

Timberlake Church

21 DAYS *of* **PRAYER**



PRAY FIRST



One of my dreams for Timberlake is for us to be a praying church. In every situation—whether good or bad—my hope is that we would pray before we act. Rather than taking action before turning to God, prayer should be our first response, not our last resort.

I know that for prayer to become our default response, it needs to be something we look forward to. I'm convinced that most people don't enjoy prayer because they have never been taught how to pray. That's where this simple prayer guide can help.

Using several prayer models from the Bible, along with practical guides to make prayer more personal, this booklet is designed to help create space to connect with God in a way that gradually transforms your life.

A handwritten signature in black ink that reads "Dave Nelson".

Pastor Dave Nelson

HOW TO USE THIS PRAYER GUIDE

We don't have to follow a specific formula to connect with God, but practicing different ways to pray can help make it more enjoyable.

The goal of this guide is not to overwhelm you but to help you become more comfortable with different types of prayer so that your prayer life feels more natural, effective, and fulfilling.

Simply choose a different prayer model each day in any order you like, or spend a few days on the same one as you grow more confident in prayer. While prayer does take commitment and discipline to develop into a daily habit, we also want to remember that it's a "get to," not a "got to." It's a privilege to come to God in prayer, and He assures us that He will be present when we pray.

"Come close to God, and God will come close to you..."
James 4:8

CREATING A LIFESTYLE OF PRAYER

Anything we do regularly becomes more natural. One way to make prayer a habit is by setting a specific time and place to pray each day. We see this evidenced in the life of Jesus...

Before daybreak the next morning, Jesus got up and went out to an isolated place to pray. Mark 1:35

...Jesus often withdrew to the wilderness for prayer. Luke 5:16

DID YOU KNOW?

Although there is no specific formula for how to end a prayer, many people conclude their prayers with "In Jesus' name, Amen."

When we pray "In Jesus' name," we acknowledge that our access to God the Father is only possible because of what Jesus did for us on the cross.

Additionally, the word "Amen" is a Hebrew term meaning "so be it" or "let it be done." It signifies agreement with what was prayed and expresses trust that God will act according to His will.

For there is one God and one Mediator who can reconcile God and humanity—the man Christ Jesus. 1 Timothy 2:5

PRAYER OF THANKSGIVING

After God granted Daniel wisdom and insight that helped avert a crisis, he prayed these words:

“Praise the name of God forever and ever, for he has all wisdom and power. He controls the course of world events; he removes kings and sets up other kings. He gives wisdom to the wise and knowledge to the scholars. He reveals deep and mysterious things and knows what lies hidden in darkness, though he is surrounded by light. I thank and praise you, God of my ancestors, for you have given me wisdom and strength...” Daniel 2:20-23

A Similar Prayer You Can Pray

Heavenly Father,

You alone are all-knowing and all-powerful. You hold the world in Your hands, and nothing happens outside of Your control. You guide the course of history, and You rule with wisdom and justice. In a world that often feels uncertain, I take comfort knowing that You are sovereign, and Your plans will always prevail.

You are the source of wisdom and understanding. You reveal what is hidden, bring light to the darkest places, and give knowledge to those who seek You. Thank You for the wisdom and strength You provide in every season of life. When I am confused, You give clarity. When I am weak, You give strength. When I am afraid, You give courage.

I thank You for Your faithfulness, for the ways You have answered my prayers, and for the unseen ways You are working even now. Like Daniel, I acknowledge that all good things come from You. May my heart always be quick to praise, my mind eager to trust, and my life a reflection of Your goodness. I give You all the glory, now and forever.

In Jesus' name, Amen.

PRAYER OF SURRENDER

In a moment of reflection and contemplation on God's all-knowing nature, King David prayed these words:

“Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.” Psalm 139:23-24

A Similar Prayer You Can Pray

Heavenly Father,

You are the God who knows all things. Nothing is hidden from You. You see me completely—my thoughts, my desires, my fears, and my failures. I open my heart before You now and ask that You search me deeply. Shine Your light into the hidden places of my soul and help me become aware of anything that is not pleasing to You. Expose the pride, the greed, the jealousy, and the sins I try to justify. Test my heart, Lord, and refine me so that I may walk in Your truth. I surrender my anxious thoughts, my worries about tomorrow, and my attempts to control what is not mine to manage.

