

21 DAYS OF PRAYER

**PRAY**  
**FIRST**



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# WELCOME

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We have learned to be people of prayer.

In every situation—whether good or difficult—we try to pray before acting.

Many times, people act first and then look for God to rescue them from a particular situation. But prayer should be our first option, not our last resort.

It is not enough to simply understand our need to pray. For prayer to become part of our lives, it must be something we look forward to with expectation. Many people do not enjoy prayer because they may have never learned how to pray.

During these 21 Days of Prayer, our goal is to learn how to pray. We hope you can use this simple prayer guide to grow in your relationship with God.

When you discover the power of prayer, your life changes in a radical way. Our desire is for prayer to become a lifestyle. We are confident that you will experience the power of God.

*Julian & Lorena Gamba*

Senior Pastors Mission Orlando



**“THOSE WHO  
SOW WITH  
TEARS  
WILL REAP  
WITH SONGS OF  
JOY.  
THOSE WHO GO  
OUT WEEPING,  
CARRYING SEED  
TO SOW,  
WILL RETURN  
WITH SONGS OF  
JOY,  
CARRYING  
SHEAVES WITH  
THEM ”**

PSALM 126:5–6 (NIV)



# UNBREAKABLE FAITH

MISSIONTEAM

# CHAPTER 1

## PRAY FIRST

At Mission Orlando, we believe that prayer has power because Jesus comes first. He is the foundation of our faith, our church, and every decision we make. When we begin our day, our conversations, and our steps with Him, everything changes.

For us, Pray First is not just a nice phrase. It is a way of life. It means that before we move in our own strength, we seek Jesus. Before we react, we pause and invite Him in. Before we worry, we remember that He is with us.

At times, prayer can feel complicated, especially when we think we need special words or a certain level of experience. But at Mission Orlando, we want you to know this: prayer is simple. It is talking to Jesus with confidence, knowing that He listens, guides, and responds.

This book exists to help you in that journey. It brings together prayer models rooted in Scripture, explained in a clear, practical, and accessible way, so that anyone, no matter where they are in their faith, can build a real and consistent prayer life. You do not have to do it perfectly; you simply have to do it sincerely.

When prayer becomes a natural part of our daily lives, we begin to notice Jesus in moments where He once went unnoticed. He gives us peace. He shows us the way. He reminds us who we are and where we are going.

That is why, as a church, we choose to Pray First, because:

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- Jesus is first in our day.
- Jesus is first in our decisions.
- Jesus is first in our family.
- Jesus is first in our relationships.
- Jesus is first in our burdens.
- Jesus is first in our dreams.
- And when Jesus is first, we know we are exactly where we are meant to be.

# CHAPTER 2

## HOW TO USE THIS BOOK

We do not need a formula to talk to God. Prayer is not a ritual or a rigid sequence. However, learning different ways to pray can help us experience greater depth and freshness in our relationship with Him.

This book introduces you to several biblical prayer models. You do not need to learn them all at once or master them perfectly. You can use a different model each day, moving at your own pace. You may even spend several days with the same model as you become familiar with it.

To begin, choose one prayer model today that you would like to practice. As you pray, allow the process that model provides to guide you. If your mind wanders, simply return to the model and let it help refocus your heart.

The purpose of this guide is not to overwhelm you, but to help you feel comfortable with different ways of praying, so that your conversation with God becomes increasingly natural, effective, and full of life. What matters most is committing to regularly enter into God's presence.

Prayer does require discipline to become a daily habit, but we must also remember this truth: we do not have to pray; we get to pray. Prayer is a privilege. God invites us to draw near to Him.

# CHAPTER 3

## BUILDING A LIFESTYLE OF PRAYER

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

*Mark 1:35*

Prayer becomes most powerful when it stops being something we do occasionally and becomes a way of life. To learn how to cultivate this kind of life, we can look to the perfect example: Jesus.

### **SET A SPECIFIC TIME**

Jesus would rise early to spend time alone with His Father. This was not spontaneous or accidental; it was intentional. Choose a consistent time to meet with God: early in the morning, during your lunch break, or at night before going to bed. Pick a time and seek to honor it faithfully. A consistent appointment with God forms a steady and anchored heart.

### **SET A SPECIFIC PLACE**

Jesus also had a place where He regularly prayed. Having a designated space helps us focus and disconnect from distractions. It may be a corner of your home, your car before work, a park, or your bedroom. What matters most is having a space where you can freely open your heart before God.

### **HAVE A PLAN**

When Jesus taught His disciples how to pray, He gave them a guide, a framework we now call The Lord's Prayer. In this book, you will find that model along with others. Your plan may look different each day: a time of worship, reading Scripture, moments of silence to listen to God, or a specific prayer model. What matters is having a clear intention to connect with Him regularly.

As you grow in this rhythm, you will discover that prayer does not just fill your day, it transforms you from the inside out. God's presence becomes the place where you find direction, rest, strength, and peace.

# CHAPTER 4

## THE LORD'S PRAYER

The Lord's Prayer is often recited in gatherings, celebrations, or solemn moments, but Jesus did not give it to us simply to memorize. He gave us this model to teach us how to pray in a way that opens our hearts to God, aligns our priorities with His, and trains us to live each day with dependence and trust.

