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# LETTER FROM YOUR PASTORS

## Dear Reader,

What do you live for?

We know, that's a heavy question to start out with. But it's important!

Some of us live to work, others live for the weekend. Some of us live for family, or for our friends. Some of us live so we can make a difference, or build a legacy. None of these are particularly bad reasons to live. Right?

Well actually.... No. That's wrong. Those are not good reasons to live. More accurately; none of those things are what you were designed to live for.

The Bible teaches that mankind was designed to bear the image of our God, to do His will, and to worship him. The Bible also teaches us that we inevitably fall short of these lofty goals.

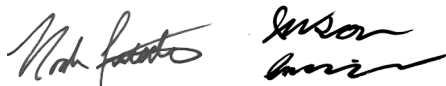
So what are imperfect people like us supposed to do?!

With the aid of the Holy Spirit there are three great tools we can use to do surgery on our hearts, to bear the image of God better, and to act like the Jesus-people we're called to be.

1. Community
2. Scripture
3. Prayer

For the next 21 days we're going to be coming together in community, to meditate on the scriptures, and build a habit of prayer. We are confident that if you walk with us, you will grow nearer to Jesus in ways that you've never experienced before. We're expecting big things for you this month!

What are you waiting for? Let's go pursue Jesus together.

The image shows two handwritten signatures in black ink. The signature on the left is 'Noah' with a stylized, cursive flourish. The signature on the right is 'Jason' with a similar cursive style and a long horizontal stroke at the end.

*Pastors Noah & Jason*



## TEACH ME TO PRAY

How-To has become one of the most highly lucrative industries in the modern era, hasn't it? How-To books, seminars, YouTube channels, and Master Classes have raked in billions of dollars from eager learners.

But How-To questions themselves are not a new thing. Practical, inquisitive minds have been asking, "How do you do that?" throughout all of history. Apprentices down through the ages have given large portions of their lives to learning How-To from masters in their respective crafts.

Can you imagine the number of How-To questions Jesus got, considering there was nothing He couldn't do? What would you have asked Him if you were one of His disciples? Surprisingly, Scripture only records one How-To question that the apprentices of Jesus asked their Master. Can you guess what it was?

"How can I make world class wine from dirty water?"

"What's the secret to reading people's minds?"

"Can you show me how to do that unlimited fish tacos thing?"

If only, right?

The one How-To question we know Jesus' disciples asked Him was, "Can you teach us how to pray?" If you think about it, it's the best question they could have possibly asked. They asked Jesus for a direct line to the God of all creation. And He said yes.

Welcome to your next 21-day prayer adventure. Over the next three weeks, we're going to tap into Jesus' Master Class on how to pray. Taking a hint from His disciples, we're calling it Teach Me to Pray.

We'll learn from the Master Himself on how to approach God, what to say, what not to say, where to pray and with whom, and learn how everyday people can truly come to enjoy a life of prayer. Best of all, you have a community of people praying with you so we're on this journey together!

# **JESUS PRAYED ALONE. JESUS PRAYED WITH FRIENDS.**

Jesus had a rhythm to His prayer life. There were reflexive weekly and seasonal appointments with God and spur-of-the-moment prayer sessions anytime, anywhere. He often escaped the crowds to pray alone. And He also gathered friends and they prayed together. You get the sense that Jesus actually enjoyed prayer!

Twice a year our church family sets aside 21 days for a focused season of earnest, intentional prayer. We make time for those two simple types of prayer: We pray alone. We pray together. Each time we've done this we've seen remarkable things happen in the life of our church and in our very selves.

Marriages restored.

Financial crises averted.

Dreams rekindled.

Bodies healed.

Wounds forgiven.

Freedom found.

Unity embraced.

Joy remembered.

It's January 2022. In our history as a church, we've never encountered a season like the one we're in now. Anger, confusion, isolation, worry, sickness, anxiety, and depression are not just happening to the world around us; they're happening to us. We're facing the insidious enemies of division in our own church family.

The constant barrage of antagonistic voices in our culture have caused many of us to look with suspicion at people we've worshiped with, served with, given with, and believed with. Culture has demanded that we put everyone we know into the category of this social / political issue or that.

But Jesus said we'd be known for the remarkable love we show for one another, not only in spite of, but because of our differences. We can love one another because Jesus first loved us!

Now, more than ever, we need to get away with God and come together in prayer.

## WHAT YOU NEED

Pray alone. Pray with friends. Those are the two commitments we're asking you to make in this season. Here's what you need to prepare.

### HOW TO PRAY ALONE

This prayer guide is going to walk you through key inflection points in Jesus prayer life. We'll watch Him and then try to do what He did. So here's all you need to do:

- » Join us for our daily prayer services at 6 AM, Monday through Friday.
- » On Saturdays, we'll have a time of worship and prayer at 9 AM.
- » Use this guide and your Bible daily.

### HOW TO PRAY WITH FRIENDS

There are two ways we're recommending you pray together with someone in this season.

#### 1. Partner up.

- » Invite a friend (or a couple of friends) to do this with you!
- » Commit to pray with and for one another every day for 21 days.
- » Have grace for yourself and one another!
- » If you miss a day or two, don't sweat it.
- » Be an encouragement to one another and pick back up anytime.

#### 2. Stay connected online.

- » Stay tuned to City Hope's social media platforms
- » Watch for daily reminders and weekly resources to help guide us through this season together
- » Don't have someone to partner with in prayer? Let us know online! We'd love to partner with you.

## TEACH ME TO FAST

Jesus fasted and He encouraged His disciples to do so from time to time as well. Every year during this season, we commit to 21 days of fasting. Fasting isn't about punishment for sin. Jesus already took care of that for you. There are no rigid rules here. Fasting is about choosing to disconnect yourself from your dependence on the world.

*Here are examples of the different types of fasts you might consider:*

### **COMPLETE FAST**

Talk to your doctor before you participate in this one, but it's just like it sounds. Complete or total fasting means you drink liquids only for all or a designated portion of our 21-Day Challenge (e.g. water or light juices).

### **SELECTIVE FAST**

The majority of us will choose a selective fast. Scripture talks about this type of fast as choosing not to eat certain foods or drinks. The Daniel Fast is one example of a selective fast—no meats, sweets, or breads for 21 days. Whole 30, Vegan/plant-based, and Paleo meal plans are popular choices as well.

### **INTERMITTENT FAST**

This was a common type of fast for the Hebrew people. For this fast, you designate certain times of the day for fasting. For example, no eating sun up to sundown or choosing to eat in the morning or afternoon only.

### **INPUT FAST**

This is also a very popular type of fast each year. An input fast can mean turning off social media, the news, television, movies, music, or turning off screens at certain times of the day altogether. The point of this type of fast is to guard the types of things that go into your mind and heart during this season.

# DAY 01

I MOVE, \_\_\_\_\_  
\_\_\_\_\_ GOD MOVES.

# I MOVE, GOD MOVES.

## PART 1 | LEARNING TO PRAY ALONE

*“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed.” Mark 1v35 NIV*

Notice: Jesus moved toward prayer.

## PREPARE. GET AWAY WITH GOD.

Go to your solitary place for uninterrupted time with God.

1. Quiet your thoughts.
2. Rest your arms, hands palms up.
3. Take a deep breath.
4. Take another deep breath.
5. Relax your shoulders.

## FOCUS YOUR MIND.

Arrest your thoughts with your words. Repeat this prayer aloud from Ruth Haley Barton.

*(Or use your private prayer language for a few moments.)*

“As I enter prayer now, aware of my breath, I settle into this moment to be present with You. I acknowledge You’re already here—closer to me than my very breath.”

## LEARN.

Watch Jesus pray.

Read the full story of Jesus’ prayer in **Mark 1v35-42:**

*“And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.*

*And Simon and those who were with him searched for him, and they found him and said to him, “Everyone is looking for you.”*

*And Jesus said to them, “Let us go on to the next towns, that I may preach there also, for that is why I came out.”*



*And Jesus went throughout all Galilee, preaching in their synagogues and casting out demons.*

*And a leper came to Jesus, imploring him, and kneeling said to him, "If you will, you can make me clean."*

*Moved with pity, Jesus stretched out his hand and touched him and said to him, "I will; be clean." And immediately the leprosy left him, and he was made clean.*

**REFLECT.**

We don't know the words Jesus prayed here (He was alone with God, after all.). We do see the reason Jesus prayed and what the outcome of His prayer was. Write what you observed after watching Jesus pray

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**PRAY.**

Jesus moved toward God in prayer. God moved through Him. What was on Jesus' mind? Preaching in synagogues, casting out demons and healing an incurable disease. What's on your mind today? Anything bothering you? Anything you're looking forward to? Quickly jot down a word or two for each big idea behind what's ahead for you today and the near future. Then make a move toward God.

