



INTO THE DEEP

LENTEN PRAYER GUIDE

Prayer is Our Priority - Lenten Prayer and Fasting Journey 2024

As we prepare ourselves for the next 40 days focusing on prayer and fasting, keep these in mind:

- We have a perfect example in Jesus. He set aside blocks of time to spend time with His Heavenly Father, often early in the morning. Set an appointment with God at a time that will be best for you so that you can faithfully keep the appointment whether early morning, lunch or after dinner.
- Choose a designated place to pray where there are few or no distractions. This allows you to focus and to freely pray or worship out loud.
- Use this guide as a help, but feel free to make your time with The Lord unique to you and where you are in your relationship with Christ. You may wish to incorporate worship music or other Bible study.
- Consider fasting as you go through this guide. Fasting from food often helps us to direct our gaze towards our Father and increase our appetite for relationship with Him! You may wish to fast during one meal each week or each day, or you may choose to fast one day each week. The goal is to grow our depth of relationship with The Lord. Experiment and do what is most helpful to you.

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. —Mark 1:35

Our Father in Heaven, hallowed be Your Name.
Your Kingdom come. Your will be done on earth as
it is in Heaven. Give us this day our daily bread.
And forgive us our debts, as we forgive our
debtors. And do not lead us into temptation but
deliver us from the evil one. For Yours is the
Kingdom and the power and the glory forever.
Amen. —Matthew 6:9-13

Wednesday, February 14 - Connect with God Relationally

You have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father." —Romans 8:15 NLT

God loves for us to call Him Our Father. You and I have the privilege of developing an intimate relationship with Him. He longs for us to meet with Him each and every day!

Prayer: Father, I come to You in prayer today, thankful that I am Your child. I know I once was separated from You by sin, but You have forgiven me and adopted me as Your own, and I am so grateful to call You my Father. Thank You for loving me. I love You.

Thursday February 15 - Worship His Name

When we refer to someone's name, we are referring to the person and their character – what they are like.

Here are a few of the names that describe God. They that tell us what He is like and what He does for us:

Righteousness – He makes me clean.

Sanctifier – He has called me and set me apart.

Healer – He heals all my diseases.

Banner of Victory – He has defeated my enemy.

Shepherd – He speaks to me and leads me.

Peace – He is my peace in every storm.

Provider – He supplies all my needs.

God's name is a place of protection—the righteous can run there and be safe. —Proverbs 18:10 MSG

Prayer: God, I am in awe of You. Your name is a strong tower, a place of protection and safety for me. I praise You as my Healer, my Shepherd, and my Banner of Victory. You are my Peace, my Provider, my Righteousness, and my Sanctifier. Your name is great, and I worship You.

Friday February 16 - His Agenda First

Listen to this incredible promise from our Savior: He will always give you all you need from day to day if you will make the Kingdom of God your primary concern. —Luke 12:31 TLB

What are some of God's priorities?

- Saving the lost
- Sanctifying us: our becoming more like Christ each day
- Guiding those in authority - parental, spiritual, governmental, workplace
- Preparing the world and the people in it for the restoration of all things, beginning with the return of Christ

Prayer: God, I recognize there is no better plan on earth than Yours, and I pray for Your will to be done in my life (name the areas of your life where you need more of God's presence today) and in our world. This world is lost and needs You desperately, and I pray for every person (name people specifically) to know You as their personal Lord and Savior.

I pray for the leaders in my life (pray specifically over parents, spiritual leaders, governmental leaders, employers, and any other leaders in your life), that You would show them Your will and give them supernatural wisdom and discernment as they lead.

God, I pray that Your heart for justice and unity would be seen in our world; that those who are in bondage will be set free; that the needs of the poor and marginalized will be met. Show me what my role is in seeing the realities of heaven come to

earth. Make Your priorities my priorities. Help me love who You love and see value in all people. I give my life to You again today; have Your way in me. Please give me wisdom and clarity as You show me my next steps.

Saturday, February 17 – We Depend on Him for Everything

I look up to the mountains—does my help come from there? My help comes from the Lord, who made heaven and earth! —Psalm 121:1-2 NLT

Ask God for what you want and need and then trust Him for the answer.

Prayer: Father, I acknowledge that everything I need today will come from You. You made the heavens and the earth. You are more than capable of handling any situation I'm dealing with, so I give it to You completely. (Specifically talk to God about what is on your mind and heart right now and give it to Him).

I look to You to help me, sustain me, and give me Your peace. Remind me of Your hope and power today. Thank You in advance for taking care of my needs.

