

Saturate

A 21-DAY GUIDED PRAYER JOURNAL

HOW TO PRINT YOUR PRAYER JOURNAL

This 21-day prayer journal has been designed as half letter size pages and can easily be printed at home.

After opening the document and Print dialogue box, change your settings to the following before printing.

Layout - 2 pages per sheet instead of 1

Scale - Fill entire paper instead of print entire image

Saturate

A 21-DAY GUIDED PRAYER JOURNAL

ANCHOR CHURCH 2024

HOW TO MAXIMIZE 21 DAYS OF PRAYER

SCHEDULE YOUR READING

Set aside a time and a place to meditate on God's word. Create a distraction-free environment to dive deeper into the scripture.

LISTEN IN STILLNESS BEFORE YOU READ

Ask God to reveal his truths as you read. Pray for consistency and clarity.

READ WITH A BIBLE CONCORDANCE

A Bible concordance is a list of Biblical words sorted alphabetically, with any scriptures that include that word. We recommend "The New Strong's Expanded Exhaustive Concordance of the Bible." You can also use Bible apps such as Blue Letter Bible, biblehub.com, or other Bible apps.

READ WITH A FRIEND

Do your reading plan with someone that will hold you accountable to your daily reading. Get on track with someone else and sharpen each other by knowing you're not doing this important deep work alone.

Proverbs 27:17 says, "As iron sharpens iron, so one person sharpens another."

SHARE WHAT YOU ARE LEARNING

Don't just read it! Share how God's word is speaking to you! Write. Post. Blog. Message others.

HOW TO S.O.A.P.

ITEMS NEEDED FOR EACH DAY

Which verse stood out to you?

S • SCRIPTURE

Open your Bible to your reading for the day. Take time reading and allow God to speak to you. When you are done, look for a verse that particularly spoke to you that day and write it in your journal.

What is God saying to you?

O • OBSERVATION

What do you feel God is saying to you in this scripture? Ask the Holy Spirit to teach you and reveal Jesus to you.

How can you apply it today?

A • APPLICATION

Personalize what you have read by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, a new promise, or corrections for a particular area of your life. Write how this scripture can apply to you today.

Ask God to help you use what you've learned.

P • PRAYER

This can be as simple as asking God to help you use this scripture or even a prayer for a greater insight on what He may be revealing to you. Remember, prayer is a two-way conversation, so be sure to listen to what God has to say! Now, write it out.

WEEK

1

**O U R
FATHER
I N
HEAVEN**

A D O R A T I O N

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REMEMBERING WHO GOD IS

- Reminding ourselves of who God is changes the way that we relate to God in prayer, from anxious reactionary prayer life to a prayer life based on the reality of who God is
 - "What comes into our minds when we think about God is the most important thing about us." –A.W. Tozer
 - The idea of seeing God as truly Holy AND truly knowable
-

SCRIPTURE OF THE DAY

The friendship of the LORD is for those who fear him, and he makes known to them his covenant.

Psalms 25:14

S • SCRIPTURE

O • OBSERVATION

A • APPLICATION

P • PRAYER

REMEMBERING WHO WE ARE

- Praying for our identity
 - Reminding God that He is our Father also reminds us that we are His Children
 - The idea that when we recover a true view of God's identity, we also recover His view of us
 - When we are weak, He is strong
-

SCRIPTURES OF THE DAY

For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!"
Romans 8:15

For he knows how weak we are; he remembers we are only dust.
Psalms 103:14

S • SCRIPTURE

O • OBSERVATION

A • APPLICATION

P • PRAYER

DAY 4

WEDNESDAY

REMEMBERING WHO WE ARE TO EACH OTHER

- Purpose of the Church. Praying for the Church
 - The prayer is not “my Father.” It is “Our Father”
 - The sacredness of our neighbor
-

SCRIPTURE OF THE DAY

If anyone says, “I love God,” and hates his brother, he is a liar; for he who does not love his brother whom he has seen cannot love God whom he has not seen.

1 John 4:20

S • SCRIPTURE

O • OBSERVATION

A • APPLICATION

P • PRAYER

DAY 5

THURSDAY

CONFESSION

- A day of confessing our sins to God and to one another
 - Repentance
-

SCRIPTURES OF THE DAY

Psalm 51

S • SCRIPTURE

O • OBSERVATION

A • APPLICATION

P • PRAYER

BE STILL

- Prayer posture
 - Consenting to the work of God's Spirit
 - Waiting on God to speak
-

SCRIPTURES OF THE DAY

He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

Psalms 46:10

Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!