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**NOW START PRAYING!**

Process your feelings; good, bad, or other; out loud, with God.

Tell Him what's on your mind.

Pray in English. Pray with your private prayer language.

Say more.

**NOW STOP.****LISTEN.**

This is where it gets good! Don't skip this part.

Ask: "God, is there anything You want to show me today?"

Take your time. Pick up your pen. Write down whatever He shows you.

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*If you didn't hear anything specific, that's okay. Write a "thank you note" to God here just for listening to your prayers.*

**KEEP ASKING.**

Jesus said, "*Keep on asking, and you will receive what you ask for.*"

**Matthew 7v7 NLT**

Ask again! "God, is there anything else?"

Pick up your pen. Write down whatever He shows you. End with gratitude.

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## PART 2 | LEARNING TO PRAY WITH FRIENDS

*"Jesus took Peter, John and James with him and went up onto a mountain to pray. As He was praying, the appearance of His face changed, and His clothes became as bright as a flash of lightning." Luke 9v28-29 NIV*

Notice: Powerful things happen when we pray together.

## CONNECT.

Reach out to your friend at some point today to set up a conversation.

Your goals are:

- » Ask about their personal prayer time
- » Share a bit about your own
- » Pray for one another

## REFLECT.

Jot down your friend's prayer requests and journal what you observed about this prayer time.

This image shows a full page of white paper with horizontal dashed lines, typical of primary school handwriting practice paper. The lines are evenly spaced and run across the entire width of the page. There are no margins, text, or other markings present.

# DAY 02

SIMPLE, —————  
————— HONEST WORDS.

# SIMPLE, HONEST WORDS.

## PART 1 | LEARNING TO PRAY ALONE

*“Just be there as simply and honestly as you can manage.”* **Matthew 6v6 MSG**

Notice: Jesus prayed simple, honest prayers.

## PREPARE. GET AWAY WITH GOD.

Steal away to your treasured place of solitude with God. He’s looking forward to this too.

1. Take a beat.
2. And another.
3. Take a breath.
4. And another.
5. Bow your head.

## FOCUS YOUR MIND.

Begin today with authentic surrender, by repeating the words of the honest prayer in **Mark 9v24**. Jesus calls: “all things are possible to one who believes”. You respond:

*“Lord Jesus, I do believe. Help me overcome my unbelief.”*

## LEARN.

Watch for what Jesus says about how not to pray in **Matthew 6v5-9**:

*And when you come before God, don't turn that into a theatrical production. All these people making a regular show out of their prayers, hoping for stardom!*

*Do you think God sits in a box seat?*

*Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God.*

*Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.*

*The world is full of so-called prayer warriors who are prayer-ignorant. They're full of formulas and programs and advice, peddling techniques for getting what you want from God. Don't fall for that nonsense.*

*This is your Father you are dealing with, and he knows better than you what you need. With a God like this loving you, you can pray very simply.*



**NOW START PRAYING!**

Take a crack at being your most authentic self before God. Talk to Him like a friend.

Use simple, honest words. Tell Him what’s on your mind, ordinary or not.

Share what you’re hoping for today — what would give you joy?

Keep going.

**NOW STOP.**

**LISTEN.**

*Jesus said, “The focus will shift from you to God, and you will begin to sense His grace.”* **Matthew 6v6b**

Shift your focus. Ask God what would truly give Him joy today.  
Write what you hear.

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**KEEP ASKING.**

Jesus also said the Father, “knows better than you what you need.”  
Ask: “God, is there something I don’t know I need that I should ask for?”  
(This is a great place to pray in the Spirit.) Write what He shows you.

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# DAY 03

KNOW WHEN \_\_\_\_\_  
\_\_\_\_\_ TO SAY NO.

# KNOW WHEN TO SAY NO.

## PART 1 | LEARNING TO PRAY ALONE

*“Now even more the report about Jesus went abroad, and great crowds gathered to hear him and to be healed of their infirmities. But Jesus would withdraw to desolate places and pray.” **Luke 5v16 ESV***

Notice: Jesus knew when to say no to the tyranny of the urgent.

## PREPARE. GET AWAY WITH GOD.

Withdraw to your desolate place to be with God.

1. Quiet your thoughts.
2. Rest your arms, hands palms up.
3. Take a deep breath.
4. Take another deep breath.
5. Relax your shoulders.

## FOCUS YOUR MIND.

Steer the rudder of your mind with your words. Repeat this prayer from **Psalms 3v6** aloud.

(Or use your private prayer language for a few moments.)

*“I will not be afraid of many thousands of people who have set themselves against me all around.”*

## LEARN.

Watch what happens when Jesus breaks away to pray.

Read **Luke 5v15-17, 26**:

*Now even more the report about Jesus went abroad, and great crowds gathered to hear Him and to be healed of their infirmities.*

*As often as possible Jesus would withdraw to desolate places and pray.*

*On one of those days, as he was teaching, Pharisees and teachers of the law were sitting there, who had come from every village of Galilee and Judea and from Jerusalem.*

*And the power of the Lord was with Jesus to heal.*

*And amazement seized them all, and they glorified God and were filled with awe, saying, “We have seen extraordinary things today.”*



**REFLECT.**

Do you see the contrast between what life was demanding of Jesus and how He responded? Once again, we don't know the words Jesus prayed in the desolate place, but we do see the amazing fruit of those prayers.

Write 5 things you learned from Jesus' prayer life in this story:

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**PRAY.**

Jesus resisted the tyranny of the urgent and stole away to seek intimacy with God. Are there distractions and urgent voices you have a hard time resisting? Name them. Jesus teaches us to seek intimacy with God, then we'll find more than enough power for whatever problem we're facing.

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**NOW START PRAYING!**

- Talk to God about the demands and pressures you're feeling.
- Tell Him the voices you may have given too much power to in your life.
- Ask for wisdom in managing your time and your relationships.
- Worship Him. Enjoy His presence.

**NOW STOP.**

**LISTEN.**

Now create some space to listen to what God might be telling you. Start by praying **Psalms 119:36**:

*"Turn my eyes from worthless things and give me life in your ways."*

Write whatever you feel He might be saying to you.

[illegible]

**KEEP ASKING.**

**Luke 5v17** said after Jesus prayed,

*"And the power of the Lord was with Jesus to heal."*

Ask: "God is there someone I can pray for You to heal today?"

Write down whatever He shows you.

This image shows a full page of white paper with horizontal dashed lines, typical of primary school handwriting practice paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## PART 2 | LEARNING TO PRAY WITH FRIENDS

*Though Jesus resisted the demands of the people, after He prayed God used Him mightily. The people said, “We have seen extraordinary things today.” God wants to show you and your friend extraordinary things now that you’ve spent time with Him.*

## CONNECT.

Reach out to your friend to set up today's conversation. Raise your expectations for what God might do!

- » Ask about their personal prayer time
- » Share a bit about your own
- » Pray for one another - any requests for physical healing?

## REFLECT.

Jot down your friend's prayer requests and journal what you observed about this prayer time.

[illegible]

# DAY 04

WHAT TO DO —————  
————— WITH WORRY.

# WHAT TO DO WITH WORRY.

## PART 1 | LEARNING TO PRAY ALONE

*Jesus said, “Do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ Your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you.”* **Matthew 6v31-33 ESV**

Notice: Jesus saw prayer as a remedy for worry and anxiety.

## PREPARE. GET AWAY WITH GOD.

Return to your favorite quiet place.

1. Don't miss this part.
2. Slow down.
3. Breathe in.
4. Breathe out.
5. Raise your expectations.

## FOCUS YOUR MIND.

Activate your faith and trust in the goodness of God by opening yourself to what He has for you today. Pray **Psalms 139v23-24** (Or simply begin with your private prayer language.).

“Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

## LEARN.

Watch Jesus talk about prayer and anxiety in **Matthew 6v25-34**:

*Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on.*

*Is not life more than food, and the body more than clothing?*

*Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them.*

*Are you not of more value than they?*



## PRAY.

Like a jiu-jitsu master, Jesus taught His disciples to absorb the blow of their opponents (worry and anxiety) only to turn it back against them. By simply taking our worries to the Father daily, irrational fears, legitimate worries, and common anxieties lose their power.

Write a word or two that represents your daily anxieties and fears.

