



## Pray One Hour a Day for One Week

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Dear Family Church,

In the work of the church many pressures and issues come to bear. People hurt in so many ways, some of which are self inflicted and others are a result of being victims. Some of the battle is crass carnality and some of it spiritual wickedness. All of it can be overcome by the power of prayer. In the greatest conflict the world has ever known, Jesus fought through prayer.

<sup>32</sup> Then they came to a place which was named Gethsemane; and He said to His disciples, “*Sit here while I pray.*” <sup>33</sup> And He took Peter, James, and John with Him, and He began to be troubled and deeply distressed. <sup>34</sup> Then He said to them, “*My soul is exceedingly sorrowful, even to death. Stay here and watch.*” <sup>35</sup> He went a little farther, and fell on the ground, and prayed that if it were possible, the hour might pass from Him. <sup>36</sup> And He said, “*Abba, Father, all things are possible for You. Take this cup away from Me; nevertheless, not what I will, but what You will.*” <sup>37</sup> Then He came and found them sleeping, and said to Peter, “*Simon, are you sleeping? Could you not watch one hour?*” <sup>38</sup> *Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak.*”

Mark 14:32-38 (NKJV)

Sometimes we have to fight to pray. It doesn't always come easy.

My hope and prayer is that this prayer guide will be a tool to motivate and assist you in your prayer life. As a matter of fact I want to ask you the question that Jesus asked His disciples, “*Could you not watch one hour?*”

For *one week*, will you commit *one hour, each day* in prayer? If you will, it will change your life and circumstances. Overcome every excuse, hindrance or objection and just do it! Make no room for the flesh. Pray! Determine in your heart now that this is your opportunity for a fresh touch of God. **PRAY!**

Watch and pray with me this week.

Pastor Mike

## +[About the Author](#)

This material is taken from *Handbook to Prayer* by Kenneth Boa. He is engaged in a ministry of relational evangelism and discipleship, teaching, writing, and speaking. He holds a B.S. from Case Institute of Technology, a Th.M. from Dallas Theological Seminary, a Ph.D. from New York University, and a D.Phil. from the University of Oxford in England.

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The author's publications include *Cults, World Religions, and the Occult*; *I'm Glad You Asked*; *Talk Thru the Bible*; *Visual Survey of the Bible*; *Drawing Near*; *Unraveling the Big Questions about God*; *Night Light*; and contributing editor to *The Open Bible*.

*Handbook to Prayer* is the first in a series of handbooks designed to enhance the devotional life and renew the minds of people who want to grow in faith, hope, and love. As they are published, an audio cassette album of each of these Trinity House products will also be available. Other titles in this series include:

- Handbook to Renewal
- Handbook to Wisdom
- Scripture Prayer Guide
- Handbook to the Bible
- Handbook to Worship
- Handbook to the Spiritual Life
- Handbook to Discipleship
- A Guided Tour of the Bible

To order or inquire about availability of any of these publications, call (800) DRAW NEAR (372-9632).

# Sunday

## Adoration

Not to us, O Lord, not to us,  
But to Your name give glory,  
Because of Your loving kindness and truth. (Psalm 115:1)

It is good to give thanks to the Lord  
And to sing praises to Your name, O Most High,  
To declare Your loving kindness in the morning  
And Your faithfulness at night. (Psalm 92:1–2)

Great and marvelous are Your works,  
Lord God Almighty!  
Righteous and true are Your ways,  
King of the nations!  
Who will not fear You, O Lord,  
And glorify Your name?  
For You alone are holy.  
All nations will come and worship before You,  
For Your righteous acts have been revealed. (Revelation 15:3–4)

O sing to the Lord a new song;  
Sing to the Lord, all the earth.  
Sing to the Lord, bless His name;  
Proclaim the good news of His salvation day after day.  
Declare His glory among the nations,  
His marvelous works among all people.  
Great is the Lord and most worthy of praise;  
He is to be feared above all gods.  
For all the gods of the nations are idols,  
But the Lord made the heavens.  
Splendor and majesty are before Him;  
Strength and beauty are in His sanctuary. (Psalm 96:1–6)

***Pause to express your thoughts of praise and worship.***

# Confession

This is the one You esteem:  
He who is humble and contrite of spirit,  
And who trembles at Your word. (Isaiah 66:2b)

Has the Lord as much delight in burnt offerings and sacrifices  
As in obeying the voice of the Lord?  
To obey is better than sacrifice,  
And to heed is better than the fat of rams. (1 Samuel 15:22)

The sacrifices of God are a broken spirit;  
A broken and contrite heart,  
O God, You will not despise. (Psalm 51:17)

If I confess my sins, He is faithful and just and will forgive me my sins and purify me from all unrighteousness. (1 John 1:9)

The Lord does not see as man sees. Man looks at the outward appearance, but the Lord looks at the heart. (1 Samuel 16:7)

***Ask the Spirit to search your heart and reveal any areas of unconfessed sin. Acknowledge these to the Lord and thank Him for His forgiveness.***

Thank You that You have said:  
Come now, let us reason together.  
Though your sins are like scarlet,  
They shall be as white as snow;  
Though they are red as crimson,  
They shall be like wool. (Isaiah 1:18)

# Renewal

**Lord, renew me by Your Spirit as I offer these prayers to You:**

By Your grace, I want to hear the words, "Well done, good and faithful servant; you have been faithful with a few things; I will put you in charge of many things. Enter into the joy of your Lord."  
(Matthew 25:21)

May I be careful to lead a blameless life.  
May I walk in the integrity of my heart in the midst of my house.  
May I set no wicked thing before my eyes.

I hate the work of those who fall away;  
May it not cling to me. (Psalm 101:2–3)

With regard to my former way of life, may I put off my old self, which is being corrupted by its deceitful desires, and be renewed in the spirit of my mind; and may I put on the new self, which was created according to God in righteousness and true holiness. (Ephesians 4:22–24)

May I consecrate myself and be holy, because You are the Lord my God. May I keep Your statutes and practice them, for You are the Lord who sanctifies me. (Leviticus 20:7–8)

*Pause to add your own prayers for personal renewal.*

## Petition

**Father, using Your word as a guide, I offer You my prayers concerning *dedication to You*.**

Since I have been raised with Christ, I should seek the things above, where Christ is seated at the right hand of God. May I set my mind on the things above, not on the things on the earth, for I died, and my life is now hidden with Christ in God. When Christ who is my life appears, then I also will appear with Him in glory. (Colossians 3:1–4)

In view of God's mercy, may I present my body as a living sacrifice, holy and pleasing to God, which is my reasonable service. May I not be conformed to the pattern of this world but be transformed by the renewing of my mind, that I may prove that the will of God is good and acceptable and perfect. (Romans 12:1–2)

May I cast down arguments and every pretension that sets itself up against the knowledge of You, and take every thought captive to the obedience of Christ. (2 Corinthians 10:5)

He who does not take his cross and follow after You is not worthy of You. He who finds his life will lose it, and he who loses his life for Your sake will find it. (Matthew 10:38–39) May I take my cross and lose my life for Your sake.

May I trust in the Lord and do good; may I dwell in the land and feed on Your faithfulness. When I delight myself in the Lord, You will give me the desires of my heart. I will commit my way to the Lord and trust in You, and You will bring it to pass. You will bring forth my righteousness like the light, and my justice like the noonday. (Psalm 37:3–6)

Come, my children, listen to me;  
I will teach you the fear of the Lord.  
Who is the man who desires life  
And loves many days that he may see good?  
Keep your tongue from evil

And your lips from speaking guile.  
Depart from evil and do good;  
Seek peace and pursue it.  
The eyes of the Lord are on the righteous,  
And His ears are attentive to their cry. (Psalm 34:11–15)  
May I learn the fear of the Lord.