**Sunday, February 18 – Rest; Celebrate the Lord's
Goodness to Us in Christ**

Monday, February 19 – Get Your Heart Right with God and with Others

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. —1 John 1:9

Ask God to check your heart and motives. Receive His forgiveness for any area that He brings to mind.

As we receive His total forgiveness for ourselves, He tells us to offer the same forgiveness to anyone who has offended you or caused you harm in any way. This can be difficult, but this is the way to freedom in Christ!

Prayer: God, thank You so much for offering me the gift of forgiveness. Show me any areas in my life that I need to bring before You in order to receive forgiveness and healing.

I confess that I have been struggling with sin (talk to God about any areas of sin in your life), and I know that You want me to be clean again. Please forgive me for my sin. Thank You for showing me unfailing grace.

As You have so freely forgiven me, I also want to freely forgive others. Help me let go of the things that have offended me and acknowledge when I have offended others. I release to You those who have hurt me, and I trust You to handle those situations according to Your perfect will. I pray all of this in Jesus' name. Amen.

Tuesday, February 20 - Engaging in Spiritual Warfare

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.
—Ephesians 6:12

When we follow Christ, we are awakened to the reality that the world we live in is a spiritual battleground! We are not on a cruise ship, rather, we are on a battleship. We must take our stand against the enemy and fight the good fight of faith. Every lie that the enemy has told us should be replaced with the truth of God's Word.

Prayer: God, I recognize that my real struggles today aren't against the people or circumstances around me, but against the enemy. Please help me to see how the enemy is lying to me. Help me to recognize his lies, take them captive, and make all my thoughts obedient to the truth of Your Word. (List out any specific areas God shows you where you have believed a lie that needs to be replaced with His truth.)

While the enemy wants to destroy me, I know that You came to give me life to the fullest. I speak the name of Jesus over my life and declare that no weapon formed against me will prosper. I don't have to fear the enemy because the One who is in me is greater than the one who is in the world. Amen.

Wednesday, February 21 - Express Faith in God's Ability

Ah, Sovereign LORD, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you. —Jeremiah 32:17

Today, as you begin to meet with the Father, remind yourself of God's ability. Return to praise and make your faith declarations: "Yours is the Kingdom" —all rule belongs to You. "Yours is the Power" —all mightiness flows from You. "Yours is the Glory" — Your victory shall be complete.

Prayer: Father God, nothing is too hard for You! Through Your great power, all things are possible. All authority is Yours, all might is Yours, and I know that Your victory will be complete. You are amazing, and I worship You. I praise You for Your power and presence in my life. You are my God, and You are worthy of all praise.

Thursday, February 22 - Draw Near to Him

Come near to God and He will come near to you.
—James 4:8

In Jesus, God has made the way for us to draw near to Him, to daily walk in His presence. Yet, He gives us freedom to make the choice: will we draw near to Him, giving Him our attention today?

Prayer: Heavenly Father, You have promised that if I draw near to You, You will draw near to me. I need more of Your presence today, and I am drawing near to You through prayer, worship, and reading Your Word. I open my heart to You and ask You to be near me and change me to be more like You.

Friday, February 23 – Invite Him to Search You

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

In Jesus, we have no need to fear judgement. Our Father knows us completely AND loves us more than anyone. When we invite Him to search us, it's so that He can bring about His sanctifying work, making us more like Jesus.

Prayer: Father God, I ask You to search my heart. If You find anything in me that is offensive, please show me and help me remove it from my life. Teach me to love others well and live a life that points people to You. Help me live my life on earth in a way that impacts eternity.

Saturday, February 24 – How to Be Blessed

But seek first His Kingdom and his righteousness, and all these things will be given to you as well.
—Matthew 6:33

As humans, we are prone to wander, prone to take our eyes off our Father and place them on what we see right in front of us. We may fear the future, or we may try to build our own “little k” kingdom apart from Him. Yet His invitation to us as His children is to seek Him, trusting and following Him above all else.

Prayer: Your Word tells me that if I seek first Your Kingdom and Your righteousness, You will lead me to a life of blessing, purpose, and freedom. I am Yours today, God, and I give this day to You. Help me to focus on Your priorities first, sharing Your love, making Your Name known, and advocating for justice in our world. I know that by focusing on You and Your heart for others, rather than myself, I will receive joy and peace.

**Sunday, February 25 – Rest; Celebrate the Lord's
Goodness to Us in Christ**

Monday February 26 - Humility

Humble yourselves before the Lord, and He will lift you up. —James 4:10

Humility can be summarized as this: total dependence on God. On this side of Eden, we don't naturally want to fully rely on God; We want to rely on ourselves! But the way to freedom and life is found in a close daily walk with Jesus, relying on Him for every step.