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## NOW START PRAYING!

Take a crack at being your most authentic self before God. Talk to Him like a friend.

Use simple, honest words. Tell Him what's on your mind, ordinary or not.

Share what you're hoping for today — what would give you joy?

Keep going.

**NOW STOP.**





## PART 2 | LEARNING TO PRAY WITH FRIENDS

**Philippians 4v6-7** 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...will guard your hearts and your minds in Christ Jesus.”*

Notice again the plural here — hearts and minds. Share your anxieties with one another and the peace of God will guard your hearts and minds.

**CONNECT.**

Keep going! Reach out to your friend(s). You can do this!

- » Ask about their worries and anxieties
- » Be open about your own worries and anxieties
- » Pray for one another

## REFLECT.

Jot down your friend's prayer requests and journal what you observed about this prayer time.

[illegible]

# DAY 05

WHERE TO GO —————  
————— WITH AFFIRMATION.

# WHERE TO GO FOR AFFIRMATION.

## PART 1 | LEARNING TO PRAY ALONE

*"And as Jesus was praying, heaven was opened and the Holy Spirit descended on him in bodily form like a dove. And a voice came from heaven: 'You are my Son, whom I love; with you I am well pleased.'" Luke 3v21-22 NIV*

Notice: When Jesus prayed, God was well pleased.

## PREPARE. GET AWAY WITH GOD.

Find that quiet, solitary place again.

1. Slow down.
2. Palms up.
3. Inhale.
4. Exhale.
5. Smile.

## FOCUS YOUR MIND.

Ready your heart to be loved by God.

Pray the following words from **Psalms 139v17-18**.

(Or simply begin with your private prayer language.)

*"How precious are your thoughts about me, O God. They cannot be numbered! I can't even count them; they outnumber the grains of sand! And when I wake up, you are still with me!"*

## LEARN.

Let's watch Jesus, again.

*When all the people were being baptized, Jesus was baptized too.*

*And as Jesus was praying, Heaven was opened and the Holy Spirit descended on Him in bodily form like a dove.*

*And a voice came from Heaven: 'You are my Son, whom I love; with you I am well pleased.'*

*Then Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil...*

*When the devil had finished all this tempting, he left Jesus until an opportune time.*

*Jesus returned to Galilee in the power of the Spirit, and news about him spread through the whole countryside.*

**REFLECT.**

There are prayers at a river (baptism) and prayers in the wilderness here. Write some things you observed about Jesus’ prayers, God’s response, and the real life results:

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**PRAY.**

How did God respond to Jesus in prayer? He called Jesus His “beloved Son”. Author Henri Nouwen writes,

*“Success, popularity and power can indeed present a great temptation, but their seductive quality often comes from the way they are part of a much larger temptation of self-rejection. Self-rejection is the greatest enemy of the spiritual life because it contradicts the sacred voice that calls us the beloved.”*

How did Jesus defeat temptation? By believing the voice that called Him “beloved” and rejecting all other labels. What labels have contradictory voices tried to give you? Write them down. Cross them out. Then write the truth: “I am my Father’s beloved child”.

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**NOW START PRAYING!**

Have a conversation with God about the gap between what He says about you and how you feel about yourself.

Talk about the relationships that most shape your view of yourself and Him. Talk about what those relationships represent to you.

**NOW STOP.**

**LISTEN.**

Ask: "Show me your thoughts toward me?"

Wait. Pick up your pen. Write down whatever He shows you.

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**KEEP ASKING.**

After being affirmed by The Father in Luke 3, Jesus was empowered by the Holy Spirit in Luke 4. Ask God to fill you with the Holy Spirit and with power! If you have a private prayer language, use it!

Write down what He shows you.

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# DAY 06

TALKING TO \_\_\_\_\_  
\_\_\_\_\_ A GOOD DAD.

# TALKING TO A GOOD DAD.

## PART 1 | LEARNING TO PRAY ALONE

*Jesus said to them, "When you pray, say: 'Father, hallowed be your name.'"*

**Luke 11v2a**

Notice: Jesus talks to God relationally.

## PREPARE.

### GET AWAY WITH GOD.

Are you there in your new favorite spot?

1. Take a good long stretch.
2. Now lounge back into your seat.
3. Relax.
4. Picture Jesus.
5. (with a smile).

## FOCUS YOUR MIND.

Begin with this personalized prayer taken from **Psalms 103v13**:

*As a Father has compassion on His children, so the LORD has compassion on me as I pursue Him.*

## LEARN.

Watch Jesus talk about God as a good dad **Luke 11v9-13**:

*Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.*

*For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.*

*What father among you, if his son asks for a fish, will instead of a fish give him a serpent; or if he asks for an egg, will give him a scorpion?*

*If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask Him!*



**REFLECT.**

What do you observe about how Jesus sees a good father-child relationship?  
What does this tell you about the way Jesus wants us to approach God in prayer?  
What's our posture? What are our expectations?

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**PRAY.**

Jesus illustrates God's nature as a Father, and thereby the nature of our prayer. He's good. We approach Him on the basis of our relationship through Jesus. We boldly ask. He graciously and abundantly gives. Author Michael Reeves writes, "Just as a fountain, to be a fountain, must pour forth water, so the Father, to be Father, must give out life. That is who He is." Do you have any reservations about approaching God as a good Father?

Jot them down. Then give it a try.

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**NOW START PRAYING!**

Start by talking to God like you would a good dad or a loving father figure.  
Share a laugh. Remember how He's helped you through some things.  
Ask Him for what you need. Don't hold back.  
Tell Him you love Him. Say thanks.

**NOW STOP.**

**LISTEN.**

Be still. Rest in the fact that you're loved by a good Father for a few moments.  
Write a word or two describing what He says.

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**KEEP ASKING.**

Remember what Jesus said? He said ask, seek, and knock. Not feeling it? That's okay. Keep asking. Keep seeking. Keep knocking.  
Pray, "God, I believe You're a good Father. Show me your goodness".

Write your experiences.

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## PART 2 | LEARNING TO PRAY WITH FRIENDS

In Matthew's version of Jesus' prayer teaching, He says for us to pray, "Our father." Prayer and your relationship with God as Father is not an isolated thing.

## CONNECT.

Chat with your friend(s) via text, voice memo, phone call. Whatever it takes.

- » Ask about their experience today
- » Talk a bit about your own
- » Consider praying the Lord's prayer together (**Luke 11v2-4**)

## REFLECT.

Jot down your friend's prayer requests and journal what you observed about this prayer time.

[illegible]

# DAY 07

HOW TO —————  
————— BOW.

# HOW TO BOW.

## PART 1 | LEARNING TO PRAY ALONE

*Jesus said to them, “When you pray, say: ‘Your kingdom come.’”* **Luke 11v2b**

Notice: Jesus always only pursued God’s cosmic Kingdom.

### PREPARE.

#### GET AWAY WITH GOD.

Keep going back to your new sacred space.

1. Grab a pillow.
2. Put it on the floor.
3. Get on your knees.
4. Inhale.
5. Exhale.

### FOCUS YOUR MIND.

Pray this prayer of surrender from Jesus’ mother, Mary, found in Luke 1v38.

(Or use your private prayer language for a few moments.)

*“Behold, the handmaiden of the Lord. Let it be to me according to your word.”*

### LEARN.

Watch what Jesus says about allegiance to God’s kingdom in **Matthew 25v31–46**:

*When the Son of Man comes in His glory, and all the angels with Him, then He will sit on His glorious throne.*

*Before Him will be gathered all the nations, and He will separate people one from another as a shepherd separates the sheep from the goats.*

*And He will place the sheep on his right, but the goats on the left.*

*Then the King will say to those on His right, ‘Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.’*

*Then the righteous will answer him, saying, ‘Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you?’*

*And when did we see you sick or in prison and visit you? And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.'*

### REFLECT.

These are sobering words. How does Jesus say we bow to the King? What do you make of the nature of God's kingdom here? How does this King say we pledge our allegiance to Him? What relationships does He seem to say are the sites for His future rule to apply to our present lives? What does He not say about His kingdom that you may have previously thought?

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### PRAY.

We live in the now and not-yet of Jesus' kingdom. When we pray "your kingdom come" we're asking for two things:

1. The future return of Jesus reign in righteousness and justice
2. Here-and-now opportunities for you to bring that goodness to the weak and vulnerable

What might #2 look like in your life today?

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**NOW START PRAYING!**

Are you still bowing? Declare your allegiance to Jesus as your one and only King.

Pray for Him to return quickly!

Ask for eyes to see opportunities to love and give and serve like Jesus.