Show me Your ways, O Lord,  
Teach me Your paths;  
Lead me in Your truth and teach me,  
For You are the God of my salvation,  
And my hope is in You all day long.  
Remember, O Lord, Your compassions and Your mercies,  
For they are from of old. (Psalm 25:4–6)

O Lord my God, may I fear You, walk in all Your ways, love You, and serve You with all my heart and with all my soul. (Deuteronomy 10:12)

Father in heaven,  
Hallowed be Your name.  
Your kingdom come;  
Your will be done  
On earth as it is in heaven.  
Give me today my daily bread,  
And forgive me my debts as I also have forgiven my debtors.  
And lead me not into temptation,  
But deliver me from the evil one.  
For Yours is the kingdom and the power and the glory forever. (Matthew 6:9–13)

***Pause here to express any additional personal requests, especially concerning growth in Christ:***

**Greater desire to know and please Him**  
**Greater love and commitment to Him**  
**Grace to practice His presence**  
**Grace to glorify Him in my life**

**My activities for this day**  
**Special concerns**

## Intercession

**Lord, I now prepare my heart for intercessory prayer for *churches and ministries*.**

May our Lord Jesus Christ Himself and God our Father, who has loved us and has given us eternal consolation and good hope by grace, comfort our hearts and strengthen us in every good work and word. (2 Thessalonians 2:16–17)

We should bear one another's burdens and so fulfill the law of Christ. (Galatians 6:2)

Confess your sins to one other and pray for one other so that you may be healed. The prayer of a righteous man accomplishes much. (James 5:16)

**In the spirit of these passages, I pray for: My local church, Other churches, Evangelism and discipleship ministries, Educational ministries, Special concerns**

## Affirmation

**Feed my mind and heart, O Lord, as I affirm these truths from Your word concerning *salvation*:**

You are the resurrection and the life. He who believes in You will live, even though he dies, and whoever lives and believes in You will never die. (John 11:25–26)

I am convinced that neither death nor life, nor angels nor principalities, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate me from the love of God that is in Christ Jesus my Lord. (Romans 8:38–39)

By grace I have been saved through faith, and this not of myself; it is the gift of God, not of works, so that no one can boast. For I am God's workmanship, created in Christ Jesus for good works, which God prepared beforehand for me to do. (Ephesians 2:8–10)

Your sheep hear Your voice, and You know them, and they follow You. You give them eternal life, and they shall never perish; no one can snatch them out of Your hand. The Father, who has given them to You, is greater than all; no one can snatch them out of the Father's hand. You and the Father are one. (John 10:27–30)

The Father has qualified me to share in the inheritance of the saints in the light. For He has rescued me from the dominion of darkness and brought me into the kingdom of His beloved Son, in whom I have redemption, the forgiveness of sins. (Colossians 1:12–14)

***Pause to reflect upon these biblical affirmations.***

# Thanksgiving

**For who You are and for what You have done, accept my thanks, O Lord:**

I will greatly rejoice in the Lord;  
My soul will be joyful in my God.  
For He has clothed me with garments of salvation  
And arrayed me in a robe of righteousness,  
As a bridegroom decks himself with ornaments,  
And as a bride adorns herself with her jewels. (Isaiah 61:10)

My soul silently waits for God alone;  
My salvation comes from Him.  
He alone is my rock and my salvation;  
He is my stronghold; I will never be shaken. (Psalm 62:1–2)

I will both lie down in peace and sleep,  
For You alone, O Lord, make me dwell in safety. (Psalm 4:8)

The Lord is my rock and my fortress and my deliverer;  
My God is my rock; I will take refuge in Him,  
My shield and the horn of my salvation,  
My stronghold and my refuge—  
My Savior; You save me from violence. (2 Samuel 22:2–3)

***Pause to offer your own expressions of thanksgiving.***

# Closing Prayer

Satisfy us in the morning with Your loyal love,  
That we may sing for joy and be glad all our days. (Psalm 90:14)

The God of all grace, who called me to His eternal glory in Christ, after I have suffered a little while, will Himself perfect, confirm, strengthen, and establish me. To him be the glory and dominion forever and ever. Amen. (1 Peter 5:10–11)

To You who are able to keep me from falling and to present me before Your glorious presence faultless and with great joy—to the only God my Savior, through Jesus Christ my Lord, be glory, majesty, dominion, and authority, before all ages and now and forever. Amen. (Jude 24–25)

# Monday

## Adoration

I will exalt You, my God and King;  
I will bless Your name forever and ever.  
Every day I will bless You,  
And I will praise Your name forever and ever.  
Great is the Lord and most worthy of praise;  
His greatness is unsearchable.  
One generation shall praise Your works to another,  
And shall declare Your mighty acts.  
I will meditate on the glorious splendor of Your majesty  
And on Your wonderful works.  
Men shall speak of the might of Your awesome works,  
And I will proclaim Your great deeds.  
I will express the memory of Your abundant goodness  
And joyfully sing of Your righteousness.  
The Lord is gracious and compassionate,  
Slow to anger, and great in loving kindness.  
The Lord is good to all,  
And His tender mercies are over all His works. [\(Psalm 145:1–9\)](#)

O Lord, our Lord,  
How majestic is Your name in all the earth!  
You have set Your glory above the heavens! [\(Psalm 8:1\)](#)

Lord Jesus, You are the Root and the Offspring of David, the bright Morning Star. [\(Revelation 22:16\)](#)

Blessed be the Lord God, the God of Israel,  
Who alone does wonderful things.  
And blessed be His glorious name forever;  
May the whole earth be filled with His glory.  
Amen and Amen. [\(Psalm 72:18–19\)](#)

***Pause to express your thoughts of praise and worship.***

## Confession

You were pierced for our transgressions,  
You were crushed for our iniquities;  
The punishment that brought us peace was upon You,  
And by Your wounds we are healed.  
All of us like sheep have gone astray,  
Each of us has turned to his own way,  
And the Lord has laid on You the iniquity of us all. (Isaiah 53:5–6)

“Even now,” declares the Lord,  
“Return to Me with all your heart,  
With fasting and weeping and mourning.  
So rend your heart and not your garments.”  
Return to the Lord your God,  
For He is gracious and compassionate,  
Slow to anger and abounding in loving kindness,  
And He relents from sending calamity. (Joel 2:12–13)

The Lord is close to the brokenhearted  
And saves those who are crushed in spirit. (Psalm 34:18)

Lord, I have heard of Your fame, and I stand in awe of Your deeds.  
O Lord, revive Your work in the midst of the years,  
In our time make them known;  
In wrath remember mercy. (Habakkuk 3:2)

***Ask the Spirit to search your heart and reveal any areas of unconfessed sin. Acknowledge these to the Lord and thank Him for His forgiveness.***

Thank You, Lord, that You have said:  
For a brief moment I forsook you,  
But with great compassion I will gather you.  
In a flood of anger I hid My face from you for a moment,  
But I will have compassion on you with everlasting kindness. (Isaiah 54:7–8)

# Renewal

**Lord, renew me by Your Spirit as I offer these prayers to You:**

May I keep the commandments of the Lord my God, to walk in His ways and to fear Him. May I follow the Lord my God and fear Him; may I keep Your commandments, hear Your voice, serve You, and hold fast to You. (Deuteronomy 8:6; 13:4)

May I know God and serve Him with a whole heart and with a willing mind; for the Lord searches all hearts and understands every motive behind the thoughts. (1 Chronicles 28:9)

May I love the Lord my God and serve Him with all my heart and with all my soul. (Deuteronomy 11:13)

May I love my enemies, do good to those who hate me, bless those who curse me, and pray for those who mistreat me. Just as I want others to do to me, may I do to them in the same way. (Luke 6:27–28, 31)

***Pause to add your own prayers for personal renewal.***

# Petition

**Father, using Your word as a guide, I offer You my prayers concerning *the things of the world*.**

May these beatitudes be a reality in my life:

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Blessed are the merciful, for they shall obtain mercy.

Blessed are the pure in heart, for they shall see God.

Blessed are the peacemakers, for they shall be called sons of God.

