A silhouette of a man in prayer, with his hands clasped in front of his chest, is shown against a vibrant sunset background. The sky transitions from a deep orange at the top to a lighter, hazy glow near the horizon. The overall mood is contemplative and spiritual.

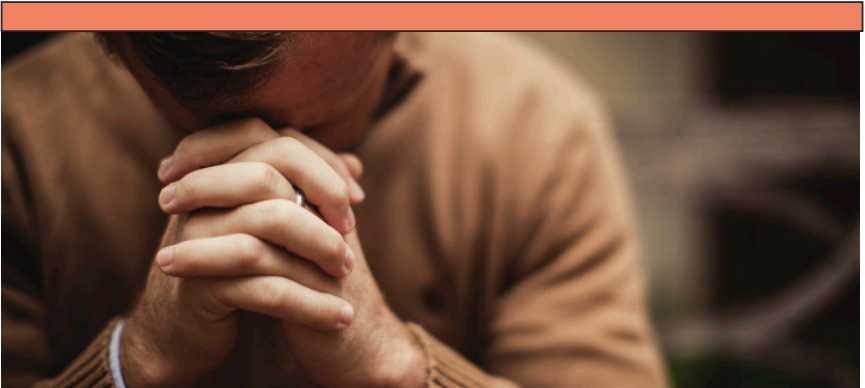
21 DAYS OF PRAYER & FASTING

DAILY GUIDE
JAN. 8 - JAN. 28

THIS IS MY PRAYER

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21 DAYS OF PRAYER & FASTING
THIS IS MY PRAYER
January 8 - 28

LINGER PRAYER SERVICE ON 1/28 @ 5:30 PM

HOW TO USE THIS GUIDE

Welcome to 21 Days of Prayer!

As we prepare ourselves to experience God in a fresh way, we encourage you to take these next twenty-one days and commit to seeking God like never before. Each day we'll focus on a truth that we believe, if applied, can significantly impact the rest of your year, and even the rest of your life! Each day has a reflection, Scripture, and prayer prompt to help you as you apply these biblical principles to your life.

Fasting is an incredible discipline that can help you kick off a new season of your life with a greater amount of strength, clarity, and peace. By combining prayer, fasting, and Scripture, we believe you can experience God's presence and power in a new and tangible way.

Most importantly—Don't give up! Make a solid decision right now to seek God fervently over the next 21 days. Carve out time to sit with Him in prayer and ask Him to prepare your heart for all He has in store for you.

REFLECTION

After reading the daily reflection, this is a great opportunity to journal or maybe write down some notes on your phone about how you feel God speaking to you. What feelings came up as you were reading? What thoughts started going through your mind?

SCRIPTURE

After taking some time to reflect, read the Scriptures for the day, and maybe even take some time to go deeper through study. A simple way to do this is to journal using the SOAP method.

Scripture—Write out the Scripture that stood out to you.

Observation—What stands out to you in this Scripture?

Application—How do you want to apply this Scripture?

Prayer—Take some time to pray through what was revealed to you.

PRAYER

As you transition into a time of prayer, find a posture that allows you to get still and focus your thoughts on God.

There are prayer prompts for each daily focus that you can use to help you get started. Maybe you choose to pray for 10 minutes, or maybe you challenge yourself to pray longer. We encourage you to pray out loud if you can or write your prayers down to help you stay focused.

A NOTE ON FASTING

When deciding on a fast, we encourage you to seek God in prayer and follow what the Holy Spirit leads you to do.



HOW TO FAST

(Matthew 6:17-18) But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

WHAT IS FASTING?

Fasting is a spiritual discipline that connects us to God and helps us disconnect from the noise of the world around us. It's a practice that releases God's supernatural power into our lives as we humble ourselves and express dependence on Him.

WHY SHOULD I FAST?

When we combine prayer and fasting, we practice biblical values that Jesus first modeled for us throughout the Bible. Fasting is an act of intimacy with the Father. When we choose to fast, we are sacrificing one of our most essential daily routines. We are trusting that God will meet us in our hunger, and that we will be nourished by His Word. We do not fast to get something from God, but to know Him in a new and deeper way.



TYPES OF FASTS

Before starting your fast, take time to pray through which type is best for you!

Complete Fast

In this kind of fast, you abstain from all food and consume liquids only.

Selective Fast

Removing certain elements from your diet, like bread, sugar, meat, etc. Another example is the Daniel Fast.

Partial Fast

Only eating in a certain window of time. Another term for this is intermittent fasting.

Soul Fast

This is when you remove things other than food that have become distractions (Social media, TV, etc.).



F.U.E.L. YOUR RELATIONSHIP WITH GOD

As you prepare to fast, it may be helpful to recognize your appetites—what fuels you— and how they may draw you toward or away from God.

F.U.E.L.

(Food; Use Of Time; Entertainment; Listen To)

Take prayerful inventory of your F.U.E.L. through one of the four fasting ideas described below.

1. F - FOOD

Practice: Do you ever use food as a comfort when you're sad or as a reward when you're happy?

Try fasting from one type of food or even one meal a day for a certain period of time and see how your cravings change. How does this require deeper dependence on the Lord?

