




# 21

## *Days to Prayer*

**DAILY DEVOTION IS TRANSFORMATIONAL**



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## INTRODUCTION

*Prayer is one of the most important things a Christian can do. Prayer is a time when we establish a direct line of communication with our heavenly Father and should be taken very seriously. I think for beginners and mature Christians alike it is best to keep prayer simple.*

Some of the benefits that come through prayer is that God opens eyes, changes hearts, heals wounds, and grants wisdom (James 1:5). The power of prayer should never be underestimated because it draws on the glory and might of Almighty God.

Quite simply, for followers of Jesus Christ, prayer is the best way to communicate with God. Prayer is the vehicle for daily conversation with the One who created us. It is so important that it is mentioned over 250 times in Scripture. So why is daily prayer so important?

- Daily prayer gives us an opportunity to share all aspects of our lives with God.
- Daily prayer gives us the chance to express our gratitude for the things He provides.
- Daily prayer provides the platform for confessing our sin and asking for help in overcoming that sin.
- Daily prayer is an act of worship and obedience.
- Daily prayer gives us the opportunity to humble ourselves before God and acknowledge who is really in control of our lives.

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As a young Christian in the Lord someone sent me a simple way to guide me through prayer. I have been using it for 30 years now and I believe it will be very helpful to you too.

The acronym is ACTS;

**A-** Adoration; We must worship God before we even start our prayers. We must be willing to humble ourselves before God and surrender ourselves to worship and give glory to our Father God.

**C-** Confession is to acknowledge our sins to God and repent.

**T-** Thanksgiving is the expression of gratitude to God.

**S-** Supplication is humbly and honestly presenting our requests before God.

First pray for others, then ourselves.

Let us take time out the demands of daily life and set aside a time for prayer each day.



**DAY 1**

# 21 DAYS OF PRAYER

## DAY 1

*“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”*

*Thessalonians 5:16-18*

Everything we will do in prayer is centralized on Christ. Christ is the epicenter from which all things flow. God’s will for you is to be connected through Christ. “And we know that all things work together for good to them that love God, to them who are called according to his purpose” (Romans 8:28). So, let us further delve deeper into today’s verse. We see it says, “rejoice always”. When the Apostle Paul wrote this letter to the believers in Thessalonica, they were very new in Christ and were facing some heavy persecution at the time because of their faith. ‘

In this context, rejoicing is being alluding to a matter of obedience through faith. “Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven. Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for my sake. Rejoice and be exceedingly glad, for great is your reward in heaven, for so they persecuted the prophets who were before you” (Matthew 5:10-12). Rejoicing is not always a matter of jumping up and down and performing summersaults. We are real people who experience real events in our lives.

Moreover, we place our trust and our confidence in Christ above who holds all answers to the deepest mysteries and even those to be released inside us. Rejoicing is a continual intentional focus on God and a joy. A peace that derives from resting our trust in Him. Praying continually is in direct synergy with rejoicing. By praying continually, we are keeping open our lives to Christ. Open and taking hold of the promises God has for us. We are allowing God to flow in and around us.

Where we lack, God is totally sufficient. We pray because our reliance on Him is made perfect within his sovereign strength. Keeping the dialogue going deepens our intimacy, fortifies our faith, and humbles our hearts for how God would choose to move in our lives.

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The verse continues on that, we should “give thanks in all circumstances “We all experience hardships, challenges, and adversities that come in all shapes in sizes. It is hard to be thankful when you do not know what to be thankful for. Jesus, God’s word in the flesh, died. Literally! He was brutally sacrificed and died so that you may have life in Him and with Him in eternity. We were so underserving of this sacrifice but by grace and God’s love, we are offered salvation.

Being thankful is not always sparkly attitude that is seen by the world every day. Being thankful means ultimately trusting in God’s plan and purpose for your life. We do this through prayer, reading the word, and being obedient to God’s word. Being thankful is as much an action as it is a mindset. In addition, what better way to do so by talking to the creator Himself!

## REFLECTION

- In what ways have I shielded off Christ in my life?
- In what ways do I show my thankfulness to God?
- How can I be more Christ-centered?

## APPLICATION

- Center our lives around Christ
- Trust the Lord with our hearts, minds, and souls
- Make a pact to stay committed in prayer

## PRAYER

Father God, be the center of my life. Be the focal point of my decision-making. I want you to be the priority my life revolves around. I place my total trust in you and help me to understand daily the path that you have called me. Give me your strength to continue to move forward daily in prayer and building a deeper lasting relationship with you. Cover my mind, my heart, and my soul in daily pursuance of you Lord. Amen.



— DAY 2 —



## DAY 2

*“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*

While Paul was incarcerated within his home in Rome, he wrote to the Philippians for a couple reasons. One of those reasons was exhortation, and encouragement through the persecution they faced. “Do not be anxious”. Do not be fearful, but in every situation give your requests to God through prayer. Do not be fearful in your situation. We defeat anxiety with hope in the Lord. “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” (Isaiah 40:1). Allow God to be your strength and have reassurance that He is God. That he hears your requests and petitions. We naturally have concerns but we give those concerns to God because as believers we speak directly to God and His Spirit lives within us. The Spirit that intercedes on our behalf.

Prayer can be a form of worshipping who He is. Coming to a place face to face with God; allowing His presence to overtake the needs in your life. Having faith, having belief in his sovereignty is a way of thanksgiving. Why? When anxiety wants to set in and situations feel outside of our control, through our faith and supplication in the Father we understand that God will and providence will prevail in our difficult times

Which leads us to the peace God can give us. Peace is one of the products of God’s providence. God’s peace is a shelter. We tend to harbor our troubles within where? Our hearts and minds. We store all our circumstances, all the brokenness, issues,

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and dilemmas in those places. However, God says love me with all your heart, all your soul, and all your mind (Matthew 22:37). And by let God govern those elements, He ushers in peace that transcends all understanding. A peace that when your world is upside down, you are moving in your life like it's right side up because you have the peace, the assurance the God has a plan. That God is in the situation with you. God has the last word.

## REFLECTION

- Are you in a place of peace?
- Is it your peace or God's peace?
- What can be preventing your peace?

## APPLICATION

- Place your anxiety (those things that are bothering you) in God's hands
- Trust God
- Allow your faith to be bigger than your concerns
- Hand over your heart, soul, and mind to God

## PRAYER

Father God, thank-you for this day. Thank-you for the time to be able to commune with you. I place my understanding within your understanding. I lean on your wisdom to deliver me through my circumstances and even the things I do not know of. I ask for your peace in the midst of my concerns. Remove any anxiousness I may feel and instill the confidence deep within me to conquer all things because with you all things are possible. Amen



— DAY 3 —

## DAY 3

*“This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.”*

*1 John 5:14*

We step with confidence in our prayers. We have assurance in what we give over to the Lord because God hears us. He is the Father. And any loving Father hears His children. He recognizes their voices because they belong to Him. Within the unconditional love that abounds over us that is unveiled in the grace that has been freely given. “There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love”(1 John 4:18). We come to the throne of the Father and place our fears before Him. “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened”(Matthew 7:7-8).