Blessed are those who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. (Matthew 5:3–10)

May I seek first Your kingdom and Your righteousness, and all these things will be added to me. (Matthew 6:33)

When I have found one pearl of great value, may I go away and sell all that I have and buy it. (Matthew 13:46)

Incline my heart to Your testimonies  
And not to selfish gain.  
Turn my eyes away from worthless things,

And revive me in Your way. (Psalm 119:36–37)

May I keep my life free from the love of money and be content with what I have, for You have said, “I will never leave you, nor will I forsake you.” (Hebrews 13:5)

May I not be like those among the thorns on whom seed was sown, who hear the word, but the worries of this world, the deceitfulness of riches and pleasures, and the desires for other things come in and choke the word, making it immature and unfruitful. Instead, may I be like the good soil on whom seed was sown, who with a noble and good heart hear the word, understand and accept it, and with perseverance, bear fruit, yielding thirty, sixty, or a hundred times what was sown. (Matthew 13:22–23; Mark 4:18–20; Luke 8:14–15)

As a servant of Christ and a steward of His possessions, it is required that I be found faithful. (1 Corinthians 4:1–2)

No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. I cannot serve God and wealth. (Matthew 6:24; Luke 16:13)

By Your grace, I want to hear the words, “Well done, good and faithful servant; you have been faithful with a few things; I will put you in charge of many things. Enter into the joy of your Lord.” (Matthew 25:21)

May I never boast except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world. (Galatians 6:14)

Lord, make me to know my end  
And what is the measure of my days;  
Let me know how fleeting is my life. (Psalm 39:4)

Teach me to number my days,  
That I may gain a heart of wisdom. (Psalm 90:12)

May the favor of the Lord our God rest upon us,  
And establish the work of our hands for us—  
Yes, confirm the work of our hands. (Psalm 90:17)

*Pause here to express any additional requests, especially concerning growth in wisdom:*

**Developing an eternal perspective**  
**Renewing my mind with truth**  
**Greater skill in each area of life**

**My activities for this day**

**Special concerns**

# Intercession

**Lord, I now prepare my heart for intercessory prayer for *my family*.**

May the Lord make me increase and abound in my love for believers and for unbelievers. May He establish my heart as blameless and holy before our God and Father at the coming of our Lord Jesus with all His saints. ([1 Thessalonians 3:12–13](#))

May Your commandments be upon my heart, so that I may teach them diligently to my children and talk about them when I sit in my house and when I walk along the way and when I lie down and when I rise up. ([Deuteronomy 6:6–7](#))

**In the spirit of these passages, I pray for:**

- My immediate family**
- My relatives**
- Spiritual concerns**
- Emotional and physical concerns**
- Other concerns**

# Affirmation

**Feed my mind and heart, O Lord, as I affirm these truths from Your word concerning the *benefits of salvation*:**

Having been justified by faith, I have peace with God through the Lord Jesus Christ, through whom I have gained access by faith into this grace in which I stand; and I rejoice in the hope of the glory of God. ([Romans 5:1–2](#))

Lord, You have said, “Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy, and My burden is light.” ([Matthew 11:28–30](#))

You are the light of the world. He who follows You will not walk in the darkness but will have the light of life. ([John 8:12](#))

You are the bread of life. He who comes to You will never hunger, and he who believes in You will never thirst. ([John 6:35](#))

Everyone who drinks ordinary water will be thirsty again, but whoever drinks the water You give will never thirst. Indeed, the water You give becomes in us a spring of water welling up to eternal life. ([John 4:13–14](#))

***Pause to reflect upon these biblical affirmations.***

# Thanksgiving

**For who You are and for what You have done, accept my thanks, O Lord:**

Bless the Lord, O my soul;  
And all that is within me, bless His holy name.  
Bless the Lord, O my soul,  
And forget not all His benefits;  
Who forgives all your iniquities  
And heals all your diseases;  
Who redeems your life from the pit  
And crowns you with love and compassion;  
Who satisfies your desires with good things,  
So that your youth is renewed like the eagle's. (Psalm 103:1–5)

I will give thanks to the Lord, for He is good;  
His love endures forever. (1 Chronicles 16:34)

For who is God besides the Lord?  
And who is the Rock except our God?  
God is my strong fortress,  
And He sets the blameless free in His way.  
He makes my feet like the feet of a deer;  
He enables me to stand on the heights. (2 Samuel 22:32–34)

I will give thanks to the Lord, for He is good;  
His loving kindness endures forever.  
I will give thanks to the Lord for His unfailing love  
And His wonderful acts to the children of men. (Psalm 107:1, 8)

***Pause to offer your own expressions of thanksgiving.***

## Closing Prayer

This is the day the Lord has made;  
I will rejoice and be glad in it. ([Psalm 118:24](#))

The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit are with us.  
([2 Corinthians 13:14](#))

Now to Him who is able to establish us by the gospel and the proclamation of Jesus Christ, according to the revelation of the mystery which was kept secret for long ages past, but now is manifested, and through the Scriptures of the prophets by the command of the eternal God, has been made known to all nations for obedience to the faith—to the only wise God, through Jesus Christ, be the glory forever. Amen. ([Romans 16:25–27](#))

# Tuesday

## Adoration

I will bless the Lord at all times;  
His praise will always be in my mouth.  
My soul will make its boast in the Lord;  
The humble will hear and be glad.  
O magnify the Lord with me,  
And let us exalt His name together. (Psalm 34:1–3)

Rejoice in the Lord, O you righteous;  
Praise is becoming to the upright. (Psalm 33:1)

As for me, I will always have hope,  
And I will praise You more and more.  
My mouth will tell of Your righteousness  
And of Your salvation all day long,  
Though I know not its measure.  
I will come in the strength of the Lord God;  
I will proclaim Your righteousness, Yours alone.  
Since my youth, O God, You have taught me,  
And to this day I declare Your wondrous deeds. (Psalm 71:14–17)

Shout joyfully to the Lord, all the earth.  
Worship the Lord with gladness;  
Come before Him with joyful singing.  
The Lord, He is God.  
It is He who made us, and not we ourselves;  
We are His people and the sheep of His pasture.  
I will enter Your gates with thanksgiving  
And Your courts with praise;  
I will give thanks to You and bless Your name.  
For the Lord is good  
And Your loving kindness endures forever;  
Your faithfulness continues through all generations. (Psalm 100:1–5)

***Pause to express your thoughts of praise and worship.***

## Confession

Have mercy on me, O God,  
According to Your loyal love;  
According to the greatness of Your compassion  
Blot out my transgressions.  
Wash me completely from my iniquity  
And cleanse me from my sin.  
For I know my transgressions,  
And my sin is ever before me.  
Against You, You only, have I sinned  
And done what is evil in Your sight,  
So that You are justified when You speak  
And blameless when You judge. (Psalm 51:1–4)

Who can discern his errors?  
Cleanser me from hidden faults.  
Keep Your servant also from presumptuous sins;  
Let them not rule over me.  
Then will I be blameless,  
And innocent of great transgression. (Psalm 19:12–13)

***Ask the Spirit to search your heart and reveal any areas of unconfessed sin. Acknowledge these to the Lord and thank Him for His forgiveness.***

Purge me with hyssop, and I will be clean;  
Wash me, and I will be whiter than snow.  
Cause me to hear joy and gladness,  
That the bones You have crushed may rejoice.  
Hide Your face from my sins  
And blot out all my iniquities.  
Create in me a clean heart, O God,  
And renew a steadfast spirit within me.  
Do not cast me from Your presence  
Or take Your Holy Spirit from me.  
Restore to me the joy of Your salvation  
And uphold me with a willing spirit.  
Then I will teach transgressors Your ways,  
And sinners will be converted to You. (Psalm 51:7–13)

# Renewal

**Lord, renew me by Your Spirit as I offer these prayers to You:**

May I return to my God,  
Maintain mercy and justice,  
And wait on my God continually. (Hosea 12:6)

May I rejoice in my tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope. And hope does not disappoint, because the love of God has been poured out into my heart through the Holy Spirit who was given to me. (Romans 5:3–5)

May I rejoice in hope, persevere in affliction, and continue steadfastly in prayer. (Romans 12:12)

May I not become weary in doing good, for at the proper time I will reap a harvest if I do not give up. (Galatians 6:9)

***Pause to add your own prayers for personal renewal.***

# Petition

**Father, using Your word as a guide, I offer You my prayers concerning *growth in holiness*.**

If I abide in You, and Your words abide in me, I can ask whatever I wish, and it will be done for me. By this is Your Father glorified, that I bear much fruit, showing myself to be Your disciple. As the Father has loved You, You also have loved me. May I abide in Your love. If I keep Your commandments, I will abide in Your love, just as You kept Your Father's commandments and abide in His love. You have told me this so that Your joy may be in me and that my joy may be full. (John 15:7–11)

Search me, O God, and know my heart;  
Try me and know my anxious thoughts,  
And see if there is any wicked way in me,  
And lead me in the way everlasting. (Psalm 139:23–24)

O Lord, set a guard over my mouth;  
Keep watch over the door of my lips.  
Do not let my heart turn aside to any evil thing. (Psalm 141:3–4a)

Direct my footsteps according to Your word, And let no iniquity have dominion over me. (Psalm 119:133)

May I be diligent to add to my faith, virtue; and to virtue, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness;

and to brotherly kindness, love. For if these qualities are mine in increasing measure, they will keep me from being barren and unfruitful in the full knowledge of our Lord Jesus Christ. (2 Peter 1:5–8)

