



A PERSONAL PRAYER GUIDE

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# PRAY FIRST

Dear Church  
Family,

In 2022, we have set our hearts to be a people of prayer. Our rally cry must be, “Pray First.” In every situation, whether good or bad, we try to pray before we act. Many times people act first and then want God to bail them out of that situation, but prayer should be our first response, not our last resort.

Understanding the necessity of prayer is not enough. In order for it to become a part of our life, it needs to become something we look forward to doing. I’m convinced most people don’t enjoy prayer because they have never been taught how to pray. That’s where this simple prayer journal can help. Using several prayer models out of the Bible and having some guides to make prayer more personal, this booklet is designed to bring joy into your time with God. When you discover the beauty of daily conversation with Him, you’ll experience the presence of God that will change your life.

Once you learn how to pray, prayer can become a part of everyday life. And then...

Before the day begins—  
Before you go to bed—  
Before you go to work or school—  
Before you send that text—  
Before you eat, drive or travel—  
When bad things happen—  
Before bad things happen—  
In every situation—  
PRAY FIRST!

Prayer changes everything!

*Pastor Tom*

Pastor Tom Galban



PRAY  
FIRST

**LIFESTYLE PRAYER**

# LIFESTYLE PRAYER

How do we make prayer a part of our everyday life? We can learn from three things that Jesus did...

*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 1:35).*

- A CERTAIN TIME

Jesus got up very early in the morning to spend time with His Heavenly Father. In order for prayer to work, we should do the same. Make a daily appointment with God and keep it.

- A CERTAIN PLACE

Jesus had a prayer place. Your prayer place needs to be an undistracted environment where you can pray out loud and perhaps have some worship music playing in the background.

- A CERTAIN PLAN

Go into your prayer time with a plan. If it changes that's fine. When Jesus taught His disciples how to pray, He gave His disciples a prayer outline. We call it the Lord's Prayer. This outline along with several other tools are available in this booklet.



PRAY  
FIRST

**21 DAYS TO BREAKTHROUGH**  
**“21 Day Devotional”**

## **Day 1: God Changes Everything**

**Scripture:** “Now the man from whom the demons had departed begged Him that he might be with Him. But Jesus sent him away, saying, ‘Return to your own house, and tell what great things God has done for you.’ And he went his way and proclaimed throughout the whole city what great things Jesus had done for him”

(Luke 8:38-39).

### **A Closer look:**

This is an amazing story of transformation that is found in Luke 8:26-39. This poor man in the Gadarenes had been possessed by a legion of demons. His life had been taken over by evil to the extent that he lived in the tombs with dead. With just a word, Jesus set him free. What had previously held him in the chains of bondage were broken! This same power is in you today. As a Christian, the Holy Spirit resides in you and total victory is yours for the claiming. Freedom is yours because He loves you and because He wants for you to go and tell your world what God has done for you today!

### **Pray Today:**

- Use the name of Jesus to speak to the evil that is dominating you, and cast it out.
- Let’s pray that we will be empowered by the Holy Spirit to heal the brokenhearted and set the captives free.
- Pray and intercede for the three billion unreached people in our world.

## **Day 2: Supernatural Love**

**Scripture:** “He who does not love does not know God, for God is love” (1 John 4:8).

### **A Closer look:**

Love is the most misused word in the English language. Its true meaning is lost. We love our nation. We love pizza. We love our dogs and cats. We love our friends, and we love our family. You and I know that we feel differently about each of these things. What we need is more words that reflect our affection. I would like to reserve the word “love” for higher calling. The apostle John describes love as being God. Everything God does is motivated by His love. It’s His nature; it’s His character; it’s who God is. It is impossible for God NOT to Love. His type of love isn’t natural; it’s supernatural! You and I can’t love His way with our human nature. That’s impossible! Our love may be strong, but it does not compare to God’s. In order to love His way, we must be filled with His Holy Spirit and allow Him to love through us.

### **Pray Today:**

- Pray for a fresh infilling of the Holy Spirit.
- Pray for the hearts of those God puts in your life to be touched by God’s great love.
- Pray for eyes of understanding — that they will be open to how His love flows through you.

### **Day 3: Praying in the Spirit**

Scripture: “He who speaks in a tongue edifies himself, but he who prophesies edifies the church” (1 Corinthians 14:4).

#### **A Closer look:**

One of the greatest divisions in the Church is the topic of Speaking in Tongues. For more than fifteen hundred years, the debate has raged on whether Tongues are still relevant for Christians. My purpose here is not to approach this from a theological perspective, but rather from my own experience.

I approach the Bible as the ALL-inspired Word of God, from Genesis to Revelations. I don't want to be the one to pick and choose what is in or what is out. It's all in for me. I don't claim to understand it all, but that's for another time. Paul was clear that praying with a prayer language (tongues) builds up my faith. This I have found to be absolutely true. I pray in the Spirit many times each day. Truthfully, I don't know how I could make it without this wonderful gift from God.

#### **Pray Today:**

- Pray for a fresh outpouring and baptism in God's Spirit.
- Pray for all people to pursue all spiritual gifts, including the gift of tongues.
- Pray in tongues, and be at peace.

### **Day 4: A Word of Wisdom**

**Scripture:** “But the manifestation of the Spirit is given to each one for the profit of all: for to one is given the word of wisdom through the Spirit...” (1 Corinthians 12:7-8).

#### **A Closer look:**

We all need words of wisdom from the Holy Spirit in our daily life, so we will know how to handle more complex problems or issues that can occur at a moment's notice. Here are some examples where we could receive words of wisdom directly from the Holy Spirit:

- Should I take this new job?
- Detailed answers for a tough question.
- Should I buy or rent?

As you can see, there are literally an infinite number of possibilities where you will need God's wisdom to get you safely through the problem or dilemma that you face. Again, since our own human intelligence is imperfect and limited in its ability to apply real wisdom to handle and solve some of life's real tough problems, we all need the wisdom of God flowing through our lives on a regular basis so we can handle and overcome many of life's adversities that come our way.

#### **Pray Today:**

- Let's ask God to allow us to operate in the word of wisdom that liberates and empowers our lives and those around us.

- Pray that we speak up when it is the right time.
- Pray that our leaders will be given words of wisdom.