Ponder: What can you learn from Daniel as he fasted from certain types of food (Daniel 1:8-16)?

Pray: Father, deepen my hunger and thirst for You.

2. U - USE OF TIME

Practice: How often do you describe your day as “busy”? How does your schedule make you feel? What fills most of your time? Take inventory of your time by writing down everything you do for a week. Then ask God to show you what activities you could fast from to commit to time for Him.

Ponder: Learn from Nehemiah as he fasted and prayed after hearing about the destruction of the city walls of Jerusalem. He was willing to offer whatever time necessary to help (Nehemiah 1:4).

Pray: Father, teach me how to best honor You with how I spend my time.

3. E - ENTERTAINMENT

Practice: How does it feel to have someone like your post or have someone unfollow you on social media? How are your entertainment choices influencing you?

Talk with the Lord about what you watch and listen to—music, movies, TV, social media, podcasts, etc. Decide how you might fast from entertainment.

Ponder: Learn from the early church how fasting and prayer coincided with worship. This led them to commission more believers to go and share the gospel (Acts 13:2-3).

Pray: Father, make me more aware of who You are and therefore increase my worship.

4. L - LISTEN TO

Practice: Who do you look to for encouragement? Does someone's approval matter most? Whose voice is the loudest in your life?

Try fasting from noise and use it as an opportunity to embrace silence and more clearly hear God's voice.

Ponder: Learn from the churches in Galatia (Lystra, Iconium, and Antioch) as Paul and Barnabas used prayer and fasting to make leadership decisions (Acts 14:21-23). In Paul's letter to the Galatians he emphasized the importance of God's approval (Galatians 1:10).

Pray: Father, transform me to desire Your approval above all others.

DAILY FOCUSES

Do you have a desire to strengthen your prayer life? We encourage you, over the next 21 days, to meditate on the prayers of the apostle Paul, especially in his letter to the Ephesian church. Interestingly, Paul does not simply tell the believers that he is praying for them. Inspired by the Holy Spirit, the apostle purposefully includes the content of his prayers for the believers—and within this content are helpful insights for us today.

Two of Paul's prayers appear in his letter to the Ephesians. Please read Ephesians 1:15-23 and 3:14-21:

(Ephesians 1 NIV) 15

For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God's people, 16 I have not stopped giving thanks for you, remembering you in my prayers. 17 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. 18 I pray that the eyes of your heart may be enlightened in order that you may know the hope to which He has called you, the riches of his glorious inheritance in His holy people, 19 and His incomparably great power for us who believe. That power is the same as the mighty strength 20 He exerted when He raised Christ from the dead and seated Him at His right hand in the heavenly realms, 21 far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. 22 And God placed all things under His feet and appointed Him to be head over everything for the church, 23 which is His body, the fullness of Him who fills everything in every way.

(Ephesians 3 NIV) 14

For this reason I kneel before the Father, 15 from whom every family in heaven and on earth derives its name. 16 I pray that out of His glorious riches He may strengthen you with power through His Spirit in your inner being, 17 so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, 18 may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, 19 and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. 20 Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us, 21 to Him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

DAY 1

PRAYER OPENS THE DOOR FOR GOD'S WISDOM AND REVELATION.

REFLECTION

Prayer opens the door for God's wisdom and revelation to freely flow into our lives. As Paul prayed for the Ephesian believers, he desired for them to grow in knowledge and understanding of spiritual truths. In the same way, when we approach God in prayer, seeking His guidance and wisdom, He graciously imparts His knowledge and reveals His plans to us. When we pray, we encounter the tangible presence of God. When we pray, the Holy Spirit works powerfully to illuminate our minds and hearts. If we only knew what was happening when we pray, we would never cease to pray!

SCRIPTURE

(Ephesians 1:15-16) For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God's people, I have not stopped giving thanks for you, remembering you in my prayers.

(Colossians 1:9) For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of His will through all the wisdom and understanding that the Spirit gives.

PRAYER

Father God, thank You for the wonderful privilege of prayer and fasting. Together with all God's people, please teach me more about what it means to pray in the power of Your Holy Spirit. I ask today for Your wisdom and revelation to flow freely into my life, my family, and my church. Please help me to grow in the knowledge of Your will. Bless me with the grace to trust You more in every area of my life. In Jesus' Name I pray, Amen.

DAY 2

PRAYER ESSENTIALS: FAITH, LOVE, AND PERSISTENCE.

REFLECTION

Let us consider three essentials of prayer. First, prayer is an expression of our faith in the Lord Jesus. Just as Paul heard of the Ephesians' faith, our prayers reveal our faith in Christ and our dependence on Him. Second, effective prayer flows from a deep love for God's people. Paul's prayer for the believers in Ephesus is rooted in his love for them. Likewise, our prayers should extend beyond our personal needs and desires to include intercession for others. Finally, Paul's continuous prayers for the Ephesian believers shows the importance of persistence in our prayer life. Prayer is not a one-time act, but rather an ongoing conversation with our Heavenly Father. Giving ourselves daily to prayer keeps us connected to God, deepening our relationship with Him and allowing us to experience His work in our lives.

