

40 DAYS OF
prayer

Free to Pray

The next 7 days our focus in prayer is confessing our need for God. The purpose of these daily prayers is to deepen our dependency on God. Prayer is all about our relationship with God. God's plan and desire is for us to walk in close relationship with Him, and we do that through prayer. As you begin our 40 Days of Prayer, keep in mind that God is pursuing you. God wants you to know Him, trust Him, and experience a powerful prayer life with Him.

Day 1

Scripture

"The Spirit of the Lord God is on me, because the LORD has anointed me to bring good news to the poor. He has sent me to heal the brokenhearted, to proclaim liberty to the captives and freedom to the prisoners" (Isaiah 61:1).

Prayer:

Father, I acknowledge that I am poor. I am the one who needs to receive the good news. I need you to heal me and set me free. Lord, I need you to reveal to me anything that has captured my attention, my heart, my devotion, and is keeping me from seeking you in prayer. I need you to reveal to me what you want to heal in my heart and help me trust you.

Lord, I need you to give me a passion to seek you in prayer. I commit these 40 days of prayer to you, and I ask you to reveal yourself to me, heal my heart, and set me free from anything that keeps me from seeking you in prayer. In Jesus' name, amen.

Day 2

Scripture

"How joyful is the one whose transgression is forgiven, whose sin is covered! How joyful is the person whom the LORD does not charge with iniquity and in whose spirit is no deceit!" (Psalms 32: 1-2).

Prayer:

Father, I need you to help me trust you with the sin in my life. The enemy condemns me and wants me to keep my sins and struggles in the dark. Help me believe the truth that you never condemn me or reject me - even when I sin and struggle with things that are not what you want for my life. Your word tells me that "If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness" (1 John 1:9).

** Ask God to show you what sins you need to confess, and ask for Him to forgive you. Once you confess your sins, thank God for the forgiveness and freedom that you have because of Jesus and the Gospel.*

Day 3

Scripture

"Now this is the confidence we have before Him: Whenever we ask anything according to His will, He hears us." (1 John 5:14).

Prayer:

Father, I'm not sure what lies the enemy tells me that keeps me from praying. I need you to expose the enemy's lies so that I can be free to seek you in prayer with my whole heart. I want you to tear down any walls that separate me from seeking you in prayer and receiving all that you have for me.

** Ask God to reveal any lies that the enemy tells you about prayer and about your relationship with God. Ask God to forgive you for believing the lies and to set you free from the lies.*

Lord, thank you for your word that tells me "Therefore, let us approach the throne of grace with boldness, so that we may receive mercy and find grace to help us in time of need" (Hebrews 4:16). Thank you that I can come boldly to you in prayer, because I am your son/daughter and because of Jesus, I am holy and blameless in your sight (Ephesians 1:4). Father, help me believe what you say about me and your invitation to pray boldly at your throne of grace. In Jesus' name, amen.

Day 4

Scripture

"For freedom, Christ set us free. Stand firm then and don't submit again to a yoke of slavery" (Galatians 5:1).

Prayer:

Father, thank you for setting me free. Thank you that I don't have to try to earn your acceptance, forgiveness and love. I confess that I sometimes struggle to receive the good news that Jesus set me free and I strive to earn your acceptance, forgiveness, and love. Lord, would you heal me and set me free from whatever is causing me to strive to earn your acceptance, your forgiveness, and your love. Help me to believe and receive the truth that I've been set free by the love and grace that was poured out on the Cross. In Jesus' name, amen.

** Take a few minutes and thank God for sending Jesus to save you, heal you and set you free. Tell Jesus thank you for dying for you and giving His life so that you can have a new life and eternal life.*

Day 5

Scripture

"Don't you yourselves know that you are God's temple and that the Spirit of God lives in you?" (1 Corinthians 3:16).

"And I will ask the Father, and he will give you another Counselor to be with you forever. He is the Spirit of truth. The world is unable to receive him or know him. But you do know him, because he remains with you and will be in you" (John 14:16-17).

Prayer:

Lord, I confess that I need freedom in my prayer life. I don't come to your throne of grace boldly as often as I need to and as often as you invite me to come. I confess that I waver from believing that I've been set free and striving to earn your acceptance and approval. I confess that I trust you one minute with the things in my life and quickly lose trust and try to control things or do things in my own strength. I confess that I even have doubts about what I've prayed so far in our 40 days of prayer. I want to be a man/woman who seeks you, believes you and trusts you with my whole heart. But, I'm struggling to make this a reality. I need your help.

Father, thank you that your Spirit lives in me and is my helper. I need your Spirit to lead me into truth, empower me to walk in your truth and to overcome any obstacles in my prayer life. I invite the Spirit of God to anoint me to pray and do a work in my life over these 40 days of prayer that only He can do for Your glory. In Jesus' name, amen.

Day 6

Scripture

"Therefore, let everyone who is faithful pray to you immediately. When great floodwaters come, they will not reach him. You are my hiding place; you protect me from trouble. You surround me with joyful shouts of deliverance" (Psalm 32:6-7).

Prayer:

Father, thank you for your word. Thank you for the promises you give me in your word. I want to be a man/woman who prays to you immediately. When trouble comes, when temptation comes, when the enemy attacks me, give me discernment to quickly recognize his lies and pray to you immediately. Teach me to make you my hiding place and my shelter in whom I find refuge. Remind me that you surround me with songs of deliverance when I feel the weight of fear, temptation, discouragement, and pain.

Lord, I confess that you are my God and I seek refuge in you. You are my hiding place and my deliverer. I give my heart fully to you today, including my struggles, burdens, and fears. Thank you for taking care of my heart and life so that I can walk in freedom today. In Jesus' name, amen.

Day 7

Scripture

"I will instruct you and show you the way to go; with my eye on you, I will give you counsel" (Psalm 32:8).

Prayer:

Father, thank you for faithfully instructing me and showing me the way to go. You see everything in my heart and life, and you bless me with wisdom so that I can walk in your ways. Lord, I need wisdom to know what changes I need to make in my life regarding prayer. Show me what adjustments I need to make in my schedule so that I can devote more time seeking you in prayer. Show me when I am worrying or trying to figure things out on my own instead of asking for you to help me. I confess that I don't have the power to change my heart, my life, or anyone else's life. I want to give up control and learn to depend on you in a real and powerful way. In Jesus' name, amen.