This model walks us through every part of the prayer Jesus taught, guiding us step by step to pray as He instructed.

One day Jesus was praying in a certain place. When He finished, one of His disciples said to Him,

“Lord, teach us to pray...”

Luke 11:1

And Jesus said:

“Our Father in heaven,  
hallowed be Your name.  
Your Kingdom come,  
Your will be done,  
on earth as it is in heaven.  
Give us today our daily bread.  
Forgive us our debts,  
as we also have forgiven our debtors.  
And lead us not into temptation,  
but deliver us from evil.  
For Yours is the Kingdom,  
and the power,  
and the glory forever. Amen.”

Based on Matthew 6:9–13

### 1. CONNECT WITH GOD RELATIONALLY

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“Our Father in heaven...”

When Jesus invites us to call God “Father,” He is showing us that we do not pray as fearful servants, but as beloved children. Scripture reminds us:

“You did not receive a spirit that makes you a slave again to fear, but you received the Spirit of adoption, by whom we cry out, ‘Abba, Father.’”

Romans 8:15

God delights when we approach Him this way, not only as believers, but as sons and daughters who enjoy being with Him. Begin your prayer by acknowledging that you are His child, and thank Him for receiving you with tenderness, without distance or reproach.

## **2. HONOR HIS NAME**

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“Hallowed be Your name...”

In Scripture, God’s name reveals His character. When we proclaim His names, we worship His nature and remind ourselves of who He is to us.

Some of the names of God you can declare:

The Lord Our Righteousness — He cleanses and restores me

The Lord Who Sanctifies — He sets me apart for His purpose

The Lord Who Heals — He heals my diseases

The Lord My Banner — He gives me victory over my enemies

The Lord My Shepherd — He guides me and speaks to me

The Lord My Peace — He is my rest in the storm

The Lord My Provider — He supplies all my needs

“The name of the Lord is a strong tower; the righteous run to it and are safe.”

Proverbs 18:10

Speak His names out loud. Worship Him for who He is.

Remembering His greatness strengthens your faith and fills your heart with peace.

## **3. SEEK HIS KINGDOM FIRST**

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

When we pray for God’s Kingdom first, we align our priorities with His. We acknowledge that His will is perfect, good, and wise.

Jesus said:

“Seek His Kingdom, and these things will be given to you as well.”

Luke 12:31

Take time to pray for what is on God's heart:  
That the world would come to know Jesus  
That those in authority would receive wisdom  
in family, church, government, work, and school  
That the poor and vulnerable would be cared for  
That God's Church around the world would be strengthened  
That captives would find freedom  
That God's purpose would be fulfilled in your life  
Praying His agenda first makes room for His direction in everything  
else.

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

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"Give us today our daily bread..."

God promises to provide for our needs and invites us to trust Him daily.

"Where does my help come from?

My help comes from the Lord,  
the Maker of heaven and earth."

Psalm 121:1-2

Ask God today for what you need. Talk to Him about your burdens, concerns, decisions, resources, and emotions. Entrust your requests to Him with confidence. You may even open your hands as you pray, as a physical expression of surrender.

Our problems can be ours, or they can be God's—but they cannot be both at the same time.

Areas you may bring before God today:

Spiritual life

Marriage or dating relationship

Family

Work or studies

Ministry

Finances

Physical health

Relationships

Attitudes and character

Emotional and mental health

## **5. RECEIVE FORGIVENESS AND EXTEND IT**

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“Forgive us... as we forgive...”

When we confess our sin and receive God’s forgiveness, our hearts become more willing to forgive others.

“If we confess our sins, He is faithful and just to forgive us and to cleanse us.” 1 John 1:9

Ask the Holy Spirit to examine your heart. Allow Him to show you areas where you need to ask for forgiveness, release something, or forgive someone who has hurt you. Choose to forgive—even before the other person changes—because God has already forgiven you.

## **6. TAKE YOUR PLACE IN SPIRITUAL WARFARE**

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

Scripture teaches that we have a real enemy who seeks to steal, kill, and destroy. But it also teaches that in Christ, we already have victory. Every spiritual battle is fought from that position.

“Our struggle is not against flesh and blood, but against spiritual forces.” Ephesians 6:12

Ask God to reveal any lies you have believed, unseen attacks, or areas of spiritual confusion. Pray for Him to expose the enemy’s work and fill you with His truth.

The name of Jesus carries authority. James 4:7 reminds us that when we resist the devil, he will flee. Prayer is the place where we stand firm, align ourselves with truth, and walk forward in freedom.

## **7. DECLARE YOUR FAITH IN GOD’S POWER**

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“For Yours is the Kingdom, and the power, and the glory forever...”

Ending our prayer by recognizing God’s authority reminds us who He is and strengthens our trust in His power.