Psalms 27:14

S • SCRIPTURE

O • OBSERVATION

A • APPLICATION

P • PRAYER

GRATITUDE

- Prayers of thankfulness to God
-

SCRIPTURE OF THE DAY

*Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
Philippians 4:6-7*

S • SCRIPTURE

O • OBSERVATION

A • APPLICATION

P • PRAYER

WEEK

2

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EARTH
AS IT
IS IN
HEAVEN**

I N T E R C E S S I O N

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DAY 9

MONDAY

CITY

- The presence of God in our city
- Open heaven over McKinney
- Praying passionately to see our city full of God's manifest presence

S • SCRIPTURE

O • OBSERVATION

A • APPLICATION

P • PRAYER

SPIRITUAL WARFARE

- Spiritual warfare against the enemy's schemes
-

SCRIPTURES OF THE DAY

Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. Ephesians 6:11-17

For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. 2 Corinthians 10:3-5

S • SCRIPTURE

O • OBSERVATION

A • APPLICATION

P • PRAYER

NEXT GENERATION & SCHOOL SYSTEMS

- Praying for the next generation, kids, students, teachers, faculty, coaches, principals, and super intendants

- Praying against the specific spiritual attacks that the enemy is throwing against them such as depression, anxiety, suicide, comparison, identity crisis, etc.

- Moses and Joshua

- Elijah and Elisha

- The Next Generation matters to God

- Praying for spiritual mothers and fathers to rise up

S • SCRIPTURE

O • OBSERVATION

A • APPLICATION

P • PRAYER

GOVERNMENTAL LEADERS

- Praying for those in authority at a national and state level. Get a list of the current members of government at the state and national level and pray for them
 - Praying for the government while also reminding ourselves of who is really in charge
-

SCRIPTURES OF THE DAY

First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. This is good, and it is pleasing in the sight of God our Savior, who desires all people to be saved and to come to the knowledge of the truth.

1 Timothy 2:1-4

Let every person be subject to the governing authorities. For there is no authority except from God, and those that exist have been instituted by God.

Romans 13:1

For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God Everlasting Father, Prince of Peace.

Isaiah 9:6

S • SCRIPTURE

O • OBSERVATION

A • APPLICATION

P • PRAYER

THE LOST

- Interceding for our lost friends and family to know Christ
 - Praying for Jesus to reveal Himself to the lost
 - Praying for opportunities and courage to witness to the lost
-

SCRIPTURE OF THE DAY

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, who is the image of God.

2 Corinthians 4:4

S • SCRIPTURE

O • OBSERVATION

A • APPLICATION

P • PRAYER

PASTORAL LEADERSHIP

- Praying for your pastors and church leaders, small group leaders, coaches, etc.
 - Fresh vision, fresh anointing, renewal of energy, and zeal
-

SCRIPTURES OF THE DAY

First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. This is good, and it is pleasing in the sight of God our Savior, who desires all people to be saved and to come to the knowledge of the truth.

1 Timothy 2:1-4

Have confidence in your leaders and submit to their authority, because they keep watch over you as those who must give an account. Do this so that their work will be a joy, not a burden, for that would be of no benefit to you.

Hebrews 13:17

S • SCRIPTURE

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A • APPLICATION

P • PRAYER

WEEK

3

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DAY 16

MONDAY

FAMILY

- Praying for and with your family
 - Family brokenness
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SCRIPTURE OF THE DAY

He will turn the hearts of the parents to their children, and the hearts of the children to their parents; or else I will come and strike the land with total destruction."

Malachi 4:6

S • SCRIPTURE

O • OBSERVATION

A • APPLICATION

P • PRAYER

FAITH

- Praying for strengthening and renewal of faith
 - Praying for a potent faith
-

SCRIPTURE OF THE DAY

"Have faith in God," Jesus answered. "Truly I tell you, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in their heart but believes that what they say will happen, it will be done for them. Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins.

Mark 11:22-25

S • SCRIPTURE

O • OBSERVATION

A • APPLICATION

P • PRAYER

FINANCES

- Praying for our personal finances
 - We are blessed to be a blessing
-

SCRIPTURE OF THE DAY

Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the LORD Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it. Malachi 3:10

S • SCRIPTURE

O • OBSERVATION

A • APPLICATION

P • PRAYER

HEALTH & PHYSICAL HEALING

- A day of physical healing
-

SCRIPTURES OF THE DAY

*Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord.
James 5:14*

*Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.
3 John 1-2*

S • SCRIPTURE

O • OBSERVATION

A • APPLICATION

P • PRAYER

WHOLENESS & MENTAL HEALTH

- Praying for spiritual wholeness & maturity and for mental health struggles such as anxiety, depression, etc.
-

SCRIPTURE OF THE DAY

For God gave us a spirit not of fear but of power and love and self-control.

2 Timothy 1:7

S • SCRIPTURE

O • OBSERVATION

A • APPLICATION

P • PRAYER

PEACE

- In a world with so much uncertainty, we need Jesus' peace
 - Praying for personal peace and peace in the world
-

SCRIPTURE OF THE DAY

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

John 14:27

S • SCRIPTURE

O • OBSERVATION

A • APPLICATION

P • PRAYER
