# 21 days OF PRAYER

Sept. 13- Oct. 3

# Instructions

If you are looking for a way to be more consistent with your relationship with God, try starting your day with the **FIRST 15**. Take the First 15 minutes of our day and split the time

- 5 mins: reading our Bible,
- 5 mins: praying to God, and
- 5 mins praising His name.

For the next 21 days, we are going to put this into practice as we grow in our relationship with God. My hope and prayer is that these 21 days you learn to trust God with more of your heart, more of your thoughts, and more of your life. These habits are not just for this month, but for every day of your Christian walk- they will help you to build a routine that will start your day strong by talking to God and not relying on yourself.

Provided in each day will be a **bible verse** (if you want to do more- read the whole chapter) and a prompt for **prayer.** Spend time each day talking with God and listening for His responses.

Set aside a notebook or use sticky notes to write prayers, notes, or other verses as you pray. It helps to take note of what you are praying during these next few weeks so you can look back and see the way that God has answered your prayers. **Remember that specific prayers receive specific answers**, so don't be afraid to prayer big, bold, detailed prayers!

# week 1

Prayer is more than asking God for things. It is an invitation to know Him. We can easily fall into a transactional view of prayer: I have a need, so I ask God to meet it. I have a problem, so I ask Him to fix it. I want something, so I ask Him to give it to me. And God does invite us to bring our needs to Him. Jesus tells us to "ask, and it will be given to you" (Matthew 7:7). But prayer was never meant to be simply a way of getting things from God. Prayer is not merely bringing God our list; it is giving God our attention.

At the heart of prayer is relationship. Jesus defined eternal life not simply as knowing about God, but as knowing Him: "This is eternal life: that they know you, the only true God, and Jesus Christ whom you have sent" (John 17:3). The Christian life is an invitation into friendship with God—to walk with Him, listen to Him, speak honestly with Him, worship Him, and learn to recognize His presence. The Psalms repeatedly model this kind of prayer like "My soul thirsts for God" (Psalm 42:2). The deepest desire of the praying heart is God, give me You. This week, we want to slow down and rediscover that kind of prayer.

We will pray not only for God to change our circumstances, but for God to change us. We will bring our worries, hopes, failures, questions, and desires to Him, while also learning to be still before Him. "Be still, and know that I am God" (Psalm 46:10). Some days you may feel God's presence clearly. Other days prayer may feel ordinary or even difficult. Don't measure your relationship with God by your feelings. Faith means continuing to turn toward Him because He is worthy of our trust, even when we cannot see what He is doing.

The goal of this week is not to become better at getting answers from God. It is to become more aware of God Himself. So as you begin, don't worry about finding the perfect words. Come honestly. Come expectantly.

## day 1

Philippians 3:10-11

"**I want to know Christ** and experience the mighty power that raised him from the dead. I want to suffer with him, sharing in his death, so that one way or another I will experience the resurrection from the dead!"

Pray today to know Christ better. Pray for a deeper, personal experience of Jesus's heart, power, and sacrifice, moving beyond an intellectual understanding and beyond a realization of miracles that you read about, butl ook at the cross not as a distant event, but as an intimate rescue mission done specifically for you.

## day 2

James 4:8

"Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world."

Pray to draw closer to Christ. Ask for forgiveness for worldly distractions and invite God to close the distance, relying on His promise to draw near. Make a daily decision to turn away from distractions and intentional sin and choose spend your time getting closer to understanding who God is and what He wants for you.

# day 3

Psalm 46:10

"Be still and know that I am God! I will be honored by every nation.
I will be honored throughout the world."

