Prayers**

Praying for others. These are intercessory prayers, standing in the gap for others, praying for God to move in other people's hearts and lives

### **Pray for those that need healing.**

*"Stretch out your hand with healing power; may miraculous signs and wonders be done through the name of your holy servant Jesus." (Acts 4:30, NLT)*

*"Jesus called his twelve disciples together and gave them authority to cast out evil spirits and to heal every kind of disease and illness." (Matthew 10:1, NLT)*

*Father God, I want to stand in the gap for my family and friends that need a healing touch from you today. May your mercies be poured out on them today as they experience your healing powers. May we all have faith in your desire and ability to heal us.*

## Day 5

### He Prayers

Thanking Him for who He is, these are admiration and exaltation prayers. Praising and thanking God for how big and powerful He is.

#### **Jehovah Jireh**, God our Provider

*“Abraham said, ‘God will provide for Himself the lamb for the burnt offering, my son’. Then Abraham raised his eyes and looked, and behold, behind him a ram caught in the thicket by his horns; and Abraham went and took the ram and offered him up for a burnt offering in the place of his son. Abraham called the name of that place The Lord Will Provide, ‘In the mount of the LORD it will be provided.’” (Genesis 22:8, 13-14, NIV)*

*Thank you God our provider, the great Jehovah Jireh. Help me to seek your Kingdom first with gratitude for the way you provide for your children out of your bountiful love for us. I am grateful that you give us the freedom to approach you even in small things.*

### Me Prayers

Praying God’s promises. Prayers of proclamation and declaration. Speaking God's promises over my life and situation.

#### **Provision**

*“And my God will meet all your needs according to the riches of his glory in Christ Jesus.” (Philippians 4:9, NIV)*

*As I pray to you today Jesus let my thanksgiving be an antidote to anxiety. Help me to be grateful for both the great and small provisions from you in my life. I ask that my gratitude will help me experience your peace today. I pray for a breakthrough in my finances and that I will be a good steward of all that you bless me with.*

### We Prayers

Praying for others. These are intercessory prayers, standing in the gap for others, praying for God to move in other people’s hearts and lives.

#### **Pray for your family**

*“For he will order his angels to protect you wherever you go.” (Psalms 91:11, NLT)*

*“May the Lord bless you and protect you.” (Numbers 6:24, NLT)*

*“The Lord keeps watch over you as you come and go, both now and forever.” (Psalms 121:8, NLT)*

*Father God, I pray for your bountiful resources be poured out to my friends and family and my church community. Help me to be ready and willing to bless others with the resources that you bless me with, including my time and talents.*

## **Day 6**

### **He Prayers**

Thanking Him for who He is, these are admiration and exaltation prayers. Praising and thanking God for how big and powerful He is.

**EI Roi:** The God who sees me.

*“For you created my inmost being, you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful.” (Psalm 139:13-14 NIV)*

*Father, you tell me in your word that you are faithful, that you both hear us and see us. So let me worship you with great faith. I praise you because you are always nearby. Let me feel your presence. Remind me that you watch over me and hear the cries of my heart. Help me to see myself as only you can see me.*

### **Me Prayers**

Praying God’s promises. Prayers of proclamation and declaration. Speaking God's promises over my life and situation.

#### **Loneliness**

*“Do not be afraid, for I am with you. Don’t be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my right hand.” (Isaiah 41:10 NLT)*

*Dear Heavenly Father, your word tells me that even when my friends and family abandon me you hold me close. Help me today to not be discouraged but to lean into your strength and help. I thank you, like Paul says in Romans, that nothing can separate me from your love.*

## **We Prayers**

Praying for others. These are intercessory prayers, standing in the gap for others, praying for God to move in other people's hearts and lives.

### **Pray for those that need comfort.**

*"The Lord is close to the brokenhearted and bandages their wounds."  
(Psalms 147:3, NLT)*

*"But those that trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint." (Isaiah 40:31, NLT)*

*Even in King David's darkest hours he knew not to be afraid because you were always close beside him to comfort and protect him. Today I intercede for my friends and family and others in the church who need comfort. Please give them strength and courage. Comfort them as you promise in your word. Thank you for your continued mercy. Remind me of how you comforted me in my troubles so that I might be able to give them the same comfort.*

## **Day 7**

### **He Prayers**

Thanking Him for who He is, these are admiration and exaltation prayers. Praising and thanking God for how big and powerful He is.

### **Immanuel: God With Us**

*"Even though I walk through the darkest valley, I will fear no evil, for you are with me." (Psalms 23:4 NIV)*

*You are a great and mighty God. I praise you for all that you are and all that you have created. I worship you today for all your provisions, your protection and for being my guiding light in troubled time. I know that you are with me because of the promises in your word, Thank you Jesus!*

## **Me Prayers**

Praying God's promises. Prayers of proclamation and declaration. Speaking God's promises over my life and situation.

### **God's Presence**

*"I am convinced that nothing can separate us from God's love. Neither death nor life, neither angels nor demons, neither fears for today nor worries about tomorrow-not even the powers of hell can separate us from God's love."* (Romans 8:38, NLT)

*Today I pray the psalm of David; "The one thing I ask of you Lord-the one thing I seek most- is to live in the house of the Lord all the days of my life, delighting in the Lord's perfections and meditating in his Temple."*

*Thank you, Father, for drawing me near to you and I stand in amazement of your steadfast love for me. Help me to serve you faithfully.*

## **We Prayers**

Praying for others. These are intercessory prayers, standing in the gap for others, praying for God to move in other people's hearts and lives.

### **Pray for your church and church leadership.**

*"I appeal to you, dear brothers and sisters, by the authority of our Lord Jesus Christ, to live in harmony with each other. Let there be no divisions in the church. Rather, be of one mind, united in thought and purpose."* (1 Corinthians 1:10, NLT)

*"Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose."* (Philippians 2:2, NLT)

*Dear God, I want to lift up my pastors and church leaders, those who help cast the vision that you have entrusted them with, I thank you for their courage, humility and wisdom. Protect them, encourage them, and give them strength as they lead us. I pray that you give them good health and that you protect them from all diseases. Help them to have clarity of mind. Lord, I pray against any division in the church as we seek to further your kingdom.*