I will not let sin reign in my mortal body that I should obey its lusts. Nor will I present the members of my body to sin, as instruments of wickedness, but I will present myself to God as one who is alive from the dead and my members as instruments of righteousness to God. (Romans 6:12–13)

As an alien and a stranger in the world, may I abstain from fleshly lusts, which war against my soul. (1 Peter 2:11)

The works of the flesh are evident, which are: immorality, impurity, sensuality, idolatry, sorcery, hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions, envyings, drunkenness, revelries, and the like. Those who practice such things will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. (Galatians 5:19–23)

May I put away all filthiness and the overflow of wickedness, and in meekness accept the word planted in me, which is able to save my soul. May I be a doer of the word and not merely a hearer who deceives himself. (James 1:21–22)

As I walk in the Spirit, I will not fulfill the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh; for they oppose each other, so that I may not do the things that I wish. But if I am led by the Spirit, I am not under the law. (Galatians 5:16–18)

***Pause here to express any additional personal requests, especially concerning spiritual insight:***

**Understanding and insight into the word**

**Understanding my identity in Christ**

**Who I am**

**Where I came from**

**Where I am going**

**Understanding God's purpose for my life**

**My activities for this day**

**Special concerns**

## Intercession

**Lord, I now prepare my heart for intercessory prayer for *believers*.**

May your love abound more and more in full knowledge and depth of insight, so that you may be able to approve the things that are excellent, in order to be sincere and blameless until the day of Christ—having been filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God. (Philippians 1:9–11)

Beloved, I pray that you may prosper in all things and be in good health, even as your soul prospers.  
(3 John 2)

**In the spirit of these passages, I pray for:**

**Personal friends**  
**Those in ministry**  
**Those who are oppressed and in need**  
**Special concerns**

## Affirmation

**Feed my mind and heart, O Lord, as I affirm these truths from Your word concerning *my identity in Christ*:**

If anyone is in Christ, he is a new creation; the old things passed away; behold, they have become new.  
(2 Corinthians 5:17)

I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh, I live by faith in the Son of God, who loved me and gave Himself for me.  
(Galatians 2:20)

If I died with Christ, I believe that I will also live with Him, knowing that Christ, having been raised from the dead, cannot die again; death no longer has dominion over Him. For the death that He died, He died to sin once for all; but the life that He lives, He lives to God. In the same way, may I consider myself to be dead to sin, but alive to God in Christ Jesus. (Romans 6:8–11)

I did not receive a spirit of slavery again to fear, but I received the Spirit of adoption by whom I cry, “Abba, Father.” The Spirit Himself testifies with my spirit that I am a child of God. (Romans 8:15–16)

My body is a temple of the Holy Spirit, who is in me, whom I have from God, and I am not my own. For I was bought at a price; therefore may I glorify God in my body. (1 Corinthians 6:19–20)

***Pause to reflect upon these biblical affirmations.***

## Thanksgiving

**For who You are and for what You have done, accept my thanks, O Lord:**

He who dwells in the shelter of the Most High  
Will rest in the shadow of the Almighty.  
I will say of the Lord, “He is my refuge and my fortress,

My God, in whom I trust." (Psalm 91:1–2)

The Lord is my light and my salvation;  
Whom shall I fear?  
The Lord is the strength of my life;  
Of whom shall I be afraid? (Psalm 27:1)

Lord, thank You that You have made these promises:  
For those who revere Your name, the Sun of righteousness will rise with healing in His wings. And they will go out and leap like calves released from the stall. (Malachi 4:2)

Because I love You, You will deliver me;  
You will protect me, for I acknowledge Your name.  
I will call upon You, and You will answer me;  
You will be with me in trouble,  
You will deliver me and honor me.  
With long life You will satisfy me  
And show me Your salvation. (Psalm 91:14–16)

*Pause to offer your own expressions of thanksgiving.*

## Closing Prayer

Surely goodness and mercy will follow me all the days of my life,  
And I will dwell in the house of the Lord forever. (Psalm 23:6)

Every creature in heaven and on earth and under the earth and on the sea and all that is in them, will sing:

"To Him who sits on the throne and to the Lamb  
Be blessing and honor and glory and power  
Forever and ever!" (Revelation 5:13)

May the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip us in every good thing to do His will, working in us what is pleasing in His sight, through Jesus Christ, to whom be glory forever and ever.  
(Hebrews 13:20–21)

# Wednesday

## Adoration

I have tasted and seen that the Lord is good;  
Blessed is the man who takes refuge in Him!  
O fear the Lord, you His saints,  
For those who fear Him lack nothing. (Psalm 34:8–9)

I thank You because I am fearfully and wonderfully made;  
Your works are wonderful,  
And my soul knows it full well. (Psalm 139:14)

All Your works will praise you, O Lord,  
And Your saints will bless You.  
They will speak of the glory of Your kingdom  
And talk of Your power,  
So that all men may know of Your mighty acts  
And the glorious majesty of Your kingdom.  
Your kingdom is an everlasting kingdom,  
And Your dominion endures through all generations. (Psalm 145:10–13)

Blessed are You, O Lord, God of Israel, our father, forever and ever. Yours, O Lord, is the greatness and the power and the glory and the victory and the majesty, for everything in heaven and earth is Yours. Yours, O Lord, is the kingdom, and You are exalted as head over all. Both riches and honor come from You, and You are the ruler of all things. In Your hand is power and might to exalt and to give strength to all. Therefore, my God, I give You thanks and praise Your glorious name. (1 Chronicles 29:10–13)

*Pause to express your thoughts of praise and worship.*

## Confession

God is wise in heart and mighty in strength.  
Who has resisted Him without harm? (Job 9:4)

Blessed is he whose transgression is forgiven,  
Whose sin is covered.  
Blessed is the man to whom the Lord does not impute iniquity  
And in whose spirit is no deceit.

When I kept silent, my bones wasted away  
Through my groaning all day long.  
For day and night Your hand was heavy upon me;  
My strength was sapped as in the heat of summer.  
I acknowledged my sin to You  
And did not hide my iniquity.  
I said, "I will confess my transgressions to the Lord,"  
And You forgave the guilt of my sin. (Psalm 32:1-5)

Come, let us return to the Lord.  
For He has torn us, but He will heal us;  
He has injured us but He will bind up our wounds.  
After two days He will revive us;  
On the third day He will raise us up,  
That we may live before Him. (Hosea 6:1-2)

***Ask the Spirit to search your heart and reveal any areas of unconfessed sin. Acknowledge these to the Lord and thank Him for His forgiveness.***

I, even I, am He who blots out your transgressions for My own sake,  
And I will not remember your sins. (Isaiah 43:25)

This is what the Lord God, the Holy One of Israel, says:  
"In repentance and rest is your salvation;  
In quietness and trust is your strength." (Isaiah 30:15)

## Renewal

**Lord, renew me by Your Spirit as I offer these prayers to You:**

May I not profane Your holy name, but acknowledge You as holy before others. You are the Lord, who sanctifies me. (Leviticus 22:32)

May I be a person of faith, who does not doubt the promises of God, and not a double-minded man, who is unstable in all his ways. (James 1:6, 8)

May I abound in love and faith toward the Lord Jesus and to all the saints. (Philemon 5)

May I be strong in the grace that is in Christ Jesus. (2 Timothy 2:1)

***Pause to add your own prayers for personal renewal.***

# Petition

**Father, using Your word as a guide, I offer You my prayers concerning *my love for others*.**

Concerning love, You have said:

“You shall love the Lord your God with all your heart and with all your soul and with all your mind.” This is the first and great commandment. And the second is like it: “You shall love your neighbor as yourself.” All the Law and the Prophets hang on these two commandments. (Matthew 22:37–40)

Whatever I want others to do to me, may I also do to them, for this is the Law and the Prophets. (Matthew 7:12)

Love is patient, love is kind, it does not envy; love does not boast, it is not arrogant, it does not behave rudely; it does not seek its own, it is not provoked, it keeps no record of wrongs; it does not rejoice in unrighteousness but rejoices with the truth; it bears all things, believes all things, hopes all things, endures all things. Love never fails. (1 Corinthians 13:4–8)

May I love my enemies and pray for those who persecute me. (Matthew 5:44)

May I be an imitator of God as a beloved child, and walk in love, just as Christ loved me and gave Himself up for me as a fragrant offering and sacrifice to God. (Ephesians 5:1–2)

May I sanctify Christ as Lord in my heart, always being ready to make a defense to everyone who asks me to give the reason for the hope that is in me, but with gentleness and respect. (1 Peter 3:15)

I should walk in wisdom toward outsiders, making the most of every opportunity. My speech should always be with grace, seasoned with salt, so that I may know how to answer each person. (Colossians 4:5–6)

Is this not the fast You have chosen:

To loose the bonds of wickedness,

To undo the cords of the yoke,

And to let the oppressed go free

And break every yoke?

