

INTRODUCTION

Since the beginning of Life Church Milano, we have set our hearts to be a people of prayer, which is why we purposefully set aside a 21-day period of corporate prayer before we launch into a new season. As we get ready to return to school and our usual work routines, the best way to prepare is through intentional, focused prayer. We invite you to join us!

Understanding the necessity of prayer is not enough. In order for it to become a part of our life, it needs to become something we look forward to doing. I'm convinced most people don't enjoy prayer because they have never been taught how to pray. That's where this simple prayer journal can help.

Each week we will focus on a prayer model from Scripture, concentrating on a specific component each day. Although we're not physically gathering together for prayer, we are praying with unity of heart and mind wherever we are.

When you discover the beauty of daily conversation with Him, you'll experience the presence of God that will change your life.

We are so excited about what God is going to do in your life and in our community of faith during the next 21 days!

We love you, Life Church!

Pastors Beka and Josh

CULTIVATING A LIFESTYLE OF PRAYER

How do we make prayer a part of our everyday life? We can learn from three things that Jesus did...

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).

• A CERTAIN TIME

Jesus got up very early in the morning to spend time with His Heavenly Father. In order for prayer to work, we should do the same. Make a daily appointment with God and keep it.

A CERTAIN PLACE

Jesus had a prayer place. Your prayer place needs to be an undistracted environment where you can pray out loud and perhaps have some worship music playing in the background.

• A CERTAIN PLAN

Go into your prayer time with a plan. If it changes that's fine. When Jesus taught His disciples how to pray, He gave His disciples a prayer outline. We call it the Lord's Prayer. That is where we will begin for Week 1 of our 21 Days of Prayer.

WEEK 1 - THE LORD'S PRAYER

One day Jesus was praying in a certain place. When He finished, one of his disciples said to him, "Lord, teach us to pray..." (Luke 11:1).

"Our Father in heaven, hallowed be your name,

your kingdom come, your will be done on earth as it is in heaven.

Give us today our daily bread.

Forgive us our debts, as we also have forgiven our debtors.

And lead us not into temptation, but deliver us from the evil one,

for yours is the kingdom and the power and the glory forever"

(Matthew 6:9-13).

DAY 1: CONNECT WITH GOD RELATIONALLY

"Our Father in heaven..."

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 come to Him in this way—as His children who love Him and want to spend time with Him. Proclaim your personal relationship with God, addressing Him as your loving Father and thanking Him that you are His child.

DAY 2: WORSHIP HIS NAME

"...Hallowed be Your Name..."

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

What are His Names?

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 of my needs

Speak God's names out loud. There is power in God's name! When we proclaim who He is, we not only worship Him, but we also remind ourselves how powerful and great He is.

DAY 3: PRAY HIS AGENDA FIRST

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

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).

We know God's will is perfect, and we acknowledge His wisdom and sovereignty when we pray His agenda first. Spend time focusing on what God is focused on.

His priorities include:

- The whole world to know Jesus
- Blessing for those in authority—parental, spiritual, governmental, work related, school
- Caring for the poor
- The Church around the world
- Freedom for those in bondage
- · Accomplishing His purpose in our lives

DAY 4: DEPEND ON HIM FOR EVERYTHING

"...Give us this day our daily bread..."

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 need today. Bring your requests to Him, and trust Him enough to hand them over to Him fully. It may help to open your hands before God to physically show your surrender to Him. Problems can either be ours or God's; they can't be both.

DAY 5: GET YOUR HEART RIGHT WITH GOD& PEOPLE

"...Forgive us our debts as we forgive our debtors..."

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).

When we turn away from our sins and receive His forgiveness, our hearts are more prepared to forgive others as well. Ask God to check your heart and life and show you areas where you might need to ask for His forgiveness. Ask Him to forgive you and to help you forgive others. We can even choose to forgive people in advance!

DAY 6: ENGAGE IN SPIRITUAL WARFARE

"...And do not lead us into temptation but deliver us from the evil one "

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).

The Bible makes it clear that we have an enemy who is trying to steal from us, kill us, and destroy us. As we pray, we take our stand against the enemy and fight from a place of victory through Jesus as we're empowered by His Holy Spirit. There is power in God's Word, and every lie the enemy has told us can be replaced with God's truth.

Ask God to show you any lies you're believing or spiritual warfare happening in your life, expose the enemy, and help you understand and receive His truth. Simply speaking the name of Jesus has great power in the spiritual realm. The Bible tells us in James 4:7 that if we resist the devil, he will flee from us. Through prayer, we can resist him and walk forward in freedom.

DAY 7: EXPRESS FAITH IN GOD'S ABILITY

"...For yours is the Kingdom and the Power and the Glory forever"

"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).

Ending our prayer time by claiming God's authority and power helps focus our minds on the truth and hope of who He is and what He can do.

Remind yourself of God's power and then return to praising Him and declaring your faith in Him:

"Yours is the Kingdom" - all authority belongs to You

"Yours is the Power" – all mightiness flows from You

"Yours is the Glory" - Your victory will be complete

Thank you for participating with us in Week 1 of our 21 Days of Prayer!

Our hope is that you have grown in faith and that your relationship with God has grown deeper. We invite you to join us for Week 2 as we draw closer to God during this season of intentional, focused, corporate prayer. Let's thank God in advance for all He will do in and through our lives and our community of faith. For He is good, and He does good.

"Then you will call on Me and come and pray to Me, and I will listen to you." Jeremiah 29:12 (NIV)