Align my heart with Yours so that I desire what You desire and love what You love. Strip away anything that keeps me from walking fully in Your will. Teach me to trust You completely, even when the path is uncertain. Let my life be a reflection of Your grace and truth. I surrender my plans, my ambitions, and my struggles, knowing that You are my refuge and my strength. I am Yours, Lord—shape me, use me, and guide me for Your glory.

In Jesus' name, Amen

PRAYER OF REPENTANCE

After being confronted by the prophet Nathan for committing adultery with Bathsheba and orchestrating the death of her husband, Uriah, to cover up his sin, King David prayed these words:

“Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins. Wash me clean from my guilt. Purify me from my sin. For I recognize my rebellion; it haunts me day and night. Against you, and you alone, have I sinned; I have done what is evil in your sight... Don’t keep looking at my sins. Remove the stain of my guilt. Create in me a clean heart, O God. Renew a loyal spirit within me. Do not banish me from your presence, and don’t take your Holy Spirit from me. Restore to me the joy of your salvation, and make me willing to obey you.” Psalm 51:1-4; 9-12

A Similar Prayer You Can Pray

Heavenly Father,

Have mercy on me, O God, according to Your unfailing love. I’m blinded to many of my failures and shortcomings, but I’m aware that I regularly sin against You—not just in my actions, but in my thoughts, my words, and the things I have left undone. You see the hidden places of my heart, the pride I hold onto, the selfishness I justify, and the compromises I make. I cannot hide from You, nor do I want to. So I bring everything before You, asking for Your cleansing and renewal.

Wash me clean, Lord. Remove the stain of my sin, and create in me a pure heart. Renew my spirit so that I desire what is right and turn away from those things that cause a sense of distance from You. I do not want to go through the motions of faith—I want to walk in the peace that comes from living in a way that honors You. Restore in me a heart that longs for You above all else. Teach me to obey You, not out of duty, but out of love. Draw me close again, and let my life reflect Your grace.

Thank You for Your mercy, for never turning away when I come to You with a repentant heart. I trust in Your love that forgives, restores, and makes all things new.

In Jesus’ name, Amen.

PRAYER FOR MIRACLES

In response to persecution and threats from both political and religious leaders, believers in the early church prayed for boldness and for God to perform the supernatural. Here is the conclusion of their prayer:

“Stretch out your hand with healing power; may miraculous signs and wonders be done through the name of your holy servant Jesus.” Acts 4:30

A Similar Prayer You Can Pray

Heavenly Father,

You are the Sovereign Lord, the Creator of heaven and earth, and nothing is beyond Your power. In the face of sickness, suffering, and trials, I turn to You, asking for Your mighty hand to move. Stretch out Your hand to heal, restore, and bring miracles that point to your greatness. Let Your presence be known through signs and wonders, not for my sake, but so that others may see and know that You are the living God.

I believe that You are still at work today as You were in the early church. Let the broken be restored, the weary be strengthened, and the hopeless be renewed by Your power. Where doctors see no way, make a way. Where hearts are heavy with burdens, lift them with Your peace. I ask for miracles—not just in physical healing but in transformed lives, renewed faith, and undeniable encounters with Your Spirit.

I trust You, Lord, and I surrender every need into Your hands. Be glorified in what You do, and may our faith grow as we witness Your power.

In Jesus' name, Amen.

PRAYER OF WILLINGNESS

While having a vision that revealed the glory and greatness of God, the Jewish prophet Isaiah heard the Lord ask who He could send to deliver a difficult message of judgment to the people of Judah, who had turned away from Him.

In response, Isaiah prayed a simple yet profound prayer:

“*Here am I. Send me!*” Isaiah 6:8

A Similar Prayer You Can Pray

Heavenly Father,

I come before You with an open heart, ready and willing to be used for Your purpose. I surrender my plans, desires, and fears.

Refine me, shape me, and remove anything that keeps me from fully following You. Let my heart be attuned to Your voice, my hands ready for Your work, and my feet willing to go wherever You lead.

Whether You call me to serve in big ways or small, in familiar places or the unknown, I trust that You have a plan for me. Open my eyes to see, my ears to hear, and my spirit to obey.

May my life bring You glory. Fill me with strength when I am weak, courage when I am afraid, and wisdom when I am unsure.