**NOW STOP.**

**LISTEN.**

Now create some space to listen to what God might be telling you. Start with this prayer from **Psalms 86v11**:

*"Give me an undivided heart, that I may fear your name."*

Record your thoughts here:

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**KEEP ASKING.**

In **Matthew 13v44**, Jesus says,

*"The kingdom of heaven is like treasure hidden in a field, which a man found and covered up. Then in his joy he goes and sells all that he has and buys that field."*

Is there a habit or hobby or an ambition or a competing allegiance you need to give up? Ask God to show you. Then trust Him.

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# DAY 08

EVERYDAY —————  
————— ABUNDANCE.

# EVERYDAY ABUNDANCE.

## PART 1 | LEARNING TO PRAY ALONE

*Jesus said to them, “When you pray, say: ‘Give us each day our daily bread.’”*  
**Luke 11v3**

Notice: Jesus saw God’s everyday abundance as a daily gift.

## PREPARE. GET AWAY WITH GOD.

Retreat to your desolate place.

1. Light a candle if you have one.
2. Watch the flame.
3. Smell the aroma.
4. Breathe in.
5. Breathe out.

## FOCUS YOUR MIND.

Pray this prayer of gratitude from **Psalms 103v2, 5**.

(Or use your private prayer language for a few moments.)

*“Bless the LORD, O my soul,  
 And forget not all His benefits  
 You satisfy my mouth with good things,  
 So that my youth is renewed like the eagle’s.”*

## LEARN.

Watch Jesus’ posture toward God’s abundance in **Luke 9v12–17**

*Now the day began to wear away, and the twelve came and said to Jesus,  
 “Send the crowd away to go into the surrounding villages and countryside to  
 find lodging and get provisions, for we are here in a desolate place.”*

*But Jesus said to them, “You give them something to eat.”*

*They said, “We have no more than five loaves and two fish—unless we are to go  
 and buy food for all these people.”*

*For there were about five thousand men.*

*And Jesus said to his disciples, "Have them sit down in groups of about fifty each." And they did so, and had them all sit down.*

*And taking the five loaves and the two fish, Jesus looked up to heaven and (prayed) a blessing over them.*

*Then He broke the loaves and gave them to the disciples to set before the crowd.*

*And they all ate and were satisfied. And what was left over was picked up, twelve baskets of broken pieces.*

**REFLECT.**

In your own words, interpret what happened in this story in 2-3 sentences.

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**PRAY.**

Jesus taught us to pray daily for our need (Luke 11), asking God to tap into His abundance for our need. An equally valid translation of "give us each day our daily bread" is "give us our bread for tomorrow." When the disciples brought their immediate need to Jesus He converted their "not enough" to fully satisfy their daily need with His "more than enough" provision.

Do you really see God as a God of abundance? Write down your 3 biggest needs today.

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**NOW START PRAYING!**

With calm confidence, approach God with your need, like Jesus did.

Ask Him to point out what resources you already have access to that can be converted to His abundant provision for your daily need.

(Another great place to use your private prayer language.)

**NOW STOP.**

**LISTEN.**

God’s Spirit direction follows peace, one yes or no at a time. Start broad, then get more specific, asking yes or no questions of God about your specific need.

Then write what He says.

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**KEEP ASKING.**

Remember, the Holy Spirit will not overpower your will. A great question to ask at this point is: “God, if there’s an answer I’ve blocked by not being willing to consider it, will you show me?”

Write it down:

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## PART 2 | LEARNING TO PRAY WITH FRIENDS

Remember how Jesus taught us to pray for abundance? “Give us each our daily bread”. God wants to bless you with daily abundance, but it’s never just for you. Find out the top 3 needs of your friend.

## CONNECT.

Continue to be intentional about this. If you've missed the weekend, pick it back up today!

- » Ask about their personal prayer time
- » Share a bit about your own
- » Pray for one another - any requests for physical healing?

## REFLECT.

Jot down your friend's prayer requests and journal what you observed about this prayer time.

[illegible]



# DAY 09

PLEASE \_\_\_\_\_  
\_\_\_\_\_ FORGIVE ME.



# PLEASE FORGIVE ME.

## PART 1 | LEARNING TO PRAY ALONE

*Jesus said to them, "When you pray, say: '...and forgive us our sins.'" Luke 11v4a*

Notice: Jesus encouraged confession (my sin) and intercession (our sins).

## PREPARE. GET AWAY WITH GOD.

Find your spot.

1. Quiet distractions.
2. Feel peaceful.
3. Take a beat.
4. Feel your breath.
5. Notice your heartbeat.

## FOCUS YOUR MIND.

Start by saying this personalized version of Psalm 103v8-12 as a reminder of God's mercy:

*My God is merciful and gracious to me, slow to anger and abounding in steadfast love.*

*He has not dealt with me according to my sins, nor punished me according to my iniquities.*

*As high as the heavens are above the earth, so great is His steadfast love toward those who fear Him*

*As far as the east is from the west, so far does He remove my transgressions from me.*

## LEARN.

Watch how Jesus talks about asking for forgiveness in prayer Luke 18v9-14: Jesus told this parable to some who trusted in themselves that they were righteous, and treated others with contempt:

*Two men went up into the temple to pray, one a Pharisee and the other a tax collector.*

*The Pharisee, standing by himself, prayed thus:*

*'God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week; I give tithes of all that I get.'*

*But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying,*

*'God, be merciful to me, a sinner!'*

*I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted.*

## REFLECT.

To whom did Jesus teach this parable? Was Jesus was trying to shame them or help them?

Write out the meaning of this parable in your own words.

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## PRAY.

Jesus teaches us to humble ourselves before God, confess our sin, and ask for forgiveness.

James, the brother of Jesus, reminds us, "God opposes the proud but gives grace to the humble." (**James 4v6**)

Jot down a discrete word or two (or three) that represents things you need to confess to God:

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## NOW START PRAYING!

Start with the tax collector's humble prayer: "God, be merciful to me, a sinner!"

Confess anything you need to confess. Don't hold back. He already knows.

Thank God for hearing your prayer. Say aloud: "I am forgiven."

**NOW STOP.**

## LISTEN.

Ask God to show you the root cause of the transgressions and sins you confessed.

Write down what you hear:

[illegible]

**KEEP ASKING.**

Ask God to show you any habits or relationships that lead you away from Him.

This image shows a full page of primary-ruled paper. It features ten sets of horizontal lines across the page. Each set consists of three lines: a solid grey line at the top, a dashed grey line in the middle, and another solid grey line at the bottom. The lines are evenly spaced and extend from the left margin to the right edge of the page. There is no handwriting or other markings on the paper.



# DAY 10

I FORGIVE \_\_\_\_\_  
\_\_\_\_\_ THEM.

# I FORGIVE THEM.

## PART 1 | LEARNING TO PRAY ALONE

*Jesus said to them, “When you pray, say: ‘we also forgive everyone who sins against us.’”* **Luke 11v4b**

Notice: Jesus connects our forgiveness to our forgiving.

## PREPARE. GET AWAY WITH GOD.

Catch away to your place of rest.

1. Relax your shoulders.
2. Long inhale in through your nose.
3. Slow exhale through your mouth.
4. Long inhale.
5. Slow exhale.

## FOCUS YOUR MIND.

Pray these words of humility from **Psalms 19v14**.

*“May these words of my mouth and this meditation of my heart be pleasing in Your sight, Lord, my Rock, and my Redeemer.”*

## LEARN.

Watch how Jesus talks about our forgiveness of others in **Matthew 18v21-35**:

*Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?” Jesus answered, “I tell you, not seven times, but seventy-seven times.”*

*“Therefore, the kingdom of heaven is like a king who wanted to settle accounts. As he began the settlement, a man who owed him 10,000 bags of gold was brought to him. Since he was not able to pay, the master ordered that he and his wife and his children and all that he had be sold to repay the debt. At this the servant fell on his knees before him. ‘Be patient with me,’ he begged, ‘and I will pay back everything.’ The servant’s master took pity on him, canceled the debt and let him go. They said, “We have no more than five loaves and two fish—unless we are to go and buy food for all these people.”*

*“But when he went out, he found one of his fellow servants who owed him 100 silver coins. He grabbed him and began to choke him! ‘Pay back what you owe me!’ he demanded.*



*“His fellow servant fell to his knees and begged him, ‘Be patient with me, and I will pay it back.’ “But he refused. Instead, he had the man thrown into prison until he could pay the debt.*

*When the other servants saw what had happened, they were outraged and went and told their master everything that had happened.*

*“Then the master called the servant in. ‘You wicked servant,’ he said, ‘I canceled all that debt of yours because you begged me to. Shouldn’t you have had mercy on your fellow servant just as I had on you?’*

*In anger his master handed him over to the jailers to be tortured, until he should pay back all he owed. This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart.”*

**REFLECT.**

Read that last sentence again. Do you think Jesus really is that serious about our posture of forgiveness toward other people? Write your observations.

