

21 DAYS THROUGH  
*The Lord's Prayer*

YOUR INTIMATE PRAYER GUIDE,  
WITH ERIC CÉLÉRIER



# Acknowledgments

I'd like to thank the Lord for inspiring me on this prayer journey and for blessing me with His presence as I wrote it. One day in His courts is better than a thousand elsewhere!

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And I'd like to thank you, in particular, for wanting to experience this prayer journey with the Father. Thank you for your trust.

Your Friend,  
**ERIC CÉLÉRIER**

# Contents

Acknowledgments	2
The story behind this training...	5
Why pray?	7
Day 1: "When you pray..."	10
Day 2: "God sees in secret"	14
Day 3: "God is here..."	17
Day 4: "You are a child of God..."	20
Day 5: "God is a good father..."	23
Day 6: "In heaven..."	26
Day 7: "Hallowed be..."	29
Day 8: "Your name..."	32
Day 9: "Your Kingdom come"	36
Day 10: "Your will be done..."	40
Day 11: "On Earth as it is in heaven"	43
Day 12: "Heaven on Earth"	46
Day 13: "Give us this day"	49
Day 14: "Our daily bread"	53
Day 15: "Daily"	57
Day 16: "And forgive us our debts"	60
Day 17: "As we forgive..."	63
Day 18: "Our debtors"	66
Day 19: "And do not lead us into temptation..."	70
Day 20: "But deliver us from the evil one."	73
Day 21: "The kingdom and the power and the glory!"	77
Bonus Day: "Amen"	81

“COME CLOSE TO GOD,  
AND GOD WILL  
COME CLOSE TO YOU.”

*James 4:8*

# The story behind this training...

 Listen to the audio

In a survey of A Miracle Every Day readers, I asked this question: “*What frustrates you the most in your Christian life?*”.

50,000 people responded, and for a third of them, their greatest frustration was not knowing how to pray.

Maybe you’re one of these people who know that it’s important, necessary, and beneficial to pray but don’t manage to, don’t find the time, or don’t know how.

I wondered how I could help them. So over one summer break, I started to write the material for what would become a book and video training. It blessed and did me a lot of good, as it did for those around me during the writing process of *21 Days through the Lord’s Prayer*. It especially blessed my wife and our friends (David and Maélys) who welcomed us into their homes. I’d like to thank them, especially since my summer break was so studious that they didn’t see me much.

I remember reading a text in the waiting room of the town hall of Grasse while we were waiting to meet the mayor of the city. What I didn’t know is that the secretary could hear me. She was delighted to tell me how much this text had blessed her!

In this e-book, you’ll find some special features:

- Each day has its own audio recording. In addition to reading this book, you can also progress through the training by listening to the audio version.
- The word [SELAH] appears often. Did you know that this word is found in the Bible? It’s mentioned more than 70 times in the Psalms and means “pause.” As a friend, I’d offer this advice: when God invites you to pause, do it. ;-)
- Why 21 days? Because according to some specialists, that’s the time needed to create or develop a habit. Habits create character...and character creates destiny. That’s why having spiritual habits is so important.

I’m praying for you as you start this book. I pray that the Lord would visit you. That you’d be able to encounter Him and even hear Him speak directly to your heart. That these 21 days would transform your prayer life and even your entire life. I pray this in the name of Jesus. Amen!

**YOU ARE A MIRACLE!**

“COMING OUT,  
HE WENT TO THE MOUNT OF OLIVES,  
AS HE WAS ACCUSTOMED,  
AND HIS DISCIPLES  
ALSO FOLLOWED HIM.”

*Luke 22:39*

# Why pray?

 Listen to the audio

Let's take a look for a moment at Jesus' life... Jesus was accustomed to going to the Mount of Olives to pray.

The Bible says in [Luke chapter 22, verse 39](#), "Coming out, He went to the Mount of Olives, as He was **accustomed**, and His disciples also followed Him."

In Greek, this word "accustomed" is the word "Ethos." It's translated a "habit" or "custom"; in other words, something that's repeated **regularly**. Jesus had customs, habits, and daily disciplines. He had "**Ethos**."

Jesus prayed daily, so every day became special for Him! He transformed an **insignificant** place into a place of **blessing**, and thus He turned an **ordinary** day into an **extraordinary** day.

Why? Because He had the habit of praying, of setting Himself apart, of separating Himself to reconnect with the Father. To have a special time of communion, hear His instructions, and act according to the Father's will. Jesus had a plan for prayer that He taught us in the Lord's Prayer. Thus, the Lord's Prayer is much more than a prayer to be recited—it's the model that Jesus provided for us to communicate with the Father.

If Jesus, the Son of God, needed to create customs, follow routines, develop habits...in short, Ethos...then how much more do we need them?

And that's why the disciples came to Jesus, saying, "*Master, teach us to pray.*"

I could reword their request like this: "*Lord, we want to understand Your secret and experience what You do when You pray. We want the Father to use our lives like He does for You. We want to see miracles happen, the sick be healed. We're thirsty for this incredible relationship that You have with the Father. Teach us, Lord. We're Your students. Teach us to pray! John the Baptist also taught his disciples to pray. Teach us too. In fact, most of us know we need to pray, but we don't know how to.*"

It's in response to this request that Jesus would teach this famous prayer that would later be called the Lord's Prayer.

The Lord's Prayer contains, in essence, all of Jesus' secrets about prayer and all the keys to accessing the Father. I'll say it again... **it's much more than a prayer to be recited—it is the very school of prayer!**

I invite you to join this school, in the Father's intimacy, for the next 21 days.

These times are between you and God. That's why I invite you to truly get comfortable. During each session, I'll invite you to take time to meditate, worship, or listen. If, during the training, you'd like to close your eyes, go ahead. If you'd like to get down on your knees, do so. Feel free! The Bible says, "*...wherever the Spirit of the Lord is, there is freedom.*" ([2 Corinthians 3:17](#))

As you begin this prayer journey, may I pray again for you?

*“Lord Jesus, thank You for being such an incredible model for us. You are the Master, and we are the disciples. Thank You for teaching us to pray. I pray for my friend who’s starting this 21-day journey. I ask that You would give him/her extraordinary times in the presence and intimacy of the Father. I pray that his/her life would be changed forever and that the benefits of this relationship with You would flow into his/her life and into others’ lives all around. May Your name be glorified! Amen.”*

Would you like to ask the Lord yourself to teach you to pray? Take a moment to also say, “Lord, teach me to pray.”

## **WELCOME TO THIS PRAYER JOURNEY.**

*P.S. Here is a worship song to prepare your heart for this journey: [“Way Maker,”](#) sung by Leeland.*

“BUT YOU, WHEN YOU PRAY,  
GO INTO YOUR ROOM,  
AND WHEN YOU HAVE SHUT YOUR DOOR,  
PRAY TO YOUR FATHER  
WHO IS IN THE SECRET PLACE...”

*Matthew 6:6*

## Day 1: "When you pray..."

 Listen to the audio

Welcome to this prayer journey. You've made the right choice setting yourself apart for this time. I believe that your life will be transformed.

May I pray for you right now?

*"Dear Jesus, thank You for teaching us to pray. Thank You for promising that when we go into our rooms, in the secret place, God, our Father, sees us. Thank You for saying that God rewards those who seek Him. I pray that You'd bless my friend who's reading this right now. Amen."*

Find a place to sit and get comfortable. If you're listening to the audio, you can close your eyes if you'd like.

This is **your** time with the Father. Let Him fill **you** with His peace.

[SELAH]

Just before teaching on the Lord's Prayer, in the Gospel of Matthew, Jesus said, "**BUT YOU, WHEN YOU PRAY**, go into your room, and when you have shut your door, pray to your Father who is in the secret place..." ([Matthew 6:6](#))

So, to be able to pray, we have to open ourselves up to the Lord and close the door to worries and concerns.

The Bible says, "**Don't worry about anything**; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." ([Philippians 4:6-7](#))

Know that, just like you're here right now, God is also here through His Holy Spirit. He is as present as you are. He sees you. He hears you. Imagine Jesus sitting next to you, ready to teach you about prayer, looking forward to listening to you and spending this time of communion with you.

[SELAH]

Remain in silence for a few moments and know that you're in the presence of the living God.

- He is love.
- He is kind.
- He is mercy.
- He is grace.
- He is peace.
- He is here.
- He is very near to you, right beside you.

[SELAH]

The Bible declares, “Come close to God, and God will come close to you.” ([James 4:8](#))  
Know that God Himself is coming close to you right now.

[SELAH]

Keep breathing deeply, knowing that He is the One who gave you the breath of life. Thank God for this grace. When you inhale, imagine Him filling you with His Spirit, His presence, His peace, and His strength, and when you exhale, imagine Him emptying you of your worries, your suffering, your problems, and your weaknesses. He is here.

[SELAH]

Speak to Him simply, in your own words.

[SELAH]

More than giving you breath, He has made you a living soul. And this soul needs His presence. His presence is here, and it’s filled with kindness. Praise God for a few moments for His wonderful presence. Throughout this day, it will never leave you.

[SELAH]

Now I invite you to listen to the song “[The Lord’s Prayer](#)” by Hillsong Worship.

Isn’t this song beautiful?

Take a few moments in silence to listen to God’s voice and receive what He wants to communicate with you.

[SELAH]

As we finish, let’s pray [the Lord’s Prayer](#) together...

*Our Father in heaven,  
Hallowed be Your name.  
Your kingdom come.  
Your will be done  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
As we forgive our debtors.  
And do not lead us into temptation,  
But deliver us from the evil one.  
For Yours is the kingdom  
And the power  
And the glory forever.  
Amen.*

Congratulations! Today, you've taken the first step towards a changed life, marked by the presence of God, by developing good habits and putting your "Ethos" - that is, a good habit - into place.