Help me stay aware of what You want me to do. I ask for Your will to be done in me and through me.

Today, I willingly dedicate myself to You and Your purposes.

Here I am, Lord. Send me.

In Jesus' name, Amen.

PRAYER FOR PROVISION

In the prayer Jesus modeled for His disciples, He said:

■ *“Give us today the food we need...” Matthew 6:11*

A Similar Prayer You Can Pray

Heavenly Father,

I look to You as the source of every good thing in my life.

I ask for Your provision—not just for daily bread, but for everything I need to walk in Your will. Provide for me intellectually with wisdom and truth, emotionally with peace and strength, and relationally with people who will encourage and love me.

Bless the work I do and help me steward the resources You’ve entrusted to me. Provide for me financially, that I may honor You with what I have.

I ask for health, energy, and strength so I can fully live out the purpose You’ve given me.

Lord, give me today my daily provision—mentally, emotionally, physically, relationally, and financially—so that I may serve You fully and bring glory to Your name.

In Jesus’ name, Amen

PRAYER FOR WISDOM

After Solomon succeeded his father David as king of Israel, he felt the weight of his great responsibility and prayed these words:

“Now, O Lord my God, you have made me king instead of my father, David, but I am like a little child who doesn’t know his way around. And here I am in the midst of your own chosen people, a nation so great and numerous they cannot be counted! Give me an understanding heart so that I can govern your people well and know the difference between right and wrong. For who by himself is able to govern this great people of yours?” 1 Kings 3:7-9

A Similar Prayer You Can Pray

Heavenly Father,

You are all-knowing, all-powerful, and completely good. Your wisdom surpasses all understanding, and Your ways are higher than mine. You are the source of truth, the giver of life, and the One who orders my steps. I praise You for Your faithfulness, Your love, and the privilege of coming before You in prayer.

You have placed me in a position of responsibility—in my work, my family, my relationships, and the decisions I make each day. Sometimes, I feel unprepared, uncertain, or even overwhelmed by the weight of what lies ahead. But I know that You are with me, and I don’t have to rely on my own understanding.

So today, I ask for wisdom—not just knowledge, but the ability to discern what is right and true. Give me a heart that seeks Your will above my own, that I may lead, serve, and love with humility. Help me to make choices that honor You, to treat people with grace, and to walk in integrity.

I ask for a discerning heart to navigate the challenges before me. Guide my thoughts, my words, and my actions so that my life reflects Your truth and goodness.

Lord, I trust that when I seek You first, You will provide everything I need. Thank You for Your faithfulness, and may my life bring glory to You.

In Jesus’ name, Amen.

PRAYER OF PRAISE

During a season of exhaustion, betrayal, and loneliness, King David fled into the wilderness and cried out to God in prayer, anchoring himself in the greatness of God.

“Your unfailing love is better than life itself; how I praise you! I will praise you as long as I live, lifting up my hands to you in prayer.

You satisfy me more than the richest feast. I will praise you with songs of joy.

I lie awake thinking of you, meditating on you through the night. Because you are my helper, I sing for joy in the shadow of your wings. I cling to you; your strong right hand holds me securely.”

Psalm 63:3-8

A Similar Prayer You Can Pray

Heavenly Father,

You are good, and Your love endures forever. You are the Creator of all things, the Giver of life, and the One who holds all things together. You are holy and righteous, yet full of mercy and grace. There is no one like You—no power greater, no love deeper, no truth higher than Yours.

I praise You for Your faithfulness, for You never change. In every season, You are constant. In times of joy, You are my victory, and in times of grief, You are my comfort. When I am weak, You are my strength; when I am lost, You are my guide. Your presence is my refuge, and Your promises are my hope.

Thank You for Your endless love, for Your kindness that knows no limits. Thank You for forgiving my sins and for never abandoning me, even when I stray from You. I lift my hands in worship, my heart in gratitude, and my voice in praise, for You alone are worthy.

May my life bring You glory, and may my soul forever declare: Great is the Lord, and worthy to be praised!

In Jesus' name, Amen

PRAYER FOR UNITY

During a final meal with his disciples, the night before his crucifixion, Jesus prayed these words:

"I am praying not only for these disciples but also for all who will ever believe in me through their message. I pray that they will all be one, just as you and I are one—as you are in me, Father, and I am in you...