### **Day 5: Word of Knowledge**

**Scripture:** “But the manifestation of the Spirit is given to each one for the profit of all: ... to another the word of knowledge through the same Spirit” (1Corinthians 12:7, 8).

#### **A Closer look:**

The Word of Knowledge is a supernatural ability for knowledge and insight being given directly to you by the Holy Spirit. You did not learn this information by study or experience. It doesn't come from your own mind or your own intelligence levels. These words of knowledge originate directly from the Holy Spirit and will literally cover an infinite number of things in your, or someone else's, daily life. The Word of Knowledge may cover anything— from something very trivial, such as where you may have misplaced your car keys, to complicated life-saving knowledge on how to solve an impending crisis or emergency. This gift is God supernaturally downloading answers into your spirit that you would have no way of knowing in the natural.

#### **Pray Today:**

Heavenly Father,

I desire all that you desire to give me. Please fill me with your Holy Spirit and all of His gifts. I welcome the gift of the word of knowledge. I confess that there is much that I don't know and understand. I want to make wise decisions and help others to do that too. Amen.

- The next time you don't have an answer, ask God.
- Ask for a word to share with a friend who is going through hard times.
- Pray for our leaders to be given words of knowledge.

### **Day 6: The Gift of Faith**

**Scripture:** “But the manifestation of the Spirit is given to each one for the profit of all ... to another faith by the same Spirit” (1 Corinthians 12:7, 9).

#### **A Closer look:**

God has given every person on earth a certain measure of faith. Without it, we would not be able to get saved, as the Bible tells us that we are saved by “faith” through grace. As we walk with the Lord, our faith will continue to grow to higher levels — watching God work in our lives and learning more by studying the Bible. However, there are times that our own levels of faith in the Lord will not be enough to win the victory in a sudden set of circumstances.

Here is an example: Say you find yourself in a situation where you come upon another person in an emergency medical challenge. A man is having a sudden heart attack. You are moved by the Holy Spirit with a gift of faith that this man would survive. You pray and release that faith into the scene and trust God for

the results. A gift of faith suddenly elevates and escalates spiritual action and supernatural results.

**Pray Today:**

- Pray for the wisdom to discern what leaps of faith are human impulses versus divine impressions, and for the courage to follow God's direction.
- Ask God to show you how to diminish the noise of fear, criticism, and anxiety that might be preventing you from hearing Him.

**Day 7: The Gifts of Healings**

**Scripture:** "But the manifestation of the Spirit is given to each one for the profit of all ... to another gifts of healings by the same Spirit" (1 Corinthians 12:7, 9).

**A Closer look:**

When walking in the anointing of the gift of Healings, the Holy Spirit can deliver through any believer supernatural healing from any kind of disease, illness, or sickness. No one has a permanent manifestation of the gift of healing. Healing is a gift to the sick, and the Holy Spirit may choose to use any believer who is standing in faith to deliver it. Not only can the Holy Spirit directly heal you with your own personal prayers to the Lord, but He can also use you as an anointed vessel to manifest His healing power through to help heal someone else. Your role will be to have the courage to speak out what He wants you to say to that person, and then to lay hands on them for the healing power to be released in their body.

**Pray Today:**

- Pray for a renewal of faith in the hearts of Christians to contend for the promise of physical healing for those in need.
- Pray that God will lead you to someone who needs prayer for healing.
- Do you need a healing? Find another like-minded believer and ask them to join with you in prayer for the gift of healing. Why not anoint yourself with oil as an act of faith?

**Day 8: The Gift of Working of Miracles**

**Scripture:** "But the manifestation of the Spirit is given to each one for the profit of all ... to another the working of miracles ..." (1 Corinthians 12:7, 10).

**A Closer look:**

My definition of a miracle is that it is a supernatural event that is motivated by God's love. Please note that demonic powers can demonstrate in the supernatural, but they are not driven by God's love. The gift of Working of Miracles is a very special intersection of the natural and the supernatural. The Holy Spirit who lives in you is not limited to the natural. He is all-powerful. Nothing is beyond His capability. With the gift of Working of Miracles, we must expand our thinking about what is possible in our lives. We alone limit the possibilities. The gift of miracles supersedes the laws of man and nature to demonstrate the Sovereignty and love of our Heavenly Father.

Good examples of miracles from the Bible:

1. Jesus turning water into wine at the wedding of Cana.
2. Jesus feeding 5,000 people by multiplying 5 loaves of bread and two fish.
3. God parting the Red Sea for Moses and the children of Israel.
4. Daniel not being eaten by the lions in the lion's den.
5. Peter walking on water.

**Pray Today:**

- Pray for a fresh anointing of the Holy Spirit to come out of your life today.
- Pray and ask for more of the gifts of the Holy Spirit to flow through you.
- Pray for opportunities for the miraculous manifestation of God's gifts.

**Day 9: Prophetic Gift**

**Scripture:** "But the manifestation of the Spirit is given to each one for the profit of all ... to another prophecy" (1 Corinthians 12:7,10).

**A Closer look:**

There is nothing sweeter than to be able to receive a direct, clear, prophetic Word from the Lord — for yourself, or to be able to share with someone else. God gives messages in order to help edify and build up, and encourage. The Holy Spirit's voice is always a direct, clear, prophetic word to His children. The Bible tells us that God uses the gift of prophecy to speak edification, exhortation, and comfort to our hearts.

We all need to experience God's Rhema (His revealed Word) in our lives. Prophecy is given from God through this gift of prophecy. God is always willing to speak His Word. Are we willing to listen? I do want to warn that not every word proclaimed is Prophecy. God's present voice will always align with His written Word, and every prophetic message must be confirmed by two or more people that have spiritual discernment.

**Pray Today:**

- Ask for boldness to become messengers of hope through the gift of the prophetic by the power of the Holy Spirit, and invite Him to increase our awareness of His voice and our call to divine appointments.
- Plead for His presence and our awareness of His presence every moment of every day, so that we become vibrant kingdom agents in answer to Jesus' prayer: "Thy kingdom come."

**Day 10: The Gift of discerning of spirits**

**Scripture:** "But the manifestation of the Spirit is given to each one for the profit of all ... to another discerning of spirits" (1 Corinthians 12:7,10).