SCRIPTURE

(Ephesians 1:15-16) For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God's people, I have not stopped giving thanks for you, remembering you in my prayers.

(Luke 18:1 NLT) ...always pray and never give up.

PRAYER

Father God, thank You for the opportunity to spend time with You in prayer and fasting. May my prayers be characterized by a passionate faith in the Lord Jesus, a sincere love for others, and a never-give-up attitude of persistence. Please shape me to be a person of continual and effective prayer by the Spirit of God. Please equip and empower me to be a faithful intercessor for others. In Jesus' Name I pray, Amen.

DAY 3

LET US BE STEADFAST IN PRAYER.

REFLECTION

Just as Paul demonstrated a firm commitment to praying for the Ephesian believers, let us be steadfast in our own prayer lives. To be steadfast is to be “resolutely or dutifully firm and unwavering.” Steadfastness in prayer is not about empty repetition or lengthy prayers, but rather about the consistency and sincerity of our communion with God. It means setting aside intentional time in our busy lives to seek His presence, surrender our worries, joys, and concerns, and align our desires with His perfect plan.

SCRIPTURE

(Ephesians 1:15-16) For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God’s people, I have not stopped giving thanks for you, remembering you in my prayers.

(Colossians 4:2 ESV) Continue steadfastly in prayer, being watchful in it with thanksgiving.

PRAYER

Father God, we humbly come before You, acknowledging our need for You and desiring to grow in steadfastness in prayer. Help us to be watchful and guard our time with You from distractions. Open our hearts to a spirit of thanksgiving, that we may recognize and express gratitude for Your faithfulness and blessings. Strengthen us to be consistent and disciplined in our commitment to prayer, knowing that it is through this steadfastness that we can experience Your presence and transformation in our lives. In Jesus’ Name I pray, Amen.

DAY 4

CULTIVATE A YEARNING TO KNOW GOD BETTER.

REFLECTION

At the heart of Paul's prayer life is a heartfelt yearning to know God better. He recognizes that a true relationship with God goes beyond knowing about Him; it involves a vibrant, personal connection with the Creator of the universe. Indeed, it is possible for someone to have sound theology, know the Bible well, be involved in ministry, and yet not really have a relationship with God. But through prayer, we can cultivate this deepening relationship with God, enabling us to experience His presence, listen to His voice, and align our lives with His will.

SCRIPTURE

(Ephesians 1:17) 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.

(2 Peter 3:18) But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To Him be glory both now and forever! Amen.

PRAYER

Father God, I love You and want to know You more and more. I long to become increasingly intimate with You my God and Savior. Give me a thirst for You with every passing day, and may I settle for nothing less than the very closest relationship with You as I press on to the high calling of becoming just like Jesus. Draw me nearer to You, precious Lord, and keep me moment by moment wrapped in Your grace and love. In Jesus' Name I pray, Amen.

DAY 5

SPIRITUAL GROWTH REQUIRES GOD'S GUIDANCE.

REFLECTION

Paul's prayer request for the Spirit of wisdom and revelation reveals that spiritual growth is a journey that requires divine guidance. Through prayer we can access the wisdom of God, allowing it to shape our thoughts, decisions, and attitudes, making us more Christ-like in character. Prayer also clears the way for revelation—the uncovering of spiritual truths that are inaccessible to human reasoning alone. When we approach God with open hearts and minds, seeking His insight, He graciously reveals Himself and His purposes.

SCRIPTURE

(Ephesians 1:17) 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.

(1 Corinthians 2:12) What we have received is not the spirit of the world, but the Spirit who is from God, so that we may understand what God has freely given us.

PRAYER

Father God, I ask for the Spirit of wisdom and revelation that You are pleased to give generously to all Your children. Strengthen me in the inner man, and give me the grace and vision to be a participant in the advancement of Your plans and purposes in my life. Give me an understanding heart and teach me how to pray into Your perfect will, to Your praise and glory. In Jesus' Name I pray, Amen.

DAY 6

PRAY WITH OTHERS FOR OTHERS.

REFLECTION

Prayer and fasting not only brings us closer to knowing God but also encourages unity and deeper relationships within the church. As Paul prays for the Ephesian believers, he models heartfelt intercession for others. Through prayer, we can lift up fellow believers, interceding for their spiritual growth and empowerment. As we pray with others for others, the church becomes a place of spiritual support, help, and healing. And in this way, the church becomes a more loving and unified expression of the body of Christ.

SCRIPTURE

(Ephesians 1:17) 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.

(James 5:16) 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.

PRAYER

Father God, I pray for my brothers and sisters in Christ. I pray that You will help them with the struggles they are going through in this season, for You know precisely what they need at this moment. Draw near to them and let them feel Your holy presence. Open their eyes, ears, and hearts to You. Help them have the discernment to hear Your voice as You lead them in their next steps. Speak to them as they read Your word, and bring verses of encouragement and comfort to their attention. I pray that You will calm any fear or anxiety they may be feeling. Replace it with the confidence to obey Your Word and to trust You. I pray that Your guidance will be clear to them from this day forward. In Jesus' Name I pray, Amen.

DAY 7

PRAYER HELPS US TO GUARD AGAINST COMPLACENCY.