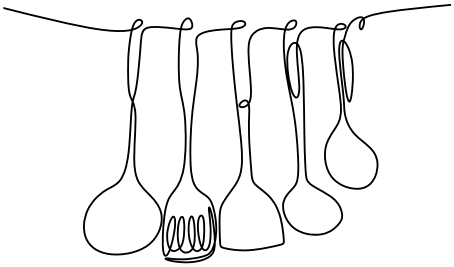
Pray to be still: request a quiet, peaceful mind to better hear God's voice and simply rest in His presence. Ask for a quiet mind so you can hear the Holy Spirit speak. When we watch the news, we can see there are places in the world that are full of things like crime, wars, political violence, natural disasters. This psalm is a song that was written when Israel was threatened by all of these things and this was sung as an encouragement **to not look at what is happening around us and fear, but to 'Know that He is God'.** God is a fortress and a refuge, a safe place, in times of crisis and trouble. Whether the chaos seems to be happening in our lives or around us, we can rest assured that peace comes through Christ.

# day 4

Psalm 63:1

"O God, you are my God; I earnestly search for you. My soul thirsts for you; my whole-body longs for you in this parched and weary land where there is no water."

Pray for spiritual thirst and seeking a deeper longing for God's presence above all else. Thank God for things in your life now and ways you have watched Him care for you. Ask to have a deeper prayer life, to hear God's voice more clearly, and to grow closer to Him. Pray for Him to reveal Himself in a way He hasn't before. Remember that Jesus is not only the Vine (John 15:1-5) but also the Living Water (John 4: 13-14) without both of these aspects, we would wither away- go continuously to the deep-water source to be renewed.



Brother Lawrence was a humble 17th-century monk who spent much of his life doing ordinary work in a monastery kitchen. He washed dishes, prepared meals, cleaned, and carried out the tasks that others might have considered insignificant.

Yet Brother Lawrence deeply desired to know God—not simply to know about Him, but to experience His presence throughout his everyday life.

At first, he may have thought that knowing God more deeply required more time, more silence, or more impressive spiritual experiences. Instead, he discovered something wonderfully simple: he could pray wherever he was.

While washing dishes, he would quietly turn his heart toward God:

"Lord, You are here. I am doing this for You."

When his mind wandered, he simply returned to God. While cooking, he prayed. While cleaning, he prayed. In moments of difficulty, he prayed. He learned to continually acknowledge God's presence—not only during formal prayer, but throughout the ordinary moments of his day.

Over time, the kitchen became more than a place of work. It became a place where he met with God. Brother Lawrence discovered that prayer was not merely asking God for things. Prayer was learning to be with God.

He didn't need a more exciting life to know God more deeply. He needed to become more aware of the God who was already with him. His life reminds us that we can pray anywhere: while working, driving, cooking, walking, or washing dishes. "Lord, You are here. Help me to know You, notice You, and walk with You today." Sometimes the deepest prayer is simply learning to recognize that God is already there.

## day 5

Ephesians 1:17

"...asking God, the glorious Father of our Lord Jesus Christ, to give you spiritual wisdom and insight so that you might grow in your knowledge of God."

Pray for revelation to know God better and to understand His character more deeply. Pray not to lean on your own human logic, but to see God's truth applied to your every day life and allow faith to drive your steps. Pray also for wisdom in the Spirit and knowledge of His will to seek the things of heaven above the things of this world.

## day 6

Psalm 86:11

"Teach me your ways, O Lord, that I may live according to your truth! Grant me purity of heart, so that I may honor you."

Pray for God to align your personal passions with His. King David, who is seemingly has all power and control from a worldly perspective is asking God to unite his heart with His and to fear His name. May we do the same- Lord, help to unify my scattered thoughts and affections, giving me a single-minded focus to love, know, and follow You above all else.

## day 7

John 10:27

"My sheep hear my voice, and I know them, and they follow me."

This focuses on developing a heart that not only speaks to God in prayer but learns to recognize and listen to His voice through Scripture and the Holy Spirit. **Jesus invites us into a two- way relationship** where prayer is not just talking to God but quietening our hearts to recognize His personal guidance. Don't just finish these prayers and run off to start your day- pray for God's voice to be obvious, meditate on His Word, look for Him in situations and really think about what He teaches. It is in the studying of Who God is that you may receive some of your answers.