**A Closer look:**

The gift of Discerning of Spirits is one that Christians really need to utilize in the dangerous and perilous times that we are now living in. We must walk wisely

and choose God's way as we navigate through each new day. The first thing to note in the scripture is that the "s" in the word "spirits" is lower case. This means that it is not referring to the Holy Spirit. What Paul was teaching is that this gift is used for discerning or identifying the following three kinds of motivating spirits: 1. Demonic spirits, 2. God's angels, 3. Human spirits.

With this gift, the Holy Spirit gives you supernatural discernment, insight, and knowledge involving these three kinds of spirits. Many times, this gift will be used to fully expose what is really operating behind the scenes and the motivation for the person. To WIN God's Way, we must operate in all of the Gifts of the Holy Spirit, especially Discernment.

**Pray Today:**

- Pray for God's people to have the ability to discern the difference between the authentic and the counterfeit in the spirit world.
- Pray for resulting maturity, growth, and effectiveness in spiritual ministry for God's people as they seek to be used by God.

**Day 11: Interpretation of Tongues**

**Scripture:** "But the manifestation of the Spirit is given to each one for the profit of all ... to another different kinds of tongues, to another the interpretation of tongues." (1 Corinthians 12:7,10).

**A Closer look:**

Consider with me the idea that God desires to speak to us personally and give us His living word for our lives. This truth is almost too hard to comprehend, much less to believe. But, friend, it is absolutely true! The Creator of everything has made a way to supernaturally connect with you and me in a very private and personal way. That is exactly what the Spiritual gift of Tongues and Interpretation does. Only God could come up with this supernatural connection. To speak in Tongues is for the Spirit inside you to pray through you directly to Him in a language that bypasses our brain. The Bible says, when we do, we pray mysteries to God. It's His perfect prayer delivered in a perfect way. The gift of Interpretation is when God wants us and others to understand His message with our language. God loves us so much that He gave us a special love language with which to talk with Him.

**Pray Today:**

- Holy Spirit, move through me today with Your gifts to bring others your love, word, and power.
- Holy Spirit, I ask for a greater outpouring of the gift of tongues and interpretation in my life and ministry.

**Day 12: Gift of Helps**

**Scripture:** "And God has appointed these in the church: first apostles, second prophets, third teachers, after that miracles, then gifts of healings, helps, administrations, varieties of tongues"(1 Corinthians 12:28).

**A Closer look:**

Every believer should seek to be used in the Spiritual gift of Helps. When we operate in this gift, our heart's desire is to step up and do something for someone else. As we flow in Helps, we will do our special assignment joyfully and take the responsibilities off of others' shoulders. We will serve humbly and have no problems sacrificing time and energy to do God's work. Remember we are still talking about a supernatural Spiritual gift. This doesn't describe a personality trait or a person's temperament. The Holy Spirit gives this gift for purposes of Kingdom work. In my experience, the gift of Helps oftentimes is an entry position into one of the 5-Fold ministry leadership offices described in Ephesians, Chapter 4. This is a service gift that operates in the power of the Holy Spirit.

**Pray Today:**

- Pray for opportunities to be agents of transformation for someone in need in your church and community.
- Pray that God would stir up in us the gifts that He has given us that may have been dormant in our ministries.

**Day 13: Gift of Encouragement**

**Scripture:** “ ... he who exhorts, in exhortation; he who gives, with liberality; he who leads, with diligence; he who shows mercy, with cheerfulness” (Romans 12:8).

**A Closer look:**

All Christians are called to encourage others: “Therefore encourage one another and build one another up, just as you are doing”(1 Thessalonians 5:11, ESV). Believers can encourage one another through time together, encouraging words, gifts, prayers, and other means. One of the strongest examples found in the New Testament is Barnabas. Barnabas sold a field that he owned to give the money to the church (Acts 4:36-37). He would become known as a son of encouragement and later helped bring Paul into the church as a leader. God revealed his giftedness through his life lived for Christ.

This Spiritual gift of Encouragement is inspired when God leads us to people who feel hopeless and are ready to quit. When faced with this type of challenge, the Gift of Encouragement provides us with the ability to give comfort and a renewed hope. Many times, this gift is used in combination with Words of Wisdom, Knowledge, and Prophecy.

**Pray Today:**

- Pray for the eyes to see those around us who could use encouragement.
- Pray for the grace to walk alongside others, and be present with them and whatever they are going through.

## **Day 14: The Fruit of the Spirit: Joy**

**Scripture:** “But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law” (Galatians 5:22-23).

### **A Closer look:**

The first thing we need to make sure we understand is that there is a major difference between the experience of happiness and a life of joy. Happiness is a wonderful feeling that quickly comes when something good happens. And just as fast as it came, it will leave when something or someone causes trouble. But the Joy that Paul describes is quite different. It is a fruit of the Holy Spirit. That means when the Holy Spirit is present and in control in our life, we have His joy present. This is true regardless of the circumstances of the moment. God’s joy is steady and stable. The joy of the Lord is our strength.

### **Pray Today:**

- Pray that the church would become known for the Holy Spirit’s infectious joy.
- Pray for the persecuted church around the world to have a song of joy in the midst of the darkness.
- Pray that today you will choose God’s joy.

## **Day 15: The Fruit of the Spirit: Peace**

**Scripture:** “and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus” (Philippians 4:7).

### **A Closer look:**

I will not surprise or shock you by saying that you and I are under spiritual attack. The reason for this is very simple—we are Christians, and we live in a war zone. The battle is between good and evil. Now here is the Good News; Jesus has already won the victory! As we consider peace, which is one the Fruit of the Spirit, this is not about the absence of conflict. In fact, His peace is what guards our hearts and minds in the warfare. This peace is a supernatural experience, sometimes in the middle of the storm. It cannot be understood or produced naturally. It comes with the fullness of the Holy Spirit. These are the attributes of God’s peace:

1. Sense of well-being and fulfillment that comes from God and is dependent on His presence
2. Tranquility, rest, harmony, the absence of agitation or discord
3. An inner leading for decision-making and discernment

Without the peace of God operating in our lives, we can become very easily rattled, shaken, tormented, and discouraged in our faith. With His peace, we will WIN God’s Way every day.