Prayer: God, You have promised that if I humble myself before You, You will lift me up. I recognize today that I cannot succeed on my own, and I need You in every moment. I humble myself before You, and I ask You to work in and through me today. My time, efforts, thoughts, and words are Yours today. (Name specific parts of your day and give them to God.) Show me what I don't know and help me grow in the knowledge of You and Your heart for people. Use me for Your purposes, Lord. I trust that You will be with me and lift me up.

Tuesday, February 27 – Life in The Spirit

For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline.
—2 Timothy 1:7

When we trust Christ, He gives us His Holy Spirit. As we walk with Him, He shapes and guides us to become more like Christ. The Spirit He has given you is one of power —power to live a life of victory in Christ. He gives us boldness to live our lives, openly sharing Jesus with others, laying our lives down to serve and love each person we encounter.

Prayer: Father, I know You have not given me a spirit of fear or timidity, but one of power, love, and self-discipline. When my mind feels out of control, I pray that You will renew my spirit and let power, love, and self-discipline fill me. Help me look more like You every day. With confidence that Your power lives in me, give me boldness to confront the enemy and anything I see in the world that does not reflect Your heart. Thank You for breaking the spirit of fear in my life, and I receive the truth that You have given me a sound and healthy mind.

Wednesday, February 28 – He is Working for My Good

And we know that in all things God works for the good of those who love Him, who have been called according to his purpose. —Romans 8:28

As you take time to meet with the Father today, engage with Him on the promise He makes to us in Romans 8:28. Is there an area of Your life, or perhaps multiple areas, where it's hard to imagine this promise to be true? Bring these parts of your life to the Father.

Prayer: God, You promise me in Your Word that in all things You work for my good. Right now, there are circumstances in my life that don't feel good and that I can't see an ounce of good in. (Talk to God about the specific situations that are causing you difficulty or pain.) Even though this is how I feel, I choose to believe Your truth over my feelings. When You say You will work in all things for my good, I believe You. Even in situations that seem hopeless, I know You are working on my behalf and that You want more for me than I could ever want for myself. Thank You for having a purpose for me and for working all my life circumstances for good.

Thursday, February 29 – He Can Handle Me

Trust in Him at all times, you people; pour out your hearts to Him, for God is our refuge. —Psalm 62:8

Our Father wants us to share ALL parts of our lives with Him, not just the “pretty” parts of ourselves. He can handle all of us! Be vulnerable with Him today.

Prayer: Father, in Your Word You invite me to pour out my heart to You. You are my refuge, and I know that anything I think, feel, or do is okay to bring to You. Knowing that You are a safe place for me, I come to You and give You everything on my heart. (Talk to God about specific things that are on your heart today.) From what is worrying me to what is delighting me, what I hope for to what I’m afraid of, I bring it all to You because I know I can trust You. Help me and guide me in every area, in Jesus’ name.

Friday, March 1 – Blessing

The Lord will open the heavens, the storehouse of His bounty, to send rain on your land in season and to bless all the work of your hands.
—Deuteronomy 28:12

Our Father's heart longs to bless us. He desires to show Himself and His goodness in all parts of our lives. And He doesn't stop there. We are most blessed when we draw near to Him, for knowing Him and walking with Him is our biggest blessing.

Prayer: Lord, I believe You have everything I need, and You want to bless me. You tell me in Your Word that You will open the heavens to bless the work I do. I know that without You, I can do nothing. I ask that You will open the heavens and pour out Your blessings and power over me. I give my work and my efforts to You, and I ask You for favor and blessing in anything my hands touch. (Surrender specific efforts to Him.) May it be for Your glory alone so that others may see Your power and goodness at work.

Saturday, March 2 – How Great is His Love

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. —Romans 8:38-39

Consider this promise from the Lord, that absolutely nothing can separate us from the love of God in Christ Jesus. Perhaps you are prone to believe that there is something that can separate you from His love? If so, share that with Him.

Prayer: God, I am in awe of Your love for me. You are so great, and I am so small, yet You love me fully. I remind my soul today that nothing can separate me from Your love —I am so grateful! There is nothing I can do to win or lose Your love; You love me without condition. Because I know nothing on earth, in time or space, and nothing in existence can separate me from Your love, I will live confidently and peacefully knowing I have always been and will always be fully loved by You.