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

Take a moment to declare:

Yours is the Kingdom — all authority belongs to You

Yours is the Power — all strength comes from You

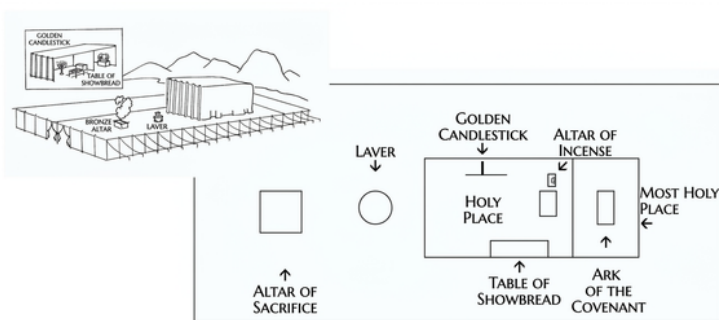
Yours is the Glory — Your victory is complete

# CHAPTER 5

## THE TABERNACLE PRAYER

In the Old Testament, the Tabernacle was the place where God chose to meet with His people. It was not an ordinary structure. God Himself gave every instruction, every measurement, and every detail. As they entered, the people of Israel moved through seven stations that guided them step by step into His presence.

Today, we no longer need a physical Tabernacle. Through Christ, we have direct access to the Father. However, the spiritual journey represented by the Tabernacle remains a powerful guide for our prayer time. This model leads us through each station, allowing every part of the Tabernacle to shape and direct our conversation with God.



### 1. THE OUTER COURT

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#### THANKSGIVING AND PRAISE

The people of Israel entered the Tabernacle with gratitude and praise. In the same way, we begin our prayer by acknowledging God's goodness before presenting any requests.

"Enter His gates with thanksgiving and His courts with praise." Psalm 100:4.

Look for a fresh reason to give thanks. You may write a list, sing a song from your heart, or simply pause to remember God's faithfulness. Gratitude opens the soul to hear His voice.

## 2. THE BRONZE ALTAR

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### CHRIST ON THE CROSS

In ancient times, people brought animal sacrifices for the forgiveness of sin. Christ changed history. His death on the cross was the perfect, final, and sufficient sacrifice.

“Praise the Lord, my soul... who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion.” Psalm 103:2-5

Thank Jesus for His sacrifice. Allow the meaning of the cross to rest deeply in your spirit. The cross does not only save us. It transforms us and heals us. Declare in faith the benefits the cross brings to your life:  
Salvation. He forgives all my sin.  
Healing. He heals my diseases.  
Redemption. He rescues and restores me.  
Transformation. He changes me into His likeness.  
Provision. He supplies everything I need.

## 3. CLEANSING

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### WASHING AND PREPARATION

After the sacrifice, the priests approached a basin of water where they washed before moving closer to God’s presence. Today, this step invites us to examine our hearts, surrender our motivations, and seek spiritual cleansing.

“I urge you to present your bodies as a living sacrifice, holy and pleasing to God. This is your true act of worship.” Romans 12:1

Because of Jesus’ sacrifice, we can confess our sins and receive complete forgiveness. As you pray, repent sincerely and surrender your attitudes, heart, and mind to Him.

This moment also invites us to offer every part of our lives to God. Take time to present these areas as an offering:

My eyes, what I allow into my mind.  
My ears, what I choose to listen to.  
My mind, what I think and believe.  
My tongue, what I speak and how I speak.  
My hands, what I do with my time and strength.

## 4. THE LAMPSTAND

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### THE HOLY SPIRIT

The golden lampstand with seven branches represented the light and fire of the Holy Spirit. He is the One who illuminates, guides, strengthens, and empowers us. Living out our faith is impossible without His presence.

“The Spirit of the Lord will rest on Him, the Spirit of wisdom and understanding, the Spirit of counsel and might, the Spirit of knowledge and the fear of the Lord.”Isaiah 11:2

When Jesus ascended, the Father sent the Holy Spirit as our Comforter, Counselor, and Helper. We need Him to live the life God calls us to live.

Ask to walk in the **Fruit of the Spirit** described in Galatians 5:22 and 23:

- Love
- Joy
- Peace
- Patience
- Kindness
- Goodness
- Faithfulness
- Gentleness
- Self control
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Also pray to receive the **Gifts of the Spirit** described in 1 Corinthians 12:4 through 11:

- Wisdom
- Knowledge
- Faith
- Healing
- Miracles
- Prophecy
- Discernment of spirits
- Different kinds of tongues
- Interpretation of tongues

## 5. THE TABLE OF THE BREAD OF THE PRESENCE

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### THE WORD OF GOD

On this table, twelve fresh loaves were placed each day, symbolizing God's provision and our need to be continually nourished by His Word.

"Keep this Book of the Law always on your lips. Meditate on it day and night, so that you may be careful to do everything written in it."  
Joshua 1:8

Take time to read Scripture slowly.

Claim the promises God speaks over your life.

Ask for fresh revelation and clarity.

Pray to receive a specific word for your day.

Ask God to show you how to apply what you read.

The Word of God is nourishment, direction, strength, and truth.

## 6. THE ALTAR OF INCENSE

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### WORSHIP

Before entering the Most Holy Place, there was an altar where incense burned continually. This incense symbolized worship rising before God.

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

Thank God that His presence is available to you. Worship Him for His names, His character, and His faithfulness throughout your story.

Proclaim who He is:

**The Lord Our Righteousness**

**The Lord Who Sanctifies**

**The Lord Who Heals**

**The Lord Our Provider**

**The Lord Our Victory**

**The Lord Our Peace**

**The Lord Our Shepherd**

**The Lord Who Is Present**

Allow worship to prepare your heart for an encounter with God.