Is it not to share our food with the hungry

And to provide the poor wanderer with shelter;

When we see the naked, to clothe him,

And not to turn away from our own flesh?

Then our light will break forth like the dawn,

And our healing will quickly appear,

And our righteousness will go before us;

The glory of the Lord will be our rear guard.

Then we will call, and the Lord will answer;

We will cry, and He will say, “Here I am.” (Isaiah 58:6–9)

May I not let any corrupt word come out of my mouth, but only what is helpful for building others up according to their needs, that it may impart grace to those who hear. May I not grieve the Holy Spirit of God by whom I was sealed for the day of redemption. May I put away all bitterness and anger and wrath and shouting and slander, along with all malice. And may I be kind and compassionate to others, forgiving them just as God in Christ also forgave me. (Ephesians 4:29–32)

May I do nothing out of selfish ambition or vain conceit, but in humility may I esteem others as more important than myself. Let me look not only to my own interests, but also to the interests of others. (Philippians 2:3–4)

May I be of one mind with others and be sympathetic: loving them as brothers and sisters, being compassionate and humble. May I not return evil for evil or insult for insult, but blessing instead, because to this I was called, that I may inherit a blessing. (1 Peter 3:8–9)

***Pause here to express any additional personal requests, especially concerning relationships with others:***

**Greater love and compassion for others**

**Loved ones**

**Those who do not know Christ**

**Those in need**

**My activities for this day**

**Special concerns**

## Intercession

**Lord, I now prepare my heart for intercessory prayer for *evangelism*.**

May I devote myself to prayer, being watchful in it with thanksgiving. I pray that God may open to me a door for the word, so that I may speak the mystery of Christ and proclaim it clearly, as I ought to speak. (Colossians 4:2–4)

I pray that words may be given to me, that I may open my mouth boldly to make known the mystery of the gospel. (Ephesians 6:19)

**In the spirit of these passages, I pray for those who do not know Christ:**

**Friends**

**Relatives**

**Neighbors**

**Coworkers**

**Special opportunities**

## Affirmation

**Feed my mind and heart, O Lord, as I affirm these truths from Your word concerning *my life in Christ*:**

You have shown me what is good;  
And what does the Lord require of me  
But to act justly and to love mercy  
And to walk humbly with my God? (Micah 6:8)

Though I walk in the flesh, I do not war according to the flesh. The weapons of my warfare are not fleshly, but divinely powerful to overthrow strongholds, casting down arguments and every pretension that sets itself up against the knowledge of God, and taking every thought captive to the obedience of Christ. (2 Corinthians 10:3–5)

May I not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but of the world. And the world and its lusts are passing away, but the one who does the will of God abides forever. (1 John 2:15–17)

I will not lay up for myself treasures on earth, where moth and rust destroy and where thieves break in and steal. But I will lay up for myself treasures in heaven, where moth and rust do not destroy and where thieves do not break in and steal. For where my treasure is, there my heart will be also. (Matthew 6:19–21; Luke 12:34)

I make it my ambition to please the Lord, whether I am at home in the body or away from it. For we must all appear before the judgment seat of Christ, that each one may receive what is due for the things done while in the body, whether good or bad. (2 Corinthians 5:9–10)

***Pause to reflect upon these biblical affirmations.***

## Thanksgiving

**For who You are and for what You have done, accept my thanks, O Lord:**

Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that is incorruptible and undefiled and unfading, reserved in heaven for us who through faith are guarded by the power of God for salvation that is ready to be revealed in the last time. (1 Peter 1:3–5)

Whom have I in heaven but You?  
And there is nothing on earth I desire besides You.  
My flesh and my heart may fail,  
But God is the strength of my heart and my portion forever. (Psalm 73:25–26)

Why are you downcast, O my soul?  
Why are you disturbed within me?  
Hope in God, for I will yet praise Him,  
The help of my countenance and my God. (Psalm 42:11)

I call this to mind,  
And therefore I have hope:  
The Lord's mercies never cease,  
For His compassions never fail.  
They are new every morning;  
Great is Your faithfulness. (Lamentations 3:21–23)

*Pause to offer your own expressions of thanksgiving.*

## Closing Prayer

Let the words of my mouth and the meditation of my heart  
Be pleasing in Your sight,  
O Lord, my Rock and my Redeemer. (Psalm 19:14)

God is able to do immeasurably more than all that we ask or think, according to His power that is at work within us. To Him be glory in the church and in Christ Jesus throughout all generations, forever and ever. (Ephesians 3:20–21)

# Thursday

## Adoration

Praise the Lord!

For it is good to sing praises to our God,  
Because praise is pleasant and beautiful. (Psalm 147:1)

Blessed be the name of God forever and ever,  
For wisdom and power belong to Him.  
He changes the times and the seasons;  
He raises up kings and deposes them.  
He gives wisdom to the wise  
And knowledge to those who have understanding.  
He reveals deep and hidden things;  
He knows what is in the darkness,  
And light dwells with Him. (Daniel 2:20–22)

O God, You are my God;  
Earnestly I seek You;  
My soul thirsts for You;  
My body longs for You,  
In a dry and weary land  
Where there is no water.  
I have seen You in the sanctuary  
And beheld Your power and Your glory.  
Because Your loving kindness is better than life,  
My lips will praise You.  
So I will bless You as long as I live;  
I will lift up my hands in Your name.  
My soul will be satisfied as with the richest of foods,  
And my mouth will praise You with joyful lips.  
When I remember You on my bed,  
I meditate on You through the watches of the night.  
Because You have been my help,  
I will rejoice in the shadow of Your wings.  
My soul clings to You;  
Your right hand upholds me. (Psalm 63:1–8)

The Lord lives! Blessed be my Rock!  
Exalted be God, the Rock of my salvation! (2 Samuel 22:47; Psalm 18:46)

*Pause to express your thoughts of praise and worship.*

## Confession

O Lord, do not rebuke me in Your anger  
Or chasten me in Your wrath.  
Be merciful to me, Lord, for I am weak;  
O Lord, heal me, for my bones are in distress.  
My soul also is greatly troubled;  
But You, O Lord, how long? (Psalm 6:1–3)

Woe to me, for I am undone!  
Because I am a man of unclean lips,  
And I live among a people of unclean lips;  
For my eyes have seen the King,  
The Lord of hosts. (Isaiah 6:5)

There is not a righteous man on earth who continually does good  
And never sins. (Ecclesiastes 7:20)

Truly I have sinned against the Lord, the God of Israel. (Joshua 7:20)

If I claim to be without sin, I deceive myself, and the truth is not in me. If I confess my sins, He is faithful and just and will forgive me my sins and purify me from all unrighteousness. If I claim I have not sinned, I make Him a liar and His word is not in me. (1 John 1:8–10)

***Ask the Spirit to search your heart and reveal any areas of unconfessed sin. Acknowledge these to the Lord and thank Him for His forgiveness.***

I will sing praises to the Lord  
And give thanks at the remembrance of His holy name.  
For His anger lasts only a moment,  
But His favor is for a lifetime;  
Weeping may endure for a night,  
But joy comes in the morning. (Psalm 30:4–5)

# Renewal

**Lord, renew me by Your Spirit as I offer these prayers to You:**

May I love the Lord my God, obey His voice, and hold fast to Him. For the Lord is my life and the length of my days. (Deuteronomy 30:20)

May I be holy to You, for You the Lord are holy, and You have set me apart to be Your own. (Leviticus 20:26)

I have been born again, not of perishable seed, but of imperishable, through the living and abiding word of God. Therefore, may I put away all malice and all guile and hypocrisy and envy and all slander. (1 Peter 1:23; 2:1)

Since I call on the Father who judges each man's work impartially, may I conduct myself in fear during the time of my sojourn on earth. (1 Peter 1:17)