### **Pray Today:**

- Pray to be filled with the Holy Spirit today.
- Pray for families, that His peace will be consistently experienced, so our homes would be places of peace.

- Pray for our communities: that those captured by racism, bigotry, hatred, anger, and violence will be healed by the blood of Jesus — so that we all may come together in peace.

### **Day 16: The Fruit of the Spirit: Longsuffering**

**Scripture:** “For we were saved in this hope, but hope that is seen is not hope; for why does one still hope for what he sees? But if we hope for what we do not see, we eagerly wait for it with perseverance” (Romans 8:24-25).

#### **A Closer look:**

I love the life-truth found in the word “hope”. It describes our eager anticipation for something good to happen. We haven’t received it yet, but we sure are looking forward to the minute it comes! I know that everyone reading this is waiting for a hope to become a reality. The Bible teaches that faith is the substance of things hoped for. In other words, until we have what we are hoping for, we have to wait in faith. This is God’s perfect plan for us. He could just make everything quick and easy, but that would spoil us and we would never grow in faith. He knew that it would be difficult to wait, so as only God could do, He made longsuffering a fruit of the Holy Spirit. He helps us to endure and actively wait with patience by the power of the Spirit. I am confident that, when the time is right, all of the promises that we are hoping for in faith God will fulfill.

#### **Pray Today:**

- Ask if He’s waiting on you for anything, and for the courage to obey.
- Ask Him to raise the fruit of longsuffering in you, and that you will be patient with others as He is patient with us.

### **Day 17: The Fruit of the Spirit: Kindness**

**Scripture:** “Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you”(Ephesians 4:31-32).

#### **A Closer look:**

Jesus is the ultimate role model for all of us. He fully walked and operated in all 9 fruits of the Holy Spirit. He was the kindest man ever. His heart was tender toward God and toward all the people around Him. He not only cared, but He acted to help in every way possible. Jesus walked fully in the fullness of the Holy Spirit. Once you and I allow the Holy Spirit to fill us, the quality of the kindness we show will be more Christ-like. We cannot help but be more kind to others as God’s love is flowing through us. All of the anger, strife, lust, and other ways of man will be covered by the kindness and love of God. This will make our lives much better — allowing us to become the person God made us to be and then live the type of life He intended.

#### **Pray Today:**

- Pray that we would yield to the Spirit’s work to develop His fruit of kindness in our lives.

- Pray that the fruit of kindness would be lived out in our relationships to bless and encourage others.
- Pray that the Lord will use this fruit to help us reach out to those who don't know Him.

### **Day 18: The Fruit of the Spirit: Goodness**

**Scripture:** “And do you think this, O man, you who judge those practicing such things, and doing the same, that you will escape the judgment of God? Or do you despise the riches of His goodness, forbearance, and longsuffering, not knowing that the goodness of God leads you to repentance?” (Romans 2:3-4).

#### **A Closer look:**

This particular quality has a real drawing power to it. Not only does the goodness of God draw people directly to Him, but this fruit of goodness operating in a believer can also draw people directly to God through the way we live. Spirit-filled saints who are walking with many of these fruits operating through them are like a magnet. I have heard many testimonies from people who have been saved — saying that what drew them in was the love and goodness they saw shining through another believer. In most cases, the Christian that was being observed didn't even know it.

In this verse, Paul urges us not to judge others. I used to be a quick judge and jury. But God convicted me that how could I be a righteous judge when I didn't know all the facts? Now I have learned to trust Him and be thankful for His goodness, patience, and forgiveness toward me.

#### **Pray Today:**

- Pray that our lives will mirror God's goodness.
- Pray that the next generation will be inspired by the goodness of the Lord.
- Pray that our cities and communities will witness the goodness of the Lord through the way we Christians demonstrate the fruit and gifts of His Spirit.

### **Day 19: The Fruit of the Spirit: Faithfulness**

**Scripture:** “He who is faithful in what is least is faithful also in much; and he who is unjust in what is least is unjust also in much” (Luke 16:10).

#### **A Closer look:**

Our world seems to celebrate the self-centered and powerful, whose only goal and ambition is to get as much as they can, as fast as they can, without concern for right or wrong. They are more than willing to cheat, steal, and lie to achieve their goals. They are unjust in much! That is not Winning God's Way. God is faithful. I have often said that people of faith should be faithful people.

As Christ followers, we must be filled with the Holy Spirit and watch the fruit of faithfulness flow out to our hurting world. Don't miss the promise in today's scripture! As we are faithful with the little that we have today, we'll someday soon be trusted to be faithful with much.

**Pray Today:**

- Pray for faithful people who can teach others.
- Thank the Lord that our character can change to be more like His. Ask the Holy Spirit to do a work in you to exalt Christ as Lord of Lords and demonstrate the power of His love.

**Day 20: Fruit of the Spirit: Gentleness**

**Scripture:** “Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted” (Galatians 6:1).

**A Closer look:**

Many men will draw back a bit from this next fruit, which is the quality of gentleness. That is because many confuse gentleness with weakness. This couldn't be more wrong. While Jesus walked on our earth as a man, there were times when He would forcefully engage and confront evil, like He did with some of the Scribes, Pharisees, and money changers. But there were many other times when He dealt with people very gently, with kindness and love. He is the perfect role model for all of us to learn to walk in life with a great abundance of gentleness.

As we surrender to the Holy Spirit, His divine fruits begin operating and flowing through us, and it becomes easier to sense His presence. We put aside our judgments and become God's agents of love, restoration, and new beginnings.

**Pray Today:**

- Let us pray for gentle hearts in our dealings with family and friends.
- Pray for a gentle spirit when we are challenged or attacked.
- Pray for courage to stand up against unrighteousness and mockery.
- Pray for our brothers and sisters who are persecuted.

**Day 21: Fruit of the Spirit: Self-Control**

**Scripture:** “Do not deprive one another except with consent for a time, that you may give yourselves to fasting and prayer; and come together again so that Satan does not tempt you because of your lack of self-control” (1 Corinthians 7:5).

**A Closer look:**

Who is in control? That is often the bottom-line question in life. Whether we say so or not, we all want to have some degree of control. That is very understandable; it's the human way. But Winning God's Way in life isn't about being in control. What I am about to say sounds wrong, but it isn't. To be eternally victorious in life, we must completely surrender!