**Sunday, March 3 - Rest; Celebrate the Lord's
Goodness to Us in Christ**

Monday, March 4 – Our Victory

No weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the Lord, and this is their vindication from me,” declares the Lord.
—Isaiah 54:17 NIV

Our God is perfectly just. He sees injustice and attacks on our lives from fellow humans and from our enemy, the devil. He will be the ultimate judge. He will hold accountable those who cause us harm.

Prayer: Lord, I know that no weapon raised against me will succeed, because I am Your child. I feel pressure in my life right now, and sometimes I feel as though life will overcome me. (Talk to God about the concerns weighing on you.) Even though I feel this way, in faith, I claim Your promise that no weapon can overcome me and that any accusations that come against me will be silenced. This truth is verified by Your love and saving power in my life.

Tuesday, March 5 – No Need to Be Anxious

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. —Philippians 4:6-7

The key to experiencing peace in our lives is found through close fellowship with the Lord. His invitation is to share with Him all that troubles us, and to thank Him for all the ways that we see His goodness in our lives.

Prayer: Father, my heart feels anxious. (Tell God what is giving you anxiety.) I don't like this feeling, but I am thankful I can come to You and receive peace. You invite me to replace my anxiety with prayer, and even though my mind and heart are racing. I'm coming to You knowing that You provide healing and calm for my soul. Thank You for giving me breath and life. I thank You that I am fearfully and wonderfully made in Your image. I lay down all worries, all my physical and mental anxiety, and any attempt at trying to control it all. (Tell Him the things you are laying down right now.) I surrender it all to You. I need You. I need Your peace that transcends my human understanding. Even if things are unstable around me, I pray that Your peace will be evident in my heart and my life. Guard my heart and mind, God. I trust that You are faithful, and I receive Your peace in my life today.

Wednesday, March 6 – He Has Plans for You!

For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. —Jeremiah 29: 11-13

What a promise the Lord makes to us! We will find Him if we only seek Him wholeheartedly. Our Father knows that we are often half-hearted creatures. Even in our half-heartedness, the invitation is to come to Him just as we are. He can change our hearts, making us new, loving Him wholeheartedly.

Prayer: My God, I try to make so many plans for my life, but I know Your plans for me are best. Thank You for loving me enough to have a plan for my life. You have promised me that when I call on You, You will listen to me. Thank You for listening when I pray. I am confident knowing that I serve a God who cares about my life. I want to find You every day, and You say that if I seek You with all my heart, I will find You. Thank You for showing me the way to You. I lay my plans down at Your feet and receive Your plans for me. (Mention your plans and lay them down before God.) I know that You see the big picture, and You know what is better for me than I do. I trust You, and I ask You to guide me toward Your plans.

Thursday, March 7 – Never Alone

Never will I leave you; never will I forsake you.
—Hebrews 13:5

Even when we feel most alone, we are never truly alone if we know Christ. Invite Him today to help you to live in the reality of His presence!

Prayer: Father, I am so comforted by the fact that You will never leave me. You are always with me, and I am safe with You. As I go through my life and take on each new situation, I'm comforted by knowing I'm not alone because You are by my side. Help me feel Your presence. When I feel uncertain or afraid, I pray You will comfort me through Your Holy Spirit and remind me that I am never alone because You, the Almighty God, have promised to always be with me.

Friday, March 8 – Are You Weary?

Come to me, all you who are weary and burdened, 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

What a promise the Lord makes to us! Set aside time this day to “unburden yourself,” placing all that weighs you down at the feet of Jesus. He promises us rest, and He will lead us gently and humbly, if we allow Him to.

Prayer: Lord Jesus, I am so tired and worn out. (Tell God the areas where you're tired and weary.) I feel exhausted mentally and physically. Life feels hard, and I feel like I can't keep up my current pace. You invite me to come to You when I am weary, and I fall at Your feet desperate for rest, peace, and perspective. Show me where I am trying to do things on my own. Show me where I need to rest instead of strive. Teach me Your ways. Show me how to walk in gentleness, humility, and rest. I know Your ways are higher than my ways, and I pray that You will transform my heart and mind to be more like You.

Saturday, March 9 – Our Refuge

Whoever 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

Sometimes, we face situations in our lives that push us beyond our limits. God’s invitation to us is to find shelter in Him, to allow Him to be our refuge and strong fortress.

Prayer: God, I claim that I dwell in Your shelter, the Most High God, and I rest in Your shadow, the Almighty One. I claim that You alone are my refuge and fortress. You are my God and I trust You. When I face anything that brings me uncertainty or fear (confess these things to Him), I know that I can come to You as my safe place. Thank You for Your strength and protection in my life.

