

Weekly Prayer Guide

Day 1: Pray the prayer of the week out loud. Spend 5 minutes in silence.

Day 2: Read the Scripture the prayer is based on. Spend 10 minutes in quiet reflection.

Day 3: Pray the prayer of the week out loud. Spend 7 minutes in silence.

Day 4: Read the Scripture the prayer is based on. What does this passage reveal about the life that God wants for you?

Day 5: Pray the prayer of the week out loud. Spend 10 minutes in silence.

Day 6: Reflect on the prayer. Is there anything this week that you need to confess to the Lord? Is there anything you can praise Him for? Is there anything you need to ask Him for?

Grace Day: Today, we invite you to rest in the grace that comes from Jesus. Say a breath prayer of thanks for all that God has done, and rest.

Ephesians 4:22–24

Dear God,

Born with a sinful nature,
my own desires don't align with You.
Left to myself I'm without hope.
You're my strength, my help, my rescue.

The world teaches I should worship myself and that my truth is found within.
You are the one and only truth,
Jesus—righteous and Holy, without sin.

When my old ways start to arise in me,
help me remember You're always near.
With Your guidance, I'll put on
my new self. Made in Your image—
one to revere.

Amen

1 Corinthians 13:4–8

Dear God,

You are the purest form of love, God— the ultimate standard. Your Word is true. As a human I'm selfish in nature. I can't love on my own. I need You.

Your love for the world is infinite; through the cross it is clear to see. Even though I struggle with patience, Your kindness draws me back to Thee.

I'm envious at times, Lord. My pride is a hindrance, and I boast of worldly things. You call me to lay these at Your feet. You're always willing to help. What peace Your love brings!

I like to put myself first, Lord. One of my many faults, I hate to confess. I plead with Your Spirit to make my soul pure.

Guide me in love. Help me progress.

Please help control my anger, Father. My tongue and temper are hard to tame. The only way I'm able to forgive is through Your Holy, righteous name.

The world tempts me to surrender to evil. Help me stand strong in what You say is true. Your grace and love protect me. They give me hope, and I know I can always trust in You.

Love is impossible to give on my own. You loved us first, a gift to proclaim. Your love never fails, always perseveres, always forgives. Father, we praise Your name!

Amen

Isaiah 43:1

Dear God,

As undeserving as I may be,
help me remember Your love for me.

When the troubles of this world start to make me fear, You called me by name. I am Yours, and You are near.

You formed me, created me,
out of love You gave me my life.
Help draw me to You, God,
like a bridegroom yearning for his wife.

You are the God of Israel and
Your Spirit is still alive today.
Lead me to boldly proclaim Your Holy name. Please give me the words to say.

Amen

Galatians 5:22–23

Dear God,

Please let Your Spirit continue to refine me. Produce lasting fruit; help others see You in me.

Your fruits aren't just attributes to strive for; they're unattainable all on my own. Please produce them in me forevermore, like seeds that are planted, watered, and grown.

Your love gives me unexplainable peace that only comes from You. A newfound joy from the freedom found in Your sacrifice, it's true.

Amen

Philippians 4:8–9

Dear God,

When I struggle with my anxious thoughts, help me surrender them to You. The enemy fills my head with lies, but Your Spirit reveals what's true.

Help me honor You with my thoughts and actions, and let them bring glory to Your name.
Your Word guides me to do what's right. Your Spirit inside me is a privilege to proclaim.

Amen

Galatians 6:14

Dear God,

Please help me stand apart from the world. My true allegiance lies with You. My wants and desires fall short. Left hopeless on my own, You make me new.

I boast of my own brilliance in a useless attempt to prove my worth. My soul desperately seeks Your approval, God— secured by Your Son's birth.

I boast of my self-reliance. My independence from You is foolish at best. God, give me grace to repent of my selfish ways. Your Sovereignty provides true rest.

I boast of my earthly treasures, naive to think they will satisfy me. You alone, Jesus, bring my soul satisfaction—the truth that sets me free.

My sinful boasts lead to spiritual death— eternal separation from You. Thank you, Lord Jesus, for your constant grace. I need Your help in all that I do.

I admit I need a Savior, Jesus. I can't change myself, though I've tried. I'm able to boast only through You, Father, when my pride is set aside.

I give my life to You. Please continue to sanctify me. You have overcome the world. The cross is your Holy decree.

Amen

Philippians 4:4–7

Dear God,

My first response is to worry, Jesus, though I know it's best to pray. Quiet my thoughts. Turn my mind to You. It's Your wisdom I wish to obey.

When life is good, You deserve all of the praise, but more often I turn within. Remind me, Holy Spirit, You want it all— my worries, praises, and my sin.

I worry instead of pray to remain in control— a lie I rebuke in Your name. You want me to bring my cares to You, to tell You what I need, and not hide in my shame.

God sent You to earth to die for me, Jesus, a burden You were glad to bear. Your death on the cross brought reconciliation— the sacrifice to declare.

Thank you, Father, for saving me— from this world, from myself, and from eternal death. What a privilege it is to have Your Spirit make me more like You until my last breath.

The gift of your unexplainable peace can be felt in both my joyfulness and my grief. I praise you, Father, for every blessing and hardship in my time on earth, however brief.

I rejoice in Your name, Jesus. Please let others see You in me. I pray for joy in every circumstance— reveal Your testimony.

Amen

Psalm 8

Dear God,

You are Father, Son, and Spirit.
Your majesty fills the earth.
This world can't contain Your glory.
Grace triumphs our sinful curse.

Your strength is displayed through the unexpected, like the cry of a baby— so helpless and weak.

There's enmity between the world and those who follow You. It's Your mercy and kindness we seek.

I want to receive the praise, Lord, for my works and all the good that I do. Jesus, my crown of glory and honor is only possible through You.

Amen