But let us be sensitive to the second half of the verse. “According to His will”. What we ask must be in accordance with God’s will. Be honest, we tend to ask for things that make our lives easier, make our bank accounts better, and ask God to provide things that are centered around us and not around Him. It is God’s will that we are subservient to. His will and purpose for all things. So when we ask, we come to the alter with humble hearts, seeking for what we ask but with understanding that God’s grand plan has the ultimate say. Humble enough to accept God’s and observant enough to watch the subtle, yet powerful hand of God move in your life.

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## REFLECTION

- Am I observing the ways God is moving in my life?

## APPLICATION

- We pray with confidence to the Father (Asking, Seeking, Knocking)
- Humble ourselves to the will of God
- To understand your grand design for our lives

## PRAYER

I humbly come before you God in prayer and with a sincere heart. Before I was born, you knew me and had a great plan for my life. Allow your greatness to flow through my life and my obedience to be light to others. I pray that my heart yearns for the things that pleases you O 'God and that my seeking amplifies your glory. Do great things in my life, as you are a great God. I praise you, I love you, I place my faith totally in you. Amen



— DAY 4 —

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## DAY 4

*“Devote yourselves to prayer, being watchful and thankful.”*

*Colossians 4:2*

We communicate in so many ways today. Face to face, body language, books, and certain not least mention technology. Not only do we have cell phones and computers but all the different elements that live on those components that elicit a multitude of diverse ways we communicate; i.e. social media platforms (tons), email, WhatsApp, facetime, skype, dating apps, and so much more. So many ways to connect. So, have you ever seen that data tracker on your smart device? Usually on your phone that tells you how many hours you have spent on the device. That's good indicator of devotion. Don't get me wrong I have my days where my phone is used for a variety of great content but my screen time is a little too much if you can relate. God wants us to be devoted in prayer.

He wants to you to be devoted to talking to Him. When this life falls away, we will not have our phones, smart devices, or technology. We will have everlasting time with Christ. It would be a bad look to get to heaven and Jesus asks you “Why didn't you spend time with me instead of posting another selfie?” That would be a heart dropping reality check! So, be watchful of what you are devoted to, and be thankful we have a savior that wants a relationship with you. A relationship that will continue to pour into you, filling your life through eternity. Do not allow Satan to inch you away from God by placing little distractions that slowly detract from your relationship and pursuit of where God has called you to be.

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## REFLECTION

- What things, what stuff, what people are getting my daily devotion?
- How can I be more watchful in my daily endeavors?

## APPLICATION

- Let's devote ourselves to God
- Be watchful of the things that are distracting ourselves from God
- Be thankful we have another day to dedicate our lives to God

## PRAYER

Father God let me be aware. Allow me to be cognizant of those things distracting me. Those elements that are not of you and detracting from our relationship. Peel away any evil that may reside in my heart and allow me to be watchful towards the people and things that I entertain. Highlight the things of value you in my life, the things you value, and teach me to measure my precious time daily. We say these things in the confidence we have in you and in the love that was shown by Christ for us, in Jesus name. Amen.





— DAY 5 —

## DAY 5

*“Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.”*

*Mark 11:24*

The verse above tells us to believe that you have received it! We speak with belief. Not because we blindly follow but because we understand God is truth. And if we are children of God we share in that same truth. “I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit, he prunes so that it will be even more fruitful. 3 You are already clean because of the word I have spoken to you. Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me” (John 15:1-4). All things are possible with God. Notice the symbiotic relationship. Notice the intimacy and closeness of the relationship. They are verily intertwined together. Everything we do, it is through God. All good fruit is produced in Christ. The fruit we ask for is through the vine of Christ. This being said it is manifested as we remain in God and God in us. This is not meant as a Santa Clause, platonic, compartmentalized dynamic. We believe in prayer because we are a part of, we are in relationship with; we are in understanding of the character of the Father. A Character of holiness, omnipotence, and divine kingship. In summary, as Jesus says ask the Father in prayer, and believe in faith that you have received because your faith is embedded within the will and truth of God.

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## REFLECTION

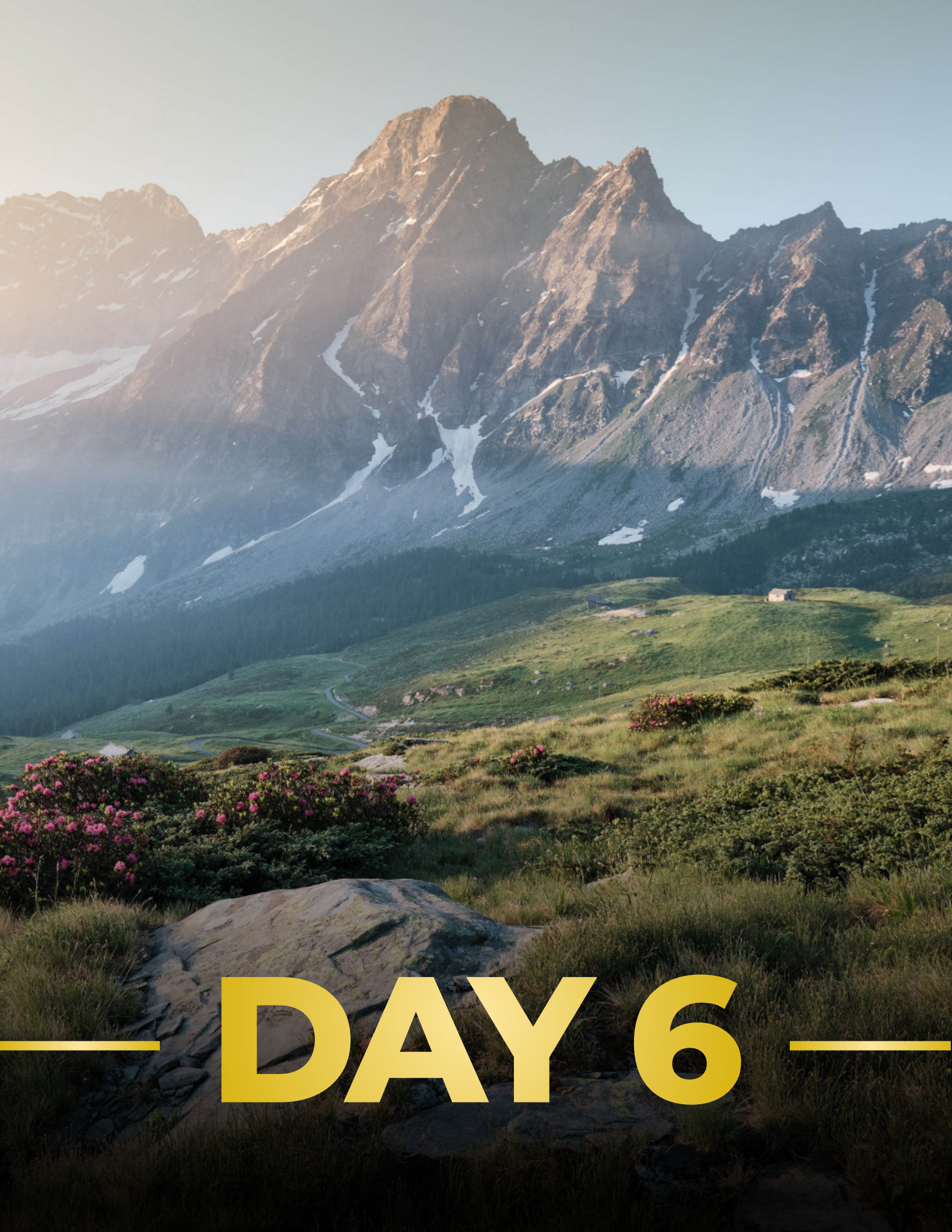
- Is my life and my relationship with God separate from one another?