**Sunday, March 10 – Rest; Celebrate the Lord's
Goodness to Us in Christ**

Monday, March 11 – He is Worthy of Our Trust

The LORD is trustworthy in all He promises and faithful in all He does. The LORD upholds all who fall and lifts up all who are bowed down.
—Psalm 145:13-14

What a promise from the Lord! When we fall, when we feel crushed under the weight of our circumstances, He promises to lift us up as we turn to Him.

Prayer: Almighty God, as I claim the promises in Your Word through my prayer time, I praise You for Your character. Trustworthy, faithful - that is Who You are. I thank You that I can trust You to be faithful to me. I know that when I come to You with humility and a surrendered heart that You will lift me up.

Tuesday, March 12 – Participating with God

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

God draws people to Him. It's not something we can make happen out of our own efforts. We need to be faithful in praying that the Father would draw those He's placed on our hearts to Jesus.

Think about the people you know who are far from God. Let your heart be open to God and anyone He may bring to your mind. It may help to write their names as you focus on praying for them.

Prayer: Father, I pray for the people around me (list specific names), that You would supernaturally draw their hearts to You. Send Your Holy Spirit to them and give them the desire to give their lives to You. Help them to recognize their longing for more in life as a spiritual thirst only You can quench. Open their ears to hear Your voice.

Wednesday, March 13 – Open Their Eyes

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

The truth can be right in front of some people, and they still can't see it because something is in the way blocking their view of God. We can pray against whatever is in their way so that they can see the light of God. We can pray that they would see the truth without any obstacles or distractions interfering.

Prayer: Father, bind the evil spirits that are blinding the minds of the people around me. In the name of Jesus, I pray that they would be able to see clearly, to recognize who You are, and to give their hearts to You. Remove all hindrances the enemy would use to distract them from Your truth. Open their eyes, Lord, that they might see Jesus.

Thursday, March 14 – It's About Relationship

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

Many people think Christianity is just another religion. They only see God through the lens of the organization and institution of the church. They may even feel frustrated, angry, or betrayed by people in churches they have encountered or by religious legalists and their hypocrisy. But God didn't come to build an organization; He came to adopt sons and daughters, creating a new family of brothers and sisters in Christ. God wants His beloved sons and daughters to come home. Praying for people to have personal encounters with the living God makes a huge difference.

Prayer: Father, I pray that people will understand how much You love them. I pray for (think of specific names of people in your life). Please stir in their hearts a longing to come home, to hear Your voice, and to see You welcoming them with open arms. Let them know You are always running to meet them and hold them close.

Friday, March 15 – God Can Use Us!

Ask the Lord of the harvest, therefore, to send out workers into his harvest field. —Matthew 9:38

God can use us as we pray, asking Him to send Christians to influence those who do not yet know Christ. One of the ways He may answer our prayers is by sending us! What a privilege to get to help others to come to know Him.

God's plan to reach people is worked through those who already know and love Him. Jesus asked us to pray for people to go into the world to be salt and light. He came to bring the good news of the gospel to all people, and His desire is that everyone would know and love Him. As His "spiritual farmers," we should be attuned to opportunities to plant spiritual seeds in the lives of the people we encounter each day. We may have no idea who has already been praying for them and the culminating impact our kind word, compassionate act, or loving attitude can have to draw them to Christ.

Prayer: Father, I pray for the lost around me to meet believers who will influence them in a positive way. Lord, let my life shine in such a way that people want to know the God I serve. Allow others to see my genuine love and concern for them in all that I say and do. Let me be Your hands and feet to serve them and let them know just how much You love them.

Saturday, March 16 – Eureka!

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

It's that "eureka" moment, that "aha!" when it finally clicks. The most important moment to have this kind of revelation is when the lights come on spiritually. People need to see their own sin, see what Jesus did on the cross, and see the hope that comes from giving their life to God. People need wisdom, not just knowledge, of spiritual things and insight into how spiritual realities directly impact them. We can pray for this kind of supernatural revelation that only comes from God.

Prayer: Father, I pray for the people around me to experience the Spirit of wisdom and revelation. I pray that they would truly understand their spiritual condition and see what Jesus did for them on the cross. Help them to have the information and experiences needed to come to You, so they can understand all You have for them.