REFLECTION

Paul's prayer life in essence says, "I know the tendency we humans have, to become spiritually complacent, but I am praying for you. I am praying for you to know the Father better than you know Him now. I am praying for the Father to reveal Himself to you and I am praying for it very specifically. I am praying that He give you the Spirit of wisdom and revelation. I am praying that God continue to reveal Himself to you, to make Himself known to you and that you will act on everything He reveals." As we resist complacency by pursuing God in prayer, let us be confident that our knowledge of Him will deepen, our intimacy with Him will grow, and our walk with Him will become a joyful delight.

SCRIPTURE

(Ephesians 1:17) 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.

(1 Thessalonians 5:16-18) Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

PRAYER

Father God, thank You for continuing to pursue my heart. As long as there is breath in my lungs, I know that You are completing the good work in me You began. Lord, reveal to me the places I've fallen complacent and help me follow Your lead as I surrender them to You. I pray for supernatural power and wisdom to live an intentional life that leads others to You and Your truth. In Jesus' Name I pray, Amen.

DAY 8

OPEN THE EYES OF MY HEART, LORD.

REFLECTION

When Paul refers to the “eyes of your heart,” he is not speaking of physical sight but of the spiritual perception that comes from an intimate relationship with God. Our hearts represent the core of our being, our innermost being where our desires, emotions, and beliefs reside. By praying for the eyes of our hearts to be enlightened, Paul is calling for a divine revelation that enables us to see beyond the visible, temporal realities of this world. As we pray today, let us rely on the Holy Spirit to lovingly guide us into God’s invisible and eternal truths.

SCRIPTURE

(Ephesians 1:17) 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.

(2 Peter 3:18) But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To Him be glory both now and forever! Amen.

PRAYER

Father God, I pray that You would open my mind to the truth of Your Word by means of the Holy Spirit. Open my eyes to see Jesus—to love Him more and more. Open my will to do only that which is right in Your sight so that Your name may be glorified. Enable me to hear Your still small voice speaking in my heart, and open my eyes to see things eternal and invisible. Open the eyes of my heart, Lord. In Jesus’ Name I pray, Amen.

DAY 9

WE HAVE A HOPE AND GLORIOUS INHERITANCE IN CHRIST.

REFLECTION

Paul prays that believers would know the hope to which God has called them—a hope that extends far beyond the temporal circumstances of this world. It is a hope rooted in the character and promises of our faithful God. Paul also prays that believers would comprehend the riches of their glorious inheritance as God’s holy people. As God’s redeemed children, we have been made heirs of God and co-heirs with Christ. Our inheritance includes the mercy that pardons us, the grace that empowers us, and the eternal life that awaits us. It includes the indwelling Holy Spirit, who guides and transforms us. It includes a love that surpasses all understanding and the privilege of intimate fellowship with our Heavenly Father.

SCRIPTURE

(Ephesians 1:18) I pray that the eyes of your heart may be enlightened in order that you may know the hope to which He has called you, the riches of His glorious inheritance in His holy people.

(Romans 8:17) Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in His sufferings in order that we may also share in His glory.

PRAYER

Father God, we thank You for the gift of prayer that enables us to more fully know and experience the hope to which we are called, as well as the riches of our glorious inheritance in Christ. Open the eyes of our hearts, Lord, that we may be enlightened and grounded in Your truth. Help us to perceive the depth of Your love and the promises You have prepared for us. Strengthen our faith and embolden us to walk confidently as heirs of Your kingdom. In Jesus’ Name I pray, Amen.

DAY 10

GOD'S POWER IS AVAILABLE TO THOSE WHO TRUST IN HIM.

REFLECTION

The apostle Paul reminds the Ephesian church that the power of God is available to those who believe—to those who trust Him. This power is not limited or ordinary; it is the same mighty power that raised Jesus from the dead and exalted Him at God's right hand in heaven. By connecting with God through prayer, we can tap into this same power that conquered all darkness and brought life and victory to Jesus. Indeed, prayer is the key that unlocks the abundant resources of God's power available to us. It is in the place of secret prayer where our faith is strengthened, our connection with God is fortified, and His power is released.

SCRIPTURE

(Ephesians 1:19-20) and His incomparably great power for us who believe. That power is the same as the mighty strength He exerted when He raised Christ from the dead and seated Him at His right hand in the heavenly realms.

(1 Corinthians 4:20) For the kingdom of God is not a matter of talk but of power.

PRAYER

Father God, thank You for the incredible privilege of prayer, through which we tap into Your limitless power. Help us to approach You with hearts filled with faith and trust, acknowledging that nothing is impossible with You. May we surrender our wills to Yours, knowing that Your power is at work even when we cannot see it. Strengthen our faith and deepen our trust in Your love for us. In Jesus' Name I pray, Amen.

DAY 11

INVITE GOD'S POWER TO WORK MIGHTILY THROUGH YOU.

REFLECTION

As we align our hearts and minds with God's will, we can prayerfully invite His power to work mightily through us. As Paul shows us, our prayers become the channel through which God's presence and power flows—empowering us to love and serve others, share the Gospel boldly, overcome obstacles, and bring healing, restoration, and transformation to our own lives and the lives of those around us. Prayer is not merely the act of presenting our requests to God but an avenue through which His power can flow and work within us and through us!