I am in them and you are in me. May they experience such perfect unity that the world will know that you sent me and that you love them as much as you love me." John 17:20-24

A Similar Prayer You Can Pray

Heavenly Father,

Thank You for the gift of Your love and the church family that You have given me. You have called us to be one body, united in love, just as You—Father, Son, and Holy Spirit—are perfectly one.

Lord, I confess that it's easy to allow differences, pride, or misunderstandings to create division between me and my brothers and sisters in Christ. Forgive me for any words, actions, or thoughts that have created conflict instead of peace. Soften my heart and help me to walk in humility, putting the needs of others before my own.

Fill me with Your Holy Spirit, that I may love as You love, forgive as You forgive, and seek reconciliation where there is division. Give me wisdom to listen with understanding, grace to speak with kindness, and patience to bear with others in love.

I pray for unity in my church, in my relationships, and in the global body of Christ. May we stand together as one, focused on Jesus, lifting one another up, and working together to share Your love with the world.

Father, let our unity be a testimony of Your power and grace. Make us peacemakers, bridge-builders, and encouragers so that the world will see Your love through us. May we be known by our love for one another, bringing glory to Your name.

In Jesus' name, Amen.

PRAYER FOR RENEWAL

Ancient Jews often prayed these words to seek God's presence, forgiveness, and renewal—both personally and for their nation:

“Lord, you poured out blessings on your land! You restored the fortunes of Israel. You forgave the guilt of your people—yes, you covered all their sins. You held back your fury. You kept back your blazing anger.

Now restore us again, O God of our salvation. Put aside your anger against us once more. Will you be angry with us always? Will you prolong your wrath to all generations? Won't you revive us again, so your people can rejoice in you? Show us your unfailing love, O Lord, and grant us your salvation.” Psalm 85:1-7

A Similar Prayer You Can Pray

Heavenly Father,

I come before You today, longing for renewal in my heart, mind, and spirit. I confess that at times I have grown weary, distracted, or distant from You. But I know that You are the source of life, strength, and true restoration.

Lord, refresh my soul. Renew my passion for You. Revive my heart with Your presence and fill me with Your peace. Where I have felt dry, pour out Your living water. Where I have felt weak, strengthen me by Your Spirit. Where I have wandered, draw me back into deeper intimacy with You.

Forgive me for the ways I have relied on my own strength instead of trusting in You. Align my desires with Yours, and help me to walk in obedience, faith, and joy.

Thank You that Your mercies are new every morning and that You never grow tired of drawing me back to You. Breathe new life into me, and let me shine with Your love. May my life reflect Your grace and bring glory to Your name.

In Jesus' name, Amen

PRAYER FOR FAVOR

During a low point in Israel's history, Nehemiah, a Jewish exile serving as a cupbearer to the Persian king, felt an overwhelming burden for Jerusalem. The city's walls had been torn down by the Babylonians decades earlier, leaving it vulnerable and its people in distress. Hearing this news, Nehemiah turned to God in prayer, asking for favor with the king so that he could leave his position and lead the effort to rebuild the walls. Here's some of his prayer:

"O Lord, God of heaven, the great and awesome God who keeps his covenant of unfailing love with those who love him and obey his commands, listen to my prayer! Look down and see me praying night and day for your people Israel..."

O Lord, please hear my prayer! Listen to the prayers of those of us who delight in honoring you. Please grant me success today by making the king favorable to me. Put it into his heart to be kind to me."
Nehemiah 1:4-6; 11

A Similar Prayer You Can Pray

Heavenly Father,

I come before You with a heart that longs to see Your will accomplished. Just as Nehemiah sought Your favor before stepping into a bold task, I ask for Your grace and guidance in my life. Lord, open the right doors and grant me favor with those in positions of authority. May my words be received with kindness, and may my actions reflect Your wisdom and love.

I acknowledge that every opportunity, resource, and success comes from You alone. Help me to walk in humility, seeking Your purposes above my own. Give me courage where I feel weak, clarity where I feel uncertain, and perseverance where I feel discouraged.

Go before me, Lord, and make a way where there seems to be no way. If this path is from You, let no obstacle stand in its way. But if it is not, redirect my steps so that I may follow Your perfect plan.

Thank You for Your faithfulness, Your provision, and the promise that You are with me always. I trust You with my future and with the outcome.

In Jesus' name, Amen.