**Sunday, March 17 – Rest; Celebrate the Lord's
Goodness to Us in Christ**

Monday, March 18 – The Armor of God

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. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. —Ephesians 6:11-18

Prayer: Thank You, Lord, for my salvation. I receive it in a new and fresh way from You, and I stand in the truth that nothing can separate me from the love of Christ and the place I have in Your Kingdom. I wear Your righteousness today against all condemnation and corruption. Cover me with Your holiness and purity—defend me from all attacks against my heart. Lord, I put on the belt of truth. I choose a lifestyle of honesty and integrity. Expose the lies I have believed and show me Your truth today. I choose to live for the gospel in every moment. Show me where You are working and lead

me to it. Give me strength to walk daily with You. I believe that You are powerful against every lie and attack of the enemy, and I receive and claim Your power in my life. Nothing is coming today that can overcome me because You are with me. Holy Spirit, show me the truths of the Word of God that I will need to counter the traps of the enemy. Bring those to mind today. Finally, Holy Spirit, I agree to walk in step with You in everything as my spirit communes with You in prayer throughout the day.

Tuesday, March 19 – How We Fight

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 10:4-5

When we are aware of spiritual warfare, we can be active in praying through it. Through the blood of Jesus, God has given us victory and power to fight.

Prayer: Father, Your Word says that no weapon formed against me will prosper (Isaiah 54:17), and I declare it in Jesus' name. I stand on Your Word. The enemy is driven out from me, from my home, workplace, church family, children, and loved ones. I declare that he is not able to stand against me. No weapon formed against me will prosper, because the Spirit of the Lord is with me, protecting me. I declare these truths in the name of Jesus. Anything that comes against me or my family that is not in line with the truth and will of God, I command to bow to the powerful name of Jesus. Father God, I give You all my thanksgiving, praise, glory, honor, and worship. Thank You for loving me, making me clean, and giving me purpose.

Wednesday, March 20 – We Need Protection

But the Lord is faithful, and He will strengthen you and protect you from the evil one.
— 2 Thessalonians 3:3

We often worry about our safety and protection. When we feel this way, we can immediately come to God in prayer, pouring out our heart to Him, asking for protection for ourselves and our families in Jesus' name. Share your thoughts and concerns with God. Ask Him for His supernatural protection. He says He will command His angels to guard you in all your ways (Psalm 91:11). Claim this promise and lay everything down before Him trusting His good plans and His power to protect you and those you love.

Prayer: God, I bow in worship to praise You. Thank You for making a way for me through Your Son, Jesus. I surrender myself completely in every area of my life to You. I submit myself to the true and living God and refuse any involvement of the enemy in my life. I choose to be transformed by the renewing of my mind. I reject every thought that tries to compete against the knowledge of Christ. I pray and thank You for a sound mind, the mind of Christ. Today and every day I ask for protection over my family, loved ones, and those around me—all immediate family members, relatives, friends, and acquaintances. I ask for protection during all our travels. I ask You to watch over our financial security, possessions, health, and safety (be as specific here as you like). All that I have is Yours God, and I declare that Satan cannot touch me or anything You have given me. I rebuke the enemy and tell him to bow to the blood of Jesus that covers me and my family. He will not take what You have

given us, and we are protected and provided for by
You, God, and You alone.

Thursday, March 21 – Confession

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness. —1 John 1:9

See also Romans 10:10; James 5:16; 1 John 1:7-9, 3:8

Our sin separates us from God, but Jesus made a way for us to be reunited with God by covering our sin when He died on the cross. When we accept the gift of salvation, we confess our sin. As Christians, confessing and repenting of sin is something we continue to do. By coming clean and repenting before God, He is able to work in our lives and transform us to be more like Him. Assume a posture of humility, and without fear of condemnation or punishment, come sincerely to God confessing your sin on a regular basis. Whether your sin feels big or small to you, your sin is still sin and affects your relationship with God. You get His attention when you tell Him your sin and turn from it to follow Him. After you confess, remind yourself and claim the power of the blood of Jesus in your life to wash you clean and make you new.

Prayer: Lord Jesus, I confess all my sins to You. I repent and turn away from them. I'm sorry for the wrong I have done. I confess the times I should have stepped up to do right and did nothing instead. I lay it all down at Your feet. I submit my thoughts, words, actions, and inactions to You. Thank You, God, for forgiving and making a way for me through Your Son, Jesus. Lord Jesus, I believe that You are the Son of God. You died on the cross for my sins and rose to life again on the third day. I confess all my sins and repent. I receive Your forgiveness and ask You to cleanse me from all sin. Thank You for

redeeming me, setting me free, making me holy, and giving my life purpose.