SCRIPTURE

(Ephesians 1:19-20 NLT) I also pray that you will understand the incredible greatness of God's power for us who believe in Him. This is the same mighty power that raised Christ from the dead and seated Him in the place of honor at God's right hand in the heavenly realms.

(Philippians 2:13 NLT) For God is working in you, giving you the desire and the power to do what pleases Him.

PRAYER

Father God, thank You for the privilege of prayer that brings us closer to You and allows Your power to work in and through us. Help us to understand the significance of our prayers and to approach You with faith and expectancy. May we surrender our wills to Yours, seeking Your kingdom above all else. Grant us the strength to trust in Your power even when circumstances seem challenging. In Jesus' Name I pray, Amen.

DAY 12

**OUR WEAKNESSES PROVIDE AN OPPORTUNITY FOR GOD
TO DISPLAY HIS STRENGTH.**

REFLECTION

God's power is present not only in the moments of triumph and success but also in our weaknesses and struggles. It is in our times of vulnerability that we recognize the necessity of relying on God's unfailing power. Throughout the Bible, we find examples of God working mightily through individuals who considered themselves inadequate or unworthy. Like with Paul, it was through their weaknesses that God's power was seen and His purposes fulfilled. Let us remember that our weaknesses do not hinder God's work but rather provide an opportunity for Him to display His strength.

SCRIPTURE

(Ephesians 1:19-20 NLT) I also pray that you will understand the incredible greatness of God's power for us who believe in Him. This is the same mighty power that raised Christ from the dead and seated Him in the place of honor at God's right hand in the heavenly realms.

(2 Corinthians 12:9) But he said to me, "My grace is sufficient for you, for My power is made perfect in weakness."

PRAYER

Father God, thank You for the promise that Your power is made perfect in our weaknesses. Help us to recognize the beauty and significance of our weaknesses as an opportunity for Your power to be on display. Teach us to embrace humility, dependence, and trust as we come before You in prayer and fasting. Strengthen us through Your empowering presence and equip us to fulfill Your purposes. In Jesus' Name I pray, Amen.

DAY 13

JESUS HAS ULTIMATE AUTHORITY.

REFLECTION

In Ephesians 1:22-23, Paul reminds the Ephesian believers that God has placed all things under the feet of Christ. It is a reminder that there is nothing in the universe that is beyond His control. From the smallest details of our lives to the vastness of the cosmos, Jesus has ultimate authority. When we come before God in Jesus' name, we tap into that authority. So let us be inspired by Paul's words in Ephesians and embrace the authority we possess in Christ. May we walk confidently in our position as empowered and commissioned followers of Jesus, knowing that we serve a God who has placed all things under His feet.

SCRIPTURE

(Ephesians 1:21-23 NLT) Now He is far above any ruler or authority or power or leader or anything else in this world or in the world to come. God has put all things under the authority of Christ and has made Him head over all things for the benefit of the church. And the church is His body; it is made full and complete by Christ, who fills all things everywhere with Himself.

(Matthew 28:18) Then Jesus came to them and said, "All authority in heaven and on earth has been given to Me."

PRAYER

Father God, thank You for the divine authority You have given us as believers. Help us to fully grasp the depth and magnitude of this incredible truth. Our confidence is not in our own abilities but in You, our ultimate and sovereign authority. Lead us, guide us, and empower us to walk in the fullness of this authority, fulfilling Your purposes and advancing Your kingdom. May Your name be exalted as we exercise our authority in love and humility. In Jesus' Name I pray, Amen.

DAY 14

WE HAVE ACCESS TO THE THRONE OF GRACE.

REFLECTION

How incredible is it to know that through prayer, we have access to the very throne of grace, where the Name above all names is seated! In Ephesians 1:21-23, Paul reminds believers of the high position of Jesus Christ, exalted by God after conquering sin and death. As we approach the throne in prayer, we are not merely conversing with a distant deity. We are stepping into the presence of the Almighty, the One who holds all dominion and authority, and who lovingly invites us to come boldly before Him. Indeed, we have direct access to the King of kings, the One who has complete authority over every situation we bring before Him.

SCRIPTURE

(Ephesians 1:21-23 NLT) Now He is far above any ruler or authority or power or leader or anything else in this world or in the world to come. God has put all things under the authority of Christ and has made Him head over all things for the benefit of the church. And the church is His body; it is made full and complete by Christ, who fills all things everywhere with Himself.

(Hebrews 4:16) Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

PRAYER

Father God, thank you for inviting us to approach Your glorious throne of grace through prayer. We are in awe of Your limitless authority, power, and love. May we approach You with confidence, knowing that we come in the righteousness of Christ. Help us to cultivate a vibrant prayer life, continually seeking Your will, comfort, and guidance. May we experience Your power and love in our lives as we commune with You daily. In Jesus' Name I pray, Amen.

DAY 15

PRAYER IS THE SPACE WHERE DIVINE POWER MEETS HUMAN WEAKNESS.