PRAYER FOR BLESSING

In ancient Israel, there was a man named Jabez who prayed a simple yet powerful prayer:

“Oh, that you would bless me and expand my territory!

Please be with me in all that I do, and keep me from all trouble and pain!”

1 Chronicles 4:10

A Similar Prayer You Can Pray

Heavenly Father,

You are holy, powerful, and full of mercy. There is none like You—Your wisdom is beyond understanding, and Your love knows no bounds. You are the giver of every good thing, the One who holds all things together.

I pray that You would bless me and pour out Your blessing upon my life! Expand my influence and opportunities so that I may bring glory to Your name. Let Your hand be with me, guiding my steps and strengthening me in all that I do. Protect me from harm, keep me from temptation, and guard my heart against anything that would lead me away from You.

I trust in Your goodness, Your provision, and Your perfect plan. May my life be a reflection of Your love and grace.

In Jesus' name, Amen

PRAYER FOR STRENGTH

The followers of Jesus in Ephesus faced persecution, false teachings, division, and various forms of spiritual opposition. Here's what the apostle Paul prayed over them:

"I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit." Ephesians 3:16

A Similar Prayer You Can Pray

Heavenly Father,

You are the Almighty God, the One whose strength knows no limits. You spoke the heavens into existence, and by Your power, You hold all things together. You are my refuge, my fortress, my ever-present help in times of need. There is none like You—mighty in power, faithful in love, and unshakable in Your promises.

Lord, I come before You, recognizing that my strength is small, but Yours is infinite. I ask that You strengthen me with power through Your Spirit in my inner being. Let Your mighty hand uphold me when I am weak, and let Your presence give me courage when I feel afraid.

I pray, Lord, that Christ may dwell richly in my heart through faith, that I may be rooted and established in Your love. Help me to grasp how wide and long and high and deep is the love of Christ—a love so vast it surpasses knowledge. Fill me, Lord, with all the fullness of Your presence, so that I may stand firm, unwavering in faith, and confident in Your promises.

When trials press in and weariness threatens to overtake me, remind me that You are able to do immeasurably more than all I ask or imagine. Strengthen me, Lord, not just for today, but for the road ahead. Empower me to walk in boldness, to persevere in faith, and to reflect Your glory in all that I do.

To You alone be glory, in my life and in the Church, forever and ever.

In Jesus' name, Amen.

PRAYER FOR THE NEXT GENERATION

As David neared the end of his reign, he prayed these words over his son Solomon, who would replace him as King of Israel. God had chosen Solomon to build His temple, a monumental task that required great faith and obedience:

“Give my son Solomon the wholehearted desire to obey all your commands, laws, and decrees, and to do everything necessary to build this Temple, for which I have made these preparations.”

1 Chronicles 29:19

A Similar Prayer You Can Pray

Heavenly Father,

Thank You for the incredible gift of the next generation. I lift them up to You, knowing that You have a purpose and plan for their lives.

Plant in their hearts a deep and unshakable faith—one that is not swayed by circumstances or the world’s distractions. Give them a desire to know You, to love Your truths, and to walk in obedience to Your ways. When they face temptations, give them strength to choose what is right. When they face doubt, remind them of Your faithfulness. When they feel tired, renew their spirit with Your presence.

Help them to trust You in every season—when life is easy and when it is hard. Surround them with godly influences, wise mentors, and friends who will encourage their faith.

Empower them to live out their faith with boldness, humility, and love. May they build their lives upon Your firm foundation, standing strong in their identity as Your children. And when they fall short, remind them that Your grace is always enough.

Please lead, guide, and shape this next generation into the men and women You created them to be.

In Jesus’ name, Amen

PRAYER FOR PEOPLE WHO'VE HURT US

Stephen, a man who had been falsely accused of blasphemy and sentenced to execution by stoning, prayed these words over those responsible for his death:

■ *"Lord, don't charge them with this sin!" Acts 7:60*

A Similar Prayer You Can Pray

Heavenly Father,

You are full of mercy, love, and justice. I come to You with a heart that desires to reflect Your grace to those who've hurt me.

Lord, do not hold their sins against them. Soften my heart where it has grown hard. Protect me from resentment. Help me to love as You love, even when it feels impossible.

Fill me with Your peace and remove any bitterness or anger before it takes root. Bless those who have wronged me, and let Your goodness lead them to repentance.