## 7. THE ARK OF THE COVENANT

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### INTERCESSION

The Most Holy Place was where God's presence dwelt. There, the priests interceded for the people. Today, because of Jesus, we can approach God with confidence and intercede for others as well. "I urge that petitions, prayers, intercession, and thanksgiving be made for everyone, for kings and all those in authority, that we may live peaceful and quiet lives."<sup>1</sup> Timothy 2:1-4

Take time to pray for:

**Those who do not yet know Jesus.**

**Those in authority in the church, government, family, work, or school.**

**Those in need, including the sick, the poor, and the vulnerable.**

**Your immediate and extended family.**

**Your church, its pastors, leaders, volunteers, and missions.**

**Your community, your nation, and the world.**

**Your relationships, friends, coworkers, and acquaintances.**

**Even those you struggle with or disagree with.**

**Intercession makes us active participants in what God is doing in the world.**

# CHAPTER 6

## PRAYING THE SCRIPTURES

Praying the Word of God is one of the most powerful ways to strengthen our spiritual life. When we pray His promises, we stop focusing on the problem or on our limited ability, and we fix our eyes on the power, faithfulness, and limitless resources of our Father.

No matter how difficult, uncertain, or painful a situation may be, God is greater than any circumstance. Finding a verse that speaks to what we are facing and praying it in faith is an act of deep trust. When we do this, we allow God's truth to govern our thoughts and emotions. The Word of God does not only guide us. It is a spiritual weapon, an anchor for the soul, and a reminder of the promises God has already declared.

We begin with one of the most beloved passages in Scripture, Psalm 23. Read it slowly. Allow each phrase to speak to your heart. Then use the verses that follow as a guide to talk with God and claim His promises.

Below, you will find different themes from everyday life, each accompanied by Scriptures you can pray. Let these verses become your voice when you cannot find words, your comfort when you are wounded, and your foundation when you need stability. Before moving into specific passages that guide your prayer, you can begin by aligning your heart with these declarations.

### THE FIVE CONFESSIONS OF THE BLOOD OF JESUS

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Scripture teaches us that the blood of Jesus is not only a symbol, but a spiritual reality that defines our identity in Christ. As we declare these truths, we align our faith with what God has already done for us.

#### 1. REDEEMED

*Ephesians 1:7* By the blood of Jesus, I am redeemed from the power of the enemy. I have been transferred from the kingdom of darkness into the Kingdom of Jesus Christ, the Son of God.

## 2. FORGIVEN

*Ephesians 1:7*

By the blood of Jesus, all my sins have been forgiven.

## 3. CLEANSED

**1 John 1:7**

As I walk in the light and live in fellowship, the blood of Jesus cleanses me now and continually from all sin.

## 4. JUSTIFIED

*Romans 5:9*

By the blood of Jesus, I have been justified. God sees me as if I had never sinned.

## 5. SANCTIFIED

*Hebrews 13:12*

By the blood of Jesus, I am sanctified, set apart for God and for His purposes.

Now, with your heart aligned to the truth, allow Scripture to guide your prayer and reveal who God is and how He desires to walk with you.

## SECURITY

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“The Lord is my shepherd; I lack nothing.” Psalm 23

Pray this psalm as a declaration over your life. God guides you, cares for you, protects you, sustains you, restores you, nourishes you, and walks with you even through the darkest valleys.

Based on this passage, you can pray:

**“Lord, I trust that You are my Shepherd and that I lack nothing. Even when I walk through difficult seasons, I know You are with me. Lead me on the right path and help me rest in Your care.”**

## ANXIETY

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“Do not be anxious about anything.” Philippians 4:6 and 7

“Do not worry about tomorrow.”

Matthew 6:34

Bring your anxiety before God. Talk to Him about what weighs on your heart. Receive His peace, which is greater than any explanation.

You may pray:

**“God, today I place my worries before You. I choose to trust You and receive Your peace, the peace that guards my heart and my thoughts in Christ Jesus.”**

## **COMFORT**

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“God works all things together for good.” Romans 8:28

“He comforts us in all our troubles.” 2 Corinthians 1:3 and 4

Remember that God is the Father of compassion. Pray for comfort, strength, and hope for yourself or for others:

**“Father, thank You because You are at work even when I do not understand. I trust that You use all things for good and that You sustain me with Your comfort.”**

## **FAITH**

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“Faith is confidence in what we hope for.” Hebrews 11:1

“Everything is possible for one who believes.” Mark 9:23

Declare these truths when doubt tries to rise:

**“Lord, increase my faith in You. Even when I do not see the outcome yet, I choose to trust what You have promised and to walk believing that You are faithful.”**

## **FEAR**

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“God has not given us a spirit of fear.” 2 Timothy 1:7

“Do not fear, for I am with you.” Isaiah 41:10

Pray when you feel vulnerable or uncertain:

**“God, I reject fear and receive the power, love, and self control that come from You. Remind me today that I am not alone and that You strengthen me.”**

## **FORGIVENESS**

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“Be kind and forgive one another.” Ephesians 4:32

“Forgive as the Lord forgave you.” Colossians 3:13

Use these verses to ask God for a heart that forgives and receives grace:

**“Lord, just as You have forgiven me, help me forgive others. Cleanse my heart from every burden and teach me to live in freedom.”**