# week 2

We cannot grow close to someone we never speak with, and we cannot build intimacy without choosing to make that relationship a priority. Prayer gives us both a place to speak honestly with God and a daily opportunity to commit ourselves to walking with Him.

God already knows what we need. Jesus reminds us that “your Father knows what you need before you ask him” (Matt. 6:8). So why pray? Because prayer is not about informing God; it is about communicating with God. He invites us to bring our needs, fears, hopes, disappointments, and desires into His presence. “Cast all your anxiety on him because he cares for you”.

We don't need to hide what is happening inside us. We can tell God when we are afraid. We can ask Him for wisdom when we don't know what to do. We can bring Him our financial needs, our relationships, our work, our families, our struggles, and our dreams. “In everything, by prayer and petition, with thanksgiving, present your requests to God” (Phil. 4:6).

But communication with God is not only about asking. A healthy relationship also requires listening. Prayer creates space for us to become quiet, to remember God's Word, to pay attention to what He may be teaching us, and to allow Him to shape our desires. Sometimes the answer we need is not a changed circumstance, but a changed heart.

Relationships deepen when we intentionally make room for them. We may say that God is important to us, but our calendars, habits, attention, and choices reveal what we are actually committed to. Commitment is not an attempt to earn God's love. We commit ourselves because we have already been loved. Our obedience becomes a response to grace. Small commitments, faithfully practiced, can create space for deep transformation.

## day 8

Psalm 119:11

"I have hidden your word in my heart, that I might not sin against you."

Pray for the discipline to hide God's Word in your heart so you do not stray from His commands. Ask God for a love of His Word and disciplined habit of storing Scripture in your heart so that it shapes your thoughts and choices.

## day 9

John 15:5

"Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing."

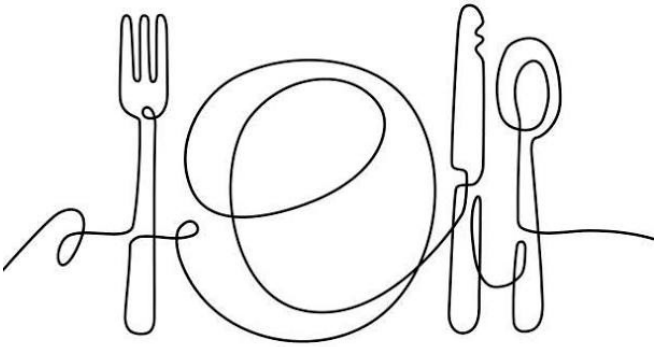
Ask the Holy Spirit to strip away pride and self-reliance, helping you depend on Him for daily strength. This emphasizes daily dependence on Christ, rather than simply avoiding pride. Move away from self- reliance and rest completely in your continuous source of life and strength in Jesus.

## day 10

Matthew 6:33

"Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need."

Pray for the consistency to seek Him daily through unceasing prayer and regular study of the Scriptures. Verse 33 says to "seek first"- how can you seek God first in your activities, your words, your goals, your motivations? Ask God to give you direction and guidance before you speak, before you start activity, before you give advice, before you decide to do something... or not do it. Seeking God first means letting His character shape your every thought, word, and action before they happen.



George Müller was a Christian minister in England who became known for caring for thousands of orphaned children. He founded orphan houses in Bristol and made a remarkable commitment: he would trust God to provide for the children's needs through prayer, rather than asking people directly for money. One morning, the children gathered for breakfast, but there was no food in the orphanage—not even enough bread or milk. Müller knew there was nothing he could do, so he gathered the children and prayed, thanking God for the food they were about to receive. Soon afterwards, there was a knock at the door.