Thank You for forgiving me daily. Teach me to walk in the same mercy You have shown me.

In Jesus' name, Amen.

PRAYER FOR VICTORY

As King Hezekiah of Judah faced an imminent attack from King Sennacherib of Assyria, who had already conquered many nations, he prayed:

“O Lord, God of Israel, you are enthroned between the mighty cherubim! You alone are God of all the kingdoms of the earth. You alone created the heavens and the earth. Bend down, O Lord, and listen! Open your eyes, O Lord, and see! Listen to Sennacherib’s words of defiance against the living God...

Now, O Lord our God, rescue us from his power; then all the kingdoms of the earth will know that you alone, O Lord, are God.”

2 Kings 19:15-19

A Similar Prayer You Can Pray

Heavenly Father,

You are my strength, my refuge, and my defender. When challenges rise against me, I take my stand in You. No battle is too great for You, no obstacle too strong, and no enemy too powerful. You are the God who fights for me.

Lord, I ask for victory in my current situation—not by my own power, but by Yours. Give me wisdom to make the right decisions, courage to stand firm, and endurance to press on. When I feel weak, help me remember that Your strength is made perfect in my weakness. When I feel afraid, help me to trust that You go before me and will never leave me.

I choose to fix my eyes on You, so that fear will not control me, doubt will not shake me, and discouragement will not define me.

Lord, as I go through this battle, I know that nothing is impossible for You. If You are for me, who can be against me? I trust that You will make a way where there is no way and that, in the end, this struggle will be a demonstration of Your power and faithfulness.

I surrender my situation into Your hands and walk forward in faith, believing that victory is mine through Jesus Christ.

In Jesus’ name, Amen

PRAYER OF HUMILITY

As King David neared the end of his reign, he was overwhelmed by the abundance of resources the people of Israel had freely given to support the construction of the temple, which would be built during the reign of his son Solomon. Moved by their outpouring of generosity, he prayed these words:

“O Lord, the God of our ancestor Israel, may you be praised forever and ever! Yours, O Lord, is the greatness, the power, the glory, the victory, and the majesty. Everything in the heavens and on earth is yours, O Lord, and this is your kingdom. We adore you as the one who is over all things. Wealth and honor come from you alone, for you rule over everything. Power and might are in your hand, and at your discretion people are made great and given strength.

O our God, we thank you and praise your glorious name! But who am I, and who are my people, that we could give anything to you? Everything we have has come from you, and we give you only what you first gave us! We are here for only a moment, visitors and strangers in the land as our ancestors were before us. Our days on earth are like a passing shadow, gone so soon without a trace.”
1 Chronicles 29:10-15

A Similar Prayer You Can Pray

Heavenly Father,

Everything I have comes from You. My life, my gifts, my opportunities, and even the breath in my lungs are not my own—they are Yours. I bring nothing into this world and will take nothing with me when I leave. Yet, in Your grace, You have entrusted me with talents, resources, and time. Help me to use them wisely, not for my own gain, but for Your glory.

Keep my heart humble, Lord. It is so easy to take credit for what You have given, to believe that my success is my own doing, or to compare myself to others. But I know that apart from You, I have nothing and can do nothing of true worth. Teach me to walk in gratitude, to give freely as You have given to me, and to recognize that all I have is on loan from You. Help me be a faithful steward of the blessings in my life, using them to serve, encourage, and bring honor to Your name.

Thank You for Your goodness, for providing more than I deserve, and for allowing me to be part of Your greater plan. May my heart always remain in awe of Your generosity and my hands always be open to share what You have entrusted to me.

In Jesus' name, Amen.

PRAYER OF PROTECTION

When King Jehoshaphat faced a massive military threat from enemy nations that had formed an alliance against Judah, he prayed these words:

“O Lord, God of our ancestors, you alone are the God who is in heaven. You are ruler of all the kingdoms of the earth. You are powerful and mighty; no one can stand against you!

We are powerless against this mighty army that is about to attack us. We do not know what to do, but we are looking to you for help.”

2 Chronicles 20:6; 12

A Similar Prayer You Can Pray

Heavenly Father,

You are my refuge and my shield, the One who goes before me and watches over me. In a world filled with uncertainty, temptation, and unseen battles, I ask for Your divine protection. Guard my heart from fear, my mind from deception, and my soul from anything that would pull me away from You. Keep me safe from harm—both the dangers I can see and those I cannot.

