





# 21 DAYS OF PRAYER

JANUARY 11 - 31, 2026

## WEEK ONE

PRAYERS FOR MY  
SPIRITUAL JOURNEY

## DAY 01 | The Last Prayer in the Bible

Sunday, January 11 | Pastor Christian Newsome

*“Come, Lord Jesus!”*

**R E V E L A T I O N   2 2 : 2 0**

Welcome to 21 Days of Prayer to kick off the 2026 year at Journey Church International. This year we are praying through 21 of the greatest prayers of the Bible, grouped into three categories:

- Week One: Prayers for My Spiritual Journey
- Week Two: Prayers for Others
- Week Three: Prayers of Praise!

Our hope for this year's season of 21 Days of Prayer is that you will both learn the historic and inspired prayers of the Scriptures, and that by learning to apply them to your own life you might learn about and develop the deep faith and the big God behind them!

The Bible ends with the simple prayer that we begin 2026 with: “Come, Lord Jesus!” It was prayed by the Apostle John on the island of Patmos after receiving the revelation of Jesus Christ (the book of Revelation). To summarize what John was praying in a massively simplistic way, after receiving the revelation—which highlighted both Jesus’ conquering of evil and His establishment of His eternal and spiritual Kingdom, resulting in a new heavens and earth that resembled the Garden of Eden—John basically says, “Let’s go! I’m in. Bring it!”

To begin this season of prayer, I’m with John. “Let’s go, Jesus! I’m in, Jesus! Bring it, Jesus! Your Kingdom come, Your will be done, on earth as it is in Heaven...*BUT start in my life first.*” As you pray, don’t forget that last line. So many of us deeply desire for Jesus to come back to fix the world, but the broken world exists within us, not just around us. The next 21 days, let’s learn together how to see and confess our needs. Let’s learn how to pray for others. And let’s learn how to praise God for the Kingdom that is already growing within us and so present around us when we know where to look for Him.

We will end our 21 days of prayer with three days of Revival January 28-30. I can’t wait to see you there! Take time now to fill out the prayer points on the next page and begin this season for prayer with a focus on the end: “Come, Lord Jesus!”

**A** Praise God both for the revelation of Jesus of His final victory and eternal Kingdom and His promise to come back to establish it. Write three to five words that describe your gratitude for Jesus' victory and your hope for His eternal Kingdom.

---

---

---

---

**C** Confess to God your need for a deeper faith and a desire for deeper spiritual transformation this year. Write two to three areas where you would like your faith to deepen and two to three areas where you would like to experience life transformation.

---

---

---

---

**T** Thank God for the spiritual “language” to use as we talk to Him (21 prayers of the Bible) and thank Him in advance for how these prayers will become a part of your regular spiritual conversation with Him.

---

---

---

---

**S** Ask God to help you stay focused and committed for all 21 days of this prayer season. Write down the primary three difficulties and/or distractions that could hinder your time in prayer over the next three weeks.

---

---

---

---

## DAY 02 | The First Prayer of the Christian: Part One

Monday, January 12 | Pastor Christian Newsome

*“God, be merciful to me, a sinner!”*

**L U K E 1 8 : 1 3**

Okay, full disclosure here: the first prayer I learned and prayed was NOT Luke 18:13. It was this:

*“God is great, God is good, let us thank Him for this food. Amen.”*

Before I move on to true discipleship, it's important to me at this point in my life to say clearly that “good and food” don't rhyme. However, I still learned the prayer—it's pretty catchy.

Now, on to discipleship. I think I can honestly say that my first “real” conversation with God was Luke 18:13. I didn't say those words exactly, but my relationship with Jesus started at my salvation, and my salvation moment clearly began after hearing a sermon on sin and realizing that I was a sinner in need of forgiveness (I probably didn't understand mercy yet, but I knew I needed forgiveness). I was six years old, but I remember both the evening of my salvation and the feeling of the desperation I had for forgiveness like it was yesterday.

That moment, and that feeling, were foundational not just for my salvation, but have continued to be foundational for all of my Christian life. It is so important in our relationship with Jesus that we never lose sight of the fact that we are sinful people and in constant need of God's mercy. The word “mercy” can be simply explained as, “Not giving somebody something they deserve.” Why is that important? Better yet, why is that important to a life of prayer?

Here's the answer: As soon as you think your relationship with God is based on your love for Him and your performance for Him rather than His love for you and His actions towards you, you are in jeopardy of not only losing your intimacy and awe of His mercy (and instead placing your intimacy and awe on yourself and how great you are spiritually; i.e. becoming self-righteous), you also no longer feel a need to go to Him in prayer as long as you feel you are meeting the spiritual standard you've set for yourself. In the end, what you end

up looking to God for and believing you are entitled to is His blessing and His approval, rather than seeking His mercy.

