

daysofprayer

RESTART PRAYER GUIDE

RESTARTING WITH PURPOSE

week 1

Personal Reflection and Renewal



Inside look!

Scripture: Joel 2:12-13

Theme: Return to the Lord with all your heart.

Prayer:

"Lord, soften my heart. Help me turn fully to You, holding nothing back."

Every positive spiritual movement throughout history begins with a personal choice: a human being saying yes to allowing God's presence in their lives, regardless of the cost, effort, or requests involved. This commitment opens the door to true transformation through prayer. Before we can ask anything in prayer, we must first invite the Lord to examine our hearts and reveal any ways within us that are not led and guided by Him.

- Start with honoring and praising God!
- Move to Thanksgiving!
- Then get personal.
- Ask that the Lord examine your heart.
- Ask that the Lord would reveal ways within you that are not good.
- Ask the Lord to show you in real time ways you have hurt His heart, His plan for you or others, or even maybe the church.
- Ask the Lord to reveal ways to bring healing.
- Ask the Lord for the boldness to deal with active sin.
- Ask the Lord to get personal and be ready to listen and respond.





Creation

Scripture: Psalm 51:10

Theme: Cleansing and renewal.

Prayer:

"Create in me a clean heart, O God, and renew a right spirit within me."

Creating can be an incredibly exciting journey! However, it can also stir up feelings of fear and uncertainty about the unknown and what lies ahead, especially with the new movement God is initiating within your heart and mind. Embrace today's prayer challenge as an opportunity to lean into this transformative work that has blossomed from your acceptance of yesterday's challenge. Remember, spiritual change—essentially, deepening your spiritual journey—can evoke feelings of doubt and apprehension. But today is your moment to conquer those fears through prayer! Ask God for the strength you need to embrace these new heart movements with confidence and courage.

- Start with honoring and praising God!
- Move to Thanksgiving!
- Then get personal.
- Ask the Lord to clarify what He is creating within you.
- Ask the Lord to show you ways to remain in that new space and be ready for new movements as the Spirit reveals them.
- Ask the Lord to show you in real time ways you can share these new creative spiritual movements with others.
- Ask the Lord to protect the new things He is creating within you.
- Ask the Lord for the boldness to deal with opposition from within and outside.
- Ask the Lord to get personal and be ready to listen and respond.





Remaining humble

Scripture: 2 Chronicles 7:14

Theme: Humbling ourselves before God.

Prayer:

"God, I humble myself before You. Heal my heart and heal our land."

Humility. Easily understood, yet challenging to live out. Humility anchors us. It keeps us presentable before Christ and is lived out personally in every place we go. Humility keeps us teachable, moldable, and stable.

A lack of humility allows many negative feelings to creep in, feelings of superiority, thinking we are better than others, or that we know it all. It invites offense, prompting us to say things like, "I can't believe that! Why wasn't I asked? I know better." This mindset creates judgmental hearts and spirits that are not of God.

Today's prayer challenge focuses on remaining humble before the Lord and others.

- Start with honoring and praising God!
- Move to Thanksgiving!
- Then get personal.
- Ask the Lord to point out those areas where you lack humility.
- Ask the Lord to show you ways to remain humble.
- Ask the Lord to show you who might be a person who could be your spiritual mentor to assist with your humility.
- Ask the Lord to protect your heart in the process.





Hungering after the things of God

Scripture: Matthew 5:6

Theme: Thirsting for righteousness.

Prayer:

"Lord, increase my hunger for Your presence and truth."

The prayer challenge today invites you to earnestly plead for the Lord to come alongside you, instilling a profound passion for the things of God within your heart. Imagine a passion so intense that it supersedes everything else in your life, driving you to prioritize your relationship with Jesus Christ above all. Let this yearning become the lens through which you view all things, igniting a relentless hunger that can never be extinguished. Embrace this challenge, and allow it to be your unwavering driving force, transforming your life in ways you never thought possible.

Hunger returns faithfully and relentlessly when our bodies recognize the need for nutrition, energy, protein, and so on. Let's pray that our spiritual beings would reflect the same habitual movement that physical hunger does within our bodies. Let our current spiritual selves grow in passion for the true and deep things of God. Getting back to the heart of things, the heart that Jesus has for the broken, hurting, lost, and rejected, etc. Jesus has a heart for us that we would remain super connected to Him and the things that make His heart beat. Passion. Pray for passion. Pray that the passion we hold towards our Savior and Lord would continue to increase beyond these 21 days.