## **FREEDOM**

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“Where the Spirit of the Lord is, there is freedom.” 2 Corinthians 3:17

“Christ has set us free.” Galatians 5:1

Pray for emotional, spiritual, or mental freedom:

**“Holy Spirit, thank You because where You are, there is freedom. Today I walk firmly in the freedom Christ has given me and refuse to return to past burdens.”**

## **GUIDANCE**

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“Trust in the Lord with all your heart.” Proverbs 3:5 and 6

“This is the way; walk in it.” Isaiah 30:21

Ask for clarity and direction:

**“Lord, I trust You with all my heart. Guide my steps and show me the right path as I choose to depend on You.”**

## **GUILT AND SHAME**

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“There is now no condemnation for those who are in Christ Jesus.” Romans 8:1

“Though your sins are like scarlet, they shall be white as snow.”

Isaiah 1:18

Pray when you need to remember that God has forgiven and cleansed you:

**“Lord, thank You because in Christ there is no condemnation for me. I receive Your forgiveness and grace and leave behind all guilt and shame. Help me walk in the freedom You have given me.”**

## HEALING

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“He forgives all your sins and heals all your diseases.” Psalm 103:2 and 3

“By His wounds we are healed.” Isaiah 53:5

Talk to God about your body, emotions, or any area where you need His healing touch:

**“God, I believe that You are my Healer. I receive Your work in my life and rest in the power of Christ that brings healing and restoration.”**

## LONELINESS

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“I will never leave you nor forsake you.” Joshua 1:5

“God sets the lonely in families.” Psalm 68:6

Pray if you feel isolated or disconnected:

**“Father, thank You because You never leave me or abandon me. Remind me that I am not alone and that You surround me with Your presence.”**

## PRIDE

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“God opposes the proud.” James 4:6

“In humility value others above yourselves.” Philippians 2:3

Ask God for humility and a teachable heart:

**“Lord, help me walk in humility. Remove all pride from my heart and teach me to value others the way You do.”**

## PROTECTION

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“You will keep in perfect peace.” Isaiah 26:3 and 4

“May the God of hope fill you with joy and peace.” Romans 15:13

Pray when you need refuge or peace:

**“God, I place my trust in You. Guard my mind and my heart with Your peace and cover me with Your care each day.”**

## PROVISION

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“My God will supply all your needs.”Philippians 4:19

“God is able to bless you abundantly.”2 Corinthians 9:8

Declare God’s provision over your life:

**“Father, I trust that You will provide everything I need. Thank You for Your faithfulness and for caring for every area of my life.”**

## PURITY

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“Create in me a clean heart, O God.” Psalm 51:10

“Let us draw near with a sincere heart.”Hebrews 10:22

Pray for a life that reflects Jesus:

**“Lord, create in me a clean heart. Renew my inner life and help me walk with integrity before You.”**

## PURPOSE

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“I know the plans I have for you.” Jeremiah 29:11

“He who began a good work in you will carry it on to completion.”

Philippians 1:6

Talk with God about your calling and future:

**“God, I trust the plans You have for my life. Guide me and complete the work You have begun in me.”**

## STRENGTH

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“My grace is sufficient for you.” 2 Corinthians 12:9

“Those who hope in the Lord will renew their strength.” Isaiah 40:31

Pray when you feel tired or weak:

**“Lord, I receive Your grace and strength. When I feel weak, I trust that Your power is at work within me.”**

## THOUGHTS

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“Think about whatever is true and noble.” Philippians 4:8 and 9  
“Be transformed by the renewing of your mind.” Romans 12:2  
Allow God’s Word to transform your inner life:

**“God, renew my mind. Help me think on what is true, pure, and worthy of praise, and live according to Your will.”**

## VICTORY

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“The Lord will fight for you.” Exodus 14:14  
“In all these things we are more than conquerors.” Romans 8:37  
Pray when facing battles or challenges:

**“Lord, I rest in You and trust that You fight for me. Thank You because in Christ I am more than a conqueror.”**

## IDENTITY AND VALUE

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“We are God’s workmanship.” Ephesians 2:10  
“I praise You because I am fearfully and wonderfully made.”  
Psalm 139:14  
Declare what God says about you:

**“Father, thank You because I was created by You with purpose. Help me live according to the identity I have in Christ.”**

# CHAPTER 7

## THE PRAYER OF JABEZ

In one of the briefest yet most powerful passages of the Old Testament, we find the prayer of a man named Jabez. His prayer is simple, direct, and deeply spiritual. In a single verse, Jabez opens his heart before God and asks for blessing, influence, presence, and protection. The Bible concludes with a striking statement: “And God granted his request.”

**“Jabez cried out to the God of Israel, ‘Oh, that You would bless me and enlarge my territory. Let Your hand be with me, and keep me from harm, so that I may not suffer.’ And God granted his request.”**  
**1 Chronicles 4:10**

This prayer is a beautiful model for our own life of faith. It teaches us to approach God with confidence, to ask with a right heart, and to understand that blessing is not an end in itself, but a pathway to love and serve others more effectively.

Below, we walk through each part of this prayer to turn it into a daily dialogue with God.

### 01. BLESSING

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*“Oh, that You would bless me...”*

Jabez begins by asking for blessing, and there is nothing selfish about this when we understand blessing the way God does. To be blessed means to live with God’s provision, grace, and direction in every area of life.