***Pause to add your own prayers for personal renewal.***

# Petition

**Father, using Your word as a guide, I offer You my prayers concerning these *practical exhortations*.**

May the God of my Lord Jesus Christ, the Father of glory, give me a spirit of wisdom and of revelation in the full knowledge of Him, and may the eyes of my heart be enlightened, in order that I may know what is the hope of His calling, what are the riches of His glorious inheritance in the saints, and what is the incomparable greatness of His power toward us who believe. God's power is according to the working of His mighty strength, which He exerted in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly realms, far above all rule and authority, power and dominion, and every title that can be given, not only in the present age but also in the one to come. (Ephesians 1:17–21)

May I rejoice always, pray without ceasing, and give thanks in all circumstances, for this is God's will for me in Christ Jesus. May I examine all things, hold fast to the good, and abstain from every form of evil. (1 Thessalonians 5:16–18, 21–22)

I will consider it all joy whenever I fall into various trials, knowing that the testing of my faith produces endurance. And I will let endurance finish its work, so that I may be mature and complete, lacking in nothing. If I lack wisdom, may I ask of God, who gives generously to all without reproach, and it will be given to me. (James 1:2–5)

May I be steadfast, immovable, abounding in the work of the Lord, knowing that my labor in the Lord is not in vain. (1 Corinthians 15:58)

May I be strong in the Lord and in His mighty power as I put on the full armor of God, so that I will be able to stand against the schemes of the devil. (Ephesians 6:10–11)

May I prepare my mind for action and be self-controlled, setting my hope fully on the grace to be brought to me at the revelation of Jesus Christ. As an obedient child, may I not conform myself to the former lusts I had when I lived in ignorance, but as He who called me is holy, so may I be holy in all my conduct, because it is written: “You shall be holy, for I am holy.” (1 Peter 1:13–16)

May I be anxious for nothing, but in everything by prayer and petition with thanksgiving, let my requests be known to God. And the peace of God, which transcends all understanding, will guard my heart and my mind in Christ Jesus. (Philippians 4:6–7)

Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is of good report—if anything is excellent or praiseworthy—may I think about such things. (Philippians 4:8)

***Pause here to express any additional personal requests, especially concerning faithfulness as a steward:***

- Of time**
- Of talents**
- Of treasure**
- Of truth**
- Of relationships**

**My activities for this day and Special concerns**

## Intercession

**Lord, I now prepare my heart for intercessory prayer for *government*.**

We should offer petitions, prayers, intercessions, and thanksgivings on behalf of all men, for kings and all those who are in authority, that we may live peaceful and quiet lives in all godliness and reverence. This is good and acceptable in the sight of God our Savior, who desires all men to be saved and to come to the knowledge of the truth. (1 Timothy 2:1–4)

**In the spirit of this passage, I pray for:**

- Spiritual revival**
- Local government**
- State government**
- National government**
- Current events and concerns**

## Affirmation

**Feed my mind and heart, O Lord, as I affirm these truths from Your word concerning *the Scriptures*:**

All Scripture is God-breathed and is useful for teaching, for reproof, for correction, for training in righteousness, that the man of God may be thoroughly equipped for every good work.

(2 Timothy 3:16–17)

The word of God is living and active and sharper than any double-edged sword, piercing even to the dividing of soul and spirit and of joints and marrow, and it judges the thoughts and attitudes of the heart. And there is no creature hidden from His sight, but everything is uncovered and laid bare before the eyes of Him to whom we must give account. (Hebrews 4:12–13)

Your word is a lamp to my feet  
And a light to my path. (Psalm 119:105)

Like Ezra, I want to set my heart to study the word of the Lord, and to do it, and to teach it to others. (Ezra 7:10)

I delight to do Your will, O my God,  
And Your law is within my heart. (Psalm 40:8)

***Pause to reflect upon these biblical affirmations.***

## Thanksgiving

**For who You are and for what You have done, accept my thanks, O Lord:**

The Lord is great and greatly to be praised;  
He is to be feared above all gods.  
For all the gods of the nations are idols,  
But the Lord made the heavens.  
Splendor and majesty are before Him;  
Strength and joy are in His place.  
I will ascribe to the Lord glory and strength.  
I will ascribe to the Lord the glory due His name  
And worship the Lord in the beauty of holiness. (1 Chronicles 16:25–29)

Through Jesus, I will continually offer to God a sacrifice of praise, that is, the fruit of lips that give thanks to His name. (Hebrews 13:15)

God is my refuge and strength,  
An ever-present help in trouble. (Psalm 46:1)

My heart rejoices in the Lord;  
My horn is exalted in the Lord.  
My mouth boasts over my enemies,  
For I delight in Your salvation.  
There is no one holy like the Lord;  
There is no one besides You;  
Nor is there any Rock like our God. ([1 Samuel 2:1–2](#))

*Pause to offer your own expressions of thanksgiving.*

## Closing Prayer

The Lord will keep me from all evil;  
He will preserve my soul.  
The Lord will watch over my coming and going  
From this time forth and forever. ([Psalm 121:7–8](#))

The Lord bless you and keep you;  
The Lord make His face shine upon you  
And be gracious to you;  
The Lord turn His face toward you  
And give you peace. ([Numbers 6:24–26](#))

The God of hope will fill me with all joy and peace as I trust in Him, so that I may overflow with hope by the power of the Holy Spirit. ([Romans 15:13](#))

# Friday

## Adoration

How great You are, O Sovereign Lord! There is no one like You, and there is no God besides You, according to all that I have heard with my ears. ([2 Samuel 7:22](#); [1 Chronicles 17:20](#))

O Lord, the God of our fathers, are You not the God who is in heaven? Are You not the ruler over all the kingdoms of the nations? Power and might are in Your hand, and no one is able to withstand You. ([2 Chronicles 20:6](#))

For with You is the fountain of life;  
In Your light we see light. ([Psalm 36:9](#))

O come, let us sing to the Lord;  
Let us shout joyfully to the Rock of our salvation.  
Let us come before His presence with thanksgiving;  
Let us shout for joy to Him with psalms.  
The Lord is the great God,  
The great King above all gods.  
O come, let us worship and bow down,  
Let us kneel before the Lord our Maker.  
He is our God and we are the people of His pasture  
And the sheep under His care. ([Psalm 95:1–3, 6–7](#))

I will sing to the Lord as long as I live;  
I will sing praise to my God while I have my being.  
May my meditation be pleasing to Him;  
I will be glad in the Lord. ([Psalm 104:33–34](#))

***Pause to express your thoughts of praise and worship.***

## Confession

Out of the depths I have called to You, O Lord.  
O Lord, hear my voice,  
And let Your ears be attentive  
To the voice of my supplications.  
If You, Lord, should mark iniquities,  
O Lord, who could stand?  
But there is forgiveness with You,  
That You may be feared. (Psalm 130:1–4)

You have been just in all that has happened to me; You have acted faithfully, while I did wrong.  
(Nehemiah 9:33)

I return to the Lord my God,  
For I have stumbled because of my iniquity.  
I take words with me and return to the Lord,  
Saying, "Take away all iniquity and receive me graciously,  
That I may offer the fruit of my lips." (Hosea 14:1–2)

***Ask the Spirit to search your heart and reveal any areas of unconfessed sin. Acknowledge these to the Lord and thank Him for His forgiveness.***

The Lord is compassionate and gracious,  
Slow to anger, and abounding in loving kindness.  
God will not always strive with us,  
Nor will He harbor His anger forever;  
He does not treat us as our sins deserve  
Or repay us according to our iniquities.  
For as high as the heavens are above the earth,  
So great is His love for those who fear Him;  
As far as the east is from the west,  
So far has He removed our transgressions from us.  
As a father has compassion on His children,  
So the Lord has compassion on those who fear Him.  
You know how I am formed;  
You remember that I am dust. (Psalm 103:8–14)

# Renewal

**Lord, renew me by Your Spirit as I offer these prayers to You:**

Who is the faithful and wise servant, whom the master has put in charge of his household to give them their food at the proper time? Blessed is that servant whom his master finds so doing when he comes. [\(Matthew 24:45–46\)](#)

May I watch and pray so that I will not fall into temptation; the spirit is willing, but the flesh is weak. [\(Matthew 26:41\)](#)

May I abide in Christ, so that when He appears, I will have confidence and not be ashamed before Him at His coming. [\(1 John 2:28\)](#)

May I be ready, for the Son of Man will come at an hour when I do not expect Him. [\(Matthew 24:44; Luke 12:40\)](#)