Our human way must be put aside and replaced by God's supernatural presence. The Holy Spirit lives in us, and His gifts and fruit are ready for us to

draw upon. The fruit of self-control is critical in times of testing and temptation. I am not talking about our willpower to do the right thing — because it will fail.

Our victory is to rely on God and use His power to do the right thing. In Christ, we are more than conquerors. We don't have to be in control, but be eager for His supernatural power to give us the fruit of self-control.

**Pray Today:**

- Pray that you will be filled with the Holy Spirit today.
- Pray He gives wisdom to wisely walk in self-control.
- We don't want to isolate ourselves. Ask God for an accountability partner to stand with.



PRAY  
FIRST

**PRACTICAL FASTING**

# PRACTICAL FASTING

## **How to Begin Your Fast**

How you begin and conduct your fast will largely determine your success. By following these seven basic steps to fasting, you will make your time with the Lord more meaningful and spiritually rewarding.

### ***STEP 1: Set Your Objective***

Why are you fasting? Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation? Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically.

Through fasting and prayer we humble ourselves before God so the Holy Spirit will stir our souls, awaken our churches, and heal our land according to 2 Chronicles 7:14. Make this a priority in your fasting.

### ***STEP 2: Make Your Commitment***

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast (Matthew 6:16-18; 9:14,15) For Him it was a matter of when believers would fast, not if they would do it. Before you fast, decide the following up front:

- How long you will fast—one meal, one day, a week, several weeks, forty days (Beginners should start slowly, building up to longer fasts.)
- The type of fast God wants you to undertake (such as water only, or water and juices; what kinds of juices you will drink and how often)
- What physical or social activities you will restrict
- How much time each day you will devote to prayer and God's Word

Making these commitments ahead of time will help you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

### ***STEP 3: Prepare Yourself Spiritually***

The very foundation of fasting and prayer is repentance. Unconfessed sin will hinder your prayers. Here are several things you can do to prepare your heart:

- Ask God to help you make a comprehensive list of your sins.
- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9).
- Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3,4).
- Make restitution as the Holy Spirit leads you.
- Ask God to fill you with His Holy Spirit according to His command in Ephesians 5:18 and His promise in 1 John 5:14,15.
- Surrender your life fully to Jesus Christ as your Lord and Master; refuse to obey your worldly nature (Romans 12:1,2).
- Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others (Psalm 48:9,10; 103:1-8,

11-13).

- Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).
- Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit (Galatians 5:16,17).

#### ***STEP 4: Prepare Yourself Physically***

Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision.

Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.

- Do not rush into your fast.
- Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary foods.
- Eat raw fruit and vegetables for two days before starting a fast.

#### ***While You Fast***

Your time of fasting and prayer has come. You are abstaining from all solid foods and have begun to seek the Lord. Here are some helpful suggestions to consider:

- Avoid drugs, even natural herbal drugs and homeopathic remedies. Medication should be withdrawn only with your physician's supervision.
- Limit your activity.
- Exercise only moderately. Walk one to three miles each day if convenient and comfortable.
- Rest as much as your schedule will permit.
- Prepare yourself for temporary mental discomforts, such as impatience, crankiness, and anxiety.
- Expect some physical discomforts, especially on the second day. You may have fleeting hunger pains, dizziness, or the "blahs." Withdrawal from caffeine and sugar may cause headaches. Physical annoyances may also include weakness, tiredness, or sleeplessness.

The first two or three days are usually the hardest. As you continue to fast, you will likely experience a sense of well-being both physically and spiritually. However, should you feel hunger pains, increase your liquid intake.

#### ***STEP 5: Put Yourself on a Schedule***

For maximum spiritual benefit, set aside ample time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be.

- *Morning*
  - Begin your day in praise and worship.

- Read and meditate on God’s Word, preferably on your knees.
  - Invite the Holy Spirit to work in you to will and to do His good pleasure according to Philippians 2:13.
  - Invite God to use you. Ask Him to show you how to influence your world, your family, your church, your community, your country, and beyond.
  - Pray for His vision for your life and empowerment to do His will.
- *Noon*
    - Return to prayer and God’s Word.
    - Take a short prayer walk.
    - Spend time in intercessory prayer for your community’s and nation’s leaders, for the world’s unreached millions, for your family or special needs.
  - *Evening*
    - Get alone for an unhurried time of “seeking His face.”
    - If others are fasting with you, meet together for prayer.
    - Avoid television or any other distraction that may dampen your spiritual focus.

When possible, begin and end each day on your knees with your spouse for a brief time of praise and thanksgiving to God. Longer periods of time with our Lord in prayer and study of His Word are often better spent alone.

A dietary routine is vital as well. Dr. Julio C. Ruibal—a nutritionist, pastor, and specialist in fasting and prayer—suggests a daily schedule and list of juices you may find useful and satisfying. Modify this schedule and the drinks you take to suit your circumstances and tastes.

- *5 a.m. - 8 a.m.*
  - Fruit juices, preferably freshly squeezed or blended and diluted in 50 percent distilled water if the fruit is acid. Apple, pear, grapefruit, papaya, watermelon, or other fruit juices are generally preferred. If you cannot do your own juicing, buy juices without sugar or additives.
- *10:30 a.m. - noon*
  - Fresh vegetable juice made from lettuce, celery, and carrots in three equal parts.
- *2:30 p.m. - 4 p.m.*
  - Herb tea with a drop of honey. Avoid black tea or any tea with caffeine.

- 6 p.m. - 8:30 p.m.
  - Broth made from boiling potatoes, celery, and carrots with no salt. After boiling about half an hour, pour the water into a container and drink it.
- *Tips on Juice Fasting*
  - Drinking fruit juice will decrease your hunger pains and give you some natural sugar energy. The taste and lift will motivate and strengthen you to continue.
  - The best juices are made from fresh watermelon, lemons, grapes, apples, cabbage, beets, carrots, celery, or leafy green vegetables. In cold weather, you may enjoy a warm vegetable broth.
  - Mix acidic juices (orange and tomato) with water for your stomach's sake.
  - Avoid caffeinated drinks. And avoid chewing gum or mints, even if your breath is bad. They stimulate digestive action in your stomach.

### **Breaking Your Fast**

When your designated time for fasting is finished, you will begin to eat again. But how you break your fast is extremely important for your physical and spiritual well-being.