REFLECTION

In our fast-paced world, it is easy to become overwhelmed and consumed by the distractions and challenges we face. However, as we continually encounter God in prayer, we have the opportunity to be rooted and strengthened in His love and power. Paul's prayer in Ephesians 3:14-17 highlights the need for strength in our inner being, acknowledging that it is only through the Holy Spirit's power that we can experience transformation and growth. With this in mind, prayer becomes the space where divine power meets human weakness. Through encounters with God in prayer, our feeble hearts are strengthened, our doubts are replaced with faith, and our deepest longings are brought into alignment with His perfect will.

SCRIPTURE

(Ephesians 3:14-17) For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of His glorious riches He may strengthen you with power through His Spirit in your inner being, so that Christ may dwell in your hearts through faith.

(Philippians 4:13) I can do all things through Him who gives me strength.

PRAYER

Father God, thank you for the privilege of prayer and the amazing gift of Your presence in our lives. We acknowledge our need for Your strength and power. Please strengthen us by Your Spirit in our inner being, so that we can fully experience Christ's dwelling in our hearts through faith. Help us to rely on You in all things and trust that through You, we can accomplish all that You have planned for us. In Jesus' name I pray, Amen.

DAY 16

MAY WE HAVE POWER TO GRASP THE VASTNESS OF CHRIST'S LOVE.

REFLECTION

In Ephesians 3:18, Paul prays that the Ephesian believers would have the power to comprehend the vastness of God's love. Think about it this way. Understanding the width of God's love compels us to extend grace, compassion, and forgiveness toward others. Reflecting on the length of God's love reminds us that His love is eternal and unchanging. It has been present from the beginning of time and will endure for all eternity. Contemplating the height of God's love lifts our gaze upward, reminding us that His love is not limited by human restrictions. It surpasses our own understanding and reaches to the heavens. Delving into the depth of God's love reveals its profound nature. It is a love that pursues us in our brokenness, redeems us, and lifts us up to new heights.

SCRIPTURE

(Ephesians 3:18) may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ.

(Psalm 36:5) Your love, Lord, reaches to the heavens, Your faithfulness to the skies.

PRAYER

Father God, thank You for the vast dimensions of Your love. Give us power to more fully comprehend its width, length, height, and depth. Help us to embrace Your love for ourselves and allow it to transform our lives. May we extend Your love to others, breaking down barriers and empowering us to love deeply. Thank You for the gift of prayer that enables us to experience Your boundless love. In Jesus' name, Amen.

DAY 17

WE FIND COMPLETENESS AS WE SURRENDER TO CHRIST'S LOVE.

REFLECTION

Paul prays for believers to encounter the love of Christ in a profound and personal way. Imagine that you are standing on the shore of a vast ocean, unable to measure its depth or explore its breadth. Likewise, the love of Christ is immeasurable, beyond the grasp of our human understanding. However, through prayer, we can ask God to reveal glimpses of His love and experience it in tangible ways in our lives. And as we surrender to His love, we find completeness. We are no longer defined by our shortcomings or past mistakes but by the love and grace of our Savior.

SCRIPTURE

(Ephesians 3:19 NLT) May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.

(2 Corinthians 13:14) May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all.

PRAYER

Father God, I thank You for the immeasurable, incomprehensible love You have for me. I surrender myself to You today, asking that You would help me to experience Your love fully. Open my heart to a deeper revelation of Your love and fill me with Your power and purpose. May Your love transform me from the inside out and make me complete in You. In Jesus' name I pray, Amen.

DAY 18

**ONLY AN EXPERIENTIAL KNOWLEDGE OF CHRIST'S LOVE
WILL PRODUCE WHOLENESS.**

REFLECTION

In our human nature, we often find ourselves searching for wholeness and fulfillment. We long for something that will satisfy the deepest longings of our hearts and make us complete. However, the apostle Paul reminds us in Ephesians 3:19 that true wholeness can only be found in knowing and experiencing the love of Christ. Wholeness is not found in temporal pleasures or worldly accomplishments. It is only found in the experiential knowledge of Christ's love.

SCRIPTURE

(Ephesians 3:19 NLT) May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.

(Philippians 3:8) What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ.

PRAYER

Father God, I thank You for Your immeasurable love that surpasses my understanding. I seek to be rooted in Your love and filled with the fullness of life and power that comes from You. Help me to deepen my prayer life and to continually experience the depth of Your love. Guide me, transform me, and empower me to love others as You have loved me. In Jesus's name I pray, Amen.

DAY 19

ANCHOR YOUR FAITH IN THE LIMITLESS POWER OF GOD.

REFLECTION

In Ephesians 3:20, the apostle Paul urges believers to anchor their faith in the limitless power of God. When we come to God in prayer, we need to realize that we are speaking with a God who is able to do exceedingly abundantly above all we could ask or even imagine. So, let us be reminded that the power of God is not separate from us but dwells within us. Through the Holy Spirit, God's power is at work within our hearts and lives. Our God is able to do far beyond what we could ever fathom. May we trust in His power at work within us and dare to follow His lead, knowing that He who is faithful and capable will always work for the best outcomes in our lives.

SCRIPTURE

(Ephesians 3:20) Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us.

(1 Corinthians 2:4-5) My message and my preaching were not with wise and persuasive words, but with a demonstration of the Spirit's power, so that your faith might not rest on human wisdom, but on God's power.

