

ascend

PRAYER JOURNAL

21 DAYS OF PRAYER & FASTING JOURNAL

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ascend

CREATING A LIFESTYLE OF PRAYER

Prayer is most effective in the context of consistency!

Prayer is not an event, it's a lifestyle to cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

- **HAVE A CONSISTENT TIME**

Jesus got up early in the morning to spend time in prayer. Make a daily appointment with God. Whether it's first thing in the morning, at lunch, or in the evening- and stick to it!

- **HAVE A CONSISTENT PLACE**

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

- **HAVE A CONSISTENT PLAN**

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it "The Lord's Prayer." This outline, along with several other tools, is available in this guide. As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.

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

LORD'S PRAYER

Jesus gave specific instruction on how to pray in Matthew 6. This is a substantive and practical guide to spend time in focused prayer.

WORSHIP

“OUR FATHER IN HEAVEN, HALLOWED BE YOUR NAME”

God isn't interested in us practicing religion; instead, He desires a relationship with us. God has adopted us as His children and loves for us to call Him our Father.

Proclaim your intimate relationship with God, addressing Him lovingly as your Father and thanking Him that you are His child.

You have not received a spirit that makes you fearful slaves, instead you received God's Spirit when He adopted you as His own children. Now we call Him, "Abba, Father." Romans 8:15

KINGDOM COME

“YOUR KINGDOM COME, YOUR WILL BE DONE, ON EARTH AS IT IS IN HEAVEN”

Pray for God's rule to invade your life and the world. Pray for salvation, joy, peace, justice, God's presence, belonging and healing. God is inviting us to join Him in His renewal work on earth. Ask him what this looks like in your life.

PROVISION

“GIVE US TODAY OUR DAILY BREAD”

Begin to thank God for all that He's done and supplied. Spend time focusing on God as our provider and repenting of when you've attempted to do things on your own. Ask the Lord to give you what provision you need for today, alone, so that we are compelled to return to Him again and again.

FORGIVENESS

“AND FORGIVE US OUR DEBTS, AS WE ALSO HAVE FORGIVEN OUR DEBTORS”

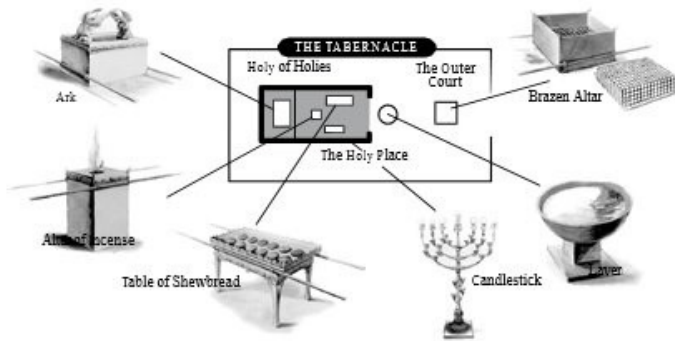
Pray for restoration and wholeness in your relationship with the Lord. Ask Him to identify any potential barriers to intimacy with Him and confess them. Thank the Lord for his abundant grace and mercy and ask where and how you might extend that toward others in your life.

GUIDANCE

“AND LEAD US NOT INTO TEMPTATION, BUT DELIVER US FROM THE EVIL ONE”

Pray for the Lord's guidance through issues and situations in your life and His strength to avoid sinful behavior. Pray for and acknowledge the need for God's protection from the principalities and powers that attempt to derail us.

TABERNACLE PRAYER



Enter into his gates with thanksgiving, And into his courts with praise: Be thankful unto him, and bless his name. For the LORD is good; his mercy is everlasting; And his truth endureth to all generations.
Psalms 100:4-5 (KJV)

THE OUTER COURT

A The Brazen Altar / The Cross

It Provided:

- Salvation
- Healing
- Redemption from the curse
- Provision

B The Laver / Washing | Cleansing/preparing

- Repentance from any known sin
- Offering our body / Romans 12:1
- The fruit of the Spirit / Galatians 5:22-23

C The Candlestick | Represents the Holy Spirit The Seven Spirits of the Lord / Isaiah 11:2:

- Wisdom
- Understanding
- Counsel
- Might / Ephesians 3:14-19
- Knowledge / Ephesians 1:17-23
- Fear of the Lord

The Gifts of the Spirit | 1 Corinthians 12:8-10

D Table of Shewbread | The Word

Asking for fresh revelation of the word
Psalm 119:105

E Altar of Incense | Worship | 2 Samuel 7:22

F Mercy Seat (Ark) | Intercession

Pray for:

- Family
- Lost loved ones
- Spiritual Family
- Pastor
- Life Group Leader
- Serve Team Director
- Government Officials

THE HOLY PLACE

HOLY OF HOLIES

PRAYER WHEEL

- 1 PRAISE:**
Psalm 22:3; 63:3 Hebrews 13:15
Begin all prayer with praise. Praise esteems God for greatness and virtue.
- 2 FORGIVENESS:**
Matthew 6:14-15
Nothing blocks your spiritual progress more fatally than an unforgiving spirit. Forgiveness is a complete pouring out of any feeling that might develop against anyone during the day.
- 3 CONFESSION:**
Psalm 139:23-24 Psalm 66:18
If you hide sin in your heart God will not hear you.
Rid yourself of sin and you will clear the road for POWER PRAYER.

- 4 PETITION:**
James 4:2-3; Matthew 6:9-13
This aspect of prayer deals with our personal needs.

- 5 INTERCESSION:**
1 Timothy 2:1-2; Matthew 9:37-38
Intercession is prayer for others.

- 6 READ THE BIBLE:**
2 Timothy 3:16
Read the Bible during prayer.
The Word is enlightening to the eyes (Psalm 19:9)

- 7 MEDITATION:**
Psalm 1:1-2; Psalm 77:12
Take time to "think on these things."
God will open your understanding.

- 8 THANKSGIVING:**
Philippians 4:6
Spend special time thanking God aloud for His provision and goodness to you.

- 9 PRAY THE WORD:**
Personally apply, out loud, the precepts of the Bible.

- 10 SINGING:**
Psalm 100:2; Ephesians 5:19
Singing refreshes the soul. Try singing in the Spirit.

- 11 LISTENING:**
1 Kings 19:11-12
Prayer is not all talking to God. Prayer is also listening.

- 12 PRAISE:**
Matthew 6:13
Conclude every prayer with praise.



LETTER FROM PJ

To my Church Family,

I have been blessed in my life to observe the long term, generational blessing of a person/family/church committing themselves to prayer.

From hearing my father's alarm go off every morning at 4:30AM for prayer, to seeing my home Pastor weep publicly as he encouraged our church to join him in a commitment to prayer...my experiences have marked me with a passion for prayer.

I have many desires as a Pastor, but none greater than to see the beautiful people in our church devote themselves to a lifestyle of prayer.

Incorporating journaling during times of devotion has been an incredibly beneficial tool to myself and others on the pursuit of developing a more intimate relationship with the Lord. It is designed to help prayer become more simple, applicable, and inspiring in your everyday life.

I am praying for you daily and believing that God will help us become **disciples** and make disciples at an increased level in 2025.

Our *verse of the year*:

Matthew 28:19 *Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."*

In your service, PJ

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