- Start with honoring and praising God!
- Move to Thanksgiving!
- Then get personal.
- Ask the Lord to point out those areas where we lack a hunger for spiritual things.
- Ask the Lord to show you ways to reignite that hunger and passion within your spirit.
- Ask the Lord to show you who might be a person who could be your spiritual mentor to come alongside you, assisting you in increasing your passion for the Lord.
- Ask the Lord to protect your heart in the process.





Removing barriers

Scripture: Exodus 20:3

Theme: Letting go of barriers to our spiritual growth

and development.

Prayer:

"Reveal any idols in my life and give me the courage to surrender them."

Barriers. You've undoubtedly encountered barriers during this 21-day prayer journey, and it's important to recognize their impact. The enemy excels at creating these obstacles, which stifle our spiritual progress and hinder our growth. Often, we fail to see these barriers for what they truly are; what begins as a positive influence can morph into an overwhelming force that restricts our deeper spiritual movement.

Recognition and Removal. Today's prayer challenge is vital: identify those barriers and summon the courage to remove them. Pray earnestly and ask the Lord to guide you in this process. Embrace this opportunity to clear the path for a more profound spiritual journey!

- Start with honoring and praising God!
- Move to Thanksgiving!
- Then get personal.
- Ask the Lord to point out the barriers.
- Ask the Lord to show you ways to remove those barriers and replace those areas with Spiritual things.
- Ask the Lord to show you who might be a person who could be your spiritual mentor to come alongside you, assisting you in dealing with the aftermath of removing spiritual barriers.
- Ask the Lord to protect your heart in the process.





Becoming truly obedient in the seen and unseen

Scripture: John 14:23

Theme: Loving God through obedience.

Prayer:

"Help me to not only hear Your word but to live it out daily."

Our private worlds are truly our own, existing beyond the surface of daily life. Many of us have our personal sanctuaries—what unfolds within our homes—and then there's an even deeper layer, a realm of thoughts and emotions that only we and God truly know. This hidden space is where our most profound decisions are made, shaping our actions and beliefs. God invites each of us to practice obedience not just in public or at home, but in the intimate corners of our hearts and minds. These are the sacred places where our innermost thoughts reside, known only to us and the Lord.

The prayer challenge today is that you would allow God the opportunity to step into those deep and hidden places with words and guidance, and that you would, in response, become obedient in those areas, allowing His presence to overwhelm those areas of your being.

- Start with honoring and praising God!
- Move to Thanksgiving!
- Then get personal.
- Ask the Lord to point out those areas deep within the need to fall under God's authority.
- Ask the Lord to show you that surrender is the first step to living in obedience and experiencing true inward freedmen Christ.
- Ask the Lord to show you who might be a person who could be your spiritual mentor to come alongside you, assisting you in dealing with the aftermath of of being an obedient servant of Christ.
- Ask the Lord to protect your heart in the process.



Deep sense of gratitude

Scripture: 1 Thessalonians 5:18

Theme: Giving thanks in all circumstances.

Prayer:

"Thank You, Lord, for Your mercy, grace, and faithfulness in my life."

Giving thanks and living in a state of gratitude may seem like a simple lesson from Sunday School, yet it's a profound truth that many of us struggle to embrace fully. Imagine praying with a deep, abiding sense of gratitude for God's grace, mercy, and compassion. Too often, our gratitude wavers, dictated by our circumstances—our happiness, health, and productivity. But true gratitude transcends these fleeting conditions!

We have Christ in our lives, which should inspire us to live in a perpetual state of thankfulness. The Almighty God is not just with us; He is for us! This alone should fill our hearts with gratitude every single day. Yet, we often overlook this incredible truth.

This prayer challenge invites you to rise above your current struggles and recognize God's unwavering goodness in your life. Let's ask God to open our eyes and hearts, allowing us to see His blessings that go beyond what we can see, hear, or touch. Embrace this opportunity to transform your perspective and live in a state of gratitude that uplifts your spirit and those around you!

- Start with honoring and praising God!
- Move to Thanksgiving!
- Then get personal.
- Ask the Lord to point out the areas that you are struggling to give God thanks.
- Ask te Lord to show you gratitude towards Him as a state of being.
- Ask the Lord to show you who might be a person who could be your spiritual mentor to come alongside you, assisting you to remain in a state of being thankful for God's presence and authority in your life.
- Ask the Lord to protect your heart in the process.