PRAYER

Father God, I am in awe of Your limitless power and the immeasurable ways You work. Help me to approach prayer with boldness, knowing that You are able to do far more than I can ask or imagine. Teach me to trust Your plans and to surrender my limited expectations to Your infinite wisdom. May Your power at work within me bring glory to Your name. In Jesus' name, Amen.

DAY 20

REFLECT GOD'S GLORY TO A WATCHING WORLD.

REFLECTION

As members of the body of Christ, we have the privilege and responsibility of reflecting God's glory to a watching world. It is through our love, unity, and testimonies that others have the opportunity to experience and encounter God's amazing grace. When we live a life submitted to God's purpose and the leading of His Spirit, we become instruments of His glory, making a lasting impact in the lives of those around us. So, let us imitate the apostle Paul by cultivating a lifestyle of prayer. May we never underestimate the power of Spirit-led prayer in bringing forth God's glory in our lives, in the church, and in all generations.

SCRIPTURE

(Ephesians 3:21) to Him be glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen.

(Romans 12:12) Be joyful in hope, patient in affliction, faithful in prayer.

PRAYER

Father God, I am in awe of Your eternal glory. Thank You for inviting me to participate in Your divine plan through prayer. Help me to approach prayer with reverence and a deep sense of privilege. May Your glory be revealed in and through me, in the church, and throughout all generations. May my prayers serve as a catalyst for transformation and bring honor to Your name. In Jesus' name I pray, Amen.

DAY 21

PRAYER HAS A RIPPLE EFFECT.

REFLECTION

When the church comes together in prayer, its impact is immeasurable. We become a powerful force, united and guided by the Holy Spirit, as we intercede for one another, our communities, and the world. When we lift our voices together, in unity and humility, the presence of God is manifested among us, drawing others to encounter His love and mercy. Therefore, let us be a people of prayer! And be sure of this: prayer has a ripple effect that can reach far beyond our own lives. By God's grace, our prayers can impact generations to come.

SCRIPTURE

(Ephesians 3:21) to Him be glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen.

(Ephesians 6:18) 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.