Friday, March 22 - Forgiveness

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins. —Matthew 6:14-15

Forgiveness can feel challenging, but God makes it clear in the Bible that He freely forgives us, and we are expected to do the same for others. Come before the Lord with humility, honesty, and sincerity. Share the areas in your life where you need to forgive others. Even if you aren't able to settle a situation with that person, you can settle it with the Lord by forgiving them. As you choose to forgive those who have hurt or offended you, you can also praise and thank God for forgiving you when you didn't deserve it.

Prayer: Lord, I have a confession to make. I have harbored bitterness in my heart. I haven't loved others well. I have resented certain people and have not forgiven them in my heart. God, I know that You have forgiven me for so much, and I need Your help to follow You and forgive others. In faith, I now forgive (name them). I also forgive and accept myself because You have made me new in the name of Jesus.

Saturday, March 23 – The Danger of Pride

When pride comes, then comes disgrace, but with humility comes wisdom. —Proverbs 11:2

See also: Proverbs 11:2, 16:18, 26:12; 1 Timothy 3:6

The Bible tells us that pride comes before the fall. Pride can be a very real issue in our lives, but we have the power to overcome it through Jesus. Practicing humility requires overcoming pride in our lives. Just as you confess other sins, regularly confess your pride to God. Submit it to Him, asking Him to help you walk in humility, free of pride, closed-mindedness, and self-absorption. If you feel like pride is an issue that continues to surface in your life, confess it daily and bring it before God.

Prayer: Father God, I come to You in the name of Jesus. I know pride only keeps me from You. I put down anything that would cause me to have pride in my heart in dealing with other people. Help me recognize where I lack knowledge and understanding. Help me to prioritize others over myself. I ask You, God, to remind me daily that true humility is not thinking less of myself, it's thinking of myself less. I humble myself before You and come to You like a child.

**Sunday, March 24 – Rest; Celebrate the Lord's
Goodness to Us in Christ**

Monday, March 25 – Prayer for Freedom

You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them; for I, the LORD your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me, but showing love to a thousand generations of those who love me and keep my commandments. —Exodus 20:4-6

Generational bondage is sin that can be passed down from generation to generation. Whether it's pride, addiction, racism, sexism, abuse, divorce, abandonment, sexual sin, or something else, through spiritual warfare, you can claim the power of Jesus to stop the sin with your generation.

Recognize the generational bondage that might be in your life and bring it before God. Ask for His power to defeat the sin that has affected generations of your family. Ask for it to stop right now, with you, and rebuke any sin or anything that tries to pull you away from your relationship with Christ. Pray for protection, healing, and a new path for you and your family.

Prayer: Father God, I understand that I have inherited certain consequences from my family, and in the name of the Lord Jesus Christ, I proclaim Your power to break any hold of mental or physical illness, pride, addiction, racism, other ungodly perspectives, and anything else on me and my family that are a result of sin being passed down through parents, grandparents, or other family members. (If specifics come to mind, talk to God about it.) I proclaim that all generational sin ends here and now, and that I will not pass these on to

anyone in my family. Thank You, Lord, for setting me free and making a new way for me and my family.

Tuesday, March 26 – The God of Miracles

Praise the LORD, my soul, and forget not all His benefits—who forgives all your sins 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 103:2-5

See Also Peter 2:24 and Luke 1:37

Our God is a God of miracles. Just as we read about in the Bible, we still see Him perform miraculous healing today. He is our healer, and we can confidently approach Him asking for healing for ourselves or someone we know.

Prayer: Father, in the name of Jesus, I come before You asking for healing for (name yourself or someone you are praying to experience healing). My hope is in You as our Healer. I believe You are able to do this. Your name is Jehovah Rapha, the God who heals, and I believe every knee will bow to You. Thank You, Jesus, for dying on the cross so that we have a restored relationship with You. You say that You forgive our sins and heal our diseases, and I praise You for this. Thank You that the Spirit that raised Jesus from the dead lives in us. I stand in faith believing for healing for (yourself or someone you're praying for). Nothing is impossible for You, God! Give us peace and direction as You work in our lives. In Jesus' name, amen.

Wednesday, March 27 - Marriage

Husbands, love your wives, as Christ loved the church and gave Himself up for her, that He might sanctify her, having cleansed her by the washing of water with the Word, so that He might present the church to Himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church. —Ephesians 5:25-29 ESV

God created marriage, and His design for it is good. In marriage, just as in any human relationship, we have to work to love well. We can't do this successfully in our own power. We need God, who is love Himself, to give us His Holy Spirit and to guide us in our marriage. Marriage is a picture of Jesus Christ and His bride, the Church. As Christian husbands and wives, we have the high honor to represent the love and commitment Christ has for the Church through our love and commitment to each other.