## APPLICATION

- We will believe because our faith is framed in the understanding that God is truth
- Embrace God living in us and us in God

## PRAYER

God allow your Spirit to manifest itself within me. I am not perfect but you are God. It is no longer I who live but Christ within me. I believe that I have not only received you but the promised you have set for my life. The precious things that have not yet been unpackaged for me and those who are connected to me. Increase our intimacy and help me manifest our relationship within the entirety of my life not just part of it. As Christ gave his entire self for us, I will give all of who I am to you. Open me to your truth and embed your word in me. In Jesus Holy, name Amen.



— DAY 6 —

## DAY 6

*This is what the Lord says: “When seventy years are completed for Babylon, I will come to you and fulfill my good promise to bring you back to this place. 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. I will be found by you,” declares the Lord, “and will bring you back from captivity.”*

*Jeremiah 29:10-14*

There could be a whole sermon on these four verses alone. However, let us explore a few elements as we pray today. God has plans for you to do prosper, to be successful. These verses were written to those people living in exile away from Jerusalem. Away and outside of their homeland. In addition, while in captivity, God makes a promise to His people. God unveils plans He has for the return of the elders, priests, prophets, and other peoples to Jerusalem. He unveils the future, and unveils hope not only for return but for them to be prosperous. They are living in a place currently that does not look like their future they will inherit. They are given hope that when they seek God with ALL their hearts, they will find Him. God will listen to their prayers.

Our today does not always look like our tomorrow. We do not have to be held captive by our fears, our schedules, our environments, careers, circumstances, or addictions. God has a plan for your life. It is not just arbitrarily made up as each day goes by. God says “For I know the plans I have for you”. Our faith must be embedded in the trust we have in God’s sovereignty, in God’s all-knowing power. We continually seek and pray with all of our heart. Not just part of it. We believe will

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all of our hearts and lean on God who has all understanding. And He will listen to us.

## REFLECTION

- Am I living in a place of captivity?
- Am I giving my circumstances over to God?
- Am I seeking God with all of my Heart?

## APPLICATION

- We will seek God with all of our hearts
- We will trust God has a plan our future (God will unveil the plans for our lives)

## PRAYER

Lord, I may not have all the answers. I may not know what is coming next. Help me to deal with that. Help me to let go of things outside of my control because you are in control. Help me to see you within the things you do around me. Break me free of bad habits or circumstances that have taken hold of any part of my life. I open my heart to you in full transparency. I am opening all that I am, so that I can be everything I should be in you. If I am to be still, I will be still. If I am to move let me know to move. Order my steps within your grand design and keep me from the dangers of sin. I say these things in Jesus Holy name, Amen.



**DAY 7**

## DAY 7

*“Be joyful in hope, patient in affliction, faithful in prayer.”*

*Romans 12:12*

“Be joyful in hope” may not be readily apparent to what it really means. Point of view is everything. Where we stand determines our perspective. We stand with God. Our perspective should be that the hope we have in the redemptive grace freely given by God through Christ is something to be joyful of. It’s is something to place our confidence in as we did not deserve or earn the salvation offered that re-established relationship with the Father.

Pain is a real thing. Pain, troubles, and hardship is nothing to scoff at or make light of. We experience things within our lives that at times shakes the very core of our souls. “But the Lord is faithful, who will establish you and guard you from the evil one’ (2 Thessalonians 3:3 NKJV). We are patient because we have understanding of the hope in God and his sustaining power. “The Lord is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower” (Psalms 18:2). No one should down play the legitimacy of the pain we face. We pray, believe, and wait in patience with God. Allowing His will to move in the epicenter of the circumstance.

And lastly, we are faithful in prayer. No becoming turned on and off as a light switch does. Because we look towards the glory God has in store for us in heaven, we do not lose our unceasing communication with God. We remain loyal and true as our God is. “Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you” (Deuteronomy 31:6). There is a core saying in the Marine Core that states “Semper Fi”. Latin for “Always Faithful”. God has been faithful since He created mankind. He



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has been with Humanity since He brought them into existence although we have found ways to separate ourselves from His awesome goodness. Let's push to be "Always Faithful" as we continue the 21 Days of prayer and relationship with God for the rest of our lives. Let's remain true to Christ as He was true to us on the cross. Be faithful in prayer, obedience in accordance to the word, and watch how God is faithful to you.

## REFLECTION

- How has God been faithful to me in my life thus far?
- How can my prayer life be more faithful to God?

## APPLICATION

- We will posture our perspective in the hope Christ has laid for us
- We will curb our posture with patience in the midst of our troubles
- We will be faithful in prayer. Understanding God is faithful to us.

## PRAYER

Lord, push me to be strong. Push me to be courageous. Be my refuge in my times of pain. I invite the power of your Spirit to work in me every day. Let me be strong as you are strong. Pull me into your might. Pull me into your thoughts Lord. Cover me and others that may be hurting. All things are under your power. All things are in service to you Lord. Cultivate your spirit in me and be my shield as I journey through situations I encounter. I place my hope in you and trust in your sovereignty. Thank-you for the ability to live and serve another day. I praise, I love you, I commit all I am to you Lord, in Jesus name, Amen.



— DAY 8 —

## DAY 8

*“The Lord is near to all who call on him, to all who call on him in truth.”*

*Psalm 145:18*

To call someone or on something is a factor in all of our lives. How has the world been shaped by smartphones? It is hard to fathom a time when we could not have the world at our fingertips. Many connections are only a dial away.

Did you realize this same access is available via prayer?

To be able to draw near to God is only a call away. The psalmist uses inclusive language when the word “all” is used. What a blessing to behold. Yet, we often “call” others instead of God in a time of need or desperation. This is a sad reality. The truth is that God is near to all who call on Him because He yearns to be in connection with us.