***Pause to add your own prayers for personal renewal.***

# Petition

**Father, using Your word as a guide, I offer You my prayers concerning *my need for wisdom*.**

May God grant me, according to the riches of His glory, to be strengthened with power through His Spirit in my inner being, so that Christ may dwell in my heart through faith. And may I, being rooted and grounded in love, be able to comprehend with all the saints what is the width and length and height and depth of the love of Christ, and to know this love that surpasses knowledge, that I may be filled to all the fullness of God. [\(Ephesians 3:16–19\)](#)

If I have found grace in Your sight, teach me Your ways, so I may know You and continue to find favor with You. [\(Exodus 33:13\)](#)

Whatever I do, may I do all to the glory of God. [\(1 Corinthians 10:31\)](#)

May I not let Your word depart from my mouth, but meditate on it day and night, so that I may be careful to do according to all that is written in it; for then I will make my way prosperous, and I will act wisely. [\(Joshua 1:8\)](#)

May I meditate on Your precepts  
And consider Your ways.  
May I delight in Your statutes,  
And not forget Your word.  
Deal bountifully with Your servant,  
That I may live and keep Your word.  
Open my eyes that I may see  
Wonderful things from Your law. (Psalm 119:15–18)

Let me be quick to hear, slow to speak, and slow to anger, for the anger of man does not produce the righteousness of God. (James 1:19–20)

May I guard my heart with all diligence,  
For out of it flow the issues of life.  
May I put away perversity from my mouth  
And keep corrupt talk far from my lips.  
May I let my eyes look straight ahead,  
And fix my gaze straight before me.  
May I ponder the path of my feet  
So that all my ways will be established.  
May I not turn to the right or to the left  
But keep my foot from evil. (Proverbs 4:23–27)

Let my light shine before men, that they may see my good deeds and praise my Father in heaven.  
(Matthew 5:13–16)

May I do all things without complaining or arguing, so that I may become blameless and pure, a child of God without fault in the midst of a crooked and perverse generation, among whom I shine as a light in the world, holding fast the word of life. (Philippians 2:14–16)

May I clothe myself with humility toward others, for God opposes the proud but gives grace to the humble. May I humble myself under the mighty hand of God, that He may exalt me in due time, casting all my anxiety upon Him, because He cares for me. (1 Peter 5:5–7)

***Pause here to express any additional personal requests, especially concerning family and ministry:***

**Family**  
**Ministry**  
**Sharing Christ with others**  
**Helping others grow in Him**  
**Career**

**My activities for this day**  
**Special concerns**

# Intercession

**Lord, I now prepare my heart for intercessory prayer for *missions*.**

Finally, brethren, pray for us that the word of the Lord may spread rapidly and be glorified, just as it is with you, and that we may be delivered from perverse and evil men, for not all have faith.

(2 Thessalonians 3:1–2)

The harvest is plentiful, but the workers are few. Therefore, I will pray that the Lord of the harvest will send out workers into His harvest. (Matthew 9:37–38; Luke 10:2)

**In the spirit of these passages, I pray for:**

**Local missions**

**National missions**

**World missions**

**The fulfillment of the Great Commission**

**Special concerns**

# Affirmation

**Feed my mind and heart, O Lord, as I affirm these truths from Your word concerning *my hope as a follower of Christ*:**

I do not lose heart; even though my outward man is perishing, yet my inner man is being renewed day by day. For this light affliction which is momentary is working for me a far more exceeding and eternal weight of glory, while I do not look at the things which are seen but at the things which are unseen. For the things which are seen are temporary, but the things which are unseen are eternal. (2 Corinthians 4:16–18)

Peace You leave with me; Your peace You give to me. Not as the world gives, do You give to me. I will not let my heart be troubled nor let it be fearful. (John 14:27)

Those who wait for the Lord  
Will renew their strength;  
They will mount up with wings like eagles;  
They will run and not grow weary;  
They will walk and not be faint. (Isaiah 40:31)

I am always of good courage and know that as long as I am at home in the body, I am away from the Lord. For I live by faith, not by sight. I am of good courage and would prefer to be absent from the body and to be at home with the Lord. (2 Corinthians 5:6–8)

Since I am a child of God, I am an heir of God and a joint heir with Christ, if indeed I share in His sufferings in order that I may also share in His glory. For I consider that the sufferings of this present time are not worth comparing with the glory that will be revealed to me. [\(Romans 8:17–18\)](#)

*Pause to reflect upon these biblical affirmations.*

## Thanksgiving

**For who You are and for what You have done, accept my thanks, O Lord:**

I will praise You, O Lord, with all my heart;  
I will tell of all Your wonders.  
I will be glad and rejoice in You;  
I will sing praise to Your name, O Most High. [\(Psalm 9:1–2\)](#)

We give thanks to You, Lord God Almighty, the One who is and who was, because You have taken Your great power and have begun to reign. [\(Revelation 11:17\)](#)

I will sing of Your strength,  
Yes, I will sing of Your mercy in the morning,  
For You have been my stronghold,  
My refuge in times of trouble.  
To You, O my Strength, I will sing praises,  
For God is my fortress, my loving God. [\(Psalm 59:16–17\)](#)

*Pause to offer your own expressions of thanksgiving.*

## Closing Prayer

Teach me to number my days,  
That I may gain a heart of wisdom. [\(Psalm 90:12\)](#)

Better is one day in Your courts than a thousand elsewhere;  
I would rather be a doorkeeper in the house of my God  
Than dwell in the tents of the wicked.  
For the Lord God is a sun and shield;  
The Lord will give grace and glory;  
No good thing does He withhold  
From those who walk in integrity.  
O Lord of hosts,  
Blessed is the man who trusts in You! [\(Psalm 84:10–12\)](#)

To the King eternal, immortal, invisible, the only God, be honor and glory forever and ever.  
[\(1 Timothy 1:17\)](#)

# Saturday

## Adoration

Bless the Lord, O my soul.  
O Lord, my God, You are very great;  
You are clothed with splendor and majesty.  
The Lord covers Himself in light as with a garment;  
He stretches out the heavens like a tent curtain. (Psalm 104:1-2)

Make a joyful shout to God, all the earth!  
Sing the glory of His name;  
Make His praise glorious.  
Say to God, "How awesome are Your works!  
Through the greatness of Your power  
Your enemies submit themselves to You.  
All the earth will worship You  
And sing praises to You;  
They will sing praise to Your name." (Psalm 66:1-4)

The Lord is righteous in all His ways  
And gracious in all His works.  
The Lord is near to all who call upon Him,  
To all who call upon Him in truth.  
He fulfills the desire of those who fear Him;  
He hears their cry and saves them.  
The Lord preserves all who love Him,  
But all the wicked He will destroy.  
My mouth will speak the praise of the Lord,  
And all flesh will bless His holy name forever and ever. (Psalm 145:17-21)

***Pause to express your thoughts of praise and worship.***

## Confession

Remember, O Lord, Your compassions and Your mercies,  
For they are from of old.  
Do not remember the sins of my youth or my transgressions;  
According to Your loyal love remember me,  
For Your goodness' sake, O Lord.  
Good and upright is the Lord;  
Therefore He instructs sinners in His ways.  
The Lord guides the humble in what is right  
And teaches the humble His way.  
All the paths of the Lord are mercy and truth  
For those who keep His covenant and His testimonies.  
For Your name's sake, O Lord,  
Pardon my iniquity, for it is great. (Psalm 25:6–11)

O God, You know my foolishness,  
And my guilt is not hidden from You.  
May those who hope in You not be ashamed because of me, O Lord God of hosts;  
May those who seek You not be dishonored because of me, O God of Israel. (Psalm 69:5–6)

O Lord, be gracious to me;  
Heal my soul, for I have sinned against You. (Psalm 41:4)

Heal me, O Lord, and I will be healed;  
Save me, and I will be saved,  
For You are my praise. (Jeremiah 17:14)

***Ask the Spirit to search your heart and reveal any areas of unconfessed sin. Acknowledge these to the Lord and thank Him for His forgiveness.***

I will cleanse them from all their iniquity they have committed against Me, and I will pardon all their iniquities which they have committed against Me, and by which they have transgressed against Me. (Jeremiah 33:8)

Search me, O God, and know my heart;  
Try me and know my anxious thoughts,  
And see if there is any wicked way in me,  
And lead me in the way everlasting. (Psalm 139:23–24)

# Renewal

**Lord, renew me by Your Spirit as I offer these prayers to You:**

I am the Lord's servant; let Your will be done in me according to Your word. (Luke 1:38)

Since the day of the Lord will come like a thief, what kind of person should I be in holy conduct and godliness as I look for and hasten the coming of the day of God? But according to His promise, I am looking for new heavens and a new earth, in which righteousness dwells. Therefore, since I am looking for these things, may I be diligent to be found by Him in peace, spotless and blameless.