I'll see you tomorrow for your 2nd day. Don't forget this practice of spiritual breathing. God wants to fill you with His life and empty you of all that's hindering you. You can practice this at any time.

Write down what came to mind during the time of silence. You can extend this time if you'd like.

**HAVE A BEAUTIFUL DAY IN HIS PRESENCE.**

“ANYONE WHO WANTS TO COME TO HIM  
MUST BELIEVE THAT GOD EXISTS  
AND THAT HE REWARDS THOSE  
WHO SINCERELY SEEK HIM.”

*Hebrews 11:6*

## Day 2: "God sees in secret"

 Listen to the audio

Congratulations! It's your 2nd day.  
May I pray for you right now?

*"Dear Jesus, I pray for my friend who is going to spend this time in Your presence. You see her, You see him, in the secret place. I pray that this time spent with You would be a rich blessing for him/her. In Your name, Jesus, amen."*

Find a place to sit and get comfortable. If you haven't already, close your eyes in the peace and quiet if you're listening to the audio. Let your worries, your concerns, go. You are entering into the presence of the One who rewards those who seek Him.

[SELAH]

Before teaching on the Lord's Prayer, in the Gospel of Matthew, Jesus said, **"AND YOUR FATHER WHO SEES IN SECRET WILL REWARD YOU OPENLY."** ([Matthew 6:6](#), NKJV)

Not only does God see you, but He wants to reward you for setting this time apart for Him. The Bible says in [Hebrews 11:6](#), "...Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him."

God exists, and He is alive. Know that God is there, right beside you. This God of love, of joy, of victory, and of peace is with you.

[SELAH]

God rewards those who sincerely seek Him. Take a moment to tell the Lord, in your own words, that you're seeking Him and that you will be seeking Him over the next several days.

[SELAH]

Continue to breathe and see with eyes of faith the reward that God will give you as you seek Him with your whole heart.

[SELAH]

The Word of God also says, "And you will seek Me and find Me, when you search for Me with all your heart. I will be found by you, says the Lord, and I will bring you back from your captivity; I will gather you from all the nations and from all the places where I have driven you, says the Lord, and I will bring you to the place from which I cause you to be carried away captive." ([Jeremiah 29:13-14](#), NKJV)

I declare it over your life! As you seek the Lord, search for Him with all your heart, He will be found by you. He will bring you back from your captivity. He will bless your life!

During [this musical SELAH](#), I invite you to look ahead, through eyes of faith, and see the reward that the Lord will give you because you're seeking Him. Tell the Lord what you see.

[SELAH]

Now take a few moments to listen to God in silence, keeping your thoughts fixed on these words: "And you will seek Me and find Me, when you search for Me with all your heart. I will be found by you."

[SELAH]

As we finish, let's pray [the Lord's Prayer](#) together...

*Our Father in heaven,  
Hallowed be Your name.  
Your kingdom come.  
Your will be done  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
As we forgive our debtors.  
And do not lead us into temptation,  
But deliver us from the evil one.  
For Yours is the kingdom  
And the power  
And the glory forever.  
Amen.*

Congratulations, you've set aside this time for God... well done! You will see the fruit of it. I'll see you tomorrow for your 3rd day. Keep seeking God throughout this day, and remember that He rewards those who seek Him.

Write down what came to mind during the time of silence. You can extend this time if you'd like.

**HAVE A BEAUTIFUL DAY IN HIS PRESENCE.**

“AND YOUR FATHER  
WHO SEES IN SECRET  
WILL REWARD YOU OPENLY.’”

*Matthew 6:6*

## Day 3: "God is here..."

 Listen to the audio

Congratulations! It's your 3rd day.

May I pray for you right now?

*"My Father, I pray for my friend who is going to spend this time with You. May he/she be blessed. May he/she be encouraged. I ask that You give my friend an amazing time with You, Father. In Jesus' name, amen."*

Find a place to sit and get comfortable. If you haven't already, close your eyes in the peace and quiet if you're listening to the audio.

Know that God is here.

[SELAH]

In the Lord's Prayer, Jesus said, **"IN THIS MANNER, THEREFORE, PRAY: OUR FATHER IN HEAVEN."**

God is there. You can let **all anxiety** go. The Bible says, *"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."*

Know that, just like you're here right now, God is also here through His Holy Spirit. He is as present as you are. He sees you. He hears you.

[SELAH]

Stay in an attitude of gratitude for a few moments and realize that you're entering into the presence of the living God, the Creator of the universe.

He is love, He is kind, He is mercy, He is grace, He is peace. He is here. He is very near to you, right beside you. Thank Him for this in your own words.

[SELAH]

The Bible declares, "Come close to God, and God will come close to you..." ([James 4:8](#)) Know that God Himself is coming close to you right now, and thank Him that He is.

[SELAH]

Continue to breathe deeply. It's the Lord who gave you this breath of life. Thank God for the breath of life. When you inhale, imagine Him filling you with His Spirit, His presence, His peace, and His strength, and when you exhale, imagine Him emptying you of your worries, your suffering, your problems, and your weaknesses. He is here.

[SELAH]

Now speak to Him simply, in your own words. Let Him know your needs.

[SELAH]

God is present beside you, and at this very moment, His kind gaze is on you. Take a moment to praise Him because He has made you a **living soul**. Worship Him for His wondrous presence that never leaves you.

[SELAH]

I invite you to listen to [this song](#) by Amanda Cook of Bethel Music. During this song, praise God that you are a living soul. What a wonderful worship song.

Take a few more minutes to listen to God in silence, keeping your thoughts fixed on Him.

[SELAH]

As we finish, let's pray [the Lord's Prayer](#) together...

*Our Father in heaven,  
Hallowed be Your name.  
Your kingdom come.  
Your will be done  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
As we forgive our debtors.  
And do not lead us into temptation,  
But deliver us from the evil one.  
For Yours is the kingdom  
And the power  
And the glory forever.  
Amen.*

Congratulations! I'll see you tomorrow for the 4th day. Don't forget this practice of spiritual breathing. God wants to fill you with His life and empty you of all that's hindering you. You can practice it any time.

Write down what came to mind during the time of silence. You can extend this time if you'd like.

**HAVE A BEAUTIFUL DAY IN HIS PRESENCE.**

“FOR HIS SPIRIT  
JOINS WITH OUR SPIRIT  
TO AFFIRM  
THAT WE ARE GOD’S CHILDREN.”

*Romans 8:16*

## Day 4: "You are a child of God..."

🔊 Listen to the audio

Congratulations! It's your 4th day.

May I pray for you right now?

*"My Father, thank You for making my friend, who's reading this right now, Your child. I know that he/she is blessed and beloved of You, Father. May this time of prayer be another great blessing for his/her life. In Jesus' name, amen."*

Find a place to sit and get comfortable. If you're listening to the audio, you can close your eyes if you'd like. Start to think about your Father in heaven.

[SELAH]

Realize that God put His breath of life into you. You are a living soul. The One who created you and desired your existence remains beside you at this very moment, and He is full of lovingkindness. Allow His peace to fill and surround you.

[SELAH]

When Jesus taught the Lord's Prayer, He started with these words: "**OUR FATHER.**"

These 2 words implicitly mean that we are **His children** since He is **Our Father**.

The Bible says, "*For his Spirit joins with our spirit to affirm that we are God's children.*" ([Romans 8:16](#), NLT)

For a few moments, as you breathe deeply, let the Spirit of God join with your spirit to affirm that you're a child of God.

[SELAH]

He is the comforting Spirit. He is the Spirit who reminds you of all of Jesus' words and teachings. He is the Spirit of truth that the world can't receive, but you have received Him. He is the Spirit of adoption.

[SELAH]

Take a few moments to thank God for giving you His Spirit and making you His child. Speak to Him simply, in your own words. Simply express to Him what you're feeling right now.

[SELAH]

The Spirit of God is going to accompany you all throughout this day. And He will remind you that you're God's child, and that God is your Father. A good Father, loving and kind.

[SELAH]

Yes, you are a child of God! A wanted child, a child beloved of the Father, a child with a future and destiny filled with hope. The Bible says, “You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed.” ([Psalm 139:16](#))

And another verse: “I knew you before I formed you in your mother’s womb. Before you were born I set you apart and appointed you...” ([Jeremiah 1:5](#))

For a few minutes, as you listen to [this song](#) by Danny Gokey, praise God and thank Him for forming you in your mother’s womb. Let His Holy Spirit remind you that you are desired, wanted, by Him. He formed you.

[SELAH]

Now take a few moments in silence to listen to God, keeping your thoughts fixed on Him, your Father.

[SELAH]

As we finish, let’s pray [the Lord’s Prayer](#) together...

**Our Father** in heaven,  
Hallowed be Your name.  
Your kingdom come.  
Your will be done  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
As we forgive our debtors.  
And do not lead us into temptation,  
But deliver us from the evil one.  
For Yours is the kingdom  
And the power  
And the glory forever.  
Amen.

Congratulations! I’ll see you tomorrow for your 5th day. Until then, keep in mind that you are God’s child. The Holy Spirit living in you can remind you of this at any time...

Write down what came to mind during the time of silence. You can extend this time if you’d like.

**HAVE A BEAUTIFUL DAY IN HIS PRESENCE.**

“FOR I KNOW THE PLANS AND THOUGHTS  
THAT I HAVE FOR YOU,’ SAYS THE LORD,  
‘PLANS FOR PEACE AND WELL-BEING  
AND NOT FOR DISASTER,  
TO GIVE YOU A FUTURE AND A HOPE.’”