Notice the verse ends with “...who call on HIM in truth.” Meaning that we can come with all of our mess and misery and God still draws near to us. To be near to God is something that we all need. On our good days, bad days, and all the days in between, we need His nearness.

The prodigal son first began to call to his Father from a pigpen, which led to a return to the home he had left. He came to see the truth of his situation and nothing would stop him from going to be near his Father. Plus, on that road of return, the son found the Father drawing near to him.

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## REFLECTION

- What has been stopping you from calling on the Lord?
- In what ways has the truth of God drawing near to all who call on Him in truth changed your perspective of prayer?

## APPLICATION

- Determine today to not shy away from God but draw near to Him with the full assurance that He will draw near unto you.

## PRAYER

Lord, I have often felt that I had to come to you in a certain way or form, but today Lord, I see that I must come to you in truth, with the reality of my life as it is. Knowing that you will inhabit the atmosphere with Your presence. Amen.



— DAY 9 —

## DAY 9

*“Call to me and I will answer you and tell you great and unsearchable things you do not know.”*

*Jeremiah 33:3*

I like to know things. I do not really know why, but I do. I enjoy the process of gaining insight into things and how they work. Sadly, I do not always get the answers I need when it comes to things in my life. If only I could Google how life works.

God has made us to know Him. To know Him through experiencing Him. Yesterday we spoke about smartphones, but smartphones cannot give the insight and revelation that God bestows. Often, we do not take the moment to make the call to God to receive the knowledge we need.

Faith plays such an important role in all of this. In faith, we call to God trusting that His insight is what we need and have to have. I remember growing up and we had this humongous phone book. All we needed was in that book. We had put our hope in that book, just as we put our hope in God and His word.

As the Prophet Jeremiah spoke today's verse to the Israelites, it invested a hope of future restoration. We are in need of this hope today. We need God to guide us through the darkness we face in life. Job never had God answer any of his questions, but Job received something that forever changed his life: God's response. At times, God's response is better than us demanding an answer. For His response will speak to what ignited our question in the first place.

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The beauty and blessing of His response will always sustain us and bring us to a greater level of interaction with who He is and who we are becoming. To have God respond to us, means we must first call out to Him.

## REFLECTION

- How have I called out to other things and not to God?
- Do I want information from man or revelation from God?

## APPLICATION

- I will make praying to God the top priority when facing any and all questions in life.

## PRAYER

Lord, I have so many questions that I truly do not have any answers to. I submit myself to you in prayer, believing you will respond to me with all I need to know. Amen.



**— DAY 10 —**



## DAY 10

*“But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.”*

*Matthew 6:6*

Have you ever found it interesting that Jesus says “when” you pray, not “if”? Praying was a staple for Jesus just as it must be a staple in our lives. A staple holds things together that in their normal state would not be that way. That is what prayer does...it holds our life together.

The beauty of Jesus’ words brings into view the intimate connection of communication between God and us. I remember my oldest son having some frustration with some things and his response. He began to cry in the back room of our office next to our desk. He did not want to be seen due to the pain of his frustration. He did not want to parade it around the house for outward sympathy; he needed inward help.

The same must be true for us. As life seems to be falling apart at the seams, we need the staple of private prayer to knit us back together again as we pour out our hearts to our loving God. He will comfort and sustain us. There is something special about being in a secret place with God in prayer. Burdens are lifted and faith gives way where fear dominated and helplessness turns into hope.

In my opinion, Jesus used the word “when” concerning prayer because He knew we would have troubles in life. He knew times would get hard and difficult and we would need an inner brace for outward pressure. His peace that transcends our

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understanding is the reward we receive. It is a smile on a face when a heart may be heavy. These rewards come freely and continuously, for the unseen One is doing things all can see.

## REFLECTION

- Have I taken this scripture in prescribing what to do and doing it?
- How can I create time and a space to pray privately to God?

## APPLICATION

- I will examine my schedule and prioritize private prayer time.

## PRAYER

Lord, there are so many things that seem to bite away at our day, that spending time in private prayer with you seems unattainable. Yet Lord, we can't afford to live a life without this time. Help us to spend time with you in our secret place.



— DAY 11 —

## DAY 11

*“And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words.”*

*Matthew 6:7*

What is interesting about prayer is that it does not necessarily change God's mind, but it changes our mind. What do I mean? Well, when we pray, we communicate to God what is in our hearts, minds, and souls. We lay our very lives at HIS throne of grace. God already knows all things about everything, including us.

So what is the point?

The point is that we come and petition heaven's throne so we can reorient our lives to God. To realize that we live for Him. Some of my greatest breakthroughs in prayer have been in my silence. They have come as tears well up in my eyes and my heart hurts as I bowed in reverent submission to God. Let me be clear, words mean something, but it is due to what is in the heart.

Our posture of prayer must not be one of many words thinking we will be heard due to sheer volume. Volume does not validate what we are saying. God can and will do a lot with very little. He does not need a lot to do a lot. When we come to God with open hearts and bowed heads, He meets us in our submission.

Lastly, often many shy away from praying because they have heard others pray in such a fashion that they become intimidated. Do not allow the words of others when they pray to intimidate you. Prayer is about submission, not competition. Prayer is communication with God, not with other individuals. Allow that to sink in.

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## REFLECTION

- How has my view of “how to pray” misaligned me with praying?
- Now that I know it is not about the words, how will I pray now?

## APPLICATION

- I am released from whatever parameters my mind has put on how to talk to God and will pray my heart as the Holy Spirit leads me.

## PRAYER

Lord, I want to talk to you from my heart. To speak to You God from my soul and not just from my lips. Teach me Lord how to be vulnerable in your presence so that I may connect with You and be connected to You. Amen.



**DAY 12**

## DAY 12

*“For where two or three gather in my name, there am I with them.”*

*Matthew 18:20*

There has been much debate about this verse. Surely, you have heard it in gatherings where many may not be in attendance, but God is in the midst. I am going to side step those discussions for today. I want us to look at what God is simply saying to us.

He is with us.

I have prayed in my prayer closet many times and felt God’s presence immensely. In corporate prayer, I must declare I have felt and seen God show up in ways that have baffled me, too. Just as private prayer has its place, so does joining together in prayer. What I love about this is the ability for one to cover another due to the Holy Spirit prompting things in that moment. It is a special manner of God showing up when we come together in faith to pray.

When the community of believers stand together in prayer, I just believe God takes notice in a special way. There is definitely strength in numbers. I recall the unity at the tower of Babel when wickedness was trying to have its way (Genesis 11). Now picture the unity of two or three gathering to lift up words of prayer to our gracious God. If the wicked were approaching success without God, how can we not find greater success with God?

Our verse says He will be with them. His presence is a factor we cannot mandate. It is a grace that adorns the gathering. So whatever the issue or situation, we have God in the midst to divinely direct all the affairs and aid us in our time of need. One of the world’s greatest tragedies is division. It weakens all it touches. Knowing

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God is with us as we are with each other in prayer unifies us for eternal purposes... Kingdom purposes.