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**PRAY.**

In the verse we started with today in **Luke 11**, Jesus teaches us to take our hurts and offenses to Him and forgive those who've hurt or offended us. It's like He wants us to say we forgive them out loud in our prayer time. Anyone coming to

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## PART 2 | LEARNING TO PRAY WITH FRIENDS

After the resurrection, in **Luke 24**, Jesus foretold that the way the Church would spread through the whole earth would be as a forgiveness people. Share this forgiveness movement with your friend.

## CONNECT.

Set up another connection with your friend today.

- » Ask about their personal prayer time
- » Share a bit about your own
- » Pray for one another

## REFLECT.

Jot down your friend's prayer requests and journal what you observed about this prayer time.

[illegible]

# DAY 11

A WAY \_\_\_\_\_  
\_\_\_\_\_ OF ESCAPE.

# A WAY OF ESCAPE.

## PART 1 | LEARNING TO PRAY ALONE

*Jesus said to them, "When you pray, say: 'And lead us not into temptation.'"*  
**Luke 11v5**

Notice: Jesus points to a path of escape from temptation.

## PREPARE. GET AWAY WITH GOD.

Return to your hiding place.

1. Remove all distractions.
2. Quiet your mind.
3. Take a breath.
4. Be still.
5. Feel peaceful

## FOCUS YOUR MIND.

Pray this prayer of direction from **Psalms 23v3**.

*"Lead me in paths of righteousness for Your name's sake."*

## LEARN.

Watch how Jesus talked to His disciples about temptation and escape in **Luke 21-22**:

*Jesus said, "Watch yourselves lest your hearts be weighed down with dissipation and drunkenness and cares of this life, and that day come upon you suddenly like a trap."*

*For it will come upon all who dwell on the face of the whole earth. But stay awake at all times, praying that you may have strength to escape all these things that are going to take place, and to stand before the Son of Man."*

*Later, a dispute also arose among them, as to which of them was to be regarded as the greatest. Jesus said, "Simon, Simon, behold, Satan demanded to have you, that he might sift you like wheat, but I have prayed for you that your faith may not fail. And when you have turned again, strengthen your brothers."*





**NOW START PRAYING!**

Remind yourself God is an abundant giver, not a stingy taker.

Open up to God about some of the little things you like a lot —  
your go to comforts.

Asks God to lead you down paths of escape from common temptations.

**NOW STOP.****LISTEN.**

**Proverbs 22v3** says *"A prudent man sees danger and hides, but the simple pass on and are punished."*

Ask God to show you any relationships to avoid or simple habits to give up.

Record your thoughts here:

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**KEEP ASKING.**

Jesus said, in **Matthew 5v30**, *"If your right hand causes you to sin, cut it off and throw it away. For it is better that you lose one of your members than that your whole body go into hell."*

\*Disclaimer: Jesus is not talking about self mutilation or cutting yourself in this verse.

Most of you aren't here, but if you're over your head with a particular addiction or sin, Jesus says it will require something drastic! If this is you, ask God for His grace and power to take this step. Write down and do whatever He says.

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# DAY 12

GOD HEARS \_\_\_\_\_  
\_\_\_\_\_ MY PRAYERS.

# GOD HEARS MY PRAYERS.

## PART 1 | LEARNING TO PRAY ALONE

Jesus lifted up His eyes and said, *“Father, I thank you that you have heard me. I knew that You always hear me, but I said this on account of the people standing around, that they may believe that You sent me.”* When He had said these things, He cried out with a loud voice, *“Lazarus, come out.”* **John 11v41-43 ESV**

## PREPARE.

### GET AWAY WITH GOD.

Move on over to your quiet spot.

1. Pause.
2. Smile.
3. Raise your hands to heaven.
4. Worship.
5. Now relax.

## FOCUS YOUR MIND.

Align your expectations with this prayer from **Psalms 116v1-2**.

*“I love the Lord because He hears my prayers and answers them.  
Because He bends down and listens, I will pray as long as I breathe!”*

## LEARN.

Read the story of how God heard Jesus’ prayers in **John 11**:

*Now a man named Lazarus was sick. He was from Bethany, the village of Mary and her sister Martha. So the sisters sent word to Jesus, “Lord, the one you love is sick.”*

*When he heard this, Jesus said, “This sickness will not end in death. No, it is for God’s glory so that God’s Son may be glorified through it.”*

*His disciples replied, “Lord, if he sleeps, he will get better.” Jesus had been speaking of his death, but his disciples thought He meant natural sleep. So then He told them plainly, “Lazarus is dead, and for your sake I am glad I was not there, so that you may believe. But let us go to him.”*

*When Jesus saw Mary weeping, and the Jews who had come along with her also weeping, He was deeply moved in spirit and troubled. “Where have you laid him?” He asked. “Come and see, Lord,” they replied.*

*Jesus wept.*

*Then Jesus said, "Did I not tell you that if you believe, you will see the glory of God?" So they took away the stone. Then Jesus looked up and said,*

*"Father, I thank you that you have heard me. I knew that you always hear me, but I said this for the benefit of the people standing here, that they may believe that you sent me."*

*When he had said this, Jesus called in a loud voice, "Lazarus, come out!"*

*The dead man came out.*

## REFLECT.

Why did Jesus have confidence that God heard Him? When do you think God heard Him? Did Jesus actually process His feelings with His friends and with God? What else did you observe?

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## PRAY.

Hebrews 5v7 says, "Jesus offered up prayers and supplications, with loud cries and tears" and "He was heard because He honored God." In the story of Lazarus Jesus was "deeply moved in spirit and troubled". He wept before God and His friends. Then His whole posture shifts. He moves on with unparalleled confidence. Why? He had honored God by taking His feelings to Him and God heard Him. Are there people or places you tend to take your deepest frustrations to instead of God? Name them.

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**NOW START PRAYING!**

Process your frustrations and fears with God. Ask God for help!

Call out to God on behalf of someone you know who is deeply hurting.

Thank God that He heard you!

**NOW STOP.****LISTEN.**

**1 Peter 5v7** says when we cast our cares upon Him, He moves in close and cares for us. Invite God to take care of your situation. Listen to what He says.

Record your thoughts here:

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**KEEP ASKING.**

**1 John 5v14-15** says, *“This is the confidence we have in approaching God: that if we ask anything according to His will, He hears us. And if we know that He hears us—whatever we ask—we know that we have what we asked of Him.”*

Ask with confidence that He hears you!

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## PART 2 | LEARNING TO PRAY WITH FRIENDS

Jesus processed His feelings with God and with His friends! Look for an opportunity to do that with a trusted friend today and in the future.

## CONNECT.

Reach out to your friend(s). Keep it simple.

- » Ask about their personal prayer time
- » Share a bit about your own
- » Pray for one another with boldness that God hears you!

## REFLECT.

Jot down your friend's prayer requests and journal what you observed about this prayer time.

[illegible]

# DAY 13

CALM —————  
————— UNDER PRESSURE.

# CALM UNDER PRESSURE.

## PART 1 | LEARNING TO PRAY ALONE

*And Jesus awoke and rebuked the wind and said to the sea: "Peace! Be still!"*  
**Mark 4v39**

Notice: Jesus taught us to be calm when our world isn't.

## PREPARE. GET AWAY WITH GOD.

Come on back to your haven.

1. Find calm.
2. Resist distraction.
3. Breathe well.
4. Stretch out.
5. Relax.

## FOCUS YOUR MIND.

Pray this prayer of peace from **Psalms 23v4**.

*"Even when I walk through the valley of the shadow of death,  
I will fear no evil, for You are with me;"*

## LEARN.

Read **Mark 4v35-41**.

*On that day, when evening had come, Jesus said to them, "Let us go across to the other side."*

*And leaving the crowd, they took Him with them in the boat, just as he was.  
And other boats were with Him.*

*And a great windstorm arose, and the waves were breaking into the boat, so  
that the boat was already filling.*

*But Jesus was in the stern, asleep on the cushion. And they woke Him and said  
to Him, "Teacher, do you not care that we are perishing?"*

*And Jesus awoke and rebuked the wind and said to the sea:*

*"Peace! Be still!"*



## NOW START PRAYING!

Spend some time praying about what's ahead.