** Take a few minutes and name the specific things in your life that you need to ask God to help you with. Ask God to give you wisdom and strength. Ask God to help you trust Him with anything that He brings to mind.*

Faith to Pray

The next 8 days, our prayer focus is learning to pray in faith. Scripture tells us in Hebrews 11:1 "Now faith is the reality of what is hoped for, the proof of what is not seen." We are also told in Hebrews 11: 6 that "Now without faith it is impossible to please God, since the one who draws near to him must believe that he exists and that he rewards those who seek him." As we begin this week of prayer let's start by asking God to increase our faith in Him, His word, and the power of prayer!

Day 8

Scripture

"Keeping our eyes on Jesus, the source and perfecter of our faith. For the joy that lay before him, he endured the cross, despising the shame, and sat down at the right hand of the throne of God" (Hebrews 12:2).

Prayer:

Jesus, thank you that you give me faith and you perfect my faith. Help me to fix my eyes on you, especially when I have doubts, discouragement, and temptations. Remind me of what you did at the Cross to save me and give me victory over sin, darkness, and death. In Jesus' name, amen.

- *Ask God to speak to your heart and bring into the light any hidden fears, doubts, or any other thoughts that are standing in opposition to your faith. Once God reveals these things to you, pray the following prayer:*

Lord, I surrender my fears, doubts, and lies I've believed to you. I lay them down before you and ask that you release me from them. I choose to believe that you are for me, with me, and that you are above all things. I put my trust in you and worship you as King of Kings and Lord of Lords. In Jesus' name, amen.

Day 9

Scripture

"Now faith is the reality of what is hoped for, the proof of what is not seen" (Hebrews 11:1).

Prayer:

Lord, I often feel like the father in Mark 9:24 "Immediately the father of the boy cried out, "I do believe; help my unbelief!" You know the areas of my life where I have great faith, and you know the areas of my life where I have very little faith. You even know the areas of my life where I've given up and decided to stop asking you to do anything in prayer. However, I am going to ask you something today, because you are the source and perfecter (Hebrews 12:2) of my faith. God, would you increase my faith? Would you increase my faith to believe what you say in your word about you, what you say about me, and what you say about prayer? God, give me faith to believe what you say. Increase my faith to believe you for things that you ask me to pray about through your word and Spirit. The things that I stopped praying about because the enemy told me to give up - give me faith to believe that everything is possible through you. Lord, give me wisdom as I pray in faith and teach me how to pray in faith. In Jesus' name, amen.

Day 10

Scripture

"The prayer of faith will save the sick person, and the Lord will raise him up; if he has committed sins, he will be forgiven. Therefore, confess your sins to one another, so that you may be healed. The prayer of a righteous person is very powerful in its effect" (James 5:15-16).

- The word "sick" in verse 15 means "to tire with exertion, labor to weariness; to be discouraged; to labor under disease / sickness". This word can mean physically sick or emotionally discouraged / weary.

Prayer:

Father, thank you that you choose to use prayer to do a powerful work in our lives and in the lives of those we pray for. You use prayer to heal us physically, emotionally, and spiritually. Thank you that you tell us to confess our sins to one another as part of our healing. God, help me to have the courage and humility to ask for prayer from others and to let a trusted friend know where I struggle with sin so they can pray for me. Lord, confessing sin to a trusted friend and asking for prayer is a big step for me, but I want to be healed and free. Please give me wisdom and guidance in this area of my life and direct my steps. In Jesus' name, amen.

- *Ask God to speak to your heart about confessing sin to a trusted friend (or spouse if you are married). Scripture makes it clear that we receive forgiveness when we confess our sins directly to God (1 John 1:9). However, there are times when we need to tell a trusted friend our sins or struggles so that we can be healed. It takes humility to tell someone our sins, and when a trusted friend prays for us without condemning us, we experience freedom from shame. If you need freedom from a particular sin or struggle, then ask God to direct you to a trusted friend who will pray for you.*

Day 11

Scripture

"Therefore, confess your sins to one another, so that you may be healed. The prayer of a righteous person is very powerful in its effect" (James 5:16).

Prayer:

Father, your word tells me that my prayers are powerful. I confess that I don't always feel righteous because of sin, hurts, and the things that the enemy says about me, so I have a hard time believing that my prayers are powerful. I need you to change the way that I see myself as your son/daughter. You tell us in Romans 5: 1 "Therefore, since we have been declared righteous by faith, we have peace with God through our Lord Jesus Christ." You made me righteous through my relationship with Christ. I could never be righteous apart from Christ, so thank you for giving me the gift of being righteous. Help me to believe that I am righteous in your sight regardless of how I feel. As your son/daughter who is righteous in your sight, you say that my prayer is powerful in its effect. I confess that I've believed lies that my prayers are not powerful. I've allowed the enemy to tell me that you hear and answer other people's prayers but not mine. I've even believed the lie that my prayers don't make a difference. Father, I ask that you set me free from those lies and give me faith to believe that my prayers are powerful, because you chose prayer to accomplish your will on earth. In Jesus' name, amen.

Day 12

Scripture

Jesus replied to them, "Have faith in God. Truly I tell you, if anyone says to this mountain, 'Be lifted up and thrown into the sea,' and does not doubt in his heart, but believes that what he says will happen, it will be done for him. Therefore I tell you, everything you pray and ask for, believe that you have received it and it will be yours" (Mark 11:22-24).

Prayer:

Father, I want to be a man/woman who prays with great faith. I want to believe that you hear my prayers and use my prayers to move mountains in my life and in the lives of those I am praying for. Lord, you are King of Kings and Lord of Lords. Thank you that you want me to ask you to do extraordinary things in prayer, such as moving mountains. You want me to be free of doubt and to pray with boldness - with deep faith and conviction of your ability to move mountains. Father, I confess that I do have mountains that need to be "thrown into the sea." Doubt, confusion, fear, pride, control, shame, and trying to earn your approval/acceptance are just some of the mountains. I have sin and struggles that have become mountains in my life. I have problems and pain in my relationships with those I love that feel like mountains. There are mountains in people's lives whom I love and want desperately to experience freedom.