## REFLECTION

- Who can I join with in prayer?
- Is the LORD laying a burden on my heart to start a local prayer group?

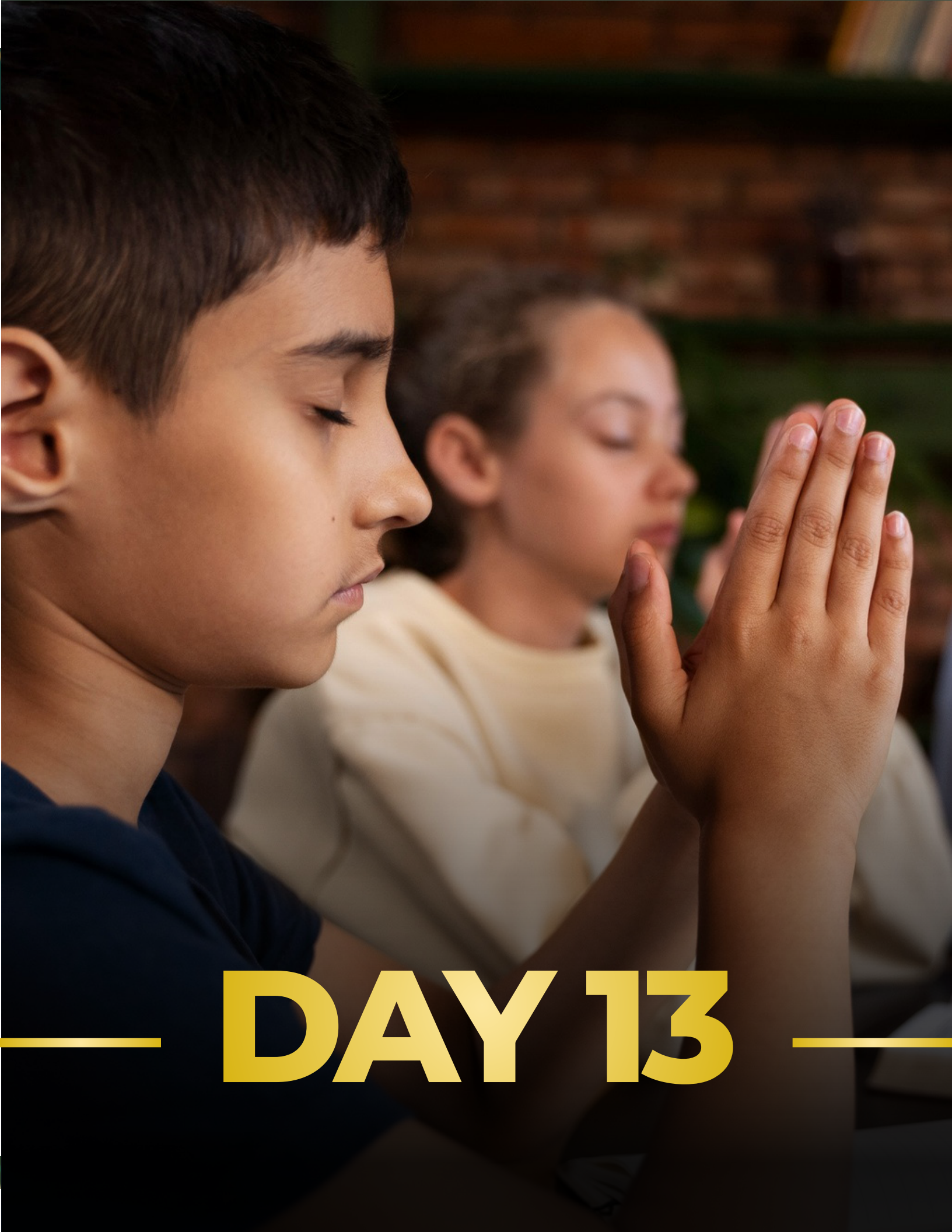
## APPLICATION

- I will embrace the power of unified prayer and the truth of God's presence in it.

## PRAYER

Lord, help me to be unified in prayer. To come together and prayer over our lives and circumstances. To lift up my petitions and cover one another in prayer, confidently knowing you are with us. Amen.





— DAY 13 —

## DAY 13

*“Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.”*

*James 5:16*

It has been said that confession is good for the soul. I believe this to be a truth this verse validates. Whom we confess to is the interesting part. I once had a member of the church not want to speak on a situation due to embarrassment. They allowed pride to keep covered what desperately needed to be exposed. This is understandable, but this is based on human standards.

### **God does not conduct business by human standards.**

God speaks to us to confess to one another and then thereby pray for one another so that we may be healed. One of the biggest things we need healing from is our pride. Pride can stop prayer cold. Pride will say we are ok and we do not need any help. This is a dangerous place to be. Pride desires to keep what should be released. I remember confessing to my wife things that were completely embarrassing and downright shameful. Yet they did not push me aside, but embraced me and loved me and I felt God’s healing hand on my heart.

This is what confession being good for our soul is all about. If we say we are without sin, we make God out to be a liar (1 John 1:10). On the other hand, if we confess, we find healing and walk in truth. Please understand that confession is not gossip or spreading your personal business to anyone who will listen. I dare say social media confession isn’t good for the soul, but I won’t. Confession is combined with prayer with the full assurance of healing. Why? For the prayer of the righteous is powerful and effective.

# 21 DAYS OF PRAYER

It is powerful because it is connected to the all-powerful God. It is effective because God puts into effect what is in alignment with His will. The righteous part I purposely left at the end because this may trip you up. Who is righteous in our day and age? Who can stand and say they are righteous before God? Righteous means to be in right standing with God. The one who has faith in Jesus is righteous in Christ. See how it all comes together in Jesus. He is our righteousness and our power to effect change.

## REFLECTION

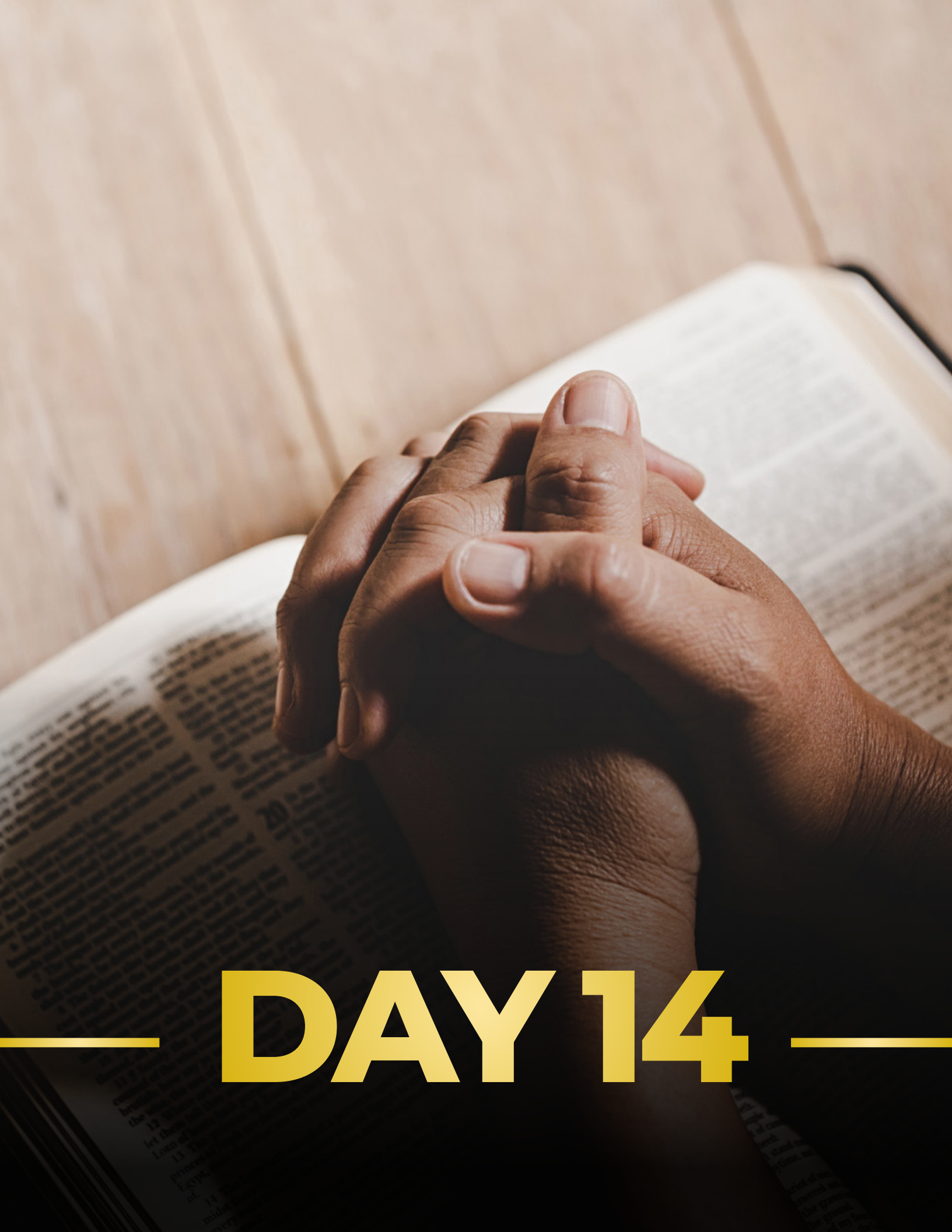
- How has shame shaped my ability to confess my sins?
- Will I trust God in prayer to confess to HIM what HE already knows?

## APPLICATION

- I will accept and confess my sins knowing that God is faithful to forgive.

## PRAYER

Lord, the only way I can stand blameless is to confess my sins and not hold them to myself. Satan cannot accuse me of things I have already admitted to doing. For if I try to hide it the blame is validated and I remain in sin. Lord, I desire to walk in the fullness of relationship with you and not allow unconfessed sin to hinder my union. Amen.



— **DAY 14** —

## DAY 14

*“You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you”.*

*John 15:16*

Have you ever been the last to be chosen in a game as a child? I’m a short guy, so you know I was chosen last all the time. Now picture God saying, “I chose you.” Wow! That just blows my mind. All the things I have done in sin and my need for a Savior, and then this Savior says that to me...WOW!

Not only have we been chosen, we have been chosen and appointed with a purpose. A person with a purpose is a powerful tool in this world for God. The problem is that many get out of step with that purpose due to bad “root maintenance”. You see, to bear fruit, we have to tend to the roots of our life. If the roots aren’t tended to correctly, the fruit will not be produced and the purpose will not be met. Sadly, we can be chosen yet unfruitful. You do not want to be that person.

Our focus is on being the most fruitful we can be for the Kingdom. We do not produce the fruit; our purpose is to release the fruit that God allows in us from being rooted in Him. We are the branches that hold the fruit and release it to others. Therefore, we pray God endows us with what we need to produce the fruit to bless His people. Without God, we cannot produce anything (John 15:5). With God, there is nothing He will not give us because we are rooted in Him to do His work.

We must always be careful to not use this verse outside of being connected to HIS will. At times one may read the end of the verse, use it as a spiritual credit card, and think God will pick up the tab. I do not want you to do this. To do this is to miss the

# 21 DAYS OF PRAYER

great power God has graciously given you to do His work in the very context of your life. I have personally experienced this within the last two years. After retiring from the military I became a stay-at-home parent to our three-year-old. The fruit God had determined for me to bear involved my daughter and her interacting with me for God's glory. So I prayed for patience and perspective in rearing her, and He endowed all I needed to produce what He directed. Notice how we must ask in His name, for His purpose, not in our name, for our purpose.

## REFLECTION

- How have I been tending to my spiritual roots?
- Am I connected to God in a way as to fulfill the purpose HE has for me?

## APPLICATION

- The eternal work of God is connected to me by God's choosing, and I will accept HIM choosing me to do HIS will.

## PRAYER

Lord, I thank YOU for choosing me to affect the world with the fruit of Your spirit. Help me to stay connected to you via prayer so that I may produce all the fruit I can while I can as you provide me with every resource to do such. Amen.



— DAY 14 —

## DAY 15

*“And the Holy Spirit helps us in our weakness. For example, we don’t know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.”*

*Romans 8:26 NLT*

ASDFGHJKL. If you are unfamiliar with this string of letters it supposedly represents extreme frustration. Have you ever been there? It’s nonsense, yet, it is understood. The same happens in our prayer life. Luckily the Holy Spirit can interpret ASDFGHJKL or our ‘groaning’ and lift prayers on our behalf when emotions are high. Honestly, sometimes I am so overwhelmed I really don’t know what to pray for. The list of requests would be a mile long if I actually prayed out the nonsense running through my head. But thank you Holy Spirit, you wrap my brokenness up and guide my heart and prayers.

### REFLECTION

- Write out a list of as many things you want to ask God for, no matter how big or how small; write out everything you can think of.
- How do you know what God wants you to pray for?

### APPLICATION

- The next time you are dealing with any type of emotionally charged situation, allow yourself a moment to be in the presence of God, allow the Holy Spirit to translate your asdfghjkl into a prayer.



# 21 DAYS OF PRAYER

## PRAYER

Heavenly Father, Thank you for giving us the Holy Spirit to intercede on our behalf. Thank you for loving and guiding us through our weakness and hearing our prayers even when they are just groanings. Amen.



**DAY 15**

## DAY 16

*“In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly.”*

*Psalms 5:3 NIV*

I have a coffee cup that has printed on it “In the morning when I rise give me Jesus” And I really feel like that sums up my ideal day - Spending time with the Father before anything else and then waiting to see how he leads me. In some translations of Psalm 5:3, it mentions a sacrifice. I love to reflect on the fact that I am not expected to make an animal sacrifice, but what could I sacrifice for the Lord? Maybe sleeping in? What if before I even have my feet touch the ground, I thanked God? Sometimes I wake to the alarm on my phone and as I dismiss it, I find myself on social media. But on other days, I sit in the silence of the early morning and I pray. Praying first allows me to push the distractions away, it brings clarity and patience and His strength helps me navigate getting everyone out the door on time for the day.

### REFLECTION

- Reflect on what your quiet time with the Lord looks like, if you are not spending time in the morning, is there something you could add to your morning to still praise Him, like listening to worship music?

### APPLICATION

- Take some time first thing tomorrow morning to pray for your day. Before you get out of bed, have a good morning conversation with your Father God.

# 21 DAYS OF PRAYER

- If you are already spending time in the morning, try spending some time lifting some prayer requests and then waiting patiently in silence. Allow yourself to slow down and hear the still small voice of our Father God.

## PRAYER

Heavenly Father, thank you for hearing my prayer. Thank you for every breath, every moment, and for each new day that we can choose to follow you. Guide our hearts and minds, and renew in us the desire to seek you first. Amen



**DAY 17**

## DAY 17

*“Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!”*

*Matthew 26:41 NLT*

This part of Jesus' story hurts my heart in so many ways, but especially reflecting on the fact that honestly, I would have absolutely fallen asleep. As I reflect and relate this verse to my prayer life, and my walk with Christ, I wonder if I have fallen asleep in life when I should have been watchful and prayed. The struggles I could have avoided had I opened my eyes and ears and prayed through the situation instead of allowing the temptations (control, fear, jealousy, anger, lust, etc.) to drive my actions. Our most merciful Father, understands that this world is broken, and thankfully this verse is a precursor to the arrival of the Holy Spirit and the power the Holy Spirit will have within our weak earthly bodies.

### REFLECTION

- What is an area in your life that you continue to fall asleep to?

### APPLICATION

- Pray now that the Holy Spirit will give you the strength to be watchful, to overcome temptation and to remain prayerful about this area of your life.

### PRAYER

Heavenly Father, Thank you for your grace, for your word and your love. Thank you for opening our hearts, our eyes and our minds to your promptings. Guide us through this broken world and allow the Holy Spirit to prompt us towards watchfulness and prayer. Amen.



— **DAY 18** —

## DAY 18

*“Are any of you sick? You should call for the elders of the church to come and pray over you, anointing you with oil in the name of the Lord. Such a prayer offered in faith will heal the sick, and the Lord will make you well. And if you have committed any sins, you will be forgiven.”*

Sometimes I forget the true power of prayer, when my emotions coupled with diminished sleep trigger irrational thoughts. I have a curvature to my spine known as scoliosis. I am frequently in pain and sometimes I am unable to find relief, because my broken sinful heart forgets. There are times when I cry out in pain and I pray, in true faith, that the Lord may take away my pain. Usually, to be honest, it is when the pain has woken me up in the night and I want to go back to sleep, I toss and I turn until I pray and then my body relaxes and at some point, shortly thereafter, I am able to fall asleep and sleep well. While I have not called upon my church elders to anoint me, I know that through faithful prayer, that includes the confession of my sins, I can be healed and forgiven by the power and grace of my Father God.

### REFLECTION

- If you are dealing with a heavy burden, first lift your prayer to your Father God, how can you ask in a new way that you haven't asked before? Let His will be done - knowing that the Lord will make you well.
- Reach out to your church and ask for prayers, and if you are sick or need healing ask for the elders of your church to pray over you.



# 21 DAYS OF PRAYER

## APPLICATION

- Take time today to confess to your Father God, we are a broken and sinful people in a broken world - have a conversation with your Father God about the ways that you may have stepped off the path he planned for you.

## PRAYER

Heavenly Father, I lift up anyone who is sick or hurting, that they may find it in their heart to be open to the depth of your love and strength. That you will encourage them to pray a big prayer of healing with true faith that you, our Creator God, could heal them. May our hearts, minds and faith be restored today through your word and promises. Please, Father, forgive us of our trespasses and help us to forgive those who trespass against us. Amen.



— **DAY 19** —

## DAY 19

*“But I say, love your enemies! Pray for those who persecute you!”*

*Matthew 5:44*

The gospels are such a beautiful gift. Four different stories about the life of Christ. The verse today is from Matthew, but in Luke he takes this message one step further. ““But to you who are willing to listen, I say, love your enemies! Do good to those who hate you. Bless those who curse you. Pray for those who hurt you.”

### REFLECTION

- Spend time today praying for your heart and mind to not judge or hate others, and also pray for the hearts, minds and souls of those who may harbor ill-feelings towards you.
- Write down ways that, even in this COVID environment, you can spread the love and grace of God.

### APPLICATION

- What is one thing you could do today to show love to your enemies, to do good to those who hate you or maybe you hate them?

### PRAYER

Heavenly Father, the pull of this broken world has left us hating one another. May the Holy Spirit overwhelm our hearts with love, peace, patience, kindness, goodness, and self-control (Galatians 5:22-23). Father, help us to put hate to rest and love everyone as you loved us. That your son faced such persecution that we may be forgiven of our sins, Father, keep that in our minds to keep us from judging others. Amen.



— DAY 20 —

## DAY 20

*“But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too.”*

*Mark 11:25*

Sometimes, when I am in conflict with someone, I reflect on how they could change and do things better. What a selfish view that is! Even if I were to pray for them, the sin in my heart would dampen the request. In this world, there are few things actually within our control, one of those things is ourselves and to our dismay we are not able to control other people. We are all with sin, none of us are perfect and God does not weigh sins as being worse than others, so we must confess our shortcomings and pray for our own forgiveness and lay any grudges or unforgiveness at the foot of the cross.

### REFLECTION

- Consider how you can control your actions when interacting with other children of God. In what ways can you be more Christ-like when you find yourself disagreeing with others?

### APPLICATION

- If there is a burden you are carrying of a wrong someone did to you that you have not forgiven, spend time today reflecting on the forgiveness God gives, and how you can extend that to others.

# 21 DAYS OF PRAYER

## PRAYER

Heavenly Father, I pray that you will bring forth any grudges or any unforgiveness that is lingering in my heart. Please forgive me, Father, for my sins and hear the cries of my heart. I lift up those harboring unforgiveness that they may know the peace forgiveness brings. Amen



— DAY 21 —

## DAY 21

*“And when they had prayed, the place in which they were gathered together was shaken, and they were all filled with the Holy Spirit and continued to speak the word of God with boldness.”*

Have you ever been in an earthquake? I remember growing up in California and there were times where I would get home after school and my mom would ask me what I was doing during the earthquake. Most of the time I would be surprised, it must have happened during recess because I usually didn't feel it. I was fortunate enough that the earthquakes were usually mild and there were no devastating situations (due to the earthquakes) while I was growing up. But I do recall the times when I did feel the shake, the confusion and panic it would cause. In today's reading we read about one example of the power of prayer, that instead of being confused or panicked these men of God were filled with the Holy Spirit and began preaching boldly in His name. I am so grateful that I am able to pray when I feel shaken, that I can enter the presence of God in my weakness and He can give me strength.

### REFLECTION

- Consider what it would look like in your life to speak the word of God with boldness. You may not currently be a teacher, but there are still people that God has brought into your life that need to know the Good News.
- Who could you talk about this devotional with?
- Think of someone you know who does not have a relationship with God and think of something you can do to show them how your life as a Christian is set apart



# 21 DAYS OF PRAYER

and different, an act of kindness or love, maybe through undeserved forgiveness, or going out of your way to help them with something.

## APPLICATION

- Spend some time today reflecting on times where you have felt like your world was shaking, turning upside down, crumbling, etc. and think about how God led you through it and prayerfully thank God for Him bringing you through it.

## PRAYER

Heavenly Father, when it feels like my world is shaking, please use the Holy Spirit to ground me and allow me to find boldness in Your Name. Help me to know that through the difficulties of this world You are always by my side, guiding me and bringing me through my situation. Thank you for your love and strength, and for the amazing gift of the Holy Spirit, that you may live within me and know me. Amen.



**CONCLUSION**

## CONCLUSION

In my lifetime I have owned two fitness centers. Without question I sold more memberships every year in January than any other month.

The reason for this is simple. Every year many people make New Year's Resolutions. For a person that is not exercising, this is a good time to make a commitment to begin an exercise program to stay fit.

However, most all of the people that join for this reason dropped out after a few weeks. They continued to pay for their membership with the intention that they would surely get back to the gym soon, but just did not honor their commitment. After 21 days of prayer commitment we are at a crossroads. Have we developed enough discipline and desire to continue? Are we ready to make this a way of life?

During this last three weeks we have made time to spend with the Lord in prayer daily. We have meditated on scripture, worshiped God, confessed our sins daily, gave God thanks in all circumstances and prayed earnestly for others first, then our families and ourselves.

Just like a physical fitness program, we have gotten ourselves in better spiritual shape. Are we going to be like the people I mentioned that dropped out of the gym after a few weeks , or are we going to continue to be steadfast and pray to have an intimate, more personal relationship with the Lord through daily prayer?

God answers prayers!

In the life of a Christian, prayer is an anchor for our soul. It helps us to keep our

# 21 DAYS OF PRAYER

moral compass always pointing to Jesus. Whether we are new Christians, or mature Christians, daily prayer must be a way of life and not like a New Year's Resolution that most abandon in a few weeks.

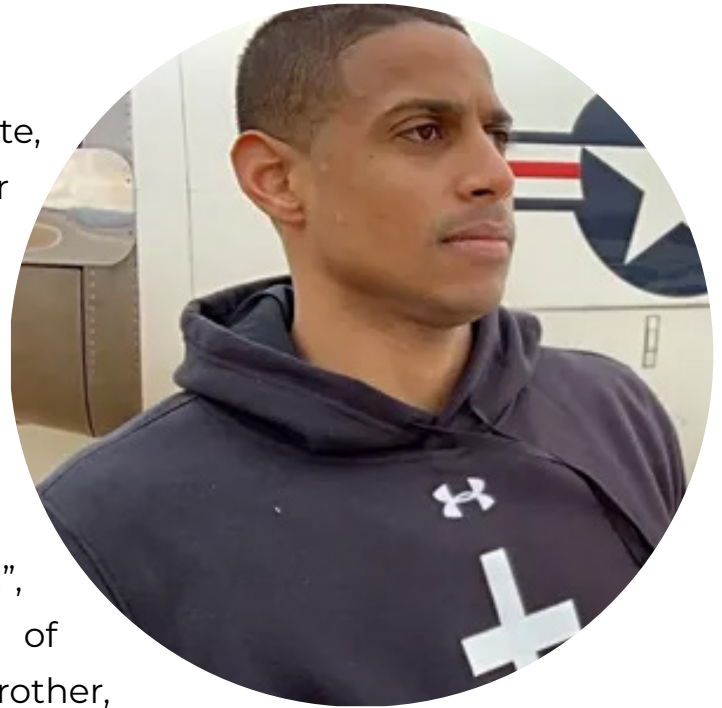
Prayer changes things. Prayer warriors are game changers! Through fervent daily prayer let's make our 21-day commitment a way of life!

CHAPLAIN DANNY COX

## AUTHORS

### SYDNEY SULLIVAN CEO

Motivator, speaker, ministry, athlete, trainer, author and military member Sully seeks to inspire people from all walks of life to develop, progress, and execute daily. He persists daily to exemplify the highest servitude by giving back to all communities. Examples of programs Sully has engaged in globally are STEM, “Man Up Program”, JROTC, “Stay Connected”, Ambassadors of Christ Prison Ministry, Red Cross, Big Brother, First Term Airman Speaker, Military Leadership Professional Development Courses, Elementary School brown bag programs, AAU development, High School Career days, and much more.



Sully has spent over a decade in the Armed Forces serving, competing, and speaking. From Chef to IT Specialist to ministry Sydney Sullivan readily relates to the developmental process and understands what it takes to seek opportunity in the midst of adversity. He currently holds a bachelor’s in Information Technology Management and is pursuing a Master’s in Divinity. For more in-depth information about Sydney Sullivan see the contact information below

# 21 DAYS OF PRAYER

## KEVIN HILL CTO

Minister, speaker, and retired veteran Kevin Hill brings a unique global perspective. His travels as a boom operator in the United States Air Force and coast to coast ministry (pastoral counseling, teaching, prison ministry, and preaching) all add to his dynamic insight and execution.

Kevin lives behind the application and foundational principal of He must become greater, I must become less; John 3:30.



## DANNY COX

Danny Cox was called by God to be an Evangelist while serving time in prison. Since then he has been credentialed by Assemblies of God as an Evangelist and a Correctional Chaplain. He is President of Prison2Preacher Ministries/Author/Speaker. Danny has been on mission trips to China and Peru preaching the Gospel, providing construction, and remodeling services for orphanages and churches. His passionate testimony inspires Christians and non-Christians alike.



# 21 DAYS OF PRAYER

During the last year of his ten-year Federal prison sentence, Danny wrote a powerful, must read book, named 'High On A Lie'. It is available in Spanish and audio book. This book will bring you to a new level of faith and hope!

## EVELYN HERNANDEZ

Meet Evelyn Hernandez. She has volunteered in numerous capacities and led multiple church small groups within her community. Embarking on a new journey, Evelyn has recently transitioned from the United States Air Force into the Space Force. As a wife to another Air Force member, a mom of 2 girls and a dog mom of 3, she makes sure her priorities reflect focusing on growing in her faith and sharing the Good News with others.



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