God desires to bless us, but He often waits for us to seek Him with a humble and willing heart. When we ask for His blessing, we are not simply asking to have more, but to become more: more generous, more useful, and more sensitive to His voice.

Pray like this:

**Lord, bless me in the way You know best. Provide for my needs, fill my life with Your grace, and give me more than I need, not to keep it for myself, but to be a blessing to others.**

## 02. INFLUENCE

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*"...and enlarge my territory..."*

Jabez's "territory" does not refer only to land or resources. It is a request for greater influence, more opportunities, and a greater capacity to impact those around him for the glory of God. When God's blessing reaches us, doors naturally open for us to influence others: in our family, our work, our church, and our community. Asking for more territory is asking God to expand our ability to love, serve, and lead.

Pray like this:

***Lord, give me greater influence. Open doors that only You can open. Lead me to the places You want me to be and use my life to reflect Your love and Your truth.***

## 03. PRESENCE

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*"Let Your hand be with me..."*

Jabez understood that blessing and influence are meaningless without the presence of God. That is why he asks for God's hand to be with him, to guide him, and to sustain him. This is the most important part of his prayer.

The presence of God brings direction, wisdom, peace, strength, and discernment. It reminds us that we do not pray or walk alone.

Pray like this:

***Lord, let Your hand be upon my life. Guide me, anoint my path, and give me Your strength and Your wisdom. I do not want to move forward on my own. I want to walk with You.***

## 04. PROTECTION

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*"...and keep me from harm..."*

The greater our influence, the greater the spiritual opposition. Jabez understood that a heart that impacts others must also be a heart that is protected. That is why he ends his prayer by asking for covering, defense, and freedom from evil.

God promises to be with us, to protect us, and to guard us. When He is our shield, there is no reason to fear.

Pray like this:

**Lord, protect me. Guard my mind, my emotions, my relationships, and everything You have placed in my hands. Keep me from the evil I can see and from the evil I cannot see. Cover me with Your grace and Your peace.**

# CHAPTER 8

## SPIRITUAL WARFARE PRAYERS

Prayer is not only conversation with God. It is also resistance, firmness, and spiritual confrontation. Jesus Himself experienced this when He was tempted in the wilderness. Each time the enemy tried to divert Him from His purpose, Jesus responded with the Word of God. His example teaches us that Scripture is our sword, our defense, and our truth in the midst of conflict.

When we face attacks, confusion, oppression, lies, or spiritual weariness, prayer becomes the place where we take our position in Christ. These prayers, inspired by Scripture, are tools to strengthen your faith and help you intercede when you or someone close to you is facing spiritual opposition.

### THE ARMOR OF GOD

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Based on Ephesians 6:13–17, you can pray:

**“Lord, thank You for the gift of my salvation. Today I receive it again with gratitude and declare that nothing can separate me from Your love or move me from the place You have given me in Your Kingdom. I put on Your righteousness. Protect me from condemnation, guilt, and any corruption that tries to reach my heart.**

**I fasten the belt of truth. I choose to walk in honesty, integrity, and transparency. Reveal any lie I have believed and replace it with Your truth.**

**I fit my feet with the readiness that comes from living and sharing Your gospel. Show me where You are at work and lead me there. I take up the shield of faith to extinguish every arrow of the enemy. I declare that no attack can overcome me, because You are with me.**

**Holy Spirit, remind me of the exact Word I need to defeat every lie, temptation, or deception. I want to walk in step with You today. May my spirit remain in prayer and communion with You at all times.”**

## THE WEAPONS OF OUR WARFARE

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In light of what 2 Corinthians 10:4–5 declares about the spiritual power God has given us, pray:

**“Father, Your Word says that no weapon formed against me will prosper. I believe it and declare it in the name of Jesus. I declare that what tried to destroy me in the past will not repeat itself, because You cover me and protect me.**

**I stand firm in Your truth. The enemy has no authority over my life, my home, my children, my work, my church, or my relationships. Where Your Spirit is, there is freedom.**

**Every thought, circumstance, or attack that is not aligned with Your will is now brought under the authority of the powerful name of Jesus.**

**Thank You, Lord, because You cleanse me, sustain me, protect me, and give me purpose. All honor and praise belong to You alone.”**

## PRAYER OF PROTECTION

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Based on 2 Thessalonians 3:3; 2 Corinthians 6:14–7:1; 10:3–5; and Romans 12:1–2, which remind us that God is faithful to guard and protect us, we can pray:

**“God, I bow in worship before You. Thank You for opening a way for me through Jesus. I surrender my entire being to You and renounce any influence of the enemy in my life. I renew my mind according to Your truth and reject every thought that contradicts what Christ says about me.**

**I ask for protection over my family, my loved ones, and the people I carry in my heart. Protect them in their paths, in their health, in their decisions, and in their daily lives. Guard our resources, our steps, and our coming and going.**

**I declare that nothing that does not come from You has permission to touch our lives. I rebuke the enemy in the name of Jesus and proclaim that Your blood covers us, protects us, and sustains us. Thank You for being our secure refuge.”**

## **PRAYER OF CONFESSION**

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According to Romans 10:10; James 5:16; and 1 John 1:7–9, which call us to confess, repent, and walk in the light, we pray:

**“Lord Jesus, I confess my sins before You. I acknowledge my failures, my omissions, my words, and my attitudes that did not reflect Your heart. I repent sincerely. I believe that You died for me and rose again to give me new life. I receive Your forgiveness, Your cleansing, and Your grace. Thank You for redeeming me, setting me free, and setting me apart for Your purpose.”**

## **PRAYER OF FORGIVENESS**

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In light of Matthew 6:14–15 and Leviticus 19:18, which teach us to forgive as we have been forgiven, we pray:

**“Lord, I acknowledge that I have held resentment in my heart. I have not loved others as You have loved me. Today I choose to forgive those who have hurt me. I name them before You and release them. I also forgive myself, because You have made me new in Christ. Fill me with Your love and heal the wounds I still carry.”**

## **PRAYER OF HUMILITY**

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Proverbs 11:2; 16:18; 26:12; and 1 Timothy 3:6 remind us of the danger of pride and the value of humility. We pray:

**“Father, I come to You in the name of Jesus. Pride does not draw me closer to You. It separates me from You. I surrender every trace of pride, self reliance, or attitude that prevents me from loving well. Teach me to value others, to listen with humility, and to serve without seeking recognition. Remind me daily that true humility is not thinking less of myself, but thinking of myself less.”**

## **PRAYER TO BREAK FAMILY PATTERNS**

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Scripture shows us that God brings freedom and a new story to those who are in Christ. Exodus 20:4–6; 34:7; 2 Corinthians 5:17; and Romans 8:1 give us the foundation to pray:

**“Father, I recognize that there are patterns, attitudes, or wounds I have inherited from my family. But in the name of Jesus, I declare that none of those chains have authority over me.**

**Break every destructive influence that has been passed down through generations. Let a new story begin with me, a story of freedom, truth, healing, and purpose.**

**What marked me does not define me. What I inherited does not determine my destiny. In Christ, I am a new creation.”**

## **PRAYER FOR HEALING**

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Throughout Scripture, God reveals Himself as Healer. Psalm 103:2–5; 1 Peter 2:24; and Luke 1:37 affirm this truth and guide us to pray:

**“Lord, I come to You asking for healing. You are the Lord, my Healer. I bring before You this illness, pain, or situation (name it). By Your wounds we are healed. By Your power, every name, whether diagnosis, symptom, or fear, bows to the authority of Jesus.**

**Nothing is impossible for You. Fill my heart with peace as You work. Guide my decisions and sustain my faith.”**

# 7 Sheddings of the blood of Jesus:

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- 1. The blood shed from Jesus' forehead in Gethsemane**  
Luke 22:44

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  - 2. The blood shed from Jesus' body when He was scourged**  
Isaiah 53:4–5

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  - 3. The blood shed from Jesus' head when He was crowned with thorns**  
Matthew 27:28–30

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  - 4. The blood shed from Jesus' face when He was struck and spat upon**  
Isaiah 50:6–7

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  - 5. The blood shed from Jesus' hands when He was nailed to the cross**  
Psalm 22:16

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  - 6. The blood shed from Jesus' feet when they were pierced**  
Isaiah 63:3

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  - 7. The blood shed from Jesus' side when it was pierced**  
John 19:34–35
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## **PRAYER FOR MARRIAGE**

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Based on Ephesians 5:25–30:

**Thank You, God, for the gift of marriage. I bring before You my spouse. Help us love one another as You have loved us, with patience, honor, and sacrifice.**

**Protect our minds, hearts, and spirits. Make us a united, strong team, filled with Your presence.**

**Use our marriage as a testimony of Your love, to bless others and to serve You better together than apart. May You always be the center of our home.**

## **PRAYER OF SURRENDER**

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Based on Matthew 18:18; Galatians 5:16–18; and 2 Corinthians 10:5: Heavenly Father, I fully surrender my life to You. I renounce every thought, attitude, and behavior that does not reflect Your heart. I resist every work of the enemy and declare Your will over my life. Show me any area I need to release, heal, or surrender. Today I choose to walk in freedom, obedience, and surrender.

## **DECLARATION OF CONFIDENCE IN GOD'S PROTECTION**

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**Lord Jesus Christ, I submit myself to You as my Lord. I place myself under Your authority and under the protection of Your shed blood. I renounce every work of the enemy, every lie, every form of oppression, and every spirit that does not come from You. I proclaim that the cross canceled every accusation against me and that Your resurrection gave me victory and freedom.**

**Cleanse my mind, my emotions, and my spirit. Fill every area of my life with Your presence.**

**And in Your name, the name above every name, I declare that the enemy has no place in me. I stand firm in Your truth, receive Your peace, and walk in Your freedom.**

# CHAPTER 9

## PRAYING FOR THOSE WHO NEED GOD

God's heart has always been for people to know Him. From Genesis to Revelation, we see a God who seeks, calls, restores, and draws people to Himself. As followers of Christ, we are invited to partner with that divine desire by praying for those who do not yet know Jesus, so they may experience His love, His truth, and the gift of salvation.

This guide is designed to help you pray intentionally for the people God has placed on your heart.

### ASK THE FATHER TO DRAW THEM TO JESUS

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God is the One who touches the human heart. It is not through human force, arguments, or pressure. It is the Holy Spirit who awakens a desire to seek Jesus.