Protect me from negative influences, from the voices that try to stir doubt, anger, or despair within me. Strengthen me against temptation, so that I do not fall into patterns that dishonor You or bring destruction into my life. When I am weak, be my strength; when I am unsure, be my guide. Cover me with Your grace, surround me with Your presence, and remind me that I am never alone.

Thank You, Lord, for being my fortress in times of trouble, my shelter in times of need, and my defender against the forces that seek to harm me. I place my trust in You, knowing that Your love is my greatest protection.

In Jesus' name, Amen

PRAYER OF LAMENT

In a season of intense suffering, distress, and abandonment, King David prayed:

"My God, my God, why have you abandoned me? Why are you so far away when I groan for help? Every day I call to you, my God, but you do not answer. Every night I lift my voice, but I find no relief... Do not stay so far from me, for trouble is near, and no one else can help me... O LORD, do not stay far away! You are my strength; come quickly to my aid!" Psalm 22:1-2; 11; 19

A Similar Prayer You Can Pray

Heavenly Father,

I come before You with a heavy heart, weary and burdened by the struggles I face. I don't always understand why things happen the way they do, and right now, I feel lost, discouraged, and overwhelmed. It feels like the weight of my pain is too much to bear, and I wonder if You see me, if You hear me, if You will come to my rescue.

Lord, I cry out to You because I have nowhere else to turn. You are the One who knows my heart, my sorrow, and my fears. I don't have the answers, and I'm tired of pretending that I do. How long will this season last? How long will I feel this broken? I need Your presence, Your comfort, and Your peace to sustain me.

Even in my pain, I choose to trust You. Even when I don't see a way forward, I believe You are working. You have been faithful before, and I know You will be faithful again. Help me remember that I am not alone, and give me the strength to continue taking steps forward. Restore my hope, Lord, and let me sense Your presence even in the midst of my struggle.

I surrender this pain to You, trusting that You will redeem what is broken and bring beauty from the ashes. I place my burdens in Your hands and ask You to help me through this season.

In Jesus' name, Amen.

PRAYER FOR KNOWING GOD MORE

The apostle Paul wanted the believers in Ephesus to have a deep understanding of the hope and power that comes from knowing God. Here's how he prayed for them:

"I pray that your hearts will be flooded with light so that you can understand the confident hope he has given to those he called—his holy people who are his rich and glorious inheritance.

I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power that raised Christ from the dead and seated him in the place of honor at God's right hand in the heavenly realms." Ephesians 1:18-20

A Similar Prayer You Can Pray

Heavenly Father,

You are mighty, powerful, and beyond anything I can fully understand. You created the heavens, set the world in motion, and hold all things together. There is no one like You—full of wisdom, strength, and love.

Open my eyes to see You more clearly. Remove any distractions, doubts, or fears that cloud my vision. Help me recognize Your presence in the everyday moments, not just in the big miracles, but in the small ways You are working all around me. Let me see Your hand guiding me, Your love sustaining me, and Your truth shaping me. When I struggle to understand, give me the faith to trust that You are always moving, even when I can't see it.

Thank You for loving me, leading me, and remaining faithful to me. I want to know You more so I can live in the fullness of the life You have for me.

In Jesus' name, Amen

PRAYER FOR HEALING

When Moses' sister Miriam was stricken with leprosy, he prayed to God on her behalf:

■ *"O God, I beg you, please heal her!" Numbers 12:13*

A Similar Prayer You Can Pray

Heavenly Father,

You are the Great Physician and Mighty Healer! You alone sustain us, and You alone have the power to restore what is broken. Nothing is impossible for You.

Today, I pray for _____. I ask for complete and total healing! In the mighty name of Jesus, I pray for every bit of sickness, disease, and pain to leave. I speak life, health, and restoration over their body. Let every organ, every cell, and every system align perfectly with Your divine design.

I pray for strength to rise, energy to return, pain to disappear, and full health to be restored! May this healing be a powerful testimony of Your glory and goodness.

I reject hopelessness and fear and choose to stand in bold faith, knowing that You are the Lord who heals! My trust is in You—our Healer, Restorer, and Miracle-Worker!

In Jesus' name, Amen.



21 DAYS *of* **PRAYER**

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