A baker had come with fresh bread. He explained that he had felt compelled to bake extra bread that morning and bring it to the orphanage. Then another knock came. A milkman's cart had broken down outside the orphanage. He needed to unload the milk so that his cart could be repaired, and he offered the milk to Müller and the children. The children had their breakfast.

For Müller, this was a powerful example of what he had experienced repeatedly throughout his ministry: God hears prayer and provides. Müller did not believe prayer was a way of forcing God to give us what we want. Rather, he believed that God was trustworthy and that His people could bring their needs to Him with confidence. His life became a testimony to the power of prayer—not because every answer came immediately, but because he continued to trust God even when he could not see how the need would be met.

The lesson of Müller's life is simple: we may not always see the answer when we pray, but we can trust the God who hears us.

## day 11

Psalm 139:23-24

"Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life."

This is a **courageous invitation** for God to search your heart and expose any hidden areas, distractions, or idols keeping you from total devotion. Ask God to reveal attitudes, habits, motives, or sins that may be hindering our relationship with Him. Ask Him to inspect your inner life, expose hidden hindrances, and guide you back to His path.

## day 12

Proverbs 16:9

"We can make our plans, but the Lord determines our steps."

Pray for the grace to yield your personal plans, ambitions, and desires completely to His sovereign direction. Holding our plans with open hands and trusting God's direction above our own even when we hold deeply a hope. Allow God to align your mind to seek His will for you.

## day 13

Matthew 12:34

"For the mouth speaks what the heart is full of."

Ask for a commitment to purity in your thoughts, media consumption, speech, and physical actions. Asking God to shape not only our outward behavior but also the condition of our inner thought life. Pray for wisdom regarding what you watch, read, and listen to and seek grace to guard your tongue from gossip, harshness, and anger.

# day 14

John 14:15

"If you love me, keep my commands."

Commitment is demonstrated through obedience. **We aren't simply seeking to know God's will—we're asking for the courage and willingness to follow it.** Knowing God's commands are easy, doing them isn't always as easy. Pray for a willing heart to obey God, even when obedience is difficult.

# week 3

Faith was never meant to be lived alone. Jesus called disciples into a community, taught them to pray together, serve one another, and love their neighbors. The Christian life is personal, but it was never meant to be private. This week, we turn our attention outward from our relationship with God to our relationship with His people and the world around us.

One of the most powerful ways we love others is through intercessory prayer—bringing someone else's needs before God. Paul continually prayed for the churches he loved. He wrote, "I always thank my God as I remember you in my prayers" (Philemon 1:4). He didn't simply pray for his own needs; he carried other people before the Lord. Intercession is an expression of love. When we pray for a struggling friend, a sick family member, a church leader, a neighbor who doesn't know Jesus, or someone experiencing suffering around the world, we are sharing the love that Christ has shown us.

This week, we will also consider what it means to be committed to a community of faith. It is possible to attend church without truly belonging to it. But Scripture calls us into something deeper: "Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together" (Hebrews 10:24-25).

Community requires presence. It requires showing up, listening, encouraging, forgiving, helping, and sometimes allowing others to help us. We need people who will pray for us, and others need people who will pray for them. Jesus said, "You shall love your neighbor as yourself" (Mark 12:31). We are called to become a blessing to the communities where God has placed us. Serving a neighbor, helping someone in need, visiting the lonely, welcoming the stranger, caring for creation, or giving our time to a local organization can all become expressions of God's love.

## day 15

Hebrews 10:24-25

"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together..."

Pray and ask God to give you a genuine commitment to fellowship—not merely attending church, but intentionally knowing, encouraging, serving, and walking alongside other believers. Allow transformation of your heart to form a routine habit of attending church into an active, heart- level commitment to true Christian community. Because with it will come family, people who encourage you, challenge you, support you, help you, hold you accountable, pray over you and have honest conversation with you.

## day 16

Galatians 6:2

"Carry each other's burdens, and in this way, you will fulfill the law of Christ."