### **STEP 6: End Your Fast Gradually**

Begin eating gradually. Do not eat solid foods immediately after your fast. Suddenly reintroducing solid food to your stomach and digestive tract will likely have negative, even dangerous, consequences. Try several smaller meals or snacks each day. If you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health.

- *Here are some suggestions to help you end your fast properly*
  - Break an extended water fast with fruit such as watermelon.
  - While continuing to drink fruit or vegetable juices, add the following:
    - First day: Add a raw salad.
    - Second day: Add baked or boiled potato, no butter or seasoning.
    - Third day: Add a steamed vegetable.
    - Thereafter: Begin to reintroduce your normal diet.
  - Gradually return to regular eating with several small snacks during the first few days. Start with a little soup and fresh fruit such as watermelon and cantaloupe. Advance to a few tablespoons of solid foods such as raw fruits and vegetables or a raw salad and baked potato.

### **STEP 7: Expect Results**

If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His Word, you will experience a heightened awareness of His presence (John 14:21). The Lord will give you fresh, new spiritual insights. Your confidence and faith in God will be strengthened. You will feel mentally, spiritually, and physically refreshed. You will see answers to your prayers.

A single fast, however, is not a spiritual cure-all. Just as we need fresh infillings of the Holy Spirit daily, we also need new times of fasting before God. A 24-hour fast each week has been greatly rewarding to many Christians.

It takes time to build your spiritual fasting muscles. If you fail to make it through your first fast, do not be discouraged. You may have tried to fast too long the first time out, or you may need to strengthen your understanding and resolve. As soon as possible, undertake another fast until you do succeed. God will honor you for your faithfulness.

I encourage you to join me in fasting and prayer again and again until we truly experience revival in our homes, our churches, our beloved nation, and throughout the world.



PRAY  
FIRST

**THE LORD'S PRAYER**

# THE LORD'S PRAYER

*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).*

*"Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one, for yours is the kingdom and the power and the glory forever"*  
*(Matthew 6:9-13).*

“Our Father in heaven...”

## 1. CONNECT WITH GOD RELATIONALLY

*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).*

God loves for us to call Him our Father. Establish your intimate relationship with Him and thank Him for the relationship you have with Him.

“...Hallowed be Your Name...”

## 2. WORSHIP HISNAME

*God's name is a place of protection—the righteous can run there and be safe (Proverbs 18:10 MSG).*

What are His Names?

Righteousness – He makes me clean

Sanctifier – He has called me and set me apart  
Healer – He heals all my diseases

Banner of Victory – He has defeated my enemy  
Shepherd

– He speaks to me and leads me  
Peace – He is my peace  
in every storm  
Provider – He supplies all of my needs

“...Your Kingdom come, Your will be done on  
earth as it is in heaven...”

### **3. 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).*

God's priorities:

Saving the Lost

Guiding those in authority – parental, spiritual, governmental, workplace

His will in us

“...Give us this day our daily bread...”

### **4. DEPEND ON HIM FOR EVERYTHING**

*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 want and need and then trust Him for the answer.

“...Forgive us our debts as we forgive our  
debtors...”

### **5. GET YOUR HEART RIGHT WITH GOD AND PEOPLE**

*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).*

Ask God to check your heart and motives. Receive His forgiveness for  
any area that He brings to mind.

Forgive anyone who has offended you in any way. You can even

Forgive people in advance.

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

## **6. ENGAGE IN SPIRITUAL WARFARE**

*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).*

Take your stand against the enemy and fight the good fight of faith. Every lie that the enemy has told you should be replaced with the truth of God's Word.

“...For yours is the Kingdom and the Power and the Glory forever.”

## **7. EXPRESS FAITH IN GOD'S ABILITY**

*“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).*

End your prayer time by reminding yourself of God's ability. Return to praise and make your faith declarations.

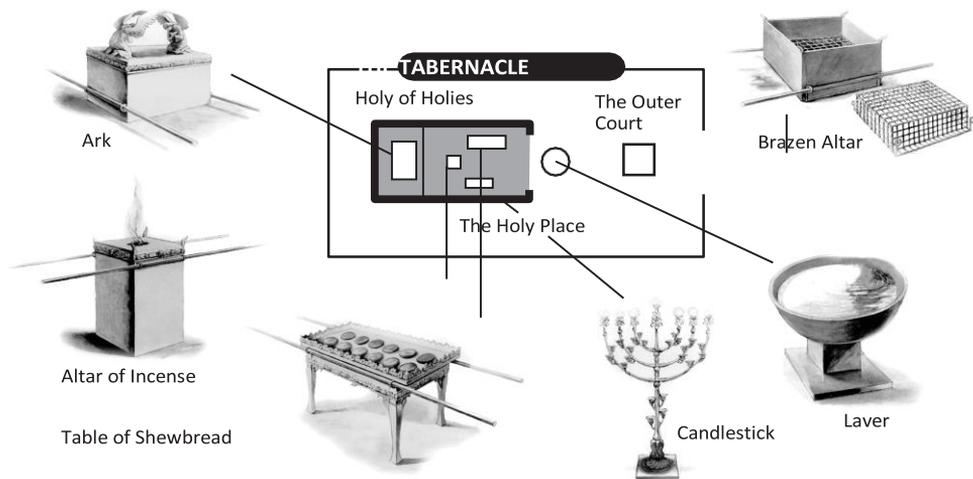
“Yours is the Kingdom” – all rule belongs to You “Yours is the Power” – all mightiness flows from You “Yours is the Glory” – Your victory shall be complete



PRAY  
FIRST

## TABERNACLE PRAYER

# TABERNACLE PRAYER



The Tabernacle was the dwelling place of God where He met His people. As they entered the Tabernacle, they passed through seven stations as a protocol to God's presence. Today, these same steps can help us to connect with God and lead us through important elements of prayer.

## 1. THE OUTER COURT – THANKSGIVING AND PRAISE

*Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name (Psalm 100:4).*

As the people of God entered the Tabernacle, they came in with thanksgiving on their lips. Thanking God for all the blessings in your life is a great way to begin. Every day, think of a fresh reason why you love and appreciate God.