Talk to God about your plans with an open mind.

(Another perfect time to pray in the Spirit for a little while.)

**NOW STOP.**

**LISTEN.**

Open yourself to the voice of God with the prayer of young Samuel  
(1 Samuel 3v10):

*"Speak. For your servant is listening."*

Record your thoughts here:

[illegible]

**KEEP ASKING.**

Ask God to give you a spirit of might in your inner person. Ask for boldness. Ask for clear direction and revelation of what to expect in the coming weeks and months.

Write what He shows you.

[illegible]





# DAY 14

HOW TO PRAY —————  
————— FOR YOUR CHURCH.

# HOW TO PRAY FOR YOUR CHURCH.

## PART 1 | LEARNING TO PRAY ALONE

*Jesus prayed, “My prayer is not for (the followers of Jesus) alone. I pray also for those who will believe in Me through their message, that all of them may be one, Father, just as You are in Me and I am in You—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as You have loved Me.”* **John 17v20–23**

Notice: Jesus prayed for the Church.

## PREPARE. GET AWAY WITH GOD.

Get up and find your private place.

1. Settle down.
2. Turn off distractions.
3. Relax.
4. Take a breath.
5. Be at peace.

## FOCUS YOUR MIND.

Take on this prayer posture from **Ephesians 3**.

*“I bow my knees before the Father, from whom every family in heaven and on earth is named.”*

## LEARN.

Read: **Acts 2v42–47**.

*(The followers of Jesus) devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer.*

*Everyone was filled with awe at the many wonders and signs performed by the apostles.*

*His disciples replied, “Lord, if he sleeps, he will get better.” Jesus had been speaking of his death, but his disciples thought He meant natural sleep. So then He told them plainly, “Lazarus is dead, and for your sake I am glad I was not there, so that you may believe. But let us go to him.”*

*All the believers were together and had everything in common.*

*They sold property and possessions to give to anyone who had need.*

*Every day they continued to meet together in the temple courts.*

*They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people.*

*And the Lord added to their number daily those who were being saved.*

**REFLECT.**

Compare Jesus’ prayer for the future church in **John 17** to the reality of the church in **Acts 2**. What do you observe?

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**PRAY.**

Notice the focus of Jesus’ prayer: that we would know our position in Him: One with the Father. Notice the outcome of that prayer: that we love one another as the Father, Son, and Spirit love one another. You have church hurts or frustrations?

Write them down so you can let them go!

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**NOW START PRAYING!**

Talk to God about your local church.

Offer your hurts and frustrations to Him.

Pray for such complete unity that the world around us will know the love of Jesus.

**NOW STOP.**

**LISTEN.**

Jesus loves the Church. He loves our church. Ask Him to show you what to pray for.

Record your thoughts here:

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**KEEP ASKING.**

Pray for revival! Pray for your pastors, your small group leader, your volunteer team members, and the church staff. Jesus said for us to ask God to send laborers for the harvest. Do it!

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## PART 2 | LEARNING TO PRAY WITH FRIENDS

There could be no more appropriate thing to connect with someone over than praying for your church. Resist gossip and backbiting, murmuring and complaining. Help one another see the Church as Jesus does — radiant and without spot or wrinkle.

## CONNECT.

Reach out to your friend to set a time to pray.

- » Ask about their personal prayer time
- » Share a bit about your own
- » Pray for one another and continue to pray for your church(es) together.

## REFLECT.

Jot down your friend's prayer requests and journal what you observed about this prayer time.

[illegible]



# DAY 15

RELATIONSHIP —————  
————— GOALS.



# RELATIONSHIP GOALS.

## PART 1 | LEARNING TO PRAY ALONE

*"Jesus went out to a mountainside to pray, and spent the night praying to God. When morning came, He called His disciples to Him and chose twelve of them."*

**Luke 6v12 NIV**

Notice: Jesus prayed about His closest relationships.

## PREPARE.

### GET AWAY WITH GOD.

Take your place in solitude.

1. Silence your phone.
2. Quiet your mind.
3. Take a breath.
4. Be still.
5. Feel at home with God.

## FOCUS YOUR MIND.

Start with this relationship prayer personalized from **Ephesians 1**.

*"Enlighten the eyes of my heart that I may know the hope to which You have called me, the riches of Your glorious inheritance in Your people, and Your incomparably great power for us together as believers.."*

## LEARN.

Read: **Luke 6v12-19:**

*Jesus went out to a mountainside to pray. In fact, He spent the night praying to God.*

*When morning came, He called His disciples to Him and chose twelve of them, whom He also designated apostles: Simon (whom he named Peter), his brother Andrew, James, John, Philip, Bartholomew, Matthew, Thomas, James son of Alphaeus, Simon who was called the Zealot, Judas son of James, and Judas Iscariot, who became a traitor.*

*He went down (from the mountain) with them and stood on a level place.*

*A large crowd of his disciples was there and a great number of people from all over Judea, from Jerusalem, and from the coastal region around Tyre and Sidon, who had come to hear Him and to be healed of their diseases.*



**NOW START PRAYING!**

Start a conversation with God about your relationships.  
Talk to Him about why you love them and what frustrates you about them.  
Tell Him the kind of close relationships you'd like to have.

**NOW STOP.**

**LISTEN.**

Ask God to show you relationships that need to change. Ask Him to show you the kind of relationships to pursue.

Record your thoughts here:

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**KEEP ASKING.**

**Proverbs 17v17** talks about the kind of friend that loves you well and is willing to stick with you through your darkest days. Proverbs 27v17 says this kind of friend makes you better!

Ask God to give the people closest to you this kind of wisdom and emotional intelligence. Ask Him to help you be that kind of friend. And ask Him to prepare those kinds of friends for your future.

Jot down whatever He tells you.

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# DAY 16

WHAT'S ALWAYS \_\_\_\_\_  
\_\_\_\_\_ ON GOD'S MIND?

# WHAT'S ALWAYS ON GOD'S MIND?

## PART 1 | LEARNING TO PRAY ALONE

*"Then people brought little children to Jesus for him to place his hands on them and pray for them." **Matthew 19:13***

Notice: Jesus cared deeply about the weakest, most vulnerable.

### PREPARE. GET AWAY WITH GOD.

Return to your hiding place.

1. Remove all distractions.
2. Quiet your mind.
3. Take a breath.
4. Be still.
5. Feel peaceful.

### FOCUS YOUR MIND.

Open yourself to God's thoughts with this passage from **Isaiah 55**.

*"I call upon You God, while You are near. As the heavens are higher than the earth, Your ways higher than my ways, Your thoughts higher than my thoughts."*

### LEARN.

Read the full story in **Mark 10:13-16**:

*Once when some mothers were bringing their children to Jesus to bless them, the disciples shooed them away, telling them not to bother Jesus.*

*But when Jesus saw what was happening He was very much displeased with His disciples and said to them,*

*"Let the children come to me! Don't try to stop them. People who are like these little children belong to the kingdom of God.*

*I tell you as seriously as I know how that anyone who refuses to come to God as a little child will never be allowed into his Kingdom."*

*Then Jesus took the children into his arms and placed His hands on their heads and He blessed them.*



REFLECT.

Who came to Jesus? For whom were they requesting prayer? Why do you think the disciples shooed the mothers and kids away from Jesus? What do you make of Jesus' response?

Who would you say is in the category of "people who are like these little children?" What did Jesus do for them instead?

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PRAY.

What's on God's mind? Scriptures make it clear God cares deeply about the weak, the poor, the vulnerable, the forgotten, the abused, the lost, and the outsider. Consider how gentle Jesus was with the Samaritan woman at the well (**John 4**), the little girl He raised from the dead (**Mark 5**), and the woman caught in adultery (**John 8**). Consider how tender He was with the leper (**Matthew 8**) and how highly He regarded the poor widow giving all she had (**Luke 21**). Are there people in your world in one of these categories? Write their names.

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**NOW START PRAYING!**

Open up a dialogue with God about the people who may be on His mind right now.

Ask for His help on their behalf.

Start broad (around the world) and then get more and more specific (nation, state, city, church, neighborhood, family).

**NOW STOP.**

**LISTEN.**

Ask God to show you specific people and situations to pray for.

Record your thoughts here:

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**KEEP ASKING.**

Now ask God to show you simple things you can do. Can you serve at an outreach at church?

Is there a widow or single mom you can bless? Is there a someone you can show hospitality? Is He asking you to consider serving in kids or student ministry at your church? Be open.