The tax collector had it right, and Jesus said his prayer was heard because he was safe spiritually admitting that he was a sinner and in need of God's mercy. You are not only safe spiritually admitting that you'll never meet God's perfect standard for you, but you are actually also in the place of grace and the place of prayer when you acknowledge that and lean into the awe, worship, and overwhelming love that the mercy of God brings to your soul! Do that today as you pray!

## MESSAGE NOTES:

**A** Praise God today that your relationship with Him depends on His love towards you and His actions for you, not the other way around. Write three words of “awe and worship” that capture how this truth makes your heart feel.

---

---

---

**C** Confess to God that you’re a sinner, and you need mercy. Confess two or three areas where God has not given you what you deserve in life because of His mercy.

---

---

---

**T** Thank God that you don’t have to save yourself or earn His love through your actions. List three to five spiritual areas where you desired to do better or more in 2025 but fell short. After listing them, write, “but Jesus still loves me anyway,” and then pray through those areas of thanksgiving.

---

---

---

**S** The best part of receiving mercy is having a heart shaped to “give” mercy to others. Who are three to five people who you can show mercy to as they year begins, even though they don’t “deserve” it? Why do they need mercy? Acknowledge why they don’t “deserve” your mercy...but then ask God to help you show it anyway.

---

---

---

## DAY 03 | The First Prayer of the Christian: Part Two

Tuesday, January 13 | Pastor Christian Newsome

*“Correct me, O Lord, but in justice;  
not in your anger, lest you bring me to nothing.”*

**J E R E M I A H 1 0 : 2 4**

I want to start off by letting you know if you had a perfect year spiritually in 2025 and plan to have a perfect year spiritually in 2026, you can skip this prayer; you won't need it. We'll just see you tomorrow!

Now, if anybody is still reading (besides me and Danielle!), this is a great prayer for you! We learned yesterday that our relationship with God begins with mercy and continues to depend on mercy. We remain sinners in need of God's mercy. However, we don't want to remain sinful as we walk with Jesus and grow spiritually. I've heard it said that, "Christians will never be sinless, but Christians should always be striving to sin less!" Today's prayer will help us with that—here we go!

In Jeremiah 10 God tells Jeremiah to tell the people of Israel that they shouldn't worship idols, and that because they did worship idols that they were going to be conquered and destroyed. In response to that, Jeremiah confesses that he isn't where he should be spiritually, but he doesn't want to be conquered and destroyed; he wants to *grow!* So he acknowledges that, "sometimes I live for myself and I have idols in my heart," and also that, "I agree with you, God, that you are right and those things in my life and heart are wrong." But then he asks to be "corrected" rather than "conquered."

Two questions before you pray:

- **Question #1:** Do you see the idols of your heart and the ways of your life that offend God?
- **Question #2:** Are you willing to say those things to God out loud and ask Him to get them out of your life, and then trust Him to do that His way, no matter what?

See, at the heart of Jeremiah's prayer is not just Jeremiah's desire to grow spiritually and to sin less. Also at the heart of Jeremiah's prayer is a deep enough trust in God to totally surrender to God dealing with any sin in his life His way, in His

justice. Jeremiah knew that the consequences of that prayer could be uncomfortable, but he knew he would be safe in God's loving arms.

Our first great prayer (read yesterday if you missed) is learning to rely on God's mercy as sinners. Our second great prayer is asking God to help us "sin less" by removing idols from our heart, whatever it takes. Do you trust God that much? If so, let's move to the prayer points for today.

## MESSAGE NOTES:

**A** God is good enough to warn us that idols won't fulfill us, and He's gentle enough to remove those without destroying us. Write down three areas in your life where you used to have idols but where God graciously and gently worked to remove them. List them, and then write, "God I adore for caring enough about me to gently remove \_\_\_\_\_ as an idol from my heart."

---

---

---

**C** Confess to God any idols (places you look for security or satisfaction outside of Jesus) that currently live in your heart. Try to list two or three. Confess any fears you may have about asking God to remove them His way, "whatever it takes."

---

---

---

---

**T** Thank God that when we live in a posture of confession and repentance, He never deals with us in anger. List three times God has dealt with your idols that in retrospect were extremely kind and loving.

---

---

---

---

**S** Jeremiah often prayed for the broken and sinful people of his country throughout his book of prophecy. List three to five people in whom you see potential idols in their life or heart and ask God to do "whatever it takes" in His justice to help them see and surrender those.