## 2. THE BRAZEN ALTAR – THE CROSS OF JESUS

*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 (Psalm 103:2-5).*

In the Old Testament, everyone who had committed sin had to bring animal sacrifices. Jesus paid for all your sins once and for all. You simply need to receive the benefits of what Jesus did for you.

Salvation – God forgives all my sin Healing –

God heals all my diseases

Redemption – God rescues me from every attack

Transformation – God puts His love in me Provision – God provides everything I need

## 3. THE LAVER – CLEANSING AND PREPARING

*Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship (Romans 12:1).*

The next step in the Tabernacle was a bowl of water where people could wash. Checking your hearts and motives and then surrendering your life to God is an important part of daily prayer. Here are some ways to keep your heart right with God.

Repent from any known sin. Offer your body to God.

Your tongue – to speak good and not evil

Your eyes – to see God and the needs of others Your ears – to be sensitive to His voice

Your hands – to do good to others Your feet – to walk in God's ways

Offer your mind to God (Philippians 4:8; Romans 12:2).

Ask God to give you the fruit of the Spirit (Galatians 5:22-23).

#### **4. THE CANDLESTICK – THE HOLY SPIRIT**

*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).*

The next piece of furniture in the Tabernacle was a seven- branched golden candlestick. The fire represents the Holy Spirit. Every day you should invite the presence of the Holy Spirit into your life.

The Spirit of the Lord  
The Spirit of Wisdom  
The Spirit of Understanding  
The Spirit of Counsel  
The Spirit of Might  
The Spirit of Knowledge  
The Fear of the Lord

*You should also ask God to give you spiritual gifts (1 Corinthians 12:8-10).*

#### **5. THE TABLE OF SHEWBREAD – THE WORD OF GOD**

*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).*

A table with twelve loaves of bread represents the importance of reading God's Word for daily sustenance. With this in mind, here are ways to nourish your soul:

Read God's Word.  
Claim His many great promises.  
Ask for fresh revelation of the Word.  
Take time to read and meditate on the Word.  
Get a Word for the day.

## 6. THE ALTAR OF INCENSE – WORSHIP

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

A small altar of burning incense stood at the entrance to the Holy of Holies, where God's presence dwelt. This altar represents worship. The people of God literally entered God's presence worshipping the Names of God, including:

God is My Righteousness – Jeremiah 23:6  
God is My Sanctifier – Leviticus 20:7-8  
God is My Healer – Exodus 15:26  
God is My Provider – Genesis 22:14  
God is My Banner of Victory – Exodus 17:15  
God is My Peace – Judges 6:24  
God is My Shepherd – Psalm 23:1  
God is Always There – Ezekiel 48:35

## 7. THE ARK OF THE COVENANT – INTERCESSION

*I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone—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 men to be saved and to come to a knowledge of the truth (1 Timothy 2:1-4).*

The final place in the Tabernacle was the place where God's presence dwelt. It was there that the priest interceded on behalf of the people. In the New Testament, you and I are all called priests and instructed to intercede for others.

Those in authority – spiritual, civil, family, and workplace  
My family  
My church – pastor, small group, members, and vision/mission  
My city, nation, and world  
My need



PRAY  
FIRST

**PRAYER AND SCRIPTURE  
DEVOTIONAL**

# PRAYER AND SCRIPTURE DEVOTIONAL

This is a great prayer outline mixed with Scripture readings. Simply walk through the outline while you look up the passages of Scripture.

## **1. THANKSGIVING AND PRAISE – PRESENT YOURSELF TO GOD (MARK 12:30)**

Think of a fresh reason to thank Him (Psalm 100:4, 118:24). Present your body in worship (Romans 12:1; Psalm 63:3-4) by:

Kneeling before Him as your Lord

Lifting your hands to Him as your Source Standing in praise

before Him as your King Clapping your hands with rejoicing

Dancing with joy as a child

Bowing your head in humility

Sing a new song to Him (Psalm 96:1-2; Colossians 3:16).

Invite Holy Spirit assisted praise (Jude 20; 1 Corinthians 4:15).

## **2. CONFESSION AND CLEANSING – PRESENT YOUR HEART TO GOD (PROVERBS 4:23)**

Ask God to search your heart (Psalm 139:23-24) for: Sin – receive cleansing and righteousness  
Selfishness – receive holiness and sanctification  
Stress – receive life and power  
Sickness – receive healing and strength

Remember the danger of self-deception (Jeremiah 17:9; 1 John 1:6-10).

Set a monitor on your mouth and heart (Psalm 19:14, 49:3).

Ask God to help you keep His purposes and goals in view (Psalm 90:12; Philippians 3:13-14).

### **3. ORDER AND OBEDIENCE – PRESENT YOUR DAY TO GOD (PSALM 37:5)**

Present the day's details:

Choose the fear of the Lord.

Commit your works to God.

Indicate your dependence upon God

Request specific direction for actions and decisions (

Choose to obey God's explicit instructions in the Word of God

By choosing to do His will



PRAY  
FIRST

## WARFARE PRAYERS

# WARFARE PRAYERS

Prayer is not only communion with God; it is confrontation with the enemy. These prayers are very helpful in spiritual warfare.

*Put on the full armor of God so that you can take your stand against the devil's schemes. 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. 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. Stand firm then with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the Gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the Word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people (Ephesians 6:11-18).*

## THE ARMOR OF GOD

(based on Ephesians 6:13-17)

“Thank You, Lord, for my salvation. I receive it in a new and fresh way from You and I declare that nothing can separate me from the love of Christ and the place I have in Your kingdom. I wear Your righteousness today against all condemnation and corruption. Cover me with Your holiness and purity—defend me from all assaults against my heart. Lord, I put on the belt of truth. I choose a lifestyle of honesty and integrity. Expose the lies I have believed, and show me the truths I need today. I choose to live for the Gospel in every moment. Show me where You are working and lead me to it. Give me strength to walk daily with You. I believe that You are powerful against every lie and assault of the enemy. You have good in store for me. Nothing is coming today that can overcome me because You are with me. Holy Spirit, show

me the truths of the Word of God that I will need to counter the traps of the enemy. Bring those Scriptures to mind today. Finally, Holy Spirit, I agree to walk in step with You in everything as my spirit communes with You in prayer throughout the day.”