If you are married, thank God for your marriage. If you are not, consider praying for others in your life who are married.

Start by asking Him to help you be the best spouse you can be. Ask Him to help you love well and to see your spouse as He sees them. Then, pray for your marriage, asking God to use your marriage to impact the world for Him. Ask Him for protection physically, spiritually, and emotionally. Pray for unity in your marriage and wisdom from Him about how to live your lives as one. Bring to Him anything

in your marriage that concerns you and trust Him to work on your behalf.

Prayer: Thank You, God, for loving us, and for creating marriage to be an illustration of Your love for us here on earth. Help me, God, to love my spouse (call them by name) the way You love me. Help me to listen to and honor my spouse, putting them before myself. Protect us physically, mentally, emotionally, and spiritually. We ask You to build greater unity between us, make us stronger as a couple, more devoted to one another and to You. Use us God, build us up to be an example of what godly marriage can look like. Use us together to do more than we could ever do apart. We ask You to work through us in the lives of our friends, family, and even those far away. Fill us with Your Holy Spirit and move through us to bring those far from You closer, so that they can have an encounter with the living God, who seeks and saves the lost, and who sets us free and gives us purpose. We put our relationship with You before anything and everything else. We confess our need for You. Thank You for bringing us together. We choose to love one another today and every day. Thank You for our marriage. We ask You to bless our marriage, build it, and be present in it always.

Thursday, March 28 – The Bond of Peace

Make every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit, just as you were called to one hope when you were called; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all. —Ephesians 4:3-6

See also: Mark 12:28-31; Psalm 139:23-24

God created every person in His image on purpose and for a purpose. We are all unique and have value in the eyes of God. As Christians, we love who God loves and seek to serve others, so it's important for us to see the value that each person brings to the world. We need to do our part to ensure that every person is treated with dignity, respect, and honor. As followers of Jesus, we have been commanded to do everything we can to promote peace. We are all one in Christ, called to serve Him and others with a Spirit of Unity. Thank Him for creating every person in His image, on purpose, for a purpose. Ask Him to help you embrace your unique design and the uniqueness of others. Pray for eyes to see the ways inequality is at work in the world around you, and pray for boldness to uphold peace, love, and unity in the face of injustice. Ask the Holy Spirit to bring to mind any ways you have not promoted equality and unity (thoughts, words, actions, etc.) or people towards whom you have not shown the love of Christ. Ask for forgiveness, and trust God to help you grow.

Prayer: Father, I recognize that You created every person in Your image and that You have great purpose for each of us. I ask You to help me see every person as You see them. Help me to love

others with the unconditional love of Jesus and to make every effort to promote peace, unity, and equality for all people. Forgive me for the times that I have not valued others or spoken up for what is right. Help me to love my neighbor as myself and to be an ambassador for reconciliation, as You have called me to be. Thank You for making us one by the blood of Jesus and the power of Your Spirit.

Good Friday - March 29

From noon until three in the afternoon darkness came over the whole land. About three in the afternoon Jesus cried out with a loud voice, “Eli, Eli, lema sabachtni?” That is “My God, my God, why have you abandoned me?” —Matthew 27:45-46

Jesus took all the weight of sin upon Himself, your sin and my sin. He endured separation from The Father, so that you and I would not have to endure separation from Him. How great is His love. This is real love, that He laid down His life on our behalf.

Prayer: Jesus, thank You for what You endured for me. Thank You, Father, for enduring the pain of separation from Your Son on my behalf. How great is Your love!

On this day, Father, as I remember the great price paid for us, I am humbled. I am so thankful. Thank You for loving me this much!

Saturday, March 30 – Prayer Matters

I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people— for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth. —1 Timothy 2:1-4

God has put us on the earth at this specific time for a reason. He says in Acts 17:26 that He determined when and where we would live. Knowing this, we can look at those around us at this specific time in history and take personal responsibility to pray. Pray for those in authority and those under your authority. Pray for those in your family and your circle of influence (anyone you're connected to). Write down the names of specific people and pray for them.

Prayer: Father, how incredible that You actually listen to our prayers, and that You allow us to partner with You in bringing about Your Kingdom through our prayers!

Father, I do give You thanks for (insert who is in authority over you), and I seek You, asking for Your blessing on their lives as they lead. Father, You tell us that You want for all to be saved and to come to the knowledge of the Truth. Father, I ask that the trust of Jesus be made known to (insert names here), especially on this weekend when we remember the great price You paid for us, and Your victory over the grave!

Sunday, March 31 – Resurrection Sunday!



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