---

---

---

---

## DAY 04 | The Second Prayer of the Christian

Wednesday, January 14 | Pastor Scott Courtney

*“We do not know what to do, but our eyes are on you.”*

**2 C H R O N I C L E S 2 0 : 1 2**

In today's verse, we see a very simple yet profound prayer. At first glance, it appears to be a "go to" prayer when you have exhausted all other options. God's people are surrounded by an army. They are powerless. They are hopeless. However, their EYES are on God. It is a tremendous response of faith. This is not just a desperate prayer; it is a daily posture.

How do we do this? First, you must acknowledge your limits. The older I get, the more I realize my limits. I can't eat cheese dip and sleep well the next night. I can't skip a couple weeks of exercising and just jump back to where I was. I have less patience for loud noises. You get it. We have limits. God doesn't. It is important to acknowledge those limits both physically and spiritually.

Second, vulnerability increases trust in God. I am afraid to admit when I don't know something. I have an 8th grader, and one of the things he had to do last fall was memorize all the US presidents in order. How many can you name? When we share our true selves, including our fears and our mistakes, it can lead to deeper trust. When you are overwhelmed, God is not. When you are confused, God is not. You can trust Him!

Lastly, when you don't know what to do, do what you know to do. You may have to reread that a few times and let that sink in. As Christ followers, we have access to His written Word as a guide. We have access to God at any time through prayer. We have enough that in any circumstance, we have steps of obedience that we can walk in. Sometimes, that most obvious step might be to "give God your eyes."

## MESSAGE NOTES:

**A** When we are powerless, God has all power! In a posture of humility, write three to five words that describe the hope His power provides in your life.

---

---

---

---

**C** Today's verse urges us to walk in obedience while we wait for direction. Confess the times, in moments of uncertainty, that you have impatiently tried to guess (took your eyes off of Him) rather than wait patiently for His direction.

---

---

---

---

**T** Reflect on times in the past where you didn't know what to do, but you did what you knew to do (kept your eyes on Him). Thank God for His faithfulness!

---

---

---

---

---

**S** In what areas of your life are you facing a situation where you don't know what to do? Write them down and ask God for direction where you face uncertainty. Pray that He would help you rely on His mighty power rather than depending on your own.

---

---

---

---

---

## DAY 05 | The Third Prayer of the Christian

Thursday, January 15 | Danielle Newsome

*“But now, O God, strengthen my hands.”*

**N E H E M I A H 6 : 9**

There was a saying in my childhood: “Sticks and stones may break my bones, but words will never hurt me.” Honestly, that’s one of the dumbest sayings ever. Words can hurt deeply. Some of the deepest wounds in my life have come from things people have said about me or over me. Those words can become the scripts we live by—scripts the enemy uses to discourage us and distract us from our God-given purpose.

Nehemiah faced the same struggle. His enemies tried to discourage him and derail the mission God had given him. Their threats and ridicule created not only an external battle but an internal one. In that moment, Nehemiah had a choice—the same choice we face today. He could give up, fight back in his own strength, or surrender control to the One who held ultimate control.

Nehemiah chose wisely. Each time opposition came, he immediately turned to prayers such as, “O God, strengthen my hands.” He didn’t just pray once; prayer became his rhythm. Every hardship, every fear, every insult—he breathed it out to God.

Jesus told us that in this world we will have trouble, but to take heart because He has overcome the world (John 16:33). We have access to an even greater power than Nehemiah did—Christ’s constant presence through the Holy Spirit living in us. But are we truly relying on that power moment by moment like we should?

So today, when words wound or fear rises, pause before reacting. Take a deep breath and pray:

“O God, strengthen my \_\_\_\_\_.”

Fill in the blank with whatever part of you feels weak—your faith, courage, patience, or heart. Let His strength rewrite the script of your day.

## MESSAGE NOTES:

**A** Praise God that “*The Lord is my strength and my shield; my heart trusts in him, and he helps me.*” (Psalm 28:7) You have supernatural strength and help available to you today. Write three words of praise that express how this truth makes you feel.

---

---

---

---

**C** Confess to God your tendency toward self-reliance, and apologize for the times you’ve tried to control situations and operate in your own strength. In what areas of your life have you attempted to manage without seeking His strength? Write your confession here.

---

---

---

---

**T** Thank God for your weaknesses and troubles today, for they remind you to release control to Him. Praise Him that even in the midst of difficulty, you can experience peace because Jesus has overcome the world! (John 16:33)

---

---

---

---

**S** Ask God to help you in an area of weakness or adversity where you need His supernatural strength and deliverance. Is this an external battle or an internal one? Write down the situations where you’re praying for His strength.