*Jeremiah 29:11*

## Day 5: "God is a good father..."

🔊 Listen to the audio

Congratulations! It's your 5th day.

May I pray for you right now?

*"My Father, You are love. You are good. You are faithful. Help my friend to realize that You're an infinitely good and kind Father. In Jesus' name, amen."*

Find a place to sit and get comfortable. If you haven't already, close your eyes in the peace and quiet if you're listening to the audio. Inhale, then exhale deeply. You have just entered the presence of the God of love.

[SELAH]

Jesus calls God *His* Father. But He also calls Him our Father. He says, "**OUR FATHER** in heaven."

Unfortunately not all of us have had good fathers here on Earth. And because of this, we may be tempted to compare God to a father who doesn't take care of His children.

But God is different. He is not a man. He is love. He loves you personally and intensely.

For a few moments, as you inhale and exhale deeply, let His love touch you, fill you. Think about the fact that God always has your good in mind.

[SELAH]

The Bible says, "*For I know the plans and thoughts that I have for you,' says the Lord, 'plans for peace and well-being and not for disaster, to give you a future and a hope.'*" ([Jeremiah 29:11](#), AMP)

Thank God for His kindness to you and for the good plans He has for you. Thank Him for being a good father, your father. Do so in your own words. Share with Him what you're feeling right now.

[SELAH]

I invite you to listen to Chris Tomlin and Pat Barrett singing "[Good Good Father](#)." As you listen, praise God for all the plans of peace He has for you. Think of breathing and letting God fill you with His life.

Amen! Wonderful song! Yes, God is good, and He knows the plans He has for you. Now take a few minutes to listen to God in silence, keeping your thoughts fixed on Him, your good Father.

[SELAH]

As we finish, let's pray [the Lord's Prayer](#) together...

**Our Father** in heaven,  
Hallowed be Your name.  
Your kingdom come.  
Your will be done  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
As we forgive our debtors.  
And do not lead us into temptation,  
But deliver us from the evil one.  
For Yours is the kingdom  
And the power  
And the glory forever.  
Amen.

Congratulations! Remember that God is your Father and that He has good plans for you. Write down what came to mind during the time of silence. You can extend this time if you'd like.

I'll see you tomorrow for the 6th day.

**I PRAY YOUR DAY IS BEAUTIFUL,  
MARKED BY HIS GLORIOUS PRESENCE!**

“THE HEAVENS DECLARE THE GLORY OF GOD;  
AND THE FIRMAMENT SHOWS HIS HANDIWORK.”

*Psalm 19:1*

## Day 6: "In heaven..."

 Listen to the audio

Congratulations! It's your 6th day.

May I pray for you right now?

*"Our Father in heaven, I pray that You would reveal Your greatness to my friend who's spending this time with You. In Jesus' name, amen."*

Find a place to sit and get comfortable, and breathe deeply. If you're listening to the audio, you can close your eyes if you'd like. Start to think about God. He is your Father. He is good. He is in heaven.

[SELAH]

In the Lord's Prayer, Jesus taught us to pray this way: *"Our Father **IN HEAVEN.**"*

The Bible says, *"The heavens declare the glory of God; and the firmament shows His handiwork."* ([Psalm 19:1](#))

God is glorious. The heavens declare His glory.

- He is the Creator of the universe,
- the Creator of light,
- of the sun,
- the stars,
- the Earth,
- and all living beings.

[SELAH]

He dwells in unapproachable light, but He's giving you access to His presence right now. Yes, through the blood of Jesus, you have free access to God's sanctuary. While breathing deeply, know that you can freely enter the presence of this infinitely great God.

[SELAH]

Thank God for this free access to His presence. Pray that He would fill you with the peace of heaven, the life of heaven, the grace of heaven, and the joy of heaven. Do so in your own words.

[SELAH]

Continue to rejoice in God in your own words as you listen to the song "[How Great Thou Art](#)" performed by Chris Rice.

What a beautiful song for the glory of God. Hallelujah.

Take a few moments now to listen to God in silence, thinking about His glory, and feel free to write down what comes to mind.

[SELAH]

As we finish, let's pray [the Lord's Prayer](#) together...

*Our Father **in heaven**,  
Hallowed be Your name.  
Your kingdom come.  
Your will be done  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
As we forgive our debtors.  
And do not lead us into temptation,  
But deliver us from the evil one.  
For Yours is the kingdom  
And the power  
And the glory forever.  
Amen.*

Congratulations! I'll see you tomorrow for the 7th day. Keep heaven in mind for the next several hours.

Write down what came to your mind during the time of silence. You can extend this time if you'd like.

**HAVE A BEAUTIFUL DAY IN HIS PRESENCE.**

“HOLY, HOLY, HOLY  
IS THE LORD OF HEAVEN’S ARMIES!  
THE WHOLE EARTH IS FILLED WITH HIS GLORY!”

*Isaiah 6:3*

## Day 7: "Hallowed be..."

 Listen to the audio

Congratulations! It's your 7th day.

May I pray for you right now?

"My Father, I pray for my friend who is going to spend this time with You. Bring him/her into Your courts, Your holy presence, and help him/her realize just how holy You are. In Jesus' name, amen."

Find a place to sit and get comfortable, and breathe deeply. If you're listening to the audio, you can close your eyes if you'd like. You're now entering the holy presence of God.

[SELAH]

In the Lord's Prayer, Jesus taught us to pray: "**HALLOWED BE** Your name."

"Hallowed" is a translation of the Greek word that means "to make holy, consecrate, sanctify." God reveals Himself in the Bible as a holy God. Thus the prophet Isaiah declares,

*"It was in the year King Uzziah died that I saw the Lord. He was sitting on a lofty throne, and the train of his robe filled the Temple. Attending him were mighty seraphim, each having six wings. With two wings they covered their faces, with two they covered their feet, and with two they flew. They were calling out to each other, 'Holy, holy, holy is the Lord of Heaven's Armies! The whole earth is filled with his glory!' Their voices shook the Temple to its foundations, and the entire building was filled with smoke." (Isaiah 6:1-4, NLT)*

Take a few moments to join with the mighty seraphim to proclaim to the Lord that He is holy, holy, holy!

His glory fills the whole Earth, and it fills your life.

[SELAH]

*The prophet Isaiah continues by saying, "Then I said, 'It's all over! I am doomed, for I am a sinful man. I have filthy lips, and I live among a people with filthy lips. Yet I have seen the King, the Lord of Heaven's Armies.' Then one of the seraphim flew to me with a burning coal he had taken from the altar with a pair of tongs. He touched my lips with it and said, 'See, this coal has touched your lips. Now your guilt is removed, and your sins are forgiven.'" (Isaiah 6:5-7)*

This holy God has touched you as well and removed your sins by the blood of Jesus. To sanctify His name is to acknowledge that He is holy, and that He has given you access to His holiness through Jesus, His Son. Take a moment to thank Him for this.

[SELAH]

As we listen to the song "[For Your Name Is Holy](#)" by Paul Wilbur, worship God in the beauty of His holiness.

Beautiful song, isn't it?

You have access to the holy presence of God. This God who is holy, holy, holy has opened His loving arms to you. Thank Him for His holiness and holy presence in your life, in your heart.

[SELAH]

Now take a few minutes to listen to God in silence, keeping your thoughts fixed on Him and on His holiness. Feel free to write down what comes to mind.

[SELAH]

As we finish, let's pray [the Lord's Prayer](#) together...

*Our Father in heaven,  
**Hallowed be** Your name.  
Your kingdom come.  
Your will be done  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
As we forgive our debtors.  
And do not lead us into temptation,  
But deliver us from the evil one.  
For Yours is the kingdom  
And the power  
And the glory forever.  
Amen.*

You've been doing this training for a week now... congratulations! I'll see you tomorrow for the 8th day.

Keep in mind that God is holy and that through Him, you too are holy.

Write down what came to mind during the time of silence.

You can extend this time if you'd like.

Have a beautiful day in His holy presence.

**HAVE A BEAUTIFUL DAY IN HIS HOLY PRESENCE.**

“YOU CAN ASK FOR ANYTHING IN MY NAME,  
AND I WILL DO IT,  
SO THAT THE SON  
CAN BRING GLORY TO THE FATHER.’”

*John 14:13*

## Day 8: "Your name..."

 Listen to the audio

Congratulations! It's your 8th day.

May I pray for you right now?

*"My Father, Your name is above all names. I pray that today, the beauty and greatness of Your name would impact my friend who's spending this time with You right now. In Jesus' name, amen."*

Find a place to sit and get comfortable, and breathe deeply. If you're listening to the audio, you can close your eyes if you'd like. You're now entering into a time of intimacy with the Father.

[SELAH]

Jesus, in the Lord's Prayer, taught us to pray this way: *"Hallowed be **YOUR NAME.**"*

In His Word, God introduces Himself by several names. These words, "Your name," come from the Greek words "Sou Onoma." "Sou" can be either singular or plural. So we could also say, "Hallowed be Your names."

Today, I invite you to pray and meditate on several names of God that we find in the Bible...

**His name is Yahweh Shammah, the Lord Is There** ([Ezekiel 48:35](#)). This name emphasizes the omnipresence of God. God is present, always and everywhere. Take a few moments to thank God for His name: Yahweh Shammah, the Lord is There.

[SELAH]

**His name is Yahweh Osenu, the Lord Our Maker** ([Psalm 95:6](#)). This name of God affirms that the source of all life is in Him. He created all things, and it is He who breathes life into everything. Take a few moments to thank God for His name: Yahweh Osenu, the Lord Our Maker.

[SELAH]

**His name is El-Shaddai, Almighty God** ([Genesis 17:1](#)). By this name, God reveals Himself as the One who has all power in heaven and on Earth. Take a few moments to thank God for His name: El-Shaddai, Almighty God.

[SELAH]

**His name is Yahweh Rohi, the Lord Is My Shepherd** ([Psalm 23:1](#)). The Lord presents Himself as a shepherd close to each sheep, knowing each one by its name and taking care of each individually. Take a few moments to thank God for His name: Yahweh Rohi, the Lord Is My Shepherd.

[SELAH]

**His name is El-Chayim, the Living God ([Joshua 3:10](#)).** God introduces Himself as the One who is alive from all eternity and for all eternity. He is thus a God who acts practically, in each situation of daily life. God is not a theoretical God, but the God of life! Take a few moments to thank God for His name: El-Chayim, the Living God.

[SELAH]

**His name is Yahweh Rapha, the Lord Who Heals ([Exodus 15:25-26](#)).** Divine healing, both of the soul and of the body...Take a few moments to thank God for His name: Yahweh Rapha, the Lord Who Heals.

[SELAH]

**His name is Immanuel, God with us ([Matthew 1:23](#)).** This is the name of God made man, incarnate in Jesus Christ. God is not a distant God. He is a God who is close to us because He lived a human life! Take a few moments to thank God for His name: Immanuel, God with us.

[SELAH]

**His name is Jesus, Yeshua, the Lord is Salvation ([Matthew 1:21](#)).** This is the name above all other names. The only name by which men can be saved. This name represents the last name of God in biblical revelation. It expresses the beginning and the end of everything. Take a few moments to thank God for His name: Jesus, Yeshua, the Lord is Salvation.

[SELAH]

Jesus said, *“You can ask for anything **in my name**, and I will do it, so that the Son can bring glory to the Father.”* ([John 14:13](#))

Now, ask Him, in His name, for anything you need.

[SELAH]

Take a few moments now to listen to God in silence, keeping your thoughts fixed on Him and on the names of the Lord.

[SELAH]

As we finish, let's pray [the Lord's Prayer](#) together...

*Our Father in heaven,  
Hallowed be Your name.  
Your kingdom come.  
Your will be done  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
As we forgive our debtors.  
And do not lead us into temptation,  
But deliver us from the evil one.  
For Yours is the kingdom  
And the power  
And the glory forever.  
Amen.*

Congratulations! I'll see you tomorrow for the 9th day. Keep in mind that everything you need for your soul and life is found in the names of God.

Write down what came to mind during the time of silence. You can extend this time if you'd like.

**HAVE A BEAUTIFUL DAY IN HIS PRESENCE.**

“BUT SEEK FIRST THE KINGDOM OF GOD  
AND HIS RIGHTEOUSNESS,  
AND ALL THESE THINGS  
SHALL BE ADDED TO YOU.’”

*Matthew 6:33*

## Day 9: "Your Kingdom come"

 Listen to the audio

Congratulations! It's your 9th day.

May I pray for you right now?

*"My Father, I pray for my friend who is going to spend this time with You. Bring him/her into an understanding of Your Kingdom. May Your Kingdom come in his/her life. In Jesus' name, amen."*

Find a place to sit and get comfortable, and breathe deeply. If you're listening to the audio, you can close your eyes if you'd like. You're now entering into the secret place. Let yourself be surrounded and held by the presence of God.

[SELAH]

In the Lord's Prayer, Jesus taught us to pray by asking the Father for His Kingdom to come. He said, **"YOUR KINGDOM COME"**!

The Greek word for "kingdom" is "Basileia," and it's translated "kingdom, sovereignty, royal power."

Often, when people think of the Kingdom of God, they imagine only a future reality that has yet to be fulfilled.

It's true that one day, we'll go to heaven and discover the Kingdom of heaven with our own eyes.

But when Jesus speaks of the Kingdom, He's speaking of a very present reality. He says, the Kingdom is **among** you, or the Kingdom **has come near** you.

Take a few moments to praise God for His Kingdom that has come near you in the person of Jesus, the King of kings. Thank Him that the Kingdom of God is among us through the Holy Spirit.

[SELAH]

The Bible has a very important promise for us: *"But seek first the kingdom of God and His righteousness, and all these things shall be added to you."* ([Matthew 6:33](#))

Do you realize that? All things! All things shall be added to you!

The New Living Translation says it this way in the Gospel of Luke: "Seek the Kingdom of God above all else, and he will give you everything you need." ([Luke 12:31](#))

As you listen to [this music](#), take a few minutes to tell God that you're going to seek His Kingdom. Seek it above all else and realize that, by faith, all things shall be added to you.

[SELAH]

The Bible also says, “for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit.” ([Romans 14:17](#))

What does His righteousness mean? It means that God has made you righteous through the blood of Jesus, His Son. Take some time to thank God for His righteousness.

[SELAH]

His peace that surpasses all understanding is one of the fruits of reconciliation with Him. And it’s this same peace that accompanies you at all times. Thank God for His peace.

[SELAH]

His joy is given unto you, and it transcends your circumstances. The joy of the Lord is your strength. Thank God for His joy that dwells in you.

[SELAH]

Now pray in your own words for His Kingdom, His reign, to come; **in other words, that it grows and expands.**

[SELAH]

You have sought the Kingdom of God first, and all these things shall be added to you...I believe it! Take a moment to listen to God in silence, keeping your thoughts fixed on Him and His

Kingdom. Feel free to write down what comes to mind.

[SELAH]

As we finish, let’s pray [the Lord’s Prayer](#) together...

*Our Father in heaven,  
Hallowed be Your name.  
**Your kingdom come.**  
Your will be done  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
As we forgive our debtors.  
And do not lead us into temptation,  
But deliver us from the evil one.  
For Yours is the kingdom  
And the power  
And the glory forever.  
Amen.*

**Congratulations! I’m happy to see the progress you’ve made on this journey.**

Keep thinking about the Kingdom of God throughout this day and pray for His Kingdom to come **in** and **around** you.

Write down what came to mind during the time of silence. You can extend this time of listening if you'd like.

I'll see you tomorrow for the 10th day.

**HAVE A BEAUTIFUL DAY IN HIS PRESENCE.**

“CAREFULLY DETERMINE  
WHAT PLEASURES THE LORD.”  
*Ephesians 5:10*

## Day 10: "Your will be done..."

 Listen to the audio

Congratulations! It's your 10th day.

May I pray for you right now?

*"My Father, I pray Your will be done in the life of my friend who's taking this time with You right now. I pray that this time of prayer would bless, strengthen, and encourage him/her. In Jesus' name, amen."*

Find a place to sit and get comfortable, and breathe deeply. If you're listening to the audio, you can close your eyes if you'd like. You're now entering into the secret place, where God is close to you.

[SELAH]

In the Lord's Prayer, Jesus taught us to pray this way: **"YOUR WILL BE DONE"**.

The Bible says that God's will is good, pleasing, and perfect.

Take a few moments to meditate on this: Your heavenly Father wants your good. His will is good for your life. Thank Him for His lovingkindness.

[SELAH]

Pray for the grace to do what pleases Him. The Bible says, *"Carefully determine what pleases the Lord."* ([Ephesians 5:10](#))

"What is pleasing to You, Lord?" is a good question to ask Him right now.

[SELAH]

Like David, you can say to the Lord, *"I take joy in doing your will, my God"* ([Psalm 40:8](#)). I take joy in doing what pleases You, Lord.

[SELAH]

This is how you can pray, according to the Bible: *"Here I am...I have come to do your will, my God."* ([Hebrews 10:7](#), NIV)

Today, and every day, help me to do Your will. It is perfect for my life. Your will leads me to the destiny You have for me.

[SELAH]

Now take a moment to think about Jesus as you listen to this worship song sung by Selah, "[How Deep the Father's Love for Us](#)".

- Jesus perfectly accomplished God's will.
- The King of heaven made Himself a servant.
- He gave His life on the cross.
- And His last words were: "It is finished."

[SELAH]

Thank You, Jesus, for accomplishing God's will for us.

Now take a moment to listen to God in silence, keeping your thoughts fixed on Jesus. Feel free to write down what comes to mind.

[SELAH]

As we finish, let's pray [the Lord's Prayer](#) together...

*Our Father in heaven,  
Hallowed be Your name.  
Your kingdom come.  
**Your will be done**  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
As we forgive our debtors.  
And do not lead us into temptation,  
But deliver us from the evil one.  
For Yours is the kingdom  
And the power  
And the glory forever.  
Amen.*

Congratulations! I'll see you tomorrow for the 11th day.

Continue to ask God that His will be done and to seek to do His will.

I invite you to write down what came to mind during the time of silence and to extend this time if you'd like.

**HAVE A BEAUTIFUL DAY IN HIS PRESENCE.**

“THEN HEAR  
THEIR PRAYERS AND THEIR PETITION  
FROM HEAVEN WHERE YOU LIVE,  
AND UPHOLD THEIR CAUSE.’”

*1 Kings 8:49*

# Day 11: "On Earth as it is in heaven"

🔊 Listen to the audio

Congratulations! It's your 11th day.

May I pray for you right now?

*"My Father, may heaven come to Earth during this time of intimacy that my friend has with You right now. May the heavens open. In Jesus' name, amen."*

You're now entering the secret place, into intimacy with the Father.

[SELAH]

In the Lord's Prayer, Jesus invites us to ask that God's will would be done **"ON EARTH AS IT IS IN HEAVEN"**.

Here's a prayer from the Bible for your time with the Father: *"Then hear their prayers and their petition from heaven where you live, and uphold their cause."* ([1 Kings 8:49](#)).

- Everything in heaven is perfect.
- Everything is peace.
- Everything is in harmony.
- Everything is light.
- The angels joyfully obey the Father's will.

Take a moment to think about heaven and God's extraordinary glory filling it. Do so with a grateful heart.

[SELAH]

God wants heaven and Earth to connect during our times of prayer.

The Bible tells us that one day, Jacob had a dream. He saw a ladder on Earth whose top reached heaven. And God's angels were going up and down this ladder.

When you pray, something happens in the spiritual and invisible realm.

- God's angels are active.
- Heaven comes to touch the Earth.
- Miracles happen.

Now ask your heavenly Father that heaven would touch, invade, the Earth.

- In your life,
- In your family,
- In your community,
- Amongst your neighbors,
- Amongst your coworkers,
- In the life of every person you'll cross paths with today.

[SELAH]

Pray that the atmosphere of heaven would be your portion today and every day. The Kingdom of heaven is for you, in you, and around you.

[SELAH]

Take a moment to listen to God in silence, keeping your thoughts fixed on heaven.

[SELAH]

As we finish, let's pray [the Lord's Prayer](#) together...

*Our Father in heaven,  
Hallowed be Your name.  
Your kingdom come.  
Your will be done*

***On earth as it is in heaven.***

*Give us this day our daily bread.  
And forgive us our debts,  
As we forgive our debtors.  
And do not lead us into temptation,  
But deliver us from the evil one.  
For Yours is the kingdom  
And the power  
And the glory forever.  
Amen.*

Congratulations! I'll see you tomorrow for the 12th day.

Continue to think of heaven throughout this day, and pray for His will to be done on Earth as it is in heaven.

Write down what came to mind during the time of silence.

Extend this time if you'd like.

**HAVE A BEAUTIFUL DAY IN HIS PRESENCE.**

“BUT YOU WILL RECEIVE POWER  
WHEN THE HOLY SPIRIT COMES UPON YOU.”

*Acts 1:8*

## Day 12: "Heaven on Earth"

🔊 Listen to the audio

Congratulations! It's your 12th day.

May I pray for you right now?

*"My Father, I pray that the breath of the Holy Spirit would come into the life of my friend who's spending this time with You right now. I ask that Your Spirit would come and fill his/her life, heart, and mind. Come, Holy Spirit...breathe on her, on him. In Jesus' name, amen."*

You're now entering into the secret place, into intimacy with the Father, where heaven and Earth meet.

[SELAH]

In the Lord's Prayer, Jesus taught us to ask: **"Your will be done ON EARTH AS IT IS IN HEAVEN"**.

The Holy Spirit brings heaven to Earth. He is the most beautiful expression of heaven because He is God Himself.

Jesus said, *"I will not leave you orphans..."* ([John 14:18](#)).

When you became a child of God, the Holy Spirit came to live in you. You became the temple of the Holy Spirit who dwells in you. Thank God for His Holy Spirit who lives in you.

[SELAH]

He also said, *"But you will receive power when the Holy Spirit comes upon you..."* ([Acts 1:8](#))

Take a moment to realize that Jesus wants to equip you with power, in Greek, "Dunamis," the Holy Spirit coming upon you. Thank Him for the Holy Spirit.

[SELAH]

The Gospel of John also tells us this account: *"Then he breathed on them and said, 'Receive the Holy Spirit.'"* ([John 20:22](#)).

During the song "Come Holy Spirit" by Vertical Worship that we're going to listen to in a moment, invite the Spirit of God to touch you, fill you, and renew you. Perhaps you'll experience something physically (such as heat or trembling) or maybe even a desire to speak in new tongues. Let go and surrender to the Lord...

**The Bible says,** *"On the day of Pentecost all the believers were meeting together in one place. Suddenly, there was a sound from heaven like the roaring of a mighty windstorm, and it filled the house where they were sitting. Then, what looked like flames or tongues of fire appeared and settled on each of them. And everyone present was filled with the Holy Spirit and began speaking in other languages, as the Holy Spirit gave them this ability."* ([Acts 2:1-4](#))

During this song, let the Holy Spirit give you this ability, expressing Himself in and through you.

May the Holy Spirit breathe upon your life right now (listen "[Come Holy Spirit](#)" now).

Did you feel something during this time?

The Spirit gives life to what is dead. This same Spirit who raised Christ from the dead lives in you and gives you life. Ask the Holy Spirit to breathe into your life and fill you with His presence.

[SELAH]

Now take a moment to hear what God desires to communicate to your heart in silence, letting the waves of His Spirit flow over you.

[SELAH]

As we finish, let's pray [the Lord's Prayer](#) together...

*Our Father in heaven,  
Hallowed be Your name.  
Your kingdom come.  
Your will be done  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
As we forgive our debtors.  
And do not lead us into temptation,  
But deliver us from the evil one.  
For Yours is the kingdom  
And the power  
And the glory forever.  
Amen.*

Congratulations! I'll see you tomorrow for the 13th day.

Keep allowing the Holy Spirit to fill you throughout this day.

You're going to bring His presence everywhere you go.

Write down what came to mind during the time of silence.

Extend this time if you'd like.

**HAVE A BEAUTIFUL DAY IN HIS PRESENCE.**

“BE ANXIOUS FOR NOTHING,  
BUT IN EVERYTHING  
BY PRAYER AND SUPPLICATION,  
WITH THANKSGIVING,  
LET YOUR REQUESTS  
BE MADE KNOWN TO GOD”

*Philippians 4:6*

## Day 13: "Give us this day"

 Listen to the audio

Congratulations! It's your 13th day.

May I pray for you right now?

*"My Father, You know the requests and needs of my friend who's now spending this time in the intimacy of Your presence. I know that today, You want to provide for his/her needs, whether they're physical, emotional, temporary, or eternal. Because You're a God who gives, who gives of Himself, who forgives. I believe that, in Your goodness and generosity, You're providing and giving again today, Father. In Jesus' name, amen."*

You're now entering into the secret place, into intimacy with the Father who hears you as you present your requests to Him.

[SELAH]

In the Lord's Prayer, Jesus taught us to pray this way: "**GIVE US THIS DAY** our daily bread".

Until this point in the Lord's Prayer, everything was focused on the Father: **His** glorious heaven, **His** name, **His** kingdom, and **His** will.

But now, Jesus invites us to look at our own requests and communicate them to God.

The Bible says, "*Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God*" ([Philippians 4:6](#)).

We're going to go through this verse together, step by step.

**"Be anxious for nothing"**: Father, I'm not going to be anxious. I lay all my worries, every burden, at Your feet.

Take a moment to say this to the Lord in your own words.

[SELAH]

**"But in everything"**: Father, You know my situation. You know what I'm going through. You know everything about me. You even know the number of hairs on my head. You know when I get up and when I lie down.

Take a moment to share what You're experiencing, your "everything" right now, with your heavenly Father.

[SELAH]

**"By prayer and supplication"**: Father, Jesus told us to ask You for anything in His name. He also said, "And I know that You always hear Me..." ([John 11:42](#)) Hear and answer my prayers and supplications as You do those of Your Son, Jesus.

Take a moment to realize that God wants to hear you and answer your prayers.

[SELAH]

**“With thanksgiving”**: Father, thank You. Jesus said, “You can ask for anything in my name, and I will do it, so that the Son can bring glory to the Father.” ([John 14:13](#), NLT) Be glorified, Father, by responding to my requests. Thank You for Your faithfulness and goodness. Take a moment to praise God with a grateful heart.

[SELAH]

**“Let your requests be made known to God”**: Father, I come to You with requests, with needs. Here they are, Lord. Take a moment to reflect on your requests and express them to God. Don’t hold anything back...tell Him everything.

[SELAH]

One of the authors of the book of Psalms said, *“I love the Lord because he hears my voice and my prayer for mercy. Because he bends down to listen, I will pray as long as I have breath!”* ([Psalm 116:1-2](#))

Now take a few minutes to listen to God in silence. He absolutely wants to talk to you about your requests and what He can do for you.

[SELAH]

As we finish, let’s pray [the Lord’s Prayer](#) together...

*Our Father in heaven,  
Hallowed be Your name.  
Your kingdom come.  
Your will be done  
On earth as it is in heaven.  
**Give us this day** our daily bread.  
And forgive us our debts,  
As we forgive our debtors.  
And do not lead us into temptation,  
But deliver us from the evil one.  
For Yours is the kingdom  
And the power  
And the glory forever.  
Amen.*

Congratulations! Throughout this day, continue with thanksgiving and call on the Lord in prayer.

Write down what came to mind during the time of silence.

Extend this time if you'd like.

I'll see you tomorrow for the 14th day.

**HAVE A BEAUTIFUL DAY IN HIS PRESENCE.**

“AND MY GOD  
SHALL SUPPLY ALL YOUR NEED  
ACCORDING TO HIS RICHES IN GLORY  
BY CHRIST JESUS.”

*Philippians 4:19*

## Day 14: "Our daily bread"

 Listen to the audio

Congratulations! It's your 14th day.

May I pray for you right now?

*"My Father, You promised to supply all our need. I pray that You would provide for the needs of my friend who's seeking You right now in prayer. Supply according to Your riches, in glory, by Christ Jesus. Amen."*

You're now entering into the secret place, in the intimate presence of the Father who supplies all your needs.

[SELAH]

In the Lord's Prayer, Jesus invited us to ask Him for **OUR DAILY BREAD**.

Let's take a moment to remember that He is the One who multiplied the loaves and fishes for a famished multitude. And that after the multiplication, there were 12 full baskets left over...one basket for each apostle, in fact! As if to say to them, *"You who have chosen to follow Me and serve Me shall want for nothing!"*.

Thank the One who gives abundantly. Your daily bread is your physical, emotional, relational, and spiritual needs.

[SELAH]

Let's remember that the Messiah was born in Bethlehem, which means the "house of bread." And that the last thing He did before He died on the cross was to break bread with His disciples.

The Bible says, *"I am the living bread that came down from heaven..."* ([John 6:51](#), NLT)

*"...Whoever comes to me [Jesus] will never be hungry again..."* ([John 6:35](#))

[SELAH]

The Bible says, *"And my God shall supply all your need according to His riches in glory by Christ Jesus."* ([Philippians 4:19](#))

Let's see how we can apply this verse in prayer.

**"According to His riches":** The Greek word "Ploutos" here also means abundance, possessions, and wealth. Thank God for abundance, for the possessions that He gives you so that you can be more generous.

[SELAH]

**“In glory”:** The Greek word “Doxa” also means splendor, radiance, preeminence, the most glorious condition, the most elevated state. Thank God for elevating you and allowing you to access this elevated state for His glory.

[SELAH]

**“By Christ Jesus”:** The Bible says that *“you also are complete through your union with Christ, who is the head over every ruler and authority.”* ([Colossians 2:10](#)) Praise the One in whom you are complete.

The Bible also says, *“for in Him we live and move and have our being ... ‘we are also His offspring.’”* ([Acts 17:28](#)).

[SELAH]

- Thank You, Lord, that I live!
- Thank You, Lord, that I move!
- Thank You, Lord, that I exist!
- Thank You, Lord, that I’m Your child...
- That, as Your child, I receive from You all I need today.
- Especially the bread of life...

Take a moment during [this song](#) by Michael W. Smith to meditate on Jesus’ words: *“...‘I tell you the truth, Moses didn’t give you bread from heaven. My Father did. And now he offers you the true bread from heaven. The true bread of God is the one who comes down from heaven and gives life to the world.’ ‘Sir,’ they said, ‘give us that bread every day.’ Jesus replied, ‘I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty.’”* ([John 6:32-35](#)).

[SELAH]

Now let’s take a few minutes to listen to God in silence, reflecting on the truth that we’re already complete through our union with Jesus.

[SELAH]

As we finish, let's pray [the Lord's Prayer](#) together...

*Our Father in heaven,  
Hallowed be Your name.  
Your kingdom come.  
Your will be done  
On earth as it is in heaven.  
Give us this day **our daily bread**.  
And forgive us our debts,  
As we forgive our debtors.  
And do not lead us into temptation,  
But deliver us from the evil one.  
For Yours is the kingdom  
And the power  
And the glory forever.  
Amen.*

It has been two weeks since you started this prayer journey, and I congratulate you for your commitment.

Throughout this day, remember that your God will supply all your need.

Write down what came to mind during the time of silence.

Extend this time if you'd like.

I'll see you tomorrow for the 15th day.

**HAVE A BEAUTIFUL DAY IN HIS PRESENCE.**

“SO DON'T WORRY ABOUT TOMORROW,  
FOR TOMORROW WILL BRING ITS OWN WORRIES.  
TODAY'S TROUBLE  
IS ENOUGH FOR TODAY.’”

*Matthew 6:34*

## Day 15: "Daily"

 Listen to the audio

Congratulations! It's your 15th day.

May I pray for you right now?

*"My Father, I believe that this day is a day of victory, a day of deliverance. This is the day that the Lord has made...I pray that my friend who's seeking You right now in prayer will rejoice and be glad in it. In Jesus' name, amen."*

You're now entering into the secret place, into intimacy with the Father.

[SELAH]

In the Lord's Prayer, Jesus invites us to ask Him for our daily bread: **"GIVE US THIS DAY OUR DAILY BREAD"**.

Jesus has everything you need for today. He said, *"So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."* ([Matthew 6:34](#)). Thank Him confidently because He has everything you need for this day.

[SELAH]

The Bible says, *"Jesus Christ is the same yesterday, today, and forever."* ([Hebrews 13:8](#)).

Take a moment to thank Jesus.

- He has all power in heaven and on Earth.
- He saves.
- He forgives.
- He heals.
- He lifts up.
- He comforts.

[SELAH]

Today, God is here. Today, His Spirit lives in you. Today, Jesus is with you. He said, *"...And never forget that I am with you every day, even to the completion of this age."* ([Matthew 28:20, TPT](#)).

Thank Jesus for being with you today and every day, for sending you the Holy Spirit, and for bringing the presence of the Father with Him.

[SELAH]

In the book of Psalms, David declared, *"Surely goodness and mercy and unfailing love shall follow me all the days of my life, and I shall dwell forever [throughout all my days] in the house and in the presence of the Lord."* ([Psalm 23:6, AMP](#)).

Today is **the first day of the rest of your life.**

For a moment, look at your future through eyes of faith. The goodness, mercy, and unfailing love of your Father will follow you step by step, all the days of your life.

**Pray with me:** “Amen, I believe it, Lord! You will walk beside me, guide me, keep me, protect me, and strengthen me every day of my life. And Lord, I will dwell forever, throughout all my days, in Your house and in Your presence. I love these times of intimacy with You.”

Express this to the Lord in your own words during [this worship song](#) by Israel Houghton and Darlene Zschech.

[SELAH]

Let’s take a few moments now to listen to God in silence, remembering that He has everything at His command and can give us exactly what we need to make this day a day of victory.

[SELAH]

As we finish, let’s pray [the Lord’s Prayer](#) together...

*Our Father in heaven,  
Hallowed be Your name.  
Your kingdom come.  
Your will be done  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
As we forgive our debtors.  
And do not lead us into temptation,  
But deliver us from the evil one.  
For Yours is the kingdom  
And the power  
And the glory forever.  
Amen.*

Congratulations! I’ll see you tomorrow for the 16th day.

Throughout this day, remember that the goodness, mercy, and unfailing love of God will follow you all the days of your life.

Write down what came to mind during the time of silence, extending this time if you’d like.

**HAVE A BEAUTIFUL DAY IN HIS PRESENCE.**

“BUT IF WE CONFESS OUR SINS TO HIM,  
HE IS FAITHFUL AND JUST TO FORGIVE US OUR SINS  
AND TO CLEANSE US  
FROM ALL WICKEDNESS.”

*1 John 1:9*

# Day 16: "And forgive us our debts"

 Listen to the audio

Congratulations! It's your 16th day.

May I pray for you right now?

*"My Father, I believe that today is a day of forgiveness, a day of victory, a day of deliverance. You are my compassionate, forgiving God. May Your holy presence be poured out again on my friend who's seeking You in prayer right now. In Jesus' name, amen."*

You're now entering into the secret place, into intimacy with the Father.

[SELAH]

In the Lord's Prayer, Jesus taught us to pray this way: **"AND FORGIVE US OUR DEBTS"**.

Have you ever trespassed against God? Through your thoughts, actions, words, or perhaps by what you didn't do?

The Bible declares in hope, *"But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness."* ([1 John 1:9](#)).

God doesn't desire to hold our sins against us. That's why He sent His only Son, Jesus Christ, to die on the cross and bear our sins.

In a few moments, we'll listen to a song that reminds us of the price that Jesus paid for our sins by dying on the cross. And if you can, I encourage you to look at the video that accompanies this song.

The Bible says that we're all sinners, that we have all trespassed against God. It declares, *"for we all have sinned and are in need of the glory of God. Yet through his powerful declaration of acquittal, God freely gives away his righteousness. His gift of love and favor now cascades over us, all because Jesus, the Anointed One, has liberated us from the guilt, punishment, and power of sin!"* ([Romans 3:23-24](#), TPT)

Sin separated us from God's glorious presence. It was impossible for us to enter into intimacy with the Father.

But on the day we asked God for forgiveness, He forgave us, washed us of our sins, and made us right in His sight through Jesus Christ who liberated us through His blood shed on the cross.

Thank God for the forgiveness of your sins and for reconciliation with Him.

[SELAH]

And if you still feel guilty for a sin that might easily come back to you, take a moment to confess that to the Lord right now.

[SELAH]

It's not through your efforts that you obtain forgiveness, but through realizing what Christ accomplished for you on Calvary's cross.

Like King David, who had sinned against God, you can pray this prayer: *"Don't keep looking at my sins. Remove the stain of my guilt. Create in me a clean heart, O God. Renew a loyal spirit within me. Do not banish me from your presence, and don't take your Holy Spirit from me. Restore to me the joy of your salvation, and make me willing to obey you."* ([Psalm 51:9-12](#))

I invite you to listen to the hymn "[O Sacred Head, Now Wounded](#)" by Fernando Ortega, praising the Lord for forgiving your sins. You are free! Truly free! This song so beautifully expresses what our Lord endured for us.

Now take a few minutes to listen to God in silence, thinking about how your sins have been forgiven. Sense what God would like to share with you about this...

[SELAH]

As we finish, let's pray [the Lord's Prayer](#) together...

*Our Father in heaven,  
Hallowed be Your name.  
Your kingdom come.  
Your will be done  
On earth as it is in heaven.  
Give us this day our daily bread.  
**And forgive us our debts,**  
As we forgive our debtors.  
And do not lead us into temptation,  
But deliver us from the evil one.  
For Yours is the kingdom  
And the power  
And the glory forever.  
Amen.*

Congratulations! Throughout this day, remember that God has forgiven you through Jesus Christ...you're free! Write down what came to mind during the time of silence. Extend this time if you'd like.

See you tomorrow for the 17th day. Write down what came to mind during the time of silence, extending this time if you'd like.

**HAVE A BEAUTIFUL DAY IN HIS PRESENCE.**

“FOR IF OUR HEART CONDEMNS US,  
GOD IS GREATER THAN OUR HEART,  
AND KNOWS ALL THINGS.”

*1 John 3:20*

## Day 17: "As we forgive..."

🔊 Listen to the audio

Congratulations! It's your 17th day.

May I pray for you right now?

*"My Father, thank You for Your forgiveness. I pray that during this time, my friend would be able to experience Your lovingkindness and realize there's truly no condemnation for those who are in Christ Jesus. Amen."*

You're now entering into the secret place, into intimacy with the Father.

[SELAH]

In the Lord's Prayer, Jesus taught us to pray this way: "**AS WE FORGIVE**".

Know that everything is a gift of grace from God. The Bible says, "God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God." ([Ephesians 2:8](#), NLT).

It's not by our merit that we earned forgiveness but by the sacrifice of Jesus, the innocent One nailed to the cross for us sinners.

It's important that this gift of forgiveness now accomplish its work within you.

Yes, you are forgiven, reconciled with God. Now it's your turn to forgive.

But before we talk about others, have you forgiven yourself?

Think about it for a few moments.

[SELAH]

The Bible says, "So if the Son sets you free, you are truly free." ([John 8:36](#)). The Lord wants to lead you to complete forgiveness.

**Real liberty is...**

- Being forgiven by God,
- Forgiving yourself,
- And finally, forgiving others.

Think about it again: do you need to forgive you? Are your past mistakes like balls and chains you're dragging behind you? If so, confess aloud that you're forgiven and free! Declare, as the Bible says, that there's no condemnation for those who are in Christ Jesus, and therefore, no condemnation for you either!

[SELAH]

Here's a promise from the Word of God for you: "For if our heart condemns us, God is greater than our heart, and knows all things. Beloved, if our heart does not condemn us, we have confidence toward God. And whatever we ask we receive from Him, because we keep His commandments and do those things that are pleasing in His sight." ([1 John 3:20-22](#)).

- You are no longer under condemnation
- Your heart doesn't condemn you any longer!
- You now have confidence.
- God has forgiven you, and you have forgiven yourself!
- Whatever you ask, you will receive from Him, the Bible promises.

Free from condemnation, take a moment to ask God what you need.

[SELAH]

Now, take several moments to listen to God in silence, heart free from all condemnation.

[SELAH]

As we finish, let's pray [the Lord's Prayer](#) together...

*Our Father in heaven,  
Hallowed be Your name.  
Your kingdom come.  
Your will be done  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
**As we forgive** our debtors.  
And do not lead us into temptation,  
But deliver us from the evil one.  
For Yours is the kingdom  
And the power  
And the glory forever.  
Amen.*

**Congratulations!**

Throughout this day, remember that you're no longer condemned.

Write down what came to mind during the time of silence, extending this time if you'd like.

I'm looking forward to seeing you tomorrow for the 18th day of this prayer journey.

**HAVE A BEAUTIFUL DAY IN HIS PRESENCE.**

“IF YOU FORGIVE THOSE WHO SIN AGAINST YOU,  
YOUR HEAVENLY FATHER WILL FORGIVE YOU.’”

*Matthew 6:14*

## Day 18: "Our debtors"

🔊 Listen to the audio

Congratulations! It's your 18th day.

May I pray for you right now?

*"My Father, during this time of intimacy with You, as we think about those who've trespassed against us, I pray that Your surpassing peace would fill the heart of my friend who's seeking You in prayer right now. In Jesus' name, amen."*

You're now entering into the secret place, into intimacy with the Father.

[SELAH]

In the Lord's Prayer, Jesus taught us to pray: *"Father, forgive us our debts, as we forgive **OUR DEBTORS**"*.

Right after the Lord's Prayer, He even added these words to emphasize how important this is: *"If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins."* ([Matthew 6:14-15](#), NLT).

Jesus teaches us that forgiveness can unlock certain situations in our lives but that refusing to forgive shuts heaven's door to our prayers. Take a few moments to meditate on this.

[SELAH]

I am convinced that people have hurt you.

Take a moment to think about those who hurt you. And as their names come to mind, simply reflect on the emotions rising up in your heart. Is it sadness? Bitterness? Fury? It's normal to be angry with those who have hurt us. It's normal to feel resentment in the face of injustice.

[SELAH]

The question is: what are you going to do with these emotions?

- Let them direct your life?
- Control you?
- Poison you?
- Imprison you?

The Bible says, *"Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many."* ([Hebrews 12:15](#)).

Is there any bitterness in your life? Today, God wants to free you from it.

He doesn't want to minimize the wrongs that were committed against you, but He wants you to let Him judge. Forgiveness doesn't always free the person at fault, but it always frees the person who forgives. Today, God wants to free your heart.

It's easy to repeat these words without thinking too much about them: "*Forgive us our debts, as we forgive our debtors*".

But it is much more difficult to apply them to people who have trespassed against, wounded, criticized, slandered, rejected, manipulated, humiliated, or abused us...but it's the path that God has for you.

Today, choose to forgive. And if you feel the Spirit of God urging you to forgive, or even to forgive again, declare aloud, saying the person's name: I forgive you. As God has forgiven me, so I forgive you.

Let's take a moment to do so during [this song](#).

[SELAH]

As you forgive, you act like your Father! Congratulations. King David said, "*O Lord, you are so good, so ready to forgive, so full of unfailing love for all who ask for your help.*" ([Psalm 86:5](#)).

Thank God for His love for you.

[SELAH]

When you call upon the Lord and ask for His help, know that He hears you and responds to your needs.

Now take a moment to hear God speak to you in the silence about what you just did and declared. I'm sure His heart is rejoicing.

[SELAH]

As we finish, let's pray [the Lord's Prayer](#) together...

*Our Father in heaven,  
Hallowed be Your name.  
Your kingdom come.  
Your will be done  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us **our debts**,  
As we forgive our debtors.  
And do not lead us into temptation,  
But deliver us from the evil one.  
For Yours is the kingdom  
And the power  
And the glory forever.  
Amen.*

**Congratulations!**

Throughout this day, remember that your heart is now free from all resentment and bitterness.

Write down what came to mind during the time of silence, extending this time if you'd like.

I'll see you tomorrow for the 19th day.

**HAVE A BEAUTIFUL DAY  
MARKED BY THE LOVINGKINDNESS OF HIS PRESENCE.**

“SINCE HE HIMSELF  
HAS GONE THROUGH SUFFERING AND TESTING,  
HE IS ABLE TO HELP US  
WHEN WE ARE BEING TESTED.”

*Hebrews 2:18*

## Day 19: "And do not lead us into temptation..."

🔊 Listen to the audio

Congratulations! It's your 19th day.

May I pray for you right now?

*"My Father, You know the battles and temptations that my friend may be facing. But I know that You want to make him/her a conqueror. You said that we're more than conquerors through Him who loved us, and I believe that it's the truth! We are more than conquerors! In Jesus' name, amen."*

You're now entering into the secret place, into intimacy with the Father.

[SELAH]

In the Lord's Prayer, Jesus taught us to pray about our temptations. In the New Living Translation, it says: **"AND DON'T LET US YIELD TO TEMPTATION"** ([Matthew 6:13](#)).

*Here's a promise from the Word of God for those who stand firm against temptation: "God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him. And remember, when you are being tempted, do not say, 'God is tempting me.' God is never tempted to do wrong, and he never tempts anyone else. Temptation comes from our own desires, which entice us and drag us away. These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death. So don't be misled, my dear brothers and sisters. Whatever is good and perfect is a gift coming down to us from God our Father, who created all the lights in the heavens. He never changes or casts a shifting shadow." ([James 1:12-17](#)).*

Temptation is the desire to do something that God rejects and forbids.

It's not sin yet, **but...**it's an open door to sin.

And sin produces death, separation from God.

That's why it's important to bring your temptations and battles to the Lord. He understands you.

The Bible says that *"since he himself has gone through suffering and testing, he is able to help us when we are being tested."* ([Hebrews 2:18](#)).

I invite you today to bring your temptations to the Lord. Share your battles, what's enticing you that doesn't glorify Him. Speak to Him freely right now.

[SELAH]

As you listen to “[Victor’s Crown](#)” by Darlene Zschech, realize once again that Jesus is victorious! He carried not only your sins on the cross, but also your battles.

In the Garden of Gethsemane, He was tempted to give up but said, “*Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine.*” ([Luke 22:42](#)).

Because Jesus paid the price for your freedom, God is going to help you in your battles today. He’s going to make you victorious over temptation.

Now take a moment to listen to God in silence.

[SELAH]

As we finish, let’s pray [the Lord’s Prayer](#) together...

*Our Father in heaven,  
Hallowed be Your name.  
Your kingdom come.  
Your will be done  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
As we forgive our debtors.  
And do not lead us into temptation,  
But deliver us from the evil one.  
For Yours is the kingdom  
And the power  
And the glory forever.  
Amen.*

**Congratulations!**

Throughout this day, remember that you’re not alone in your temptations. The Lord is so close to you and will help you.

Write down what came to mind during the time of silence, extending this time if you’d like.

I’ll see you tomorrow for the 20th day.

**HAVE A BEAUTIFUL DAY IN HIS PRESENCE.**

“ABOVE ALL,  
TAKING THE SHIELD OF FAITH  
WITH WHICH YOU WILL BE ABLE  
TO QUENCH ALL THE FIERY DARTS  
OF THE WICKED ONE.”

*Ephesians 6:16*

## Day 20: "But deliver us from the evil one."

🔊 Listen to the audio

Congratulations! It's your 20th day.

May I pray for you right now?

*"My Father, You're the One who delivers us from the evil one. Thank You for being here, so close to my friend who's seeking You in prayer right now. In the name of Jesus Christ, hell trembles and the enemy must flee. Thank You, Lord! Amen."*

You're now entering into the presence of your heavenly Father.

[SELAH]

In the Lord's Prayer, Jesus taught us to pray **THAT WE'D BE DELIVERED FROM THE EVIL ONE**. Other versions say "from evil".

**Being delivered from evil means being delivered from Satan:**

It is absolutely certain that we have an enemy. He comes only to steal, kill, and destroy, but Jesus came so that His sheep would have life and life more abundantly.

The Bible compares the enemy of our souls to a predator: *"Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour."* ([1 Peter 5:8](#), NLT).

It also states that with faith, you can quench all of his fiery darts: *"Above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one."* ([Ephesians 6:16](#), NKJV).

Declare aloud with me: *"He who is in me, Jesus, is greater than he who is in the world"* (according to [1 John 4:4](#)). Satan has no part in my life. Jesus is with me.

As the Bible says, *"In this way, he disarmed the spiritual rulers and authorities. He shamed them publicly by his victory over them on the cross."* ([Colossians 2:15](#)).

With the Word of God, I declare: *"...I humble myself before God. I resist the devil, and he will flee from me"* (according to [James 4:7](#)).

Let's take a few moments to thank Jesus and glorify Him for His victory over the devil.

[SELAH]

**Being delivered from evil also means being delivered from the evils that attack us:**

- Sickness
- Suffering
- Fear
- Anxiety
- Negative thoughts...

Bring to the Lord the evil that's attacking you or even sometimes eating away at you. The Bible says, *"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."* ([Philippians 4:6-7](#)).

God, your Father, is giving you His peace right now. Thank Him for His peace.

[SELAH]

**Being delivered from evil also means also being delivered from the desire for revenge:** Revenge, in other words, is paying back evil with evil. The Bible says, *"Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable."* ([Romans 12:17](#)).

And again, *"Do not be overcome by evil, but overcome evil with good."* ([Romans 12:21](#)).

Tell the Lord that you're not going to be overcome by evil, but with His help, you're going to overcome evil with good.

[SELAH]

For the next few minutes, as we listen to the song "[Break Every Chain](#)" by Tasha Cobbs, let's proclaim that there is delivering, chain-breaking power in the name of Jesus.

[SELAH]

Declare today that you're delivered from all evil, like King David who said, *"Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me."* ([Psalm 23:4](#)).

[SELAH]

Take a moment to listen to God, who delivers you from every form of evil and speaks to you in silence.

[SELAH]

As we finish, let's pray [the Lord's Prayer](#) together...

*Our Father in heaven,  
Hallowed be Your name.  
Your kingdom come.  
Your will be done  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
As we forgive our debtors.  
And do not lead us into temptation,  
**But deliver us from the evil one.**  
For Yours is the kingdom  
And the power  
And the glory forever.  
Amen.*

Congratulations! Throughout this day, remember that when we submit, humble, ourselves before God and resist the devil, he flees.

Write down what came to mind during the time of silence, extending this time of listening if you'd like.

I'll see you tomorrow for the 21st day.

**MAY YOUR DAY BE A DAY OF VICTORY IN HIS PRESENCE.**

“NOW TO THE KING  
ETERNAL, IMMORTAL, INVISIBLE,  
TO GOD WHO ALONE IS WISE,  
BE HONOR AND GLORY  
FOREVER AND EVER. AMEN.”

*1 Timothy 1:17*

# Day 21: "The kingdom and the power and the glory!"

🔊 Listen to the audio

Congratulations! It's your 21st day. It's your last day of this prayer journey, "21 Days through the Lord's Prayer."

I'm so proud of you, and even more, our Father, our heavenly papa, is so proud of His child.

The Bible says that those who seek the Lord will not lack any good thing ([Psalm 34:10](#)).

So I truly believe that God has already started to reward you for diligently seeking Him. And He will continue to do so!

May I pray for you right now?

*"Our Father, when we look to You, we are radiant and our faces aren't ashamed. Help my friend who's seeking You in prayer right now to enter into Your intimacy. In Jesus' name, amen."*

You're now entering into the secret place, into intimacy with the Father.

[SELAH]

Jesus finishes His teaching on prayer by worshiping the Father, giving Him all the glory with these words: **"FOR YOURS IS THE KINGDOM AND THE POWER AND THE GLORY FOREVER. AMEN"**.

**Praise God that everything is His:**

The Bible says, "All things were made through Him, and without Him nothing was made that was made." ([John 1:3](#)).

Everything is Yours, Lord! Take a few moments to thank God that all things are His.

[SELAH]

**Praise God that He is alive forever and ever:**

The Bible says, "Now to the King eternal, immortal, invisible, to God who alone is wise, be honor and glory forever and ever. Amen." ([1 Timothy 1:17](#)).

The Bible calls Him the Rock of Ages.

**Praise Him with this Bible verse:** "He has made us a Kingdom of priests for God his Father. All glory and power to him forever and ever! Amen. Look! He comes with the clouds of heaven. And everyone will see him—even those who pierced him. And all the nations of the world will mourn for him. Yes! Amen! 'I am the Alpha and the Omega—the beginning and the end,' says the

Lord God. 'I am the one who is, who always was, and who is still to come—the Almighty One.'"  
([Revelation 1:6-8](#))

[SELAH]

**Praise God because the Kingdom is His forever:**

Yes, God reigns! Yes, He sits on the throne!

The Bible says, "*The Lord sat enthroned at the Flood, and the Lord sits as King forever. The Lord will give strength to His people; the Lord will bless His people with peace.*" ([Psalm 29:10-11](#))

Take a few moments to thank God that He has empowered you to reign with Him.

[SELAH]

**Praise God because the power is His forever:**

The Bible says, "*But true wisdom and power are found in God...*" ([Job 12:13](#)) He is the omnipotent God!

The Bible also says, "*All power to him forever! Amen.*" ([1 Peter 5:11](#)).

Take a few moments to thank God for His power.

[SELAH]

**Praise God because the glory is His forever:**

Declare with the Word of God: "*Because of this my praises rise to the King of all the universe who is indestructible, invisible, and full of glory, the only God who is worthy of the highest honors throughout all of time and throughout the eternity of eternities! Amen!*" ([1 Timothy 1:17](#), TPT).

Take a few moments to thank God for His glory, His splendor, and His brilliance.

[SELAH]

Now let's listen to the song "[Be Enthroned](#)" sung by Jeremy Riddle and Bethel Music and worship God, the Creator, the Almighty, the eternally enthroned Lord.

What a beautiful song!

It's so good when our souls magnify the Lord. We have the opportunity to fully experience intimacy with the Father.

Now take a moment to listen to God in silence, thinking about Him and His glory.

[SELAH]

As we finish, let's pray [the Lord's Prayer](#) together...

*Our Father in heaven,  
Hallowed be Your name.  
Your kingdom come.  
Your will be done  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
As we forgive our debtors.  
And do not lead us into temptation,  
But deliver us from the evil one.*

***For Yours is the kingdom***

***And the power***

***And the glory forever.***

*Amen.*

You've reached the end of this 21-day journey. Congratulations again!

If you've enjoyed this training, please share it with your friends! It will help and bless them too.

Feel free to start over again tomorrow at Day 1 if you'd like or to go back to the day that inspired you the most.

Write down what came to mind during the time of silence, extending this time if you'd like.

Throughout today and every day, remember to give all the glory to the Lord.

For His is the Kingdom and the power and the glory forever!

Thanks for existing, my friend!

**HAVE A BEAUTIFUL DAY IN HIS PRESENCE.**

“...THIS IS THE MESSAGE  
FROM THE ONE WHO IS THE AMEN—  
THE FAITHFUL AND TRUE WITNESS,  
THE BEGINNING OF GOD’S NEW CREATION’”

*Revelation 3:14*

## Bonus Day: "Amen"

 Listen to the audio

I have a little surprise for you!

I promised 21 days, but I always like to give a bit more... :-)

It's on my heart to add a little something at the end, like an AMEN at the end of a prayer.

May I pray for you right now?

"Lord, what an adventure my friend has had with You over the last 21 days. I pray that today would also be special, blessed, encouraging, and full of Your presence. In Jesus' name, amen."

You're now entering into intimacy with the Father, into His wonderful presence.

[SELAH]

Jesus finishes the Lord's Prayer with the word AMEN.

It's a Hebrew word that literally means, "So be it, may it be fulfilled."

Often Jesus began His teachings with Amen, Amen. Truly, truly. And He ends with this word here as well: Amen.

As if to say, "It will happen. What you have asked the Father in My name, He will do."

Jesus is introduced as the Amen in the book of Revelation: "...This is the message from the one who is the Amen—the faithful and true witness, the beginning of God's new creation" (Revelation 3:14).

Think about this amen for a few moments.

[SELAH]

Now let's sing and declare the song "Yes and Amen" with Pat Barrett and Bethel Music.

Amen and amen!

God is declaring His amen over your life, your prayers, your intentions, and your decisions.

Yes, all His promises are yes and amen.

May the Father bless you. In Jesus' name, amen!

**HAVE A BEAUTIFUL DAY IN HIS PRESENCE.**

Thank you very much for completing this prayer journey. I pray this book has been an effective resource to revitalize your prayer life.

Could you fill this short survey? It would be very important for me to know God has used it in your life.



Fill in the survey!

If this material has been a blessing to you, would you consider making a donation today? With your help, we'll be able to reach and bless more people as they seek the Lord's presence.



Make a donation!

*You are a miracle!*