## **THE WEAPONS OF WARFARE**

(based on 2 Corinthians 10:4-5)

“Father, Your Word says that no weapon formed against me shall prosper (Isaiah 54:17). Therefore I declare that no weapon formed against me prospers this day or any day to come in Jesus’ name. Your Word says that trouble will not arise a second time (Nahum 1:9). Therefore I declare that Satan cannot make trouble for me again, in this manner, as he did in the past in Jesus’ name. I declare all of these prayers accomplished and brought to pass by trusting you through faith and expectation in the name of Jesus.

Lord Jesus, I confess to You all of my sins this day, yesterday and every day past. I repent and renounce them, those known and unknown, those of omission and commission, in what I have done and in what I have failed to do. I lay down at Your feet all of the sins of the flesh, the tongue, and of the heart, and all unholy thoughts and actions. Thank You, Lord, for shedding Your precious blood for me.

I stand on Your Word. The enemy is driven out from before me, above me, around me, and below me; from my home, workplace, church and its ministries, children, and loved ones; from my works and labors, land, and my presence. I declare that he is not able to stand against me, and his works are taken captive and destroyed. No weapon formed against me will prosper, for the Spirit of the Lord shall raise a standard against them. I declare all of these things accomplished by Your Word. Jesus, my Lord, I give You thanksgiving, praise, glory, honor and worship for Your righteousness and holiness given to me by Your Word on my behalf.”

## **PROTECTION PRAYER**

(based on 2 Corinthians 6:14-7:1, 10:3-5; Romans 12:1-2)

“Heavenly Father, I bow in worship and praise before You. I cover myself with the blood of the Lord Jesus Christ as my protection. I surrender myself completely and unreservedly in every area of my life to You. I submit myself only to the true and living God and refuse any involvement of the enemy in my life. I choose to be transformed by the renewing of my mind. I pull down every thought that exalts itself against the knowledge of Christ. I pray and thank you for a sound mind, the mind of Christ.

Today and every day I ask for protection over my spouse; each of my children; our immediate family members, relatives, friends, acquaintances and myself. I also ask today for protection during all of our travels; for our provision, finances, possessions, health, safety, and welfare. I put all of these things under the covering of Your precious blood and declare that Satan cannot touch them, on this day or any day to come.”

## **GENERAL CONFESSION PRAYER**

(based on Romans 10:10; James 5:16; I John 1:7-9, 3:8)

“Lord Jesus, I believe that You are the Son of God. You are the Messiah, come in the flesh to destroy the works of the devil. You died on the cross for my sins and rose again the third day from the dead. I now confess all my sins and repent. I receive your forgiveness and ask you to cleanse me from all sin. Thank You for redeeming me, cleansing me, justifying me, and sanctifying me in Your blood.”

## **FORGIVENESS PRAYER**

(based on Matthew 6:14-15; Leviticus 19:18)

“Lord, I have a confession to make. I have not loved, but have resented certain people and have unforgiveness in my heart. I call upon You, Lord, to help me forgive them. I do now forgive (name them). I also forgive and accept myself in the name of Jesus Christ.”

## **PRIDE PRAYER**

(based on Proverbs 11:2, 16:18, 26:12; 1 Timothy 3:6)

“Father, I come to You in the name of the Lord Jesus Christ. I know pride is an abomination to You. I renounce anything that would cause me to have pride in my heart in dealing with other people. I renounce these and turn away from them. I humble myself before You and come to You as a little child.”

Study Proverbs 6:16-19 and remember that fasting is a means by which a person humbles himself before the Lord.

## **GENERATIONAL BONDAGE PRAYER**

(based on Exodus 20:4-6, 34:7; Numbers 14:18)

“In the name of the Lord Jesus Christ, I now renounce, break, and loose myself from all bondages or bonds of physical or mental illness upon me, my family or family line as the result of parents or any other ancestors. I thank You, Lord, for setting me free.”



PRAY  
FIRST

## PERSONAL PRAYER TARGETS

# PERSONAL PRAYER TARGETS

*I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone—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 men to be saved and to come to a knowledge of the truth (1 Timothy 2:1-4).*

Pray for those in authority and those under your authority.

## MY GOVERNMENT

President \_\_\_\_\_

National leaders \_\_\_\_\_

\_\_\_\_\_

State leaders \_\_\_\_\_

\_\_\_\_\_

City leaders \_\_\_\_\_

\_\_\_\_\_

## MY FAMILY

Spouse \_\_\_\_\_

Children \_\_\_\_\_

\_\_\_\_\_

Parents \_\_\_\_\_

Siblings \_\_\_\_\_

Extended family \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**MY CHURCH**

Pastor \_\_\_\_\_

Life group leader \_\_\_\_\_

Life group members \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**MY LIFE**

Employer \_\_\_\_\_

Co-workers \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Employees \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Teachers/Professors \_\_\_\_\_

\_\_\_\_\_

**THOSE I INFLUENCE**

Close friends \_\_\_\_\_

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**THOSE WHO NEED GOD**

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## **1. PRAY THAT THE FATHER WOULD DRAW THEM TO JESUS**

*No one can come to me unless the Father who sent me draws him  
(John 6:44).*

## **2. BIND THE SPIRIT THAT BLINDS THEIR MINDS**

*The god of this age has blinded the minds of unbelievers, so that they  
cannot see the light of the gospel of the glory of Christ, who is the  
image of God (2 Corinthians 4:4).*

## **3. LOOSE THE SPIRIT OF ADOPTION (SONSHIP)**

*For you did not receive a spirit that makes you a slave again to fear, but  
you received the Spirit of sonship. And by him we cry, "Abba, Father"  
(Romans 8:15).*

## **4. PRAY THAT OTHER BELIEVERS WILL CROSS THEIR PATHS AND ENTER INTO POSITIVE RELATIONSHIPS WITH THEM**

*Ask the Lord of the harvest, therefore, to send out workers into his  
harvest field (Matthew 9:38).*

## **5. LOOSE THE SPIRIT OF WISDOM AND REVELATION ON THEM SO THEY MAY KNOW GOD BETTER**

*I keep asking that the God of our Lord Jesus Christ, the glorious Father,  
may give you the Spirit of wisdom and revelation, so that you may know  
him better  
(Ephesians 1:17).*