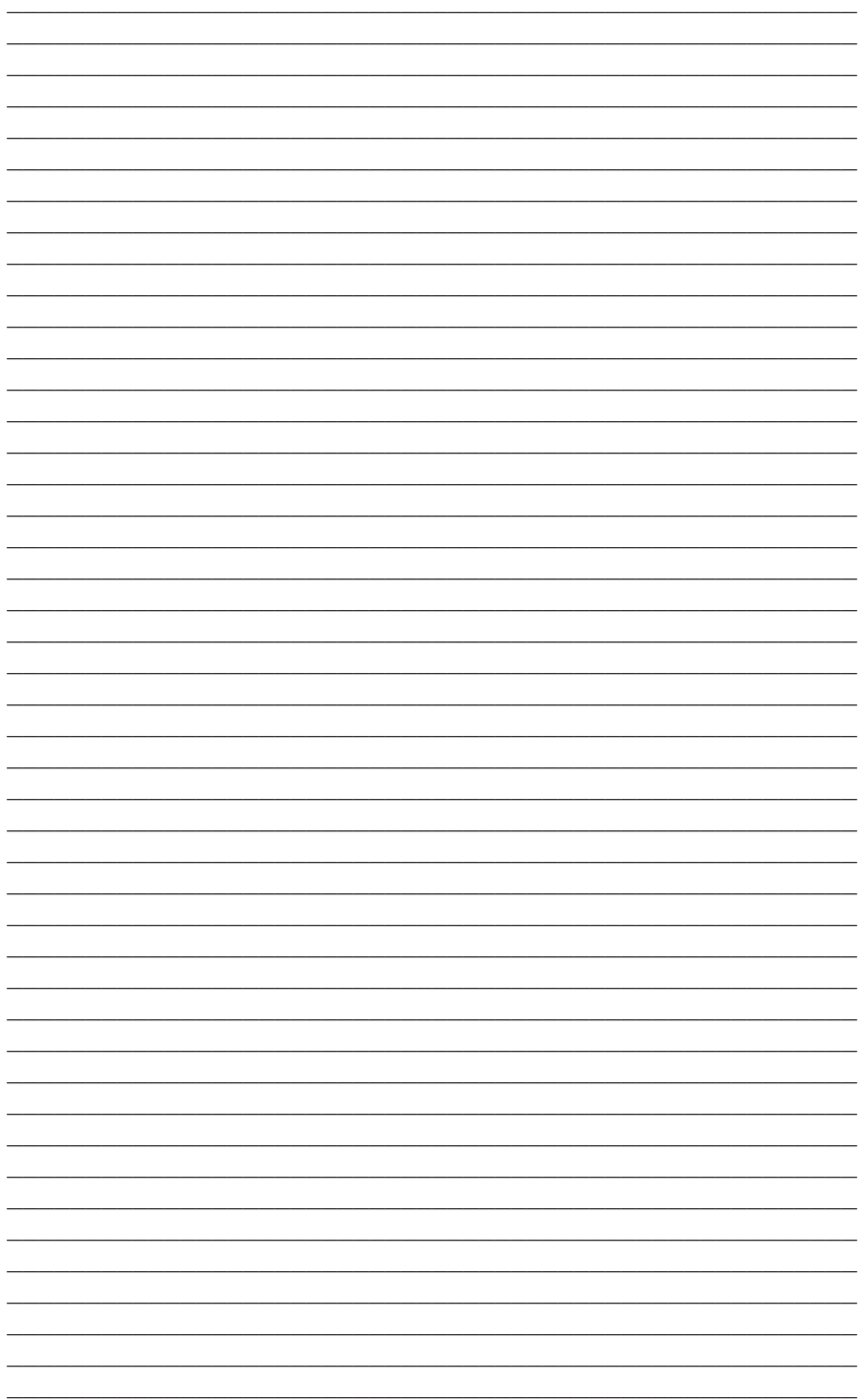
PRAYER

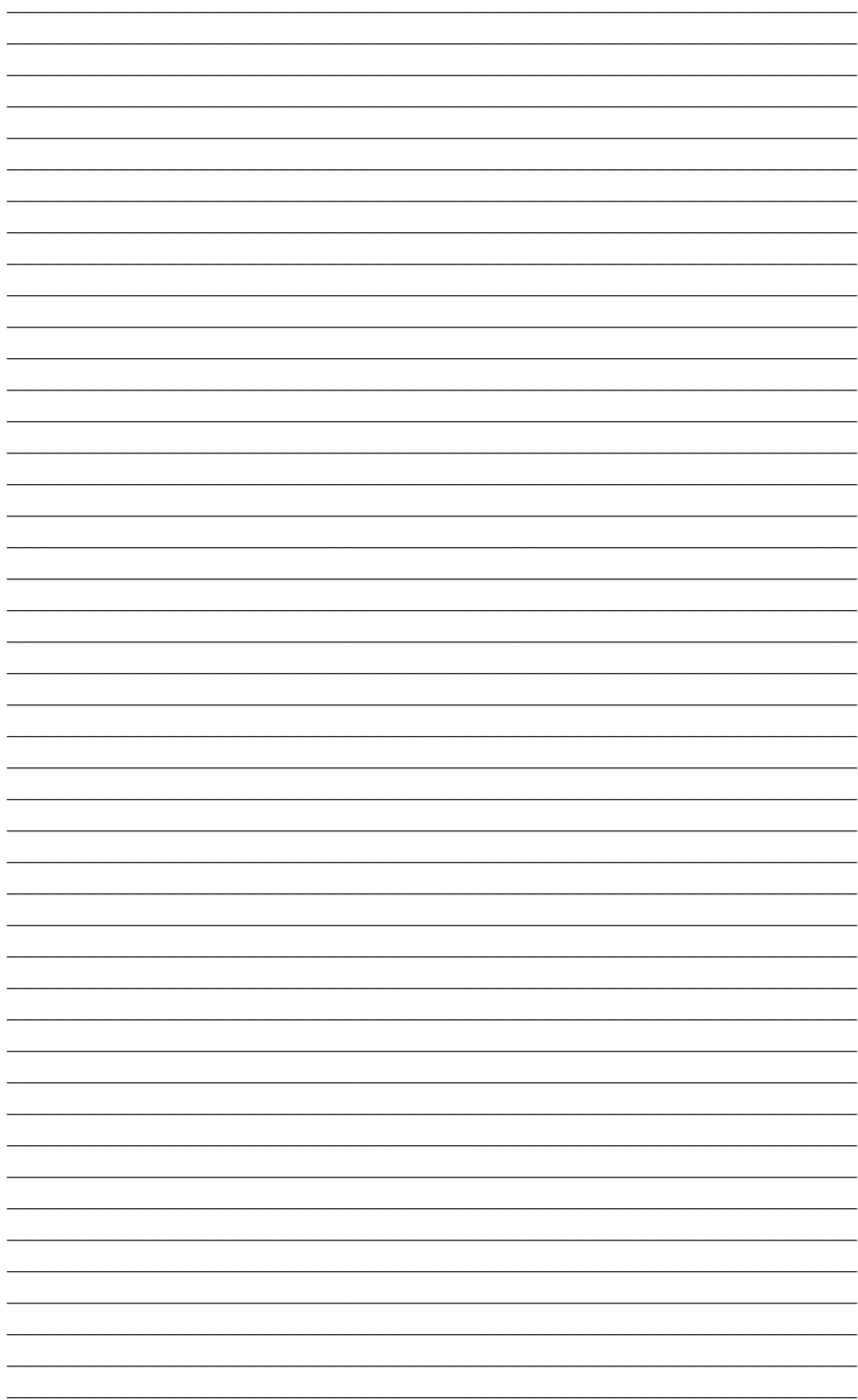
Father God, I am in awe of Your glory and greatness. Thank you for the gift of prayer and the privilege of participating in Your eternal plan. As I come before You, may I be filled with reverence and awe. Let prayer be the catalyst for Your glory to be revealed in every aspect of my life, and may its impact resound throughout the church and future generations. In Jesus' name, Amen.

PRAYER JOURNAL



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