"No one can come to Me unless the Father who sent Me draws them."  
John 6:44

Prayer:

**"Father, I bring before You the people around me (name them). I ask that You would draw their hearts to Yourself. May Your Holy Spirit visit them, awaken spiritual hunger within them, and give them a genuine desire to know You. Help them understand that what they long for deep inside can only be filled by You. Open their ears to hear Your voice."**

### BIND THE SPIRIT THAT BLINDS THEIR UNDERSTANDING

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At times, truth is right in front of people, yet they cannot see it. Scripture teaches that spiritual blindness can prevent people from understanding the gospel. That is why we pray for anything that interferes with God's light to be removed.

"The god of this age has blinded the minds of unbelievers so that they cannot see the light of the gospel that displays the glory of Christ."  
2 Corinthians 4:4

Prayer:

**"Father, in the name of Jesus, I bind and rebuke every spirit that is blinding the minds of those I am praying for. I declare that their spiritual eyes are opened to see Your light, recognize who You are, and understand Your truth."**

**Remove every obstacle, confusion, or distraction the enemy tries to use to keep them from You. Open their eyes, Lord, so they may see Jesus.”**

## **PRAY FOR A PERSONAL RELATIONSHIP WITH GOD**

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The goal is not simply for people to believe that God exists. The goal is for them to know Him. God desires to welcome His sons and daughters back home. Personal encounters with His love transform lives.

“The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by Him we cry, ‘Abba, Father.’” Romans 8:15

Prayer:

**“Father, I pray that the people I lift before You would discover how deeply You love them. Release over them the Spirit of adoption, so they may recognize You as Father and enter into a living relationship with You. May their hearts long to come home, to hear Your voice, and to encounter You. Let them know that You run toward them with open arms.”**

## **PRAY THAT BELIEVERS WOULD CROSS THEIR PATH**

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God uses people to reach people. As we pray, we ask the Lord to send believers who reflect His love and become a positive influence. We also ask Him to use us as that light.

“Ask the Lord of the harvest, therefore, to send out workers into His harvest field.” Matthew 9:38

Prayer:

**“Father, I pray that those who are far from You would encounter believers who draw them closer to You. Send people who reflect Your love, speak life, and serve with compassion. And use me as well. Let my life shine in such a way that others desire to know You. May those around me see Your love, Your peace, and Your grace through what I say and how I live. Make me Your hands and feet to love and serve.”**

## **RELEASE A SPIRIT OF WISDOM AND REVELATION OVER THEM**

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Information alone is not enough. People need revelation. They need to see their spiritual condition, understand what Jesus has done for them, and recognize the hope He offers. This understanding can only come through the Holy Spirit.

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

Prayer:

**“Father, I ask that the Spirit of wisdom and revelation would touch the lives of those I am praying for. Open their eyes so they may understand their spiritual need and clearly see what Jesus accomplished for them on the cross.**

**Grant them moments, conversations, and experiences that lead them directly to You. Let them see Your heart, Your grace, and Your truth. Lead them into the encounter that will transform their lives.”**

Pray like this:

**Lord, protect me. Guard my mind, my emotions, my relationships, and everything You have placed in my hands. Keep me from the evil I can see and from the evil I cannot see. Cover me with Your grace and Your peace.**

# Personal Prayer Focus

God has placed us in this time and in this place with purpose. Nothing in your life is accidental. The people around you, your family, your leaders, your church, your community, and your nation are all part of the prayer field God has entrusted to you.

When we pray for the people God has placed in our lives, we actively participate in His work here on earth. Scripture encourages us to intercede, to bring others before God, and to cover them with love, gratitude, and faith.

“So then, I urge that requests, prayers, intercession, and thanksgiving be made for everyone, for kings and all those in authority, so that we may live peaceful and quiet lives in all godliness and dignity. This is good and pleases God our Savior, who wants everyone to be saved and to come to the knowledge of the truth.”<sup>1</sup> Timothy 2:1–4

This section is designed to help you pray intentionally for those who are under your influence and for those who have influence over you. Take time to write down specific names and present them before God each day.

## MY GOVERNMENT

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Pray for those who make decisions that affect your nation, your state, and your city. Ask God for wisdom, integrity, justice, and a reverent fear of the Lord over their lives.

**President:** .....

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**National leaders:** .....

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**State leaders:** .....

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**Local or city leaders:** .....

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**MY FAMILY**

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Bring before God the people closest to your heart. Pray for unity, protection, salvation, healing, purpose, and blessing over each one.

**Spouse:** .....

**Children:** .....

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**Parents:** .....

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**Siblings:** .....

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**Extended family:** .....

.....

**MY CHURCH**

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Pray for your spiritual community, your pastors and leaders, and everyone who walks alongside you in faith.

**PASTOR:**

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**GO Group leader:** .....

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**Members of my GO Group or friends in the faith:** .....

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**MY LIFE**

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Pray for the people who share your daily life: your workplace or place of study, your friendships, your responsibilities, and both those you influence and those who influence you.

**Employer:** .....

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**Coworkers:** .....

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**Employees or people under my care or supervision:**

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**Teachers or professors:** .....

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**Close friends:** .....

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for you.**

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