---

---

---

---

## DAY 06 | My Prayer When My Faith is Weak

Friday, January 16 | Pastor Mike Evans

*“I believe; help my unbelief!”*

**M A R K 9 : 2 4**

It is a desperate feeling for a parent to have a child who is experiencing health or deep spiritual problems that the parent can do nothing about. I remember years ago when my oldest son broke his arm so severely that it hung at an angle. When the doctor “popped” the arm and set it in place, my son screamed so loudly that it broke my heart. Thankfully, the break healed, and Andy has no after-effects from the injury. But it was a LONG summer having a young son with a cast up to his shoulder!

In Mark 9, we meet a father who is desperate and a son who is in deep spiritual trouble. The son was “possessed by a spirit that has robbed him of speech. Whenever it seizes him, it throws him to the ground. He foams at the mouth, gnashes his teeth and becomes rigid.” The disciples were unable to heal the young man’s life-long condition. The crowd and the disciples were all stirred up by this situation, when into the chaos walks Jesus.

The father looks at Jesus and says, “If you can do anything, have compassion on us and help us.” Jesus replies, “If you can! All things are possible for one who believes.”

Then the Scripture says that the dad “CRIED OUT and said, ‘I believe; help my unbelief!’” Jesus miraculously healed the son. When the disciples asked Jesus why they were unable to cast out the demon from the young man, Jesus said, “This kind cannot be driven out by anything but prayer.”

Do you have a need or situation where you are so desperate that you need to CRY OUT to God for Him to move? Follow the example of the dad in this interaction. Give Jesus what measure of faith you have. Pray fervently! Then ask Him to “fill in the gaps” where you need him to move.

## MESSAGE NOTES:

**A** Praise God for how He's been faithful to answer prayers in your life, even when your faith was weak. Finish this sentence with a couple of ways you have seen God "show up" in your life: "God, I praise You for hearing and answering these prayers that I have/had been praying for..."

---

---

---

**C** Confess to God your own weakness in prayer. Ask Him for supernatural strength to be the kind of Christian who prays with great faith that God hears and will answer your prayers.

---

---

---

---

---

**T** Thank God for His grace in your life, that, "He who began a good work in you will bring it to completion at the day of Jesus Christ. (Phil. 1:6)" Write down four to five things, people, or situations in your life that you are thankful to God for today.

---

---

---

---

---

**S** What person or people in your life do you think it is next to impossible that God could save them? Pray an "I believe; help my unbelief" prayer right now for their salvation. Then take the last part of your prayer time to list a few needs that you have that you need to lay before the Lord today.

---

---

---

---

---

## DAY 07 | The On-Mission Christian

Saturday, January 17 | Pastor Garrett Lahey

*“...grant to your servants to continue to speak  
your word with all boldness...”*

**A C T S 4 : 2 9 B**

Witchcraft was a big deal in 1990s. As a young college student, I met a witch in the campus computer room and decided I would tell her about Jesus. The next day I sat down at the computer and a message popped up on my screen. “You have been barred from campus email for religious harassment. See the Dean of Students immediately.” These sorts of stories make us afraid to share our faith.

Acts chapter four tells a similar story. The Apostle Peter heals a lame beggar, restoring his ability to walk. Thousands gather to hear how this was done—by the power of Jesus. Unfortunately for Peter, the high priest and his father-in-law (the same two who organized Jesus’ fake trial) show up and order him to stop preaching. Not only does Peter refuse to stop preaching, he and his friends pray for boldness to preach even more. In that prayer they start by recognizing the power of God—that speaking the word depends on God’s strength, not ours. Peter’s prayer ends with these words. Acts 4:29b—“grant to your servants to continue to speak your word with all boldness...”

It turns out, the witch I shared Jesus with did not turn me in for religious harassment, it was someone who overheard our discussion. The witch actually went to see the Dean with me and she explained she was not offended. All my privileges were restored. Later that year, I had the opportunity to take her entire coven of witches out for lunch, and I shared the gospel with them.

Today I encourage you to make a list of the people you want to tell about Jesus. Ask God to give you opportunity and BOLDNESS to move when the opportunity comes!

**A** Write down three to five things which demonstrate to you the power of God. Proclaim to God in prayer the boldness you feel to speak His word when you remember these things. (Look to Acts 4:24-28 for ideas.)

---

---

---

---

---

**C** Confess any fears you have which keep you from speaking His word outside of church. List two to three fears you feel when you think about sharing your faith with others.

---

---

---

---

---

**T** List three to five people who have been influential in your own coming to Jesus and learning to follow Him. Thank God for the boldness He gave to these people.

---

---

---

---

---

**S** Write down the names of two to five people you want speak His word to in the coming year. Ask God for boldness to share what Jesus has done in your life with these people.

---

---

---

---

---

# 21 DAYS OF PRAYER

WEEK TWO

PRAