

WEEK OF PRAYER

2025 PRAYER GUIDE

**SEE WHAT GREAT
LOVE THE FATHER
HAS LAVISHED ON
US, THAT WE
SHOULD BE CALLED
CHILDREN OF GOD**

1 John 3:1

TABLE OF CONTENTS

A Prayer for 2025	4
Prayer - What is prayer? What is a prayer track?	5
Day 1 - The Prayer of Jabez	8
Day 2 - The Trinity Prayer	10
Day 3 - Warfare Prayer	13
Day 4 - The Tabernacle Prayer	17
Day 5 - The Lord's Prayer	22
Notes	28
Scriptures for prayer and confession	
Prayer	30
The Word	31
Overcoming	33
Marriage & Family	35
Faith	36
Stewardship	38
Worship	39
The Holy Spirit	41
Healing	42
Speech	44
Identity	46
Fear	47
Fasting Guide	50
Personal prayer card for 2025 <i>(What I'm believing God for this year)</i>	52

A PRAYER FOR 2025

Our hope and prayer for this year is that we can each develop a healthy rhythm of prayer in our lives. Whether a novice or veteran to prayer, we all have much room to grow. This guide aims to give resources on how to pray, what to pray and ways saints of old sought the presence of God. Jesus had the most vibrant prayer life on earth and received the most powerful results. He is our aim. Thankfully, we are also His. We pray that prayer becomes a way of life for each one until our church is known by many as a house of prayer.

“These I will bring to my holy mountain, and make them joyful in my house of prayer. Their burnt offerings and their sacrifices will rise up to be accepted on my altar; for my house will be called a house of prayer for everyone.” Isaiah 56:7

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PRAYER

WHERE DO I START?

One time Jesus was out praying, and when he finished, one of his followers said to him, “John taught his followers how to pray. Lord, teach us how to pray too.” Luke 11:1

Prayer can seem like a great mystery. If you have ever thought prayer was unnatural or difficult, you are not alone! The disciples who walked with Jesus daily, felt inadequate in prayer. They saw that Jesus left them often to find a private space to pray. Surprisingly, as life got busier, Jesus prayed more, not less (Luke 5:15-16). The disciples watched Him closely and then looked in the mirror. They knew their own weakness in prayer, just as you and I are aware of ours.

THE GOOD NEWS: Our Savior wants prayer to become a strength in us more than we do! So, when we get honest and simply ask for help, Jesus leans in as if He’s been waiting for this conversation. Just like He answered His disciples by teaching a simple way to pray, our hope is that the truth in this guide can do the same for each of us! So, let’s start the way the disciples did by humbly asking our Lord Jesus for help in this area. Pray aloud with sincerity:

“Lord Jesus, teach me to pray.”

WHAT IS PRAYER?

Prayer is communicating with God. Well, that’s a simplified definition. Better stated, **prayer is communicating with God, our heavenly Father, through Jesus.** Jesus said: *“I am the way and the truth and the life. No one comes to the Father except through me.”* This means that not all prayer is the same. People of many different religions pray or communicate to God. But access to the One True God is given by Jesus alone.

Dear brothers and sisters, we can boldly enter heaven's Most Holy Place because of the blood of Jesus. By his death, Jesus opened a new and life-giving way through the curtain into the Most Holy Place. And since we have a great High Priest who rules over God's house, let us go right into the presence of God with sincere hearts fully trusting him. Hebrews 10:19-22

WHY DO WE HAVE ACCESS TO GOD?

The death of Jesus opened the door for you and I—who have placed our faith in Him—to have immediate access to the throne of our Father! This is unreal! Can you imagine having immediate access to the President on a daily basis...to walk right into the Oval Office and share what's on our hearts, being confident that we would be heard? Yet someone far greater than the President has given us access to His throne—the Eternal God—because we come clothed in His Son's righteous blood and speak in His name.

Imagine if a soldier lost their life on the battlefield and his blood-stained jacket forever represented the magnitude of his sacrifice, especially to his parents. When we enter the throne room of God through prayer, it's as if we are wearing Jesus' blood-stained jacket, and the Father sees His Son's sacrifice covering us, and He hears us call to Him in His Son's name. Through Jesus, our prayers enter the very throne room of heaven. We can come daily, boldly, when we're in need, in trouble, not as outsiders but as God's dearly loved children because we come by faith in the Son. The miracle of prayer is not in our words but that Jesus has graciously granted us access—His access—to the Father.

We can boldly enter heaven's Most Holy Place because of the blood of Jesus. Hebrews 10:19

Then you will ask in my name. I'm not saying I will ask the Father on your behalf, for the Father himself loves you dearly because you love me and believe that I came from God. John 16:26-27

See what great love the Father has lavished on us, that we should be called children of God! 1 John 3:1

HOW DOES PRAYER BECOME A HABIT?

Let's look at Jesus. Prayer was a regular routine for Jesus. The disciples marveled at His consistency. They weren't sure how He was doing this so often. But they could see it was a source of life for Him. So when they sincerely asked if He could teach them to pray, He responded by giving them a short 32-second prayer that's a frame or an outline for how they could start simple and build. Jesus put all the ingredients of worship, surrender, provision, confession, forgiveness, protection, and praise in 7 sentences (Matthew 6:9-13 NASB).

By giving them a frame—a track to run on—prayer could become a place where they felt confident seeking God. No longer did they have to struggle with what to say or where to go next; they could start here and let their relationship with God be filled with fresh life every day.

God doesn't want prayer to feel difficult. Our Father longs to hear from us and to impart to us His hope, peace, and joy— to lift our eyes from fear and fix them in faith on God's word! This happens in prayer. Philippians 4:6-7; Psalms 55:22; John 5:14-15; Ephesians 3:20; Isaiah 55:11

WHAT IS A PRAYER TRACK?

We all are more likely to stay consistent and committed to a habit when we have a plan and/or “track” to run on. **Prayer tracks are simply model prayers found in scripture that give us an outline to follow as we talk with God.** We all pray better with a track. Without one, it's easy for our minds to run, become distracted, and stop prematurely. In this prayer guide, you will find 5 different prayer tracks. We encourage you to give them all a try and see which is the best fit for you. We hope these help you connect with God and grow in your prayer life!

DAY ONE

THE PRAYER OF JABEZ

THE PRAYER OF JABEZ:

Jabez called upon the God of Israel, saying, ‘Oh that you would bless me and enlarge my border, and that your hand might be with me, and that you would keep me from harm so that it might not bring me pain!’ And God granted what he asked 1 Chronicles 4:10 ESV

BLESSING

Jabez begins his prayer by asking God for His blessing. In fact, God wants to bless us, but He is often waiting for us to ask with the right heart. When God blesses us, our lives overflow with abundance in every area.

“Oh, that You would bless me...” 1 Chronicles 4:10 NIV

Ask God for His blessing. Recognize your need for His provision, and set your heart toward wanting more than you need so that you can be a blessing to others.

INFLUENCE

Next, Jabez asks for more influence. As God’s blessings increase in our lives, we can ask for and experience greater opportunities to influence the world around us for Him.

“...enlarge my territory...” 1 Chronicles 4:10 NIV

Pray for more influence, and trust in Him to open doors and lead you on the best path for His glory.

PRESENCE

As we ask for blessing and influence, we also need to ask for God’s presence, as Jabez did, so that we are not operating out of our own strength but through the presence of God.

“...Let Your hand be with me...” 1 Chronicles 4:10 NIV

Acknowledge your need for God’s presence. Ask for His anointing and for him to put His hand on your life.

PROTECTION

Finally, Jabez asks the Lord to protect him. If we are influencing the world for Jesus, we must understand that the enemy will try to stop us. God promises to be with us and protect us, and because He is with us, we have nothing to fear.

“...keep me from harm...” 1 Chronicles 4:10 NIV

Trust God to protect you. Tell Him specific areas where you feel the need for His protection and ask Him to cover areas that you can’t yet see.

Ask God

Ask God for His blessing. Recognize your need for His provision, and set your heart toward wanting more than you need so that you can be a blessing to others.

Recognize your need

DAY TWO

THE TRINITY PRAYER

We serve and pray to a triune God, one God in three different persons. There is power in praying to Him as the Father, the Son, and The Holy Spirit. Each of these three persons reveals to us more of who He is and invites us to depend on Him in different ways. In 2nd Corinthians 13:14, The Apostle Paul gives us a great outline for how to pray to each of these persons of God.

“May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all.” 2 Corinthians 13:14

PRAY TO THE FATHER: FOCUS ON HIS LOVE

“..and the love of God..” 2 Corinthians 13:14

Start by remembering how our Father God loved us first.

We know how much God loves us, and we have put our trust in his love... We love each other because he loved us first. 1 John 4:16;19

Thank Him for how He loved you before you even knew Him.

Thank Him for how His love and fatherly provision have been seen in your life.

Let Him know what you currently need.

Just as a child can openly tell their father the desires of their heart, so can you express your every need to your Father God.

For example:

- What do you personally need?
- What are the needs of your close friends and family members?
- Who in your life is not yet following God? Pray for God to reveal Himself to them.

- What areas of your life are challenging and in need of wisdom from God?

Be specific with these requests and believe in faith that your Father in Heaven loves you, hears you and will move on your behalf.

PRAY TO THE SON: FOCUS ON HIS GRACE

“May the grace of the Lord Jesus Christ...” 2 Corinthians 13:14

Remember the grace that God has freely given to us through Jesus Christ alone.

Thank Jesus for His perfect sacrifice, and for the specific grace He has given to you.

- What has He forgiven you for?
- What has He set you free from?
- How has His grace changed your life?
- Thank Him specifically for these things!

Invite Him to search your heart and lead you to repent for anything you have not yet confessed and surrendered to Him.

“Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.”

Hebrews 4:16

- Confess openly, repent, and then receive His grace and forgiveness.
- Allow His grace and forgiveness to empower you to turn from your sin and live differently.

PRAY TO THE HOLY SPIRIT: FOCUS ON HIS FRIENDSHIP

“...and the fellowship of the Holy Spirit be with you all.”

2 Corinthians 13:14

Before Jesus went to the cross, He assured His disciples that He would send the Holy Spirit to us to be our helper, remind us of His truth, and teach us all things. The Holy Spirit still wants to have this relationship with you today. We need His help and guidance daily!

“These things I have spoken to you while I am still with you. But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.” John 14:25-26

As you begin to pray to the Holy Spirit, remember your need for Him and thank Him for being your friend and helper in all things.

Make John 14:26 your prayer:

“Thank you, Holy Spirit, for helping me, teaching me all things and for bringing to my remembrance the Word of God.”

Next, invite the Holy Spirit to speak to you in this portion of your prayer.

- Is there an area of your life you need to hear from God about?
- Do you need to be reminded of how God sees you and/or loves you?
- Practice asking The Holy Spirit to speak to you about these things, get quiet in His presence and allow space for Him to respond to you.
- His speaking may come through a passage of scripture being drawn to your remembrance, a worship song being dropped in your heart, or as simple as a word or strong impression.

Believe in faith that He is, and He will speak to you as Jesus promised.

It may be in this moment or at another time, but be patient and trust you will hear from Him in His perfect timing.

Lastly, reflect on the fruit of the Holy Spirit and invite Him to produce this fruit in your life.

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.” Galatians 5:22-23

DAY THREE

WARFARE PRAYER

Prayer is not only communion with God; it can also be confrontation with the enemy. When Jesus was on the earth, He came face-to-face with the devil when He was tempted in the wilderness (see Matthew 4 and Luke 4), and every time the enemy tried to tempt Him, Jesus confronted the devil with the Word of God, using the Sword of the Spirit to defend Himself.

There will be times in our lives when we also need to pray with this warfare mindset, specifically declaring God's word and will over our lives. When you are facing a battle, take the opportunity to pray this way.

1. BEGIN WITH PRAISE

Offer up a sacrifice of Praise to God. Thank Him for who He is.

“Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that openly profess his name.” Hebrews 13:15

*“Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. 5 For the Lord is good and his love endures forever; his faithfulness continues through all generations.”
Psalms 100:4-5*

2. MOVE INTO WORSHIP

Worship God because He is worthy. Psalms 103 declares what He has done for us. Begin here:

*Praise the Lord, my soul; all my inmost being, praise his holy name.
2 Praise the Lord, my soul, and forget not all his benefits—3 who forgives
all your sins and heals all your diseases, 4 who redeems your life from the
pit and crowns you with love and compassion, 5 who satisfies your desires
with good things so that your youth is renewed like the eagle's. Psalms
103: 1-5*

Thank God that He:

- Forgives all our sins
- Heals all our diseases
- Redeems our lives from the pit
- Crowns us with anointing from the Holy Spirit
- Blesses our lives
- Renews our energy/vision/dreams/vitality

3. RESIST THE DEVIL

God has done so much for us, but there are two things we must do to walk in all He has provided:

- Receive (Receive God's mercy, grace, love, salvation, etc.)
- Resist (resist the enemy)

*Submit yourselves, then, to God. Resist the devil, and he will flee from you.
James 4:7*

“Satan does not start leaving until you start resisting.”
- Pastor Larry Stockstill

*Whatever they plot against the Lord he will bring to an end; trouble will
not come a second time. Nahum 1:9*

One way to resist temptation from the devil is to put on the armor of God found in Ephesians 6.

Finally, be strong in the Lord and in his mighty power. 11 Put on the full armor of God, so that you can take your stand against the devil's schemes. 12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. 13 Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. 14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, 15 and with your feet fitted with the readiness that comes from the gospel of peace. 16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. 17 Take the helmet of salvation and the sword of the Spirit, which is the word of God. 18 And pray in the Spirit on all occasions with all kinds of prayers and requests. Ephesians 6:10-18

Pray through these pieces of armor:

- Put On: Belt of Truth / Breastplate of Righteousness / Feet fitted with peace
- Take Up: Shield of Faith / Helmet of Salvation / Sword of the Spirit
- Pray: Pray with your understanding / Pray in the Spirit

To end, remember God is your refuge and safe place. Make Psalm 91 your prayer:

“Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. 2 I will say of the Lord, “He is my refuge and my fortress, my God, in whom I trust.” 3 Surely he will save you from the fowler’s snare and from the deadly pestilence. 4 He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. 5 You will not fear the terror of night, nor the arrow that flies by day, 6 nor the pestilence that stalks in the darkness, nor the plague that destroys at midday. 7 A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. 8 You will only observe with your eyes and see the punishment of the wicked. 9 If you say, “The Lord is my refuge,” and you make the Most High your dwelling, 10 no harm will overtake you, no disaster will come near your tent.

11 For he will command his angels concerning you to guard you in all your ways; 12 they will lift you up in their hands, so that you will not strike your foot against a stone. 13 You will tread on the lion and the cobra; you will trample the great lion and the serpent. 14 “Because he loves me,” says the Lord, “I will rescue him; I will protect him, for he acknowledges my name. 15 He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. 16 With long life I will satisfy him and show him my salvation.”Psalm 91:1-16

**GOD
IS YOUR
REFUGE
AND
SAFE PLACE.**

DAY FOUR

TABERNACLE PRAYER

In the Old Testament, the Tabernacle was the specific place God dwelt with His people, built according to His instructions and mirroring God’s actual sanctuary in heaven (Heb. 8:1-5). God’s people and His priests had a protocol in approaching the direct presence of God. As they entered the gates of the Tabernacle, they passed through seven stations. This prayer method follows the way God taught His people to enter His presence, like following a 7-stop path into intimacy with God. Today, even though we no longer need the physical Tabernacle to meet with God, these same steps can help us connect with Him.

THE OUTER COURT

Enter with thanksgiving and praise

The very first step through the outer gate into the “courts” of God was one of thankfulness and praise. We can start our prayer time the same way. To think we’re always one breath away from God’s presence, for He comes when we give Him thanks. He leans in when we praise.

Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name. Psalm 100:4 NIV

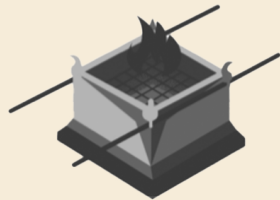
Think of a fresh reason to thank God. You can write down a list, sing your own song of praise, or just spend time reflecting on your gratitude and praise toward God.

THE BRAZEN ALTAR

Stop at the cross of Jesus

In the Old Testament, everyone had to regularly bring animal sacrifices to the Tabernacle as payment for their sins.

These “offerings” would be sacrificed at the brazen altar by the priests. Today, we don’t have to do that because Jesus paid for our sins once and for all with His blood on the cross. He came as both our priest and our lamb, the spotless lamb of God.



Praise the LORD, my soul, and forget not all His benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle’s.

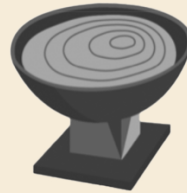
Psalms 103:2-5 NIV

Thank God for the gift of Jesus. Thank Jesus for His sacrifice and love. Let the power of the cross and what it means settle in your spirit. In addition to expressing your gratitude, claim the power of transformation and healing that the cross of Jesus has in your life.

THE LAVER

Reflect and be cleansed

The next step in the Tabernacle was a bowl of water where people would wash themselves before proceeding any closer to the holiness of God. For us, this represents checking our hearts and motives and surrendering our lives to God as an important part of daily prayer.



I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Romans 12:1 ESV

Reflect and be cleansed. Because of Jesus’ sacrifice, we can confess our sins to Him and receive complete forgiveness and a fresh start. In prayer, humbly and sincerely turn away from your sins and allow God to cleanse and renew you. Then, surrender your attitude, heart, and mind to Him.

THE LAMPSTAND

Look to the light of the Holy Spirit

The next piece of the Tabernacle was a seven-branched golden lampstand. The fire represents the Holy Spirit and how we are called to be light in the world’s darkness.



The Spirit of the LORD will rest on Him—the Spirit of Wisdom and of Understanding, the Spirit of Counsel and of Might, the Spirit of the Knowledge and fear of the LORD...Isaiah 11:2 NIV

When Jesus left the earth, Christians were given the gift of the Holy Spirit. God calls the Holy Spirit our “Advocate.” We cannot do what He has called us to do without His supernatural power. It is through His Holy Spirit that God comforts us, guides us, and empowers us.

Pray that you will operate daily in the Fruit of the Spirit, (Galatians 5:22-23) and the Gifts of the Spirit (1 Corinthians 12:4-11).

THE TABLE OF SHOWBREAD

Feast on the Word of God

Next in the Tabernacle came a table with twelve loaves of bread. These represented the importance of reading God’s Word for daily truth.



Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Joshua 1:8 NIV

- Take time to read and think about the Word.
- Claim God’s many great promises for your life and the world around you.
- Ask Him for fresh revelation of His Word.
- Ask Him for a Word to help you as you go throughout your day.
- Ask Him to show you how to apply His Word in your life.

THE ALTAR OF INCENSE

Worship with passion

Finally, a small altar of burning incense stood at the entrance to the Holy of Holies, where God’s presence dwelled.

As the people of God entered His presence, they worshiped His names. This altar represents worship to and adoration of God.



The name of the LORD is a strong tower; the righteous run to it and are safe. Proverbs 18:10 NKJV

Thank God for making His presence available to you. Praise His name and worship Him personally and specifically for who He is and how He has moved in your life.

THE ARK OF THE COVENANT

Intercede for the people

The final place in the Tabernacle was the Holy of Holies, where God’s presence dwelled. There, the priests would intercede by praying on behalf of the people of God. In the same way, we are called to intercede on behalf of those around us.



I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people— for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth.

1 Timothy 2:1-4 NIV

We can make a difference when we spend time praying for others. Pray for:

- The lost - those far from God
- Those in authority - leaders in church, government, family, workplace/school
- Those who are experiencing hardship - those suffering,

the poor, the widowed, and the weak

- My family - both immediate and extended family members
- My church - pastors, Small Group leaders, members, and missionaries
- My community - people in my city, nation, and world
- My relationships - friends, coworkers, and acquaintances
- My adversaries - those with whom I disagree

**Enter His
gates with
thanksgiving
and His courts
with praise;
give thanks to
Him and praise
His name.**

PSALM 100:4

DAY FIVE

THE LORD'S PRAYER

THE LORD'S PRAYER:

Jesus' disciples asked Him, "Lord, teach us to pray!" He answered with a short 35 second prayer that holds the frame from which we can each pray every day. Jesus provided this model as an outline to teach us how to pray in a way that connects us to God, aligns our priorities with His, and helps us live dependently on Him. This model takes us through each part of The Lord's Prayer, showing us how to pray the way Jesus instructed.

One day Jesus was praying in a certain place. When He finished, one of His disciples said to Him, "Lord, teach us to pray..." Luke 11:1 NIV

"...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."
Matthew 6:9-13 NKJV

WORSHIP HIS NAME PERSONALLY & ETERNALLY

Our father in Heaven. - Start personal

God loves for us to come to Him in this way—as His children who love Him and want to spend time with Him. **Proclaim your personal relationship with God, addressing Him as your loving Father and thanking Him that you are His child.**

So you have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when He adopted you as His own children. Now we call Him, "Abba, Father." Romans 8:15 NLT

Hallowed be Your Name. - Move to eternal

There is power in God's name. Psalm 103:2-5 lists some of His names to help us worship Him specifically and personally:

Speak God's names out loud. When we proclaim who He is, we not only worship Him, but we also remind ourselves how powerful and great He is.

1. Forgives all our sins. Psalm 103:3 JEHOVAH-TSIDKENU: God is our righteousness, who placed our iniquities on Christ.

2. Heals all our diseases Psalm 103:3 JEHOVAH RAPHA: God is our healer, who placed our diseases on Christ.

3. Redeems our life from destruction Psalm 103:4 JEHOVAH NISSI: God is our protector, who defeated all the forces of darkness in Christ.

4. Crowns us with loving-kindness Psalm 103:5 JEHOVAH SHAMMAH: God is our presence, who sent us the Holy Spirit in Christ.

5. Satisfies us with good things Psalm 103:5 JEHOVAH JIREH: God is our provider, who supplied all our needs in Christ.

The name of the LORD is a strong tower; the righteous man runs into it and is safe. Proverbs 18:10 ESV

SURRENDER TO HIS AGENDA FIRST

Your kingdom come. Your will be done on earth as it is in heaven.

We know God's will is perfect, and we acknowledge His wisdom and sovereignty when we pray His agenda first.

He will always give you all you need from day to day if you will make the Kingdom of God your primary concern. Luke 12:31 TLB

Spend time focusing on what God is focused on. His priorities include:

- The whole world to know Jesus
- Blessing for those in authority—parental, spiritual, governmental, work-related, school
- Caring for the poor
- The Church around the world
- Freedom for those in bondage
- Accomplishing His purpose in our lives

Declare His kingdom & will to reign in your life.

- Pray God’s divine character would be in control of your thoughts, words, and actions.
- Ask for The Holy Spirit to direct you into God’s perfect plan for your life.

ASK HIM FOR EVERY DAILY NEED

Give us this day our daily bread.

God promises to supply all our needs, and He wants us to trust Him to provide.

*I look up to the mountains—does my help come from there?
My help comes from the LORD, who made Heaven and earth!
Psalm 121:1-2 NLT*

Ask God for what you need today. Bring your requests to Him, and trust Him enough to hand them over to Him fully. It may help to open your hands before God to physically show your surrender to Him. Problems can either be ours or God’s; they can’t be both.

Be specific about your needs & release those needs into the Father’s care: *“casting all your anxieties on him, because he cares for you”* (1 Peter 5:7 ESV).

10 Prayer Focuses

- Faith Life
- Marriage/Dating Life
- Family Life
- Work/School Life
- Ministry Life
- Financial Life
- Physical Life
- Social Life
- Attitudinal Life
- Emotional/Mental Life

CONFESS SIN & FORGIVE OTHERS

Forgive us our sins, as we have forgiven those who sin against us.

When we turn away from our sins and receive His forgiveness, our hearts are more prepared to forgive others as well.

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9 NIV

Ask God to check your heart and life and show you areas where you might need to ask for His forgiveness. Ask Him to forgive you and to help you forgive others. We can even choose to forgive people in advance!

4 Forgiveness Prayer Focuses:

- Confess your sin & forgive others
- Forgive others in advance who will offend you.
- Pray for relationships in your life that have challenged you.
- Stand in the gap before God for mercy for your family, your city, state, and nation.

REQUEST PROTECTION & DELIVERANCE

And do not lead us into temptation, but deliver us from the evil one.

Engage in spiritual warfare. The Bible makes it clear that we have an enemy who is trying to steal from us, kill us, and destroy us. As we pray, we take our stand against the enemy and fight from a place of victory through Jesus as we're empowered by His Holy Spirit. There is power in God's Word, and every lie the enemy has told us can be replaced with God's truth.

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.
Ephesians 6:12 NIV

Ask God to show you any lies you're believing or spiritual warfare happening in your life, expose the enemy, and help you understand and receive His truth. Simply speaking the name of Jesus has great power in the spiritual realm. The Bible tells us in James 4:7 that if we resist the devil, he will flee from us. Through prayer, we can resist him and walk forward in freedom.

For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.
2 Corinthians 10:3-4

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. *2 Corinthians 10:5*

- Protect & Deliver: Ask for protection from weak areas & deliverance from the enemies schemes in your life.
- Reveal & Replace: Ask God to reveal lies you're believing and the Biblical truths that defeat them. Speak these truths aloud Write them down. Meditate on them throughout the day.
- Stand and Resist: Do spiritual warfare against the powers of darkness.
 - Put on the whole armor of God, piece by piece (helmet, breastplate, waistband, shoes, sword, shield in Ephesians 6.)

- Take authority in resisting every demonic attack in your health, finances, family, ministry, home state, and/or nation.

DECLARE GOD'S POWER

For yours is the kingdom and the power and the glory forever.

Ending our prayer time by claiming God's authority and power helps focus our minds on the truth and hope of who He is and what He can do. Remind yourself of God's power and then return to praising Him and declaring your faith in Him:

“Yours is the Kingdom” – all authority belongs to You “Yours is the Power” – all mightiness flows from You “Yours is the Glory” – Your victory will be complete.

“Ah, Sovereign LORD, You have made the heavens and the earth by Your great power and outstretched arm. Nothing is too hard for You.” Jeremiah 32:17 NIV

- Give glory to God for all things.
- Thank Him for who He is and all He has done in your life.

SCRIPTURES FOR PRAYER AND CONFESSION

PRAYER

Lord, teach me to pray.

Now Jesus was praying in a certain place, and when He finished, one of His disciples said to Him, “Lord teach us to pray, as John taught his disciples.”

Luke 11:1

I will be anxious for nothing.

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Philippians 4:6

In all my ways, I will acknowledge You, and You will direct my path.

In all your ways acknowledge Him, and He will make straight your paths.

Proverbs 3:6

Whatever I ask for in prayer, believing, I will receive.

And whatever you ask in prayer, you will receive, if you have faith.

Matthew 21:22

I will ask in Jesus’ name, and in receiving, my joy will be made full.

Until now you have asked nothing in My name. Ask, and you will receive, that your joy may be full. John 16:24

If I have not because I ask not, I will learn to ask with confidence.

You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel. You do not have, because you do not ask. James 4:2

I will always pray and not lose heart.

And He told them a parable to the effect that they ought to always pray and not lose heart. Luke 18:1

If I believe, I will have whatever I ask for in prayer.

Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. Mark 11:24

I am fully convinced that You are able to fulfill your promises.

*Fully convinced that God was able to do what He had promised.
Romans 4:21*

I will ask in faith, without doubting.

But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind. James 1:6

I will delight myself in the Lord, and He will give me the desires of my heart.

Delight yourself in the LORD, and He will give you the desires of your heart. Psalm 37:4

I will watch and pray, so that I do not enter into temptation.

Watch and pray, that you do not enter into temptation. For the spirit is willing, but the flesh is weak. Matthew 26:41

I will seek You and find You, when I search for You with all my heart.

*You will seek Me and find Me when you seek Me with all your heart.
Jeremiah 29:13*

If I ask anything in Your name, You will do it.

If you ask Me anything in My name, I will do it. John 14:14

THE WORD

God has revealed Himself through His Word from the very beginning.

In the beginning was the Word, and the Word was with God, and the Word was God. John 1:1

The Word is living and active.

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of souls and spirit, of joints and marrow, and discerning the thoughts and intentions of the heart. Hebrews 4:12

All of creation was formed by the Word of God.

By faith we understand that the universe was created by the Word of God, so that what is seen was not made out of things that are visible. Hebrews 11:3

I have hidden Your Word in my heart, that I might not sin against You.

I have stored up Your Word in my heart, that I might not sin against You. Psalm 119:11

Heaven and earth will pass away, but Your Word stands forever.

Heaven and earth will pass away, but my words will not pass away. Matthew 24:35

Your words are spirit and life.

It is the Spirit who gives life; the flesh is no help at all. The words that I have spoken to you are spirit and life. John 6:63

All Scripture is profitable for teaching, reproof, correction and instruction.

All scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that I may be complete, equipped for every good work. 2 Timothy 3:16-17

By Your words, I can see where I am going.

Your Word is a lamp to my feet and a light to my path. Psalm 119:105

Through the Scriptures, I believe that Jesus is Christ.

But these are written so that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in His name. John 20:31

The Word of the Lord endures forever.

But the Word of the Lord remains forever. And this Word is the good news that was preached to you. 1 Peter 1:25

The Word of God does not return empty; it will accomplish its purpose.

For as the rain and the snow come down from heaven and do not return there but water the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it. Isaiah 55:10-11

I love Jesus; therefore I keep the Lord's commandments.

If you love me, you will keep His Word. John 14:15

All scripture is given by and inspired of God.

All scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness. 2 Timothy 3:16

OVERCOMING

God loves me and is for me.

What, then, shall we say in response to these things? If God is for us, who can be against us? Romans 8:31

With God, all things are possible.

But Jesus looked at them and said, "With man this is impossible, but with God all things are possible." Matthew 19:26

I can do all things through Christ who strengthens me.

I can do all things through Him who strengthens me. Philippians 4:13

The Lord is my light and my salvation, I will fear no one.

The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid? Psalm 27:1

I have authority to defeat the enemy and nothing will hurt me.

Behold, I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall hurt you. Luke 10:19

I am more than a conqueror through Jesus Christ.

No, in all these things we are more than conquerors through Him who loved us. Romans 8:37

He who is in me is greater than he who is in the world.

Little children, you are from God and have overcome them, for He who is in you is greater than he who is in the world. 1 John 4:4

I know that all of the earth will be filled with God's glory.

But truly, as I live, and as the earth shall be filled with the glory of the LORD. Numbers 14:21

No weapon formed against me shall prosper.

No weapon that is fashioned against you shall succeed, and you shall refute every tongue that rises against you in judgment. This is the heritage of the servant of the LORD and their vindication from Me, declares the LORD. Isaiah 54:17

The Lord is my refuge and strength, a very present help in trouble.

God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling. Psalm 46:13

I am strong in the Lord and in the power of His might.

Finally, be strong in the Lord and in the strength of His might. Ephesians 6:10

The name of the LORD is a strong tower; in it I am safe.

The name of the LORD is a strong tower; the righteous man runs into it and is safe. Proverbs 18:10

The Lord is on my side; I will not fear.

The LORD is on my side; I will not fear. What can man do to me? The LORD is on my side as my helper; I shall look in triumph on those who hate me. Psalm 118:6-7

MARRIAGE AND FAMILY

I am united with my spouse, and we are one.

Therefore a man shall leave his father and mother and hold fast to his wife, and who shall become one flesh. Ephesians 5:31

Our marriage will be honorable and pure before God.

Let marriage be held in honor among us all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous. Hebrews 13:4

As a husband, I will love my wife as Christ loved the church and gave Himself up for her.

Husbands, love your wives, just as Christ loved the church and gave Himself up for her. Ephesians 5:25

As a husband, I will praise my wife.

Her children will rise up and bless her; her husband also, and he praises her. Proverbs 31:28

As a husband, I will give my wife honor and live with her in an understanding way.

Likewise, husbands, live with your wives in an understanding way, showing honor to the woman as the weaker vessel, since they are heirs with you of the grace of life, so that your prayers may not be hindered. 1 Peter 3:7

As a wife, I will do my husband only good, never evil.

She does him good, and not harm, all the days of her life. Proverbs 31:12

As a wife, I will love and influence my husband by obeying God.

Likewise, wives be subject to your own husbands, so that even if some do not obey the word, they may be won without a word by the conduct of their wives. 1 Peter 3:1

I will honor my father and mother.

Honor your father and mother, that your days may be long in the land that the LORD your God is giving you. Exodus 20:12

Our family will learn the Word of God together.

You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the, and when you lie down, and when you rise. Deuteronomy 6:7

I will not provoke my children.

Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord. Ephesians 4:6

As for me and my family, we will serve the Lord.

And if it is evil in your eyes to serve the LORD, choose this day whom you will serve, whether the gods your fathers served in the region beyond the River, of the gods of the Amorites in whose land you will dwell. But as for me and my house, we will serve the LORD. Joshua 24:15

FAITH

With God, all things are possible.

But Jesus looked at them and said, "With man this is impossible, but with God all things are possible." Matthew 19:26

I walk by faith, not by sight.

For we walk by faith, not by sight. 2 Corinthians 5:7

Faith comes from hearing the Word.

So faith comes from hearing, and hearing through the Word of Christ. Romans 10:17

God calls all things into existence that do not exist.

As it is written, "I have made you the father of many nations" - in the presence of God in whom he believed, who gives life to the dead and calls into existence the things that do not exist. Romans 4:17

Faith is the substance of hope, the evidence of things unseen.

Now faith is the assurance of things hoped for, the conviction of things not seen. Hebrews 11:1

All things are possible for those who believe.

*And Jesus said to them, "All things are possible for one who believes."
Mark 9:23*

I am confident that God will perform what He has promised.

Which is why I suffer as I do. But I am not ashamed, for I know whom I have believed, and I am convinced that He is able to guard until the day what has been entrusted to me. 2 Timothy 1:12

I will hold tightly to the confession of my faith.

Let us hold fast the confession of our hope without wavering, for He who promised is faithful. Hebrews 10:23

All the promises of God find their Yes in Him.

For all the promises of God find their Yes in Him. That is why it is through Him that we utter our Amen to God for His glory. 2 Corinthians 1:20

God is able to do far more than I ask.

Now to Him who is able to do far more abundantly than all that we ask or think, according to the power at work within us. Ephesians 3:20

In all circumstances, I will take up the shield of faith.

In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one. Ephesians 6:16

I will not weaken in faith despite my present circumstances.

He did not weaken in faith when he considered his own body, which was as good as dead (since he was about a hundred years old), or when he considered the barrenness of Sarah's womb. Romans 4:19

Jesus gives me victory through faith in Him.

For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world - our faith. Who is it that overcomes the world except the one who believes that Jesus is the Son of God? 1 John 5:4-5

STEWARDSHIP

My first financial priority is to honor the Lord.

Honor the LORD with your possessions, and with the first fruits of all your increase; so your barns will be filled with plenty, and your vats will overflow with new wine. Proverbs 3:9-10

All money comes from God so all I have belongs to God.

O Lord our God, as for all this abundance... it comes from Your hand, and all of it belongs to You. 1 Chronicles 29:16

The Lord gives me the ability to earn income.

But remember the Lord your God, for it is He who gives you the ability to produce wealth... Deuteronomy 8:18a

I will be a trustworthy and honest steward of finances.

Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much. So if you have not been trustworthy in handling worldly wealth, who will trust you with true riches? Luke 16:10-11

I will give money as an act of worship.

Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you. Luke 6:38

I will give 10% of my total household income to the local church.

“Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this,” says the LORD Almighty, “and see if I will not throw open the floodgate of heaven and pour out so much blessing that you will not have room enough for it.” Malachi 3:10

God's generosity will flow through me.

God has given gifts to each of you from His great variety of spiritual gifts. Manage them well so that God's generosity can flow through you.

1 Peter 4:10

I will invest in the Kingdom of God.

But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also. Matthew 6:20-21

By His grace, God will provide all I need.

God is able to make all grace abound to you, so that in all things at all times, having all that you need, you will abound in every good work.

2 Corinthians 9:8

I will pay all my debts.

Let no debt remain outstanding, except the continuing debt to love one another, for he who loves his fellow man has fulfilled the law. Romans 13:8

I will live by a biblical budget and prosper.

Good planning and hard work lead to prosperity, but hasty shortcuts lead to poverty. Proverbs 21:5

I work for the Lord, so I will work with all my heart.

And whatever you do, do it heartily, as to the Lord and not to men, knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ. Colossians 3:23-24

WORSHIP

I will love the Lord my God with all my heart, soul, and strength.

Love the LORD your God with all your heart and with all your soul and with all your strength. Deuteronomy 6:5

I love because He first loved me.

We love because He first loved us. 1 John 4:19

I will worship the Lord my God and serve Him only.

*You shall worship the Lord your God and Him only shall you serve.
Matthew 4:10*

I will worship and bow down before the Lord, my Maker.

*Oh come, let us worship and bow down; let us kneel before the LORD, our
Maker! Psalm 95:6*

I will fear You and glorify Your name, for You alone are holy.

*Who will not fear, O Lord, and glorify Your name? For You alone are holy.
All nations will come and worship You, for Your righteous acts have been
revealed. Revelation 15:4*

You are Spirit, and I will worship You in the Spirit and in truth.

*God is spirit, and those who worship Him must worship in the Spirit and in
truth. John 4:24*

I will worship God in the Spirit and put no confidence in the flesh.

*For we are the circumcision, who worship by the Spirit of God and glory in
Christ Jesus and put no confidence in the flesh. Philippians 3:3*

I will stand up and praise the Lord God with a strong voice.

*And the Levites, of the Kohathites and the Korahites, stood up to praise
the LORD, the God of Israel, with a very loud voice. 2 Chronicles 20:19*

I will bless the Lord.

*Bless the LORD, O my soul, and all that is within me, bless His holy name!
Psalm 103:1*

I will clap my hands and shout a song of joy.

*Clap your hands, all peoples! Shout to God with loud songs of joy! For
the LORD, the Most High, is to be feared, a great king over all the earth.
Psalm 47:1-2*

I will lift up my hands and bless the Lord.

Lift up your hands to the holy place and bless the LORD! Psalm 134:2

I will lift my voice to the Sovereign Lord.

And when they heard it, they lifted their voices together to God and said, "Sovereign Lord, who made the heaven and the earth and the sea and everything in them..." Acts 4:24

Every knee should bow, and every tongue should confess that Jesus Christ is Lord.

So that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father. Philippians 2:10-11

THE HOLY SPIRIT

God wants me to worship in the Spirit and in truth.

God is spirit, and his worshipers must worship in the Spirit and in truth. John 4:24

The Holy Spirit leads me into all truth.

When the Spirit of truth comes, He will guide you into all the truth, for He will not speak on His own authority, but whatever He hears He will speak, and He will declare to you the things that are to come. John 16:13

I am led by the Spirit and am no longer under the law.

But if you are led by the Spirit, you are not under the law. Galatians 5:18

I am clothed with power from the Holy Spirit.

And behold, I am sending the promise of my Father upon you. But stay in the city until you are clothed with power from on high. Luke 24:49

The Holy Spirit is my Comforter and Helper.

Nevertheless, I tell you the truth: it is to your advantage that I go away, for if I do not go away, the Helper will not come to you. But if I go, I will send Him to you. John 16:7

The Holy Spirit gives me power to witness.

But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth. Acts 1:8

Being filled with the Holy Spirit gives me boldness.

“And now, Lord, look upon their threats and grant to your servants to continue to speak Your Word with all boldness.” And when they had prayed, the place in which they were gathered together was shaken, and they were all filled with the Holy Spirit and continued to speak the Word of God with boldness. Acts 4:29, 31

I will walk in the Spirit and not fulfill the lust of the flesh.

But I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. Galatians 5:16-17

The Holy Spirit intercedes for me according to God’s will.

Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And He who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. Romans 8:26-27

The Holy Spirit teaches and reminds me of all things.

But the Helper, the Holy Spirit, whom the Father will send in my name, He will teach you all things and bring to your remembrance all that I have said to you. John 14:26

HEALING

Jesus can heal every sickness and disease among us.

And Jesus went throughout all the cities and villages, teaching in their synagogues and proposing the gospel of the kingdom and healing every disease and every affliction. Mathew 9:35

The Lord is the God who heals me.

He said, “If you will diligently listen to the voice of the LORD your God, and do that which is right in His eyes, and give ear to His commandments and keep all His statutes, I will put none of the diseases on you that I put on the Egyptians, for I am the LORD, your healer.” Exodus 15:26

God forgives all my iniquities and heals all my diseases.

Who forgives all your iniquity, who heals all your diseases. Psalm 103:3

God sends His Word to heal me.

He sent out His Word and healed them, and delivered them from their destruction. Psalm 107:20

The prayer of faith will save the sick and the Lord will raise them up.

And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. James 5:15

By His stripes, we are healed.

But He was pierced for our transgressions; He was crushed for our iniquities; upon Him was the chastisement that brought us peace, and with His wounds we are healed. Isaiah 53:5

Jesus took our infirmities and bore our sickness.

That evening they brought to Him many who were oppressed by demons, and He cast out the spirits with a word and healed all who were sick. This was to fulfill what was spoken by the prophets Isaiah: "He took our illness and bore our diseases." Matthew 8:16-17

By His stripes I have been healed.

He Himself bore our sins in His body on the tree, that we might die to sin and live to righteousness. By His wounds you have been healed. 1 Peter 2:24

If two or more agree in prayer, it will be done.

Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven. For where two or three are gathered in my name, there am I among them. Matthew 18:19-20

My joyful heart will help like good medicine.

A joyful heart is good medicine, but a crushed spirit dries up the bones. Proverbs 17:22

He laid His hands on every one of them and healed them.

Now when the sun was setting, all those who had any who were sick with various diseases brought them to Him, and He laid His hands on every one of them and healed them. Luke 4:40

Great multitudes followed Jesus, and He healed them all.

Jesus, aware of this, withdrew from there. And many followed Him, and He healed them all. Matthew 12:15

I know that all things are possible to those who believe.

And Jesus said to him, "If you can! All things are possible for one who believes." Mark 9:23

SPEECH

I will encourage others with my words.

Therefore encourage one another and build each other up, just as in fact you are doing. 1 Thessalonians 5:11

Life and death are in the power of my tongue.

Death and life are in the power of the tongue, and those who love it will eat its fruits. Proverbs 18:21

A soft answer turns away wrath.

A soft answer turns away wrath, but a harsh word stirs up anger. Proverbs 15:1

I will always give thanks to God for all things.

Giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ. Ephesians 5:20

I will be quick to hear, slow to speak, and slow to anger.

Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger. James 1:19

I will always let my speech be filled with grace.

Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person. Colossians 4:6

The Holy Spirit will teach me what to say.

For the Holy Spirit will teach you in that very hour what you ought to say. Luke 12:12

My words influence my quality of life.

For whoever desires to love life and see good days, let him keep his tongue from evil and his lips from speaking deceit. 1 Peter 3:10

I will speak evil of no one.

To speak evil of no one, to avoid quarreling, to be gentle, and to show perfect courtesy toward all people. Titus 3:2

My words and my thoughts will be pleasing to the Lord.

Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O LORD, my rock and my redeemer. Psalm 19:14

I will speak the truth in love.

Rather, speaking the truth in love, we are to grow up in every way into Him who is the head, into Christ. Ephesians 4:15

I will bless rather than return an insult.

Do not repay evil for evil or reviling for reviling, but on the contrary, bless, for to this you were called, that you may obtain a blessing. 1 Peter 3:9

I will put away all evil speech.

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Ephesians 4:31

IDENTITY

I am a child of God.

But to all who did receive Him, who believed in His name, He gave the right to become children of God. John 1:12

I am a friend of God.

No longer do I call you servants, for the servant does not know what his master is doing; but I call you friends, for all that I have heard from my Father I have made known to you. John 15:15

I am called and chosen by God.

You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the Father in my name, He may give it to you. John 15:16

I have been justified.

Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Romans 5:1

Through Jesus, I am one in spirit with God.

But he who is joined to the Lord becomes one spirit with Him. 1 Corinthians 6:17

I have been bought with a price. I belong to God.

You are not your own, for you were bought with a price. So glorify God in your body. 1 Corinthians 6:20

I have been adopted by God.

He predestined us for adoption to Himself as sons through Jesus Christ, according to the purpose of His will. Ephesians 1:5

I am hidden in Christ.

For you have died, and your life is hidden with Christ in God. Colossians 3:3

Because I am born of God, the evil one cannot touch me.

We know that anyone born of God does not continue to sin; the One who was born of God keeps them safe, and the evil one cannot harm them.

1 John 5:18

I am the salt of the earth.

You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet. Matthew 5:13

I cannot be separated from the love of God.

Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword?

Romans 8:35

I do not have a spirit of fear, but of power, love, and a sound mind.

For God gave us a spirit not of fear but of power and love and self-control.

2 Timothy 1:7

I am God's temple and His Spirit dwells in me.

Do you not know that you are God's temple and that God's Spirit dwells in you? 1 Corinthians 3:16

FEAR

I am not afraid, because you are with me, and you strengthen me.

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. Isaiah 41:10

Your peace guards my heart and mind when I pray and give thanks. I am not anxious.

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your request be known to God. And the peace of God, which surpasses all understanding, will guard your heart and your minds in Christ Jesus. Philippians 4:6-7

I trust in the Lord with all my heart, and my ways are submitted to you.

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. Proverbs 3:4-6

Even 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.

Even 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

Your plans for me are good, and my future is filled with hope.

*“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”
Jeremiah 29:11*

The Lord is my light and my salvation, I will fear no one.

The Lord is my light and my salvation - whom shall I fear? The Lord is the stronghold of my life of whom shall I be afraid? Psalm 27:1

I do not have a spirit of fear, but of power, love, and a sound mind.

For God has not given us a spirit of fear, but of power and of love and of a sound mind. 2 Timothy 1:7

You are always with me, and therefore, I am not afraid.

He will never leave you nor forsake you. Do not be afraid; do not be discouraged. Deuteronomy 31:8

I know that in all things, God is working things for good.

And know that in all things God works for the good of those who love him, who have been called according to his purpose. Romans 8:28

I am not worried, because you gave me your peace.

Peace I leave with you; it is my own peace that I gave you. I do not give it as the world does. Do not be worried and upset; do not be afraid. John 14:27

Your perfect love removes all fear.

There is no fear in love, the perfect love casts out fear. 1 John 4:18

I give you all my anxiety, because you care for me.

Cast all your anxiety on him because he cares for you. 1 Peter 5:7

Note: All confessions above the scriptures are paraphrased, amplified, and/or worded from various versions of the Bible.

Fear not, for
I am with you;
be not dismayed,
for I am your God;
I will strengthen you,
I will help you,
I will uphold you
with my righteous
right hand.

ISAIAH 41:10

WHAT IS FASTING ?

The goal of fasting is not just to do without food; it is to draw nearer to God. The definition of a biblical fast is “to restrict food for a spiritual purpose.” Biblical fasting always has to do with restricting food for a spiritual purpose. Fasting is not just an exercise for the super-spiritual, but it should be a periodic discipline in the life of every believer.

The constant demands and pressures of daily life on your mind, will, and emotions can weigh you down and cause you to lose focus. A fast is a wonderful way to reset and renew our devotion to Christ!

We fast to set aside things that we crave so that our attention and desires may be renewed for the Lord.

Choosing the Right Fast for You

Your personal fast should present a level of challenge for you, but it is very important to know your own body, know your options, and, most importantly, seek God in prayer and follow what fast the Holy Spirit leads you to do. We fast to set aside things that we crave so that our attention and desires may be renewed for the Lord. We pray to grow in our relationship with God and see His will done in our lives, our church, and our world.

Types of Fasts

A full fast is when only water is consumed. This would be the type practiced by Elijah (see 1 Kings 19:8) and Jesus (see Matthew 4).

A partial fast is when some foods are restricted. An example in Scripture is a Daniel Fast.

- A **Daniel fast** is based on the fasting principles of the prophet in Daniel 1 and 10. Daniel 1 states that he ate only vegetables and drank only water, and Daniel 10 states that he ate no rich (or choice) foods, as well as no meat or wine. The foundation of the Daniel fast is fruits and vegetables.

Visit daniel-fast.com to find more information about this fast.

- Another partial option could be choosing a meal, a type of food, and/or food group to fast. For example, fasting lunch, sugar, bread, coffee, etc.

Another type of fast we encourage you to consider is a **media fast**. This is when several or all forms of media (social media, TV, radio, etc.) are set aside from your life during the time period of your fast. Often, people will combine this fast with a food fast to help them focus on the Lord in their time of pursuing Him. Quieting the noise of media in our lives can help us to focus on drawing near to God and receiving from Him.

Remember, the power of fasting has less to do with food than with setting yourself apart for a specific period of time to focus more on the Lord, prayer, and worship. We believe that He will meet each of you in your time of prayer and fasting in a special way!

RENEWED

We fast to set aside things that we crave so that our attention and desires may be renewed for the Lord.

PRAYER VISION CARD

I AM PRAYING FOR THE FOLLOWING IN 2025!

The salvation of these friends & family

Big needs

My family

My spiritual growth