(2 Peter 3:10–14)

May I not love with words or tongue, but in deed and in truth. By this I will know that I am of the truth and will assure my heart before Him; for if my heart condemns me, God is greater than my heart, and knows all things. If my heart does not condemn me, I have confidence before God and receive from Him whatever I ask, because I keep His commandments and do the things that are pleasing in His sight.

(1 John 3:18–22)

Examine me, O Lord, and try me;  
Purify my mind and my heart;  
For Your loving kindness is ever before me,  
And I have walked in Your truth. (Psalm 26:2–3)

***Pause to add your own prayers for personal renewal.***

# Petition

**Father, using Your word as a guide, I offer You my prayers concerning *my spiritual walk*.**

Since I live in the Spirit, may I also walk in the Spirit. (Galatians 5:25)

May God fill me with the knowledge of His will through all spiritual wisdom and understanding, so that I may walk worthy of the Lord and please Him in every way, bearing fruit in every good work, and growing in the knowledge of God; strengthened with all power according to His glorious might, so that I may have great endurance and patience; joyfully giving thanks to the Father who has qualified me to share in the inheritance of the saints in the light. (Colossians 1:9–12)

The Lord my God, the Lord is one. May I love the Lord my God with all my heart and with all my soul and with all my strength. (Deuteronomy 6:4–5)

May I have no other gods before You.  
May I not make for myself an idol in any form.  
May I not take the name of the Lord my God in vain, for the

Lord will not hold anyone guiltless who misuses His name.

May I honor my father and my mother.

May I not murder.

May I not commit adultery.

May I not steal.

May I not bear false witness against my neighbor.

May I not covet my neighbor's house, my neighbor's wife, his manservant or maidservant, his ox or donkey, or anything that belongs to my neighbor. ([Exodus 20:3–17](#); [Deuteronomy 5:7–21](#))

My struggle is not against flesh and blood, but against the rulers, against the authorities, against the world rulers of this darkness, against the spiritual forces of evil in the heavenly realms. Therefore, I will put on the full armor of God, so that I may be able to resist in the day of evil, and having done all, to stand. I will stand firm, having girded my waist with truth, having put on the breastplate of righteousness, and having shod my feet with the readiness of the gospel of peace; above all, taking up the shield of faith with which I will be able to quench all the fiery darts of the evil one. I will take the helmet of salvation and the sword of the Spirit, which is the word of God. With all prayer and petition, I will pray always in the Spirit, and to this end I will be watchful with all perseverance and petition for all the saints. ([Ephesians 6:13–18](#))

May my love abound more and more in full knowledge and depth of insight, so that I may be able to approve the things that are excellent, in order to be sincere and blameless until the day of Christ—having been filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God. ([Philippians 1:9–11](#))

As one who has been chosen of God, holy and beloved, may I put on a heart of compassion, kindness, humility, gentleness, and patience, bearing with others and forgiving others even as the Lord forgave me; and above all these things, may I put on love, which is the bond of perfection. Let the peace of Christ rule in my heart, to which I was called as a member of one body, and let me be thankful. Let the word of Christ dwell in me richly as I teach and admonish others with all wisdom, singing psalms, hymns, and spiritual songs with gratitude in my heart to God. And whatever I do, whether in word or in deed, may I do all in the name of the Lord Jesus, giving thanks to God the Father through Him. ([Colossians 3:12–17](#))

Since I have a great cloud of witnesses surrounding me, may I lay aside every impediment and the sin that so easily entangles, and run with endurance the race that is set before me, fixing my eyes on Jesus, the author and perfecter of my faith, who for the joy set before Him endured the cross, despising the shame, and sat down at the right hand of the throne of God. May I consider Him who endured such hostility from sinners, so that I will not grow weary and lose heart. ([Hebrews 12:1–3](#))

May I consider all things loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have suffered the loss of all things and consider them rubbish, that I may gain Christ and be found in Him, not having a righteousness of my own that comes from the law, but that which is

through faith in Christ—the righteousness that comes from God on the basis of faith. I want to know Christ and the power of His resurrection and the fellowship of His sufferings, being conformed to His death. (Philippians 3:8–10)

I have not been made perfect, but I press on to lay hold of that for which Christ Jesus also laid hold of me. I do not consider myself yet to have attained it, but one thing I do: forgetting what is behind and stretching forward to what is ahead, I press on toward the goal to win the prize of the upward call of God in Christ Jesus. (Philippians 3:12–14)

May the proving of my faith, being much more precious than gold that perishes, even though refined by fire, be found to result in praise, glory, and honor at the revelation of Jesus Christ. (1 Peter 1:7)

*Pause here to express any additional requests, especially these personal concerns:*

**Spiritual warfare**

**The world**

**The flesh**

**The devil**

**Growth in character**

**Personal disciplines**

**Physical health and strength**

**My activities for this day**

**Special concerns**

## Intercession

**Lord, I now prepare my heart for intercessory prayer for *world affairs*.**

Father in heaven,

Hallowed be Your name.

Your kingdom come;

Your will be done

On earth as it is in heaven. (Matthew 6:9–10)

The end of all things is near; therefore we should be clear minded and self-controlled for prayer. (1 Peter 4:7)

**In the spirit of these passages, I pray for:**

**The poor and hungry**

**The oppressed and persecuted**

**Those in authority**

**Peace among nations**

**Current events and concerns**

# Affirmation

**Feed my mind and heart, O Lord, as I affirm these *timeless truths* from Your word:**

“Not by might nor by power, but by My Spirit,” says the Lord of hosts. ([Zechariah 4:6](#))

The fear of the Lord is the beginning of wisdom,  
And the knowledge of the Holy One is understanding. ([Proverbs 9:10](#))

Your grace is sufficient for me, for Your power is made perfect in weakness. Therefore, I will boast all the more gladly in my weaknesses, that the power of Christ may rest upon me. Therefore, I can be content in weaknesses, in insults, in hardships, in persecutions, in difficulties, for Christ’s sake. For when I am weak, then I am strong. ([2 Corinthians 12:9–10](#))

No temptation has overtaken me except what is common to man. And God is faithful, who will not let me be tempted beyond what I am able, but with the temptation will also provide a way out, so that I may be able to endure it. ([1 Corinthians 10:13](#))

Without faith it is impossible to please God, for he who comes to Him must believe that He exists, and that He is a rewarder of those who earnestly seek Him. ([Hebrews 11:6](#))

If I cry for discernment  
And lift up my voice for understanding,  
If I seek her as silver  
And search for her as for hidden treasures,  
Then I will understand the fear of the Lord  
And find the knowledge of God.  
For the Lord gives wisdom;  
From His mouth come knowledge and understanding.  
He stores up sound wisdom for the upright;  
He is a shield to those who walk in integrity,  
Guarding the paths of justice  
And protecting the way of His saints. ([Proverbs 2:3–8](#))

***Pause to reflect upon these biblical affirmations.***

# Thanksgiving

For who You are and for what You have done, accept my thanks, O Lord:

I will sing of the mercies of the Lord forever;  
With my mouth I will make Your faithfulness known through all generations.  
I will declare that Your loving kindness will be built up forever,  
That You will establish Your faithfulness in the heavens. (Psalm 89:1–2)

Loving kindness and truth have met together;  
Righteousness and peace have kissed each other.  
Truth shall spring forth from the earth,  
And righteousness looks down from heaven. (Psalm 85:10–11)

I will watch in hope for the Lord;  
I will wait for the God of my salvation;  
My God will hear me. (Micah 7:7)

Blessed be the Lord,  
For He has heard the voice of my prayers.  
The Lord is my strength and my shield;  
My heart trusts in Him, and I am helped.  
My heart greatly rejoices,  
And I will give thanks to Him in song. (Psalm 28:6–7)

*Pause to offer your own expressions of thanksgiving.*

# Closing Prayer

May we rejoice, become complete, be of good comfort, be of one mind, and live in peace; and the God of love and peace will be with us. May the grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with us. (2 Corinthians 13:11, 14)

Blessing and glory and wisdom  
And thanksgiving and honor and power and strength  
Be to our God forever and ever. Amen. (Revelation 7:12)

May our Lord Jesus Christ Himself and God our Father, who has loved us and has given us eternal consolation and good hope by grace, comfort our hearts and strengthen us in every good work and word. (2 Thessalonians 2:16–17)