Write what you hear:

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## PART 2 | LEARNING TO PRAY WITH FRIENDS

The truth is we all have weaknesses and vulnerabilities. Find out how you can bear one another's burdens in your community prayer time today.

## CONNECT.

Set a time. Show up.

- » Ask about their personal prayer time
- » Share a bit about your own
- » Pray for one another's needs

## REFLECT.

Jot down your friend's prayer requests and journal what you observed about this prayer time.

[illegible]

# DAY 17

HONORING —————  
————— YOUR VOICE.

# HONORING YOUR VOICE.

## PART 1 | LEARNING TO PRAY ALONE

*“Now My soul is troubled and deeply distressed; what shall I say? ‘Father, save Me from this hour [of trial and agony]’?” John 12v27 AMP*

Notice: Jesus honored God by being honest about how He felt.

## PREPARE. GET AWAY WITH GOD.

Return to your getaway spot.

1. Sit down.
2. Silence all distractions.
3. Breathe in.
4. Breathe out.
5. Palms up.

## FOCUS YOUR MIND.

Align your faith with these words of worship from **Psalms 3v4**.

*“When I was crying out to God with my voice, He answered me from His holy mountain.”*

## LEARN.

Read **Matthew 26v36–46**

*Then Jesus went with His disciples to a place called Gethsemane, and He said to His disciples, “Sit here, while I go over there and pray.”*

*And taking with Him Peter and the two sons of Zebedee, He began to be sorrowful and troubled.*

*Then He said to them, “My soul is very sorrowful, even to death; remain here, and watch with me.”*

*And going a little farther He fell on his face and prayed, saying, “My Father, if it be possible, let this cup pass from me...”*

*Nevertheless, not as I will, but as You will.”*

*Again, for the second time, Jesus prayed, “My Father, if this cannot pass unless I drink it, Your will be done.”*

*And again, He prayed for the third time, saying the same words.*





**NOW START PRAYING!**

Anything bothering you? Talk about it.

Life going well? He wants to celebrate with you.

Whatever season you're in, honor your voice and trust God with what's next.

**NOW STOP.**

**LISTEN.**

Notice Jesus talked through a yes or no proposition and then He listened. Take a moment to do the same.

Record your thoughts here:

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**KEEP ASKING.**

How many times did Jesus ask about going to the cross? Chances are, whatever you're facing is not causing you to sweat drops of blood, but if you're going through a tough time, keep asking for God's guidance and help!

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# DAY 18

BLESS THE \_\_\_\_\_  
\_\_\_\_\_ ONES YOU LOVE.

# BLESS THE ONES YOU LOVE.

## PART 1 | LEARNING TO PRAY ALONE

*And He led them out as far as Bethany, and He lifted up His hands and blessed them.*

*While He was blessing them, He parted from them and was carried up into heaven.*

*And they, after worshiping Him, returned to Jerusalem with great joy.*  
**Luke 24v50-52 NASB**

Notice: Jesus prayed blessings on the ones He loved.

## PREPARE. GET AWAY WITH GOD.

Sneak away to your prayer place.

1. Relax.
2. Let your mind process a bit.
3. Now quiet your thoughts.
4. Deep breath.
5. Think about the ones you love.

## FOCUS YOUR MIND.

Pray this prayer of blessing from **Psalms 128**.

*"Blessed are all who fear the LORD, who walk in obedience to him."*

## LEARN.

Read the story of God's blessing to His loved ones in **Numbers 6** and **Hebrews 3**.

### **Numbers 6v22-27**

*The LORD spoke to Moses, saying, "Speak to Aaron and his sons, saying, Bless the people of Israel to them:*

*"The LORD bless you and keep you; the LORD make His face to shine upon you and be gracious to you; the LORD lift up His countenance upon you and give you peace."*

*So shall they put my name upon the people of Israel, and I will bless them.*

**Hebrews 3v1-2, 5-6**

*So, my dear friends, take a good hard look at Jesus, (our new and better high priest). He's the centerpiece of everything we believe, faithful in everything God gave him to do.*

*Moses was also faithful, but Jesus gets far more honor. Moses did a good job in God's house, but it was all servant work, getting things ready for what was to come.*

*Jesus as Son is in charge of the house. Now, if we can only keep a firm grip on this bold confidence, we're the house!*

**REFLECT.**

How does this amazing ancient blessing for God's loved ones in **Numbers 6** apply to you and your loved ones today?

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**PRAY.**

Did you follow the logic? The high priest prayed blessing over God's household. Jesus is the new High Priest and we are His household. Jesus prays blessing over us so that we can bless one another! Name a few people you want God to pour out His blessing on today.

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**NOW START PRAYING!**

Use the words of **Numbers 6** to pray a blessing over those you love by name today?

“The LORD bless \_\_\_\_\_ and keep \_\_\_\_\_ the LORD make His face to shine upon \_\_\_\_\_ and be gracious to \_\_\_\_\_; the LORD lift up His countenance upon \_\_\_\_\_ and give \_\_\_\_\_ peace.

Lord Jesus put Your name on \_\_\_\_\_

And bless \_\_\_\_\_ today.”

**NOW STOP.**

**LISTEN.**

Were there any words of encouragement that came to mind for the people you were asking God to bless?

Record your thoughts here:

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**KEEP ASKING.**

In your own words, continue to ask God to bless each of the people on your list and anyone else the Holy Spirit draws to your mind. Don't hold back in asking God to bless them abundantly!

God is able to make all grace abound toward them that they might have all sufficiency in all things and may have an abundance for every good work, according to **2 Corinthians 9v8**.

Jot down a word or two to make note of what you prayed for later.

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## DAY EIGHTEEN

## PART 2 | LEARNING TO PRAY WITH FRIENDS

**Hebrews 3** says we should encourage one another daily. If you've missed a few days, that's okay! This kind of thing takes practice. But don't miss today!

## CONNECT.

Set up a time to pray with your friend(s), but also take this opportunity to be a blessing to lots of people today. Bring coffee or cookies. Write cards. Send texts. Be a blessing!

- » Ask about their personal prayer time
- » Share a bit about your own
- » Pray for one another and bless one another today

## REFLECT.

Jot down your friend's prayer requests and journal what you observed about this prayer time.

[illegible]

# DAY 19

BLESS THE \_\_\_\_\_  
\_\_\_\_\_ ONES YOU DON'T.

# BLESS THE ONES YOU DON'T.

## PART 1 | LEARNING TO PRAY ALONE

*"When they got to the place called Skull Hill, they crucified Jesus. He prayed, 'Father, forgive them; they don't know what they're doing.' Luke 23v33-34*

Notice: Jesus blessed those who didn't deserve it.

## PREPARE. GET AWAY WITH GOD.

Move on over to your quiet place.

1. Get settled.
2. Hear the hush.
3. Feel your heartbeat.
4. Breathe deeply.
5. Be fully present.

## FOCUS YOUR MIND.

Today's prayer time may take some extra strength. The good news is it's available. Pray this prayer for power from **Ephesians 3v16**.

*"Strengthen me with might in my inner man by Your Spirit, God."*

(If you're able to pray in your private prayer language, do it!)

## LEARN.

Read Jesus' views on blessing your enemies in **Luke 6:27-36**:

*To you who are ready for the truth, I say this: Love your enemies.*

*Let them bring out the best in you, not the worst. When someone gives you a hard time, respond with the energies of prayer for that person.*

*Here is a simple rule of thumb for behavior: Ask yourself what you want people to do for you; then grab the initiative and do it for them!*

*If you only love the lovable, do you expect a pat on the back? Run-of-the-mill sinners do that. If you only help those who help you, do you expect a medal? Garden-variety sinners do that.*

*If you only give for what you hope to get out of it, do you think that's charity? The stingiest of pawnbrokers does that.*



**NOW START PRAYING!**

Start a conversation with God about people or situations that have hurt you.

Be honest about how difficult it is to ask Him to bless them.

Bless them.

**NOW STOP.**

**LISTEN.**

Be open to whatever God shows you, here.

Record your thoughts here:

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**KEEP ASKING.**

By asking God to bless those who have hurt you, you're also trusting Him to heal the wounds associated with them. This could take years, so don't get in a hurry! Take your time but ask boldly.

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# DAY 20

JESUS \_\_\_\_\_  
\_\_\_\_\_ SINGS.

# JESUS SINGS.

## PART 1 | LEARNING TO PRAY ALONE

**Matthew 26v30** tells us that after sharing their last meal together, Jesus sang a prayer.

Notice: Jesus and His disciples sometimes sang their prayers.

