

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 2 - PRAYING SCRIPTURE

When we pray the promises of God, we're focusing on God's power and limitless resources rather than the problem or our own limited ability to solve it. Our Heavenly Father is bigger than any situation we'll encounter, no matter how painful or scary or uncertain it may seem in the moment. Whatever we're going through, there's a verse for the situation and we can trust God for the result. Pray His promises and trust in His power to be revealed.

The Word of God is one of the most valuable tools we have to build a dynamic prayer life.

Declaring in prayer what God has already spoken activates our faith and shifts our perspective toward God and His Word. Each day, let's use the Scriptures to claim their promises through prayer.

DAY 1: ASSURANCE, ANXIETY

Assurance

(*Psalm 23*)

The LORD is my Shepherd, I lack nothing.

He makes me lie down in green pastures,

He leads me beside quiet waters, He refreshes my soul.

He guides me along the right paths for His name's sake.

Even though I walk through the darkest valley,

I will fear no evil, for You are with me;

Your rod and Your staff, they comfort me.

You prepare a table before me in the presence of my enemies.

You anoint my head with oil; my cup overflows.

Surely Your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

Anxiety

(Philippians 4:6-7)

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.

(Matthew 6:34)

Therefore do not worry about tomorrow, for tomorrow will worry about itself.

Each day has enough trouble of its own.

DAY 2: COMFORT, FAITH, FEAR

Comfort

(Romans 8:28)

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.

(2 Corinthians 1:3-4)

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

Faith

(Hebrews 11:1)

Now faith is confidence in what we hope for and assurance about what we do not see.

(Mark 9:23)

"Everything is possible for one who believes."

Fear

(2 Timothy 1:7)

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

(Isaiah 41:10)

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

DAY 3: FORGIVENESS, FREEDOM, GUIDANCE

Forgiveness

(Ephesians 4:32)
Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

(Colossians 3:13)

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

Freedom

(2 Corinthians 3:17)

Now the Lord is the Spirit,
and where the Spirit of the Lord is, there is freedom.

(Galatians 5:1)

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

Guidance

(Proverbs 3:5-6)

"rust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight.

(Isaiah 30:21)

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

DAY 4: GUILT / SHAME, HEALING, LONELINESS

Guilt / Shame

(Romans 8:1)
Therefore, there is now no condemnation for those who are in Christ Jesus...

(Isaiah 1:18)

"Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool."

Healing

(Psalm 103:2-3)

Praise the LORD, my soul, and forget not all His benefits who forgives all your sins and heals all your diseases...

(Isaiah 53:5)

But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was on Him, and by His wounds we are healed.

Loneliness

(Joshua 1:5)

"No one will be able to stand against you all the days of your life. As I was with Moses, so I will be with you;
I will never leave you nor forsake you."

(Psalm 68:6)

God sets the lonely in families, He leads out the prisoners with singing; but the rebellious live in a sun-scorched land.

DAY 5: PRIDE, PROTECTION, PROVISION

Pride

(James 4:6) "God opposes the proud but shows favor to the humble."

(Philippians 2:3)
Do nothing out of selfish ambition or vain conceit.
Rather, in humility value others above yourselves...

Protection

(Isaiah 26:3-4)

You will keep in perfect peace those whose minds are steadfast, because they trust in You. Trust in the LORD forever, for the LORD, the LORD Himself, is the Rock eternal.

(Romans 15:13)

May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.

Provision

(Philippians 4:19)
And my God will meet all your needs according to the riches of His glory in Christ Jesus.

(2 Corinthians 9:8)

And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.

DAY 6: PURITY, PURPOSE, STRENGTH

Purity

(Psalm 51:10) Create in me a pure heart, O God, and renew a steadfast spirit within me.

(Hebrews 10:22)

...let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.

<u>Purpose</u>

(Jeremiah 29:11)

"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."

(Philippians 1:6)

Being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus.

Strength

(2 Corinthians 12:9)

But He said to me, "My grace is sufficient for you, for My power is made perfect in weakness."
Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.

(Isaiah 40:31)

...but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

DAY 7: THOUGHTS, VICTORY, WORTH / IDENTITY

Thoughts

(Philippians 4:8-9)

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice.

And the God of peace will be with you.

(Romans 12:2)

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing and perfect will.

Victory

(Exodus 14:14)
"The LORD will fight for you; you need only to be still."

(Romans 8:37)

No, in all these things we are more than conquerors through Him who loved us.

Worth / Identity

(Ephesians 2:10)

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

(Psalm 139:14)

I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well.

Thank you for participating with us in Week 2 of our 21 Days of Prayer!

Our hope is that you have grown in faith and in love for God's Word. We pray that your relationship with God has grown deeper as you've prayed His promises.

There's still one week left, so please join us for Week 3 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)