Pray and ask God to make you attentive to the struggles of people around you and **willing to come alongside them**—not just with words, but with prayer, practical help, compassion, and presence. Heavy burdens, we are not strong enough to endure on our own, so pray that God's yoke helps you to walk with others through times of need.

## day 17

1 Timothy 2:1

"I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people."

Pray for the spiritual, emotional, physical, and practical needs of people around you. Ask God to show you who needs prayer and to make you faithful in intercession. Commit yourself to standing beside the people in your life for their gratitude, dreams, needs and wants.

## day 18

Colossians 3:13

"Forgive as the Lord forgave you."

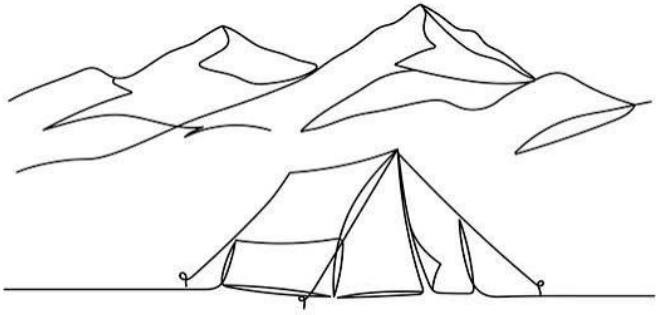
Bring broken relationships, offenses, resentment, and unresolved conflict before God and ask for humility to forgive and, where possible, pursue reconciliation. Pray for grace to for those around you and in your life and direction in pursing unity amongst the body of Christ.

## day 19

1 Thessalonians 5:11

"Therefore encourage one another and build each other up..."

Ask God to transform your daily into acts of spiritual restoration. Pray for opportunities to speak life, offer support, and remind others of God's faithfulness. Ask for God to form you into someone who strengthens and encourages rather than discourages others.



David Livingstone was a Scottish missionary who spent much of his life travelling through Africa, sharing the Gospel in places where he often faced danger. One night in January 1856, Livingstone learned that a local group of warriors intended to attack his camp. He was frightened and wrote honestly about his fear. But as he prayed, he remembered the words of Jesus: **"I am with you always, even unto the end of the world."** Livingstone wrote that this promise brought an end to his fear, and he became calm. That night, the expected attack never came. Years later, Livingstone was back in Scotland and told his supporting church what had happened. Someone approached him with a prayer record showing that, on the very night Livingstone had faced danger, a group of men had gathered specifically to pray for his protection. The account says there were 47 men praying for him.

Livingstone went on to share the gospel with this tribe- later he asked the local chief why his men had not attacked that night, the chief reportedly answered that when they came near the camp, they saw 47-armed warriors surrounding it with swords. The only "warriors" he knew of were the people praying for him thousands of miles away.

The lesson is simple but profound; **prayer connects us to a God who sees what we cannot see.** We may never know what dangers have been prevented, what doors have been opened, or what people have been protected because someone prayed. Sometimes we see the answer immediately. Sometimes we may only discover it years later. But Livingstone's story reminds us why we should never underestimate the power of praying for others—and never assume that our prayers are unheard.

# day 20

Galatians 5:13

"You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the sinful nature; rather, serve one another in love."

True Chistian freedom is an invitation to active, selfless love rather than a license to live selfishly. Love and service to others includes praying for compassionate hearts that actively serve the weak, poor, and hurting. **Allow God to use you in unexpected ways.**

# day 21

Colossians 4:3

"And pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ..."

Pray for open doors and courage to share the good news with the surrounding neighborhood, city of Milan, Italy, and all the world. Pray that the love, unity, generosity, and witness of your Christian community would draw people toward Christ. Ask God to prepare the minds of those who do not yet know Him and the boldness to share the gospel with them.

# Notes

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“We please God most, not by frantically trying to make ourselves good, but by throwing ourselves into His arms.”

A.W. Tozer