## PREPARE. GET AWAY WITH GOD.

Bring music to your place of prayer today.

1. Start with quiet.
2. Let yourself relax.
3. Take a breath.
4. Be still.
5. Feel gratitude.

## FOCUS YOUR MIND.

Pray (or sing) this prayer from **Psalms 100v4-5**

*I enter Your gates with thanksgiving and Your courts with praise;*

*I give thanks to You God and praise Your name.*

*For You are good and Your love endures forever;*

*Your faithfulness continues through all generations!*

## LEARN.

As part of Passover Jesus and His friends would have sung a collection of songs called **The Hallel**, taken from **Psalms 113-118**. Read these excerpts from that song:

*Hallelujah!*

*You who serve GOD, praise GOD! Just to speak His name is praise!  
Just to remember GOD is a blessing—now and tomorrow and always. From east  
to west, from dawn to dusk, keep lifting all your praises to GOD!*

*GOD is higher than anything and anyone, outshining everything you can see in  
the skies. Who can compare with GOD, our God, so majestically enthroned?*

*Hallelujah!*

*I will lift up the cup of salvation and call on the name of the LORD.*

*Precious in the sight of the LORD is the death of his faithful servants.*

*Truly I am your servant, LORD;*

*I will sacrifice a thank offering to you and call on the name of the LORD.*

*I will fulfill my vows to the LORD in the presence of all his people, in your midst, Jerusalem.*

*I will not die but live, and will proclaim what the LORD has done!*

*The stone the builders rejected has become the cornerstone; the LORD has done this, and it is marvelous in our eyes.*

*Give thanks to the LORD, for he is good; his love endures forever.*

## REFLECT.

What did you notice about this song? Try to imagine Jesus singing these Psalms the night before He was crucified! Can you see the prayers? What else did you notice?

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## PRAY.

Faithful people have sung their prayers to God for centuries. It should be no surprise Jesus sung, too (Do you think He had a good singing voice?). The nature of our songs have always been:

1. To remind ourselves of God's faithfulness in the past
2. To cry out to God for our current need
3. To thank God for His promises
4. To trust God with what's next

**NOW START PRAYING!**

Use the above framework to pray or sing your prayers to God.

Put on a favorite worship song and sing aloud!

(Ever sing in your private prayer language? Now's a good time to try!)

**NOW STOP.**

**LISTEN.**

Listen to worship if you like, but more importantly, listen for God's voice!

Record your thoughts here:

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**KEEP ASKING.**

As you remind yourself of God's goodness in the past, boldly ask for His miraculous gifts to work in and through you now and in the future!

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## PART 2 | LEARNING TO PRAY WITH FRIENDS

Worship is a community practice! Don't miss worship at church this weekend.

## CONNECT.

Invite a friend to go to worship with you at church this weekend. Engage like you've not engaged before!

## REFLECT.

Jot down your friend's prayer requests and journal what you observed about this prayer time.

This image shows a full page of primary-ruled paper. It features multiple sets of horizontal lines designed to guide handwriting. Each set consists of three lines: a solid top line, a dashed middle line, and a solid bottom line. These sets are repeated vertically across the entire page, providing a template for practicing letter formation and alignment. The paper is otherwise blank, with no text or other markings.



# DAY 21

A LIFE ————— OF PRAYER.



# A LIFE OF PRAYER.

## PART 1 | LEARNING TO PRAY ALONE

Jesus called out with a loud voice, “Father, into your hands I commit my spirit.” When he had said this, he breathed his last. **Luke 23v46 NIV**

Notice: Jesus trusted God in prayer to His last breath.

## PREPARE. GET AWAY WITH GOD.

Return to your hiding place.

1. Remove all distractions.
2. Quiet your mind.
3. Take a breath.
4. Be still.
5. Feel peaceful.

## FOCUS YOUR MIND.

Start with this beautiful confession from **Psalm 23v6**.

*“Surely your goodness and faithfulness will pursue me all my days, and I will live in the LORD’s house for the rest of my life.”*

## LEARN.

Jesus lived a life of prayer and left us “another Him” to guide us into a life of prayer too. Read these excerpts from **John 14** and **Romans 8**.

*Jesus said, Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father.*

*And I will do whatever you ask in my name, so that the Father may be glorified in the Son.*

*You may ask me for anything in my name, and I will do it.*

*And I will ask the Father, and he will give you another advocate to help you and be with you forever—the Spirit of truth.*

*The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you..*



**NOW START PRAYING!**

Pray for strength to keep going for Day 22 and beyond!  
Ask God to empower you with His Holy Spirit for a vibrant life of prayer with God.  
Expect God to answer!

**NOW STOP.**

**LISTEN.**

“As many are led by the Spirit of God are the children of God.” What is God showing you today?

Record your thoughts here:

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**KEEP ASKING.**

Is there something you’ve been asking for this season that you still don’t have peace about? Keep asking, seeking, and knocking about those things!

Ask Him to give you a clear next step.

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# THE APPENDIX

## THE LORD'S PRAYER

Though sometimes a word-for-word model, this is a prayer map Jesus taught His disciples to pray.

He used this map and prayed it with different words and in different ways on different occasions.

*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 also have forgiven our debtors.*

*And lead us not into temptation, but deliver us from evil.*

*\*For Yours is the kingdom and the power and the glory, forever, Amen.  
From **Matthew 6v9–13 ESV***

\*Some manuscripts include this last phrase

## THE SHEMA

Jesus likely would have prayed this famous prayer morning, noon, and night all His life.

*Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.*

*Tie them as symbols on your hands and bind them on your foreheads.*

*Write them on the doorframes of your houses and on your gates.*

*So if you faithfully obey the commands I am giving you today—to love the Lord your God and to serve him with all your heart and with all your soul—then I will send rain on your land in its season, both autumn and spring rains, so that you may gather in your grain, new wine and olive oil. I will provide grass in the fields for your cattle, and you will eat and be satisfied.*

*Be careful, or you will be enticed to turn away and worship other gods and bow down to them. Then the Lord's anger will burn against you, and he will shut up the heavens so that it will not rain and the ground will yield no produce, and you will soon perish from the good land the Lord is giving you.*

*Fix these words of mine in your hearts and minds; tie them as symbols on your hands and bind them on your foreheads. Teach them to your children, talking about them when you sit at home and when you walk along the road, when you lie down and when you get up. -*



*Write them on the doorframes of your houses and on your gates, so that your days and the days of your children may be many in the land the Lord swore to give your ancestors, as many as the days that the heavens are above the earth.*

**Deuteronomy 6:4-9; 11:13-21 NIV**

## BERAKHOT

Berakhot are prayers of blessing that were a part of worship gatherings during Jesus day.

While some of the nuances adapted over the years, Jesus would have prayed a version of these prayers.

### MORNING

**[When you first wake up and open your eyes]**

"Blessed is He who gives sight to the blind."

**[When you get out of bed]**

"Blessed is He who sets the captives free."

**[When you get dressed]**

"Blessed is He who clothes the naked."

**[When you put on your shoes]**

"Blessed is He who provides for all my needs."

### THROUGHOUT YOUR DAY

**[When you eat a meal where bread is at the table, you hold up the bread and say...]**

"Blessed is He who brings forth bread from the earth."

**[When you eat a meal where wine is at the table]**

"Blessed is He, Creator of the fruit of the vine."

**[When you eat a meal any other types of foods]**

"Blessed is He through whose word all things come"

**[When you see the first budding tree in springtime]**

"Blessed is He who did not omit anything from the world, And created it with good creations and good trees for people to enjoy."

**[When you see lightning, falling stars, mountains, great deserts, or the sky in its beauty]**

"Blessed is He who made the creation."

**[When you hear thunder or feel an earthquake]**

"Blessed is He whose strength and power fill the world."

**[When you see a beautiful person, animal, or tree]**

"Blessed is He who has such as these in the world."

**ON CERTAIN OCCASIONS****[When you see a friend after a year's separation]**

"Blessed is He who revives the dead."

**[When it rains or something else good happens]**

"Blessed is He who is good and gives good things."

**[When something terrible happens]**

"Blessed is He who is the one true judge."

**[When you are saved from an accident or serious illness]**

"Blessed is He who does good to the undeserving and has rendered every kindness to me."

**[When you encounter a place where God has done a miracle]**

"Blessed is He who has done miracles in this place."

**[When you reach a highly anticipated happy occasion]**

"Blessed is He who has given us life, and preserved us, and brought us to this season."