Father, help me and teach me to pray with faith that moves mountains. Guide me through your word and your Spirit to pray "mountain moving" prayers. In Jesus' name, amen.

- *Ask God to show you the mountains that need to be moved in your life so that you can pray bold prayers in faith for you, your family, and others.*

Day 13

Scripture

"Ask, and it will be given to you. Seek, and you will find. Knock, and the door will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks, the door will be opened. Who among you if his son asks him for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you then, who are evil, know how to give good gifts to your children, how much more will your Father in heaven give good things to those who ask him" (Matthew 7:7-11).

Prayer:

Father, thank you that you want me to seek you through prayer. It is your desire and plan that I ask you for what I need, seek you for what I need, and believe that I will receive what I need from you. You are my faithful, giving, and good Father. You delight to give me good things when I ask you and seek you. Father, the enemy lies to me about your goodness and your desire to take care of me. He tells me lies such as "it is selfish to ask God for things" or "I need to rely on myself to take care of my needs." God, your word clearly tells me when I ask you and seek you, I will find you. You open the door to your Kingdom and give me good things.

*Lord, set me free from whatever keeps me from asking you to help me, to provide for me, and to give me good gifts from your Kingdom. Help me to be a man/woman who depends fully on you for every need in my life. I want to be the one asking, seeking, and knocking in faith and persistency. Please bless me with a heart that is determined to pray and not give up!
In Jesus' name, amen.*

Day 14

Scripture

Just then, a woman who had suffered from bleeding for twelve years approached from behind and touched the end of his robe, for she said to herself, "If I can just touch his robe, I'll be made well." Jesus turned and saw her. "Have courage, daughter," he said. "Your faith has saved you." And the woman was made well from that moment (Matthew 9:20-22).

- The words "made well" mean to cure, heal, restore to health; preserve from being lost; to deliver from, set free from.

Prayer:

Father, I don't understand or fully grasp how my faith leads to healing and freedom. You are the one who gives me faith, increases my faith and sustains my faith. Lord, help me to trust you when I pray. Help me to believe in faith that you hear my prayers and that when I pray in faith you do a powerful work through my prayers. Thank you that Scripture tells me that I am "saved by grace through faith, and this is not from yourselves; it is God's gift" (Ephesians 2:8). You love me so much that you make the foundation of our relationship your grace, and all you ask me to do is put my faith in you. God, I confess that praying in faith is a struggle for me. I want to see things with my eyes, and it's difficult to pray for things unseen. It is especially difficult to pray when the things I see with my eyes appear broken, hopeless, and impossible. Lord, I need you to change the way that I see things in my life. I need you to change the way that I see the things that I am praying about and the way I see the people I am praying for. I need to see the things I am praying about and the people I am praying for through your eyes. Help me see your grace and power to save, heal, deliver, and transform my life, my family, and the people I am praying for. Lord, make me a man/woman who prays in faith and then fully trusts you with how you answer my prayers. In Jesus' name, amen.

Day 15

Scripture

This is why, since I heard about your faith in the Lord Jesus and your love for all the saints, I never stop giving thanks for you as I remember you in my prayers (Ephesians 1:15).

Prayer:

Father, thank you for the people that you've used in my life to lead me to you. Thank you for the people who prayed in faith for me to be saved. Thank you for the people in my life today who encourage me, pray for me, and lead me to walk in faith by the way they walk in faith. Lord, I want to be a man/woman who prays for others in faith and believes great things for others in faith. I want to be a man/woman who speaks words that build up others' faith in you. I want my life to be an example of what it looks like to walk in faith during all seasons of my life - especially during trials, pain, suffering, and spiritual warfare. Lord, I can't walk in faith apart from your Spirit empowering me and your word sustaining me. Father, teach me to rely on your Spirit and cling to your word as I walk with you. Remind me that you are using me to strengthen and encourage others to put their faith in you. In Jesus' name, amen.

- Ask God to show you people, currently in your life, who He uses to grow and strengthen your faith. Pray for each person and thank God for how He uses them in your life.

Warfare Prayers

The next 7 days our prayer focus is on praying prayers that deliver us and our family from the enemy. These prayers are spiritual warfare prayers that are based on God's word. These prayers are especially helpful to equip us to pray during times of spiritual warfare.

Day 16

Scripture

Let the whole earth shout joyfully to God! Sing about the glory of his name; make his praise glorious. Say to God, "How awe-inspiring are your works! Your enemies will cringe before you because of your great strength" (Psalm 66:1-2).

Prayer:

Father, teach me to praise you with the words that I say to you and with the songs that I sing. The enemy exalts himself and tempts me to bow to his lies and fear. Lord, give me discernment to quickly recognize the enemy's lies and his efforts to exalt himself in my life. The lies from the enemy do not have the power to stand against the truth of your word. Teach me to speak your word aloud in faith when I am under spiritual attack. Create in me a heart that is passionate to praise you with the words I say and the songs I sing. Lord, help me pray your word back to you in faith and by the power of your Spirit within me. In Jesus' name, amen.

- Read the following scriptures out loud as a prayer to God. Ask God to empower you by His Spirit to pray in faith.

God, you are my God; I eagerly seek you. I thirst for you; my body faints for you in a land that is dry, desolate, and without water. So I gaze on you in the sanctuary to see your strength and glory. My lips glorify you because your faithful love is better than life. So I will bless you as long as I live; at your name, I lift up my hands. You satisfy me as with rich food; my mouth will praise you with joyful lips. When I think of you as I lie on my bed, I meditate on you during the night watches because you are my helper; I will rejoice in the shadow of your wings. I follow close to you; your right hand hold on to me" (Psalm 63:1-8). Father, you are my salvation and glory, my refuge, my stronghold and my hope comes from you. I will not be shaken (Psalm 62:5-8). In Jesus' name, amen.

Day 17

Scripture

For although we live in the flesh, we do not wage war according to the flesh, since the weapons of our warfare are not of the flesh, but are powerful through God for the demolition of strongholds. We demolish arguments and every proud thing that is raised up against the knowledge of God, and we take every thought captive to obey Christ (2 Corinthians 10:3-5).

Prayer:

Father, thank you for giving me your weapons to destroy the enemy's lies and demolish anything that has a stronghold on me or my family. Jesus, thank you for delivering me from the power of the enemy and transferring me into your kingdom - the kingdom of light. Darkness has no power over me because you destroyed its power over me at the cross. Lord, teach me to use your weapons and depend on you to fight for me. Your word says "For the LORD your God is the one who goes with

you to fight for you against your enemies to give you victory" (Deuteronomy 20:4). I confess that you are my God, my strength, my stronghold, and my deliverer. I choose to believe you about you and my life, over what the enemy says. Teach me to take every thought captive under the authority of truth - your word. Help me believe your word and not bow to my emotions or circumstances. I can't do this apart from you, so please fill me with your Spirit and empower me to walk in truth. In Jesus' name, amen.

- Ask God to reveal to you any lies the enemy is telling you that you need to be free from today. As God reveals the enemy's lies, ask God to set you free from each lie. Then ask God to heal you of the pain that the lies caused in your life and to help you believe what He says to you through the Spirit and his word (the Bible).

Day 18

Prayer:

Father, thank you for sending Jesus to save me and deliver me from the power of sin and darkness. Thank you that I've been rescued from the domain of darkness and transferred into your kingdom (Colossians 1:13). You've given me authority over the enemy because your Spirit lives in me and He is greater than the enemy (Luke 10:19; 1 John 4:4). Lord, teach me to pray with the authority you've given me when the enemy attacks me and my family. Give me discernment to quickly recognize when the enemy is at work in my life and in my family. I need you to teach me to fight spiritual battles with your weapons. In Jesus' name, amen.

Scripture:

Finally, be strengthened by the Lord and by his vast strength. Put on the full armor of God so that you can stand against the schemes of the devil. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the cosmic powers of this darkness, against evil, spiritual forces in the heavens. For this reason take up the full armor of God, so that you may be able to resist in the evil day, and having the belt around your waist, righteousness like armor on your chest, and your feet sandaled with readiness for the gospel of peace. In every situation take 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. Pray at all times in the Spirit with every prayer and request, and stay alert with all perseverance and intercession for all the saints (Ephesians 6:10-18).

Prayer:

Lord, thank you for your armor giving me everything I need to resist the enemy and stand against his schemes. I choose to put on the full armor of God today and depend on you to give me victory over the enemy. Thank you that I am your son/daughter and that you fight for me. In Jesus' name, amen.

Day 19

Scripture

Humble yourselves, therefore, under the mighty hand of God, so that he may exalt you at the proper time, casting all your cares on him, because he cares about you. Be sober-minded, be alert. Your adversary the devil is prowling around like a roaring lion, looking for anyone he can devour. Resist him, firm in the faith, knowing that the same kind of sufferings are being experienced by your fellow believers throughout the world. The God of all grace, who called you to his eternal glory in Christ, will himself restore, establish, strengthen, and support you after you have suffered a little

while. To him be dominion forever. Amen (1 Peter 5:6-11).

Prayer:

Father, I humble myself before you and confess that I need you. I desperately need you in my life and in my family's. I confess that I attempt to do things including change myself, others and my life apart from seeking your help. Forgive me for my pride and bowing to the god of independence. Set me free from anything that keeps me from trusting you with my whole heart and relying on you to take care of me, my life and my family. Lord, I submit all the things that I am carrying - the burdens, the fears, the disappointments - I give them all to you. I give my entire heart to you and everything that I am holding on to that needs to be released to you. I choose to take up the shield of faith and confess that you are faithful. You are good. You are King of Kings and Lord of Lords. You are in complete control, and you are working things out in my life for my good and your glory. You are upholding me by your righteous right hand, and you will never leave me nor forsake me. You are my Father, and I am your beloved son/daughter. Thank you that you are with me and that your grace is enough for me.

"Even when I go through the darkest valley, I fear no danger, for you are with me; your rod and your staff comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Only goodness and faithful love will pursue me all the days of my life, and I will dwell in the house of the LORD as long as I live" (Psalm 23:4-6). In Jesus' name, amen.

Day 20

Scripture

Search me, God, and know my heart; test me and know my concerns. See if there is any offensive way in me; lead me in the everlasting way (Psalm 139:23-24).

Prayer:

Father, you are my God and you know everything about me. You see what thoughts and beliefs I have about you, myself, and my life that are not based on truth. I have blind spots when it comes to seeing things clearly, but you have perfect vision. Thank you for wanting me to see you, myself, and my life through your eyes. Father, open my eyes so that I can see clearly any thoughts, beliefs, and ways within me that are not based on truth. Reveal to me any ways or paths that are pulling me away from you. Help me to see you, myself, and others through your eyes. Your word says "Therefore, there is now no condemnation for those in Christ Jesus, because the law of the Spirit of life in Christ Jesus has set you free from the law of sin and death" (Romans 8:1-2). Thank you that when you reveal thoughts, beliefs, and ways in me that are not of you that you do not condemn me. You have set me free so that I can live a new life through the power of the Spirit within me. I choose to trust you to lead me in your everlasting way. In Jesus' name, amen.

Day 21

Scripture

"But seek first the kingdom of God and his righteousness, and all these things will be provided for you. Therefore, don't worry about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own" (Matthew 6:33-34).

Prayer:

Father, thank you that you make yourself known to me. Your word says "You will call to me and come and pray to me, and I will listen to you. You will seek me and find me when you search for

me with all your heart" (Jeremiah 29:12-13). You are God Almighty, the maker of heaven and earth, King of all Kings, the Holy One - yet you listen to me. You invite me to seek you. Your desire is for me to seek you and your kingdom above anything else in my life. Father, you offer an incredible and priceless invitation to be a part of your kingdom. The gifts you give me from your Kingdom are breathtaking, glorious, and far better than anything this world offers. Yet, I often trade seeking your Kingdom, for worry. I choose to dread, anticipate, and fear my tomorrows. Instead of seeking you and trusting you with my tomorrows, I take on the role of being my own hero. I believe the lie that I can provide for my own needs with my own strength. I build up my own kingdom through worry, and the enemy robs me of the peace and joy found in your Kingdom. Father, forgive me of bowing to worry and set me free. Help me to seek your Kingdom and trust you to take care of my tomorrows. In Jesus' name, amen.

Day 22

Scripture

"Therefore, fear the Lord and worship him in sincerity and truth. Get rid of the gods your fathers worshiped beyond the Euphrates River and in Egypt, and worship the LORD. But if it doesn't please you to worship the LORD, choose for yourselves today: Which will you worship - the gods your fathers worshiped beyond the Euphrates River or the gods of the Amorites in whose land you are living? As for me and my family, we will worship the LORD" (Joshua 24:14-15).

Prayer:

Father, thank you that I get to choose to worship you. I may have worshipped all kinds of things like fear, pride, addictions, materialism, and self-sufficiency, but I can rid myself of these things and worship you. Lord, you even know the things within the generations of my own family - things that people in my life and family have worshiped. You know what struggles and sins have been in our family for generations. You know where the enemy has put "a stake in the ground" claiming he has a right to be there. Lord, where there has been worship of any kind in my life that has opened a door for him, reveal those places to me, forgive me and set me free. I want to worship you alone and lead my family to worship you. In Jesus' name, amen.

- Ask God to speak to your heart and reveal any sin that you need to confess. Ask God to reveal anything that you've worshiped in any way (examples are fear, people, addictions, accomplishments, work, appearance, success, etc).
- Ask God to speak to your heart and reveal any sin that has been prevalent in your family line. We don't confess sin for other people, but we can pray for God to remove any hold the enemy has on us as a result of sins in our family line.
- Ask God to forgive you for any of the sins God showed you, and ask God to set you free from any hold the enemy has had on you and your family as a result of the sin.
- Thank God for the forgiveness and freedom we have in Christ, and ask God to help you worship Him all the days of your life.

Healing Prayers

The next 7 days our prayer focus is on asking God to heal relationships in our lives. You may have deep hurts in some of your relationships that require more time, and prayer. Perhaps you may need to talk to a trusted friend about some of your hurts as part of your healing. As you pray these prayers this week, be open to what the Lord is doing in your life through these prayers.

Day 23

Scripture

Let all bitterness, anger and wrath, shouting and slander be removed from you, along with all malice. And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ (Ephesians 4:31-32).

Prayer:

Father, thank you for forgiving me of all my sins. Thank you for sending Jesus to die on the cross so that when I confess my sins, I am completely forgiven. Jesus, thank you for giving your life for me and taking the punishment that I deserved so that I could be forgiven and free. I don't deserve this kind of grace, and I could never do enough to pay you back for such an incredible gift. I have a difficult time accepting the magnitude of your grace, and it shows when I try to earn your approval or acceptance. You know the times when I try to hide my heart from you - my sins and my struggles. I want to be a man/woman who understands and accepts your forgiveness with my whole heart. Show me where I am striving to earn your forgiveness and help me fully accept that I am forgiven - completely forgiven through you.

Lord, I confess that I don't have the grace to forgive others apart from you. When people hurt me, I am bent towards bitterness, anger, wrath, shouting, slander, and malice. Pain opens the door to all sorts of painful and negative emotions. The enemy seeks the pain as a perfect opportunity to lie to me and tempt me in ways that lead to even deeper pain. Father, I need you to heal my heart of ways that I've been hurt by other people. I need your grace to forgive those who have hurt me. Your word says that I am to forgive as you have forgiven me in Christ (Ephesians 4:32). Thank you that you have given me the grace to forgive others because it is Christ in me who gives me the grace to forgive. I don't forgive in my own strength but through Christ and His amazing grace.

Father, I submit this week to you as I seek you in prayer. Direct my heart this week and lead me as I seek you. I invite you to do a work in my heart this week that leads to healing and freedom through your message of forgiveness. In Jesus' name, amen.

Day 24

Scripture

Be angry and do not sin. Don't let the sun go down on your anger, and don't give the devil an opportunity (Ephesians 4:26-27).

Prayer:

Father, thank you for your word that tells me the danger of holding on to anger. I recognize that anger makes me vulnerable to sin, and it opens the door to the enemy. Instead of holding on to

anger, you invite me to pour out my heart to you (Psalm 62:8) and give you every hurt, anger, disappointment, and fear - you want me to give everything to you that is in my heart. Lord, I need your help to be that open and transparent. I need help believing that when I pour out any and everything to you, my heart will be safe. I want to believe that you are a refuge for me even with my anger towards people who have hurt me. In Jesus' name, amen.

- Ask God to show you someone that you need to forgive.
- Ask God to show you what you need to forgive the person of doing or not doing.
- In your words, tell God that the person hurt you and that you need His grace to help you forgive the person. Then tell God that you forgive the person, and be specific about what you forgive them for doing or not doing.
- Ask God to heal your heart of the pain, and tell God you trust Him to continue to heal your heart.

Note: This may be very painful for you and you may need more time to heal because of the depth of the pain. This prayer may be a start towards greater healing. Please talk to a trusted friend and ask them to pray for you. You can also contact our Family Freedom Ministry at 281.675.7862 and meet with someone who can help you heal.

Day 25

Scripture

The Spirit of the Lord God is on me, because the LORD has anointed me to bring good news to the poor. He has sent me to heal the brokenhearted to proclaim liberty to the captives and freedom for the prisoners (Isaiah 61:1).

Prayer:

Father, thank you for sending Jesus to save me, heal me, and set me free. Lord Jesus, you are my Savior, my healer, and my deliverer. I worship you and give you all praise and glory for who you are and what you've done for me. I was in the deepest pit, and you came for me, rescued me, and lifted me up. You set my feet on solid ground. You rescued me from my enemies who were too strong for me. You took my pain on the cross so that I could be healed. You bind up my wounds and make me whole. Lord, I need you to heal my heart of past hurts. I need you to heal my heart of wounds that I may not even know how to identify. The world we live in is a war zone, and I have been wounded. Come into every place of my soul and heal me. Bind up every wound and release your anointing on me. Lord, nothing can compare to your greatness and your power. There is not a wound that is too deep for you to heal. There is not a sin that is not covered by your blood. There is not a loss that cannot be comforted, a hole that cannot be filled. Jesus, you are enough. Your grace is greater, your love is deeper, your power is stronger. Lord, help me be a man/woman who is aware of my pain and quick to invite you into my pain. Help me trust you to heal my heart and bind up my every wound. In Jesus' name, amen.

- Is there a specific wound (painful event) that God is bringing to your mind? If so, acknowledge the hurt and pain - tell God how you feel and then ask Him to heal your heart.

Day 26

Scripture

Jesus responded, "Truly I tell you, everyone who commits sin is a slave to sin. A slave does not remain in the household forever, but a son does remain forever. So if the Son sets you free, you really will be free" (John 8:34-36).

Prayer:

Father, thank you that I am your son/daughter and that I've been set free. I am not a slave to sin and I have not been given a spirit of slavery to fall back into fear. Instead you've given me the Spirit of adoption, by whom I cry out, "Abba, Father!" (Romans 8:15). Father, as your child you want me to love others as I love myself (Romans 13:9). I confess that I need your help to love others. My love for others is often conditional and selfish, especially to those closest to me. Lord, forgive me for the times I am selfish, unloving, and critical of others. Forgive me the times that I am prideful and don't tell others that I am sorry when I hurt them. Help me to love others like you love me. Set me free from old ways of thinking and responding to people and fill my heart with your love. Let your love through me bring hope, healing, encouragement, and joy to those around me. Forgive me for looking to other people to heal me, make me whole, and fill my deepest needs. Jesus, you are the only one who can heal my heart, make me whole, and fulfill my deepest needs. Lord, give me wisdom in all of my relationships and lead me in your ways. In Jesus' name, amen.

- *For those of you who are married: Ask God to show you if you have hurt your spouse in some way. Ask God to forgive you, and then ask your spouse to forgive you. Don't expect anything from your spouse, as it may take time for them to forgive you. Remain faithful and pray for your spouse.*
- *For those of you who are parents: Ask God to show you if you have done anything to hurt your son/daughter. Ask God to forgive you and then ask your son/daughter to forgive you. It may take time for your son/daughter to forgive you. Continue to demonstrate love to your son/daughter and pray for them.*

Day 27

Scripture

Do nothing out of selfish ambition or conceit, but in humility consider others as more important than yourselves. Everyone should look out not only for his own interests, but also for the interests of others (Philippians 2:3-4).

Prayer:

Father, forgive me for the times that I have selfish ambition. Forgive me for looking at myself as more important than others. I confess that I struggle with selfishness and pride. I often care more about my own interests than the interests of those around me. Please forgive me for not being more loving and grateful for the people in my life. I want to care more deeply for the people in my life and be a blessing to them. Remind me to seek you each day, to receive your love and grace for me, and to give to others from the overflow of what I receive from you. Help me walk in the truth of my identity as your son/daughter. My value, purpose, and identity is from you alone. Remind me of these truths so that I can share these truths with others. Help me to love and bless others in the way that I speak to them, treat them, and pray for them, In Jesus' name, amen.

- *Ask God to show you the people in your life that need to be encouraged. Pray for people God puts on your heart and respond to however the Spirit is leading you.*

Day 28

Scripture

"I give you a new command: Love one another. Just as I have loved you, you are also to love one another. By this everyone will know that you are my disciples, if you love one another" (John 13:34-35).

Prayer:

Father, your word tells us to love one another and our love for one another is a witness to the world. You also tell us that you want your children to be united - to "be one" (John 17:21). Lord, help me love my fellow brothers and sisters. Forgive me for being harsh, critical and prideful towards my brothers and sisters. Forgive me for any disunity I have created in the body of Christ because of my attitude, words, or actions. Give me wisdom and grace to love and treat others in a way that builds unity in your church. Father, show me where I have judgments towards others and have compared myself to others. Show me where I have spiritual pride towards others and have even looked down at others. Lord, I confess all of this as sin and ask for your forgiveness. Teach me to love and serve my fellow brothers and sisters with a humble and grateful heart. In Jesus' name, amen.

Day 29

Scripture

But you are a chosen race, a royal priesthood, a holy nation, a people for his possession, so that you may proclaim the praises of the one who called you out of darkness into his marvelous light (1 Peter 2:9).

Prayer:

Father, thank you for choosing me, making me royal, holy, and fully yours. Thank you for calling me out of darkness and into your light so that I can praise you. Lord, I want to believe what you say about who I am as your son/daughter. The enemy reminds me of my failures, condemns me, and causes me to feel insecure. The enemy's lies lead to feelings of shame, and he leads me to believe I am less than who you say I am. Lord, I do not want to partner with the enemy by believing his lies. I don't want to give him any ground by wasting time believing something that you did not say about me and my life. Lord, I need to learn to love myself and value myself as your son/daughter. Heal my heart and mind of the lies I've said about myself and my life. Set me free to embrace who you say I am and live the life you created me to live. I need my relationship with myself to be one that blesses you, brings you honor, and enables me to fulfill the plans and purpose you have for my life. In Jesus' name, amen.

Intercessory Prayers

The next 4 days of prayer our focus is on praying for others. As you begin your time in prayer, ask God to speak to your heart about the person(s) to pray for.

Day 30

Scripture

I never stop giving thanks for you as I remember you in my prayers. I pray that the God of our Lord Jesus Christ, the glorious Father, would give you the Spirit of wisdom and revelation in the knowledge of him. I pray that the eyes of your heart may be enlightened so that you may know what is the wealth of his glorious inheritance in the saints, and what is the immeasurable greatness of his power toward us who believe, according to the mighty working of his strength (Ephesians 1:16-19).

Prayer:

Father, I lift up (the name of the person(s) you are praying for) to you. I pray that you would give them the Spirit of wisdom and revelation so they may know you more deeply. God, open the eyes of their heart so they can see you more clearly, know the depth of your love for them, and the incredible inheritance they have as your child. Give them an awareness of your great power that is within them through the working of your Spirit. Lord, where they feel weak, remind them that your strength is perfected in their weakness. Help them to put their trust in you and your promise to renew their strength, and cause them to soar on wings like an eagle; run and not become weary, walk and not faint (Isaiah 40:31). Your word tells us that you have not given us a spirit of fear, but one of power, love, and sound judgment (2 Timothy 1:7). Father, where they have fear of any kind, pour your love out in them in a way that completely drives out all fear. Enable them to stand firm against any attacks of the enemy through the power of your Spirit within them. Remind them who they are in Christ and that the same Spirit that raised Jesus from the dead lives within them. You made them victorious in Christ and they are no longer slaves to sin but children of the King of Kings and Lord of Lords. Father, thank you for them and the gift they are to me and to your Kingdom. Bless them and help them to receive all of the spiritual blessings you've given them. In Jesus' name, amen.

Day 31

Scripture

For God loved the world in this way: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. For God did not send his Son into the world to condemn the world but to save the world through him (John 3:16-17).

Prayer:

Father, thank you that it is your desire that all people be saved and come to the knowledge of the truth (1 Timothy 2:4). I lift up (name of person you are praying for who is lost/not saved) to you and ask that you draw them to you. Lord, open their eyes so they may turn from darkness to light and be released from the power of the enemy. God, where the enemy has them captive to his lies, set them free. Help them understand the truth about you. Soften their heart and make them aware of your presence. Father, work in their life in such a way that leads them to you. Open their eyes

so they see your glory through your creations. Make your light shine in their darkness. Put other believers in their life who will pray for them, share their story with them, and show the love of Christ to them. Thank you that nothing is too difficult for you. Your power is unlimited and you came to set the captives free. Lord, halt the plans of the enemy and demolish the schemes of the enemy in their life. I'm asking for a miraculous intervention of your Spirit to draw them to yourself so they are compelled to receive the incredible gift of salvation. Remove any confusion and doubt so they can understand the Gospel and their desperate need for salvation. Father, help me to continue to pray in faith for them and not to give up. Give me faith to believe that you hear my prayer and are using my prayers to lead them to you. In Jesus' name, amen.

Day 32

Scripture

I love you, LORD, my strength. The LORD is my rock, my fortress and my deliverer, my God, my rock where I seek refuge, my shield and the horn of my salvation, my stronghold. I called to the LORD, who is worthy of praise, and I was saved from my enemies (Psalm 18:1-3).

Prayer:

Father, thank you that you are my strength, my rock, my fortress, and my deliverer. You are my shield, and you save me from my enemies. You reached down from on high and took hold of me, pulled me out of deep water, and rescued me from my powerful enemy because you delight in me (Psalm 18:16-17,19). Lord, thank you that you want us to cry out to you for help. Your word tells us to humble ourselves before you and cast our cares on you, and you will exalt us at the proper time (1 Peter 5:6). Lord, I lift up (name of the person you are praying for) to you. Remind your son/daughter of your power to rescue them and deliver them from the enemy. Remind them that you are their rock, their fortress, and that they are safe with you. Remind them that you are the one who fights for them to give them victory. Help them to be aware of your presence and your Spirit at work within them. Father, expose any lies from the enemy, and give them discernment to recognize any thoughts that are not from you. Awaken within their heart a desire to worship you and surrender every area of their life to you. Give them a passion for you and for your kingdom. Fill them with your Spirit, make your ways known to them, guide them in your truth, and teach them that you are their God of salvation (Psalm 25:4-5). In Jesus' name, amen.

Day 33

Scripture

May the LORD bless you and protect you; may the LORD make his face shine on you and be gracious to you; may the LORD look with favor on you and give you peace. (Numbers 6:24-26)

Prayer:

Lord, I lift up (name of person you are praying for) to you. I ask that you bless them and make your face shine on them and be gracious to them. Give them your favor and your peace this day. Help them to walk in your truth today and the freedom that you've given them to live the life they were created to live. Make them aware of your presence, your love, and your grace. Heal their heart and set them free from anything that is hindering them from walking with you and fulfilling the purposes you have for their life. Give them wisdom in every area of their life and faith to trust you

with all things. Bless them with your peace, hope, and love. Help them to recognize your voice, and lead them to a deeper relationship with you. Create in them a passion to pray, seek you, and follow you. Give them eyes that are fixed on you, your Kingdom, and your glory. Help them to lay aside every hinderance and sin that ensnares them, and run with endurance the race that lies before them (Hebrews 12:1-2). Remind them today that they are your child, chosen, holy, and blameless in your sight and are blessed with every spiritual blessing in Christ (Ephesians 3:3-4). In Jesus' name, amen.

Kingdom Prayers

The next 7 days our prayer focus is on seeking God's Kingdom in our lives, in our church and in our community.

Day 34

Scripture

Therefore, you should pray like this:

Our Father in heaven,

your name be honored as holy.

Your Kingdom come.

Your will be done

on earth as it is in heaven.

Give us today

our daily bread.

And forgive us our debts,

as we also have forgiven

our debtors.

And do not bring us into temptation,

but deliver us from the evil one. (Matthew 6:9-13)

Prayer:

Father, you are the King of Kings and the Lord of Lords. Holy, holy, holy is the LORD of armies; your glory fills the whole earth. Your name is above all names, and at the name of Jesus every knee will bow - in heaven and on earth- and every tongue will confess that Jesus Christ is Lord, to the glory of God the Father (Ephesians 2:10-11). I ask for your Kingdom to come into my life, my family, and Kingsland Baptist Church. I ask for your Kingdom of righteousness, peace, and joy in the Holy Spirit to come. Reign over my life, my family, and Kingsland. Manifest your presence, your power, and your glory so that all may know that you alone are God. Father, your word tell us "and my people, who bear my name, humble themselves, pray and seek my face, and turn from their evil ways, then I will hear from heaven, forgive their sin, heal their land" (2 Chronicles 7:14). Father, I need you, my family needs you, our church needs you. We need you to forgive us for our pride, our selfishness, materialism, legalism, impurity, complacency, and putting our trust in our own strength and abilities. Forgive us for believing lies from the enemy about you, ourselves, and others. Forgive us for gossip, slander, and thinking that we are better than others. Forgive us for thinking more highly of ourselves than we should and not allowing others to see our weaknesses. Forgive us for hiding our hearts from you, from others, and for not having courage to share our story - our testimonies of what you've done in our lives. We were lost, covered in sin and darkness, and you rescued us. You saved us, healed us, and delivered us from darkness. Forgive us for not giving you the praise, glory and honor that you alone deserve. Father, heal our land. Heal our hearts, home and church. We cry out to you to heal us. The sin and darkness has wounded us deeply. Our hearts, home, and church need your healing. God, bring your Kingdom into our hearts, home, and church. Make your glory shine on us. In Jesus' name, amen.

Day 35

Scripture

But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and remind you of everything I have told you. John 14:26

Prayer:

Father, thank you for sending the Holy Spirit to live in me. Thank you that the Spirit lives in me, will remain in me, and is always with me. Teach me to walk by the Spirit, live by the Spirit, keep in step with the Spirit, and yield to the Spirit. Teach me to keep my mind set on the things of the Spirit. Give me discernment to recognize when the Spirit is speaking to me and leading me. Lord, teach me to pray according to the Spirit's leading and through the power of the Spirit in me. Your word tells me that apart from you I can do nothing. Show me how to rely on your Spirit to speak, serve, and love others. I want to learn how to depend on the Spirit to live and lead others to you. May the Spirit's work through my life be so evident that you are who people see in me. In Jesus' name, amen.

Day 36

Scripture

Do not fear, for I am with you; do not be afraid, for I am your God. I will strengthen you; I will help you; I will hold on to you with my righteous right hand. Isaiah 41:10

Prayer:

Father, thank you that you are with me. You are mighty, and there is nothing that is greater or more powerful than my God. You are my God, and you strengthen me. You uphold me by your righteous right hand, and you exalt me above my enemies. There is no weapon formed against me that has the power to destroy me. You are my strength and my shield. You surround me with songs of deliverance. I will bless you at all times and your praise will always be on my lips. I will boast in you and proclaim that you are great! I will exalt your name in the sanctuary and lift up my hands to you. You are worthy to receive all praise and glory and honor. Lord, I want to be a man/woman who trusts in you at all times. You are unchanging, and your grace is enough for every season of my life. I choose to trust you with my future and my family's future. You have our future in your hands and you are working everything out for our good and for the purpose you have for our lives. Because you are at my right hand, I will not be shaken. You have revealed the paths of life to me; you will fill me with gladness in your presence. My soul boasts in you, my God and my refuge. For you are great and worthy of all praise! In Jesus' name, amen.

Day 37

Scripture

Jesus did not let him but told him, "Go home to your own people, and report to them how much the Lord has done for you and how he has had mercy on you." Mark 5:19

Prayer:

Father, you have done so much for me. You saved me, set me free and transformed my life. It should be so easy to tell others what you've done for me, but I struggle to share my story. I confess that I am often insecure or afraid of what people will think of me if I share my story. I allow my own fears and insecurities get in the way of sharing the Gospel with those who are lost. I believe the lie that I need to know all the answers or say things perfectly in order to share my story. God, set me free from anything that hinders me from simply sharing what you've done in my life with others. Holy

Spirit, lead me to people who are lost and give me opportunities to share my story. Help me be sensitive to your voice so that I know when to share and what to say. Give me confidence that you will give me the words to say. I don't have the power to save anyone but I can pray for others and show them the love of Christ. Help me to seek you each day, receive from you each day, and trust that you are working through me. Lord, I pray that you would bring revival in me, my home, and all the people at Kingsland. Give us an absolute passion for others to know you and compel us through your Spirit to share the Gospel. In Jesus' name, amen.

Day 38

Scripture

"The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to set free the oppressed, to proclaim the year of the Lord's favor" (Luke 4:18-19).

Prayer:

Father, thank you for sending us Jesus to save us, release us from captivity, give us sight, and set us free. Your word says that when Jesus sets us free that we are free indeed. We are free to worship you, live for you, and fulfill the purposes that you have for our lives. You have poured out your Spirit in us and your light shines in us. You, the light of the world, live in us, and you shine through us. God, we pray for those in our family and in Katy, Texas who do not know you. Open the eyes of the blind and give them sight. Let them see the light that is in your people and give them hope. Anoint us with your Spirit to share the Gospel. Give us your eyes to see the lost, your heart to love the lost, and your grace to share the Gospel. Father, tend the soil of hardened hearts. Teach us to pray for the lost and go beyond our comfort zone to share the love of Christ. In Jesus' name, amen.

Day 39

Scripture

Isn't this the fast I choose: To break the chains of wickedness, to untie the ropes of the yoke, to set the oppressed free, and to tear off every yoke? Is it not to share your bread with the hungry, to bring the poor and homeless into your house, to clothe the naked when you see him, and not to ignore your own flesh and blood? Then your light will appear like the dawn, and your recovery will come quickly. Your righteousness will go before you, and the LORD's glory will be your rear guard. Isaiah 58:6-8

Prayer:

Father, would you speak to my heart. Is there anything you want me to give up for a period of time (part of a day, a day, a few days). God, give me a desire to pray, to seek you and to seek your Kingdom. In Jesus' name, amen.

NOTE:

Fasting is not simply removing something from our life for a period of time. Fasting is removing something in our life to seek God more diligently and to pray more fervently.

Day 40

Scripture

For we are his workmanship, created in Christ Jesus for good works, which God prepared ahead of time for us to do. Ephesians 2:10

I am sure of this, that he who started a good work in you will carry it on to completion until the day of Christ Jesus. Philippians 1:6

Today is the last day of our 40 Days of Prayer. Congratulations! You have been faithful to seek the Lord, and He has done a powerful work through your prayers. To celebrate and give God glory for what He has done in your life over the past 40 Days of Prayer, take some time to prayerfully answer these questions:

1. *What are 1 or 2 things that God revealed about Himself to you through these 40 Days of Prayer?*
2. *What are 1 or 2 things that God taught you about prayer?*
3. *How has God worked in your heart through these 40 days?*
4. *Is there anything God has healed you or set you free from?*
5. *What do you want God to continue to do in your relationship with Him so that you experience more of His presence in your life?*

Close your prayer time by thanking God for His love for you, His presence in your life, and the gift of prayer. Ask God to continue to lead you to a deeper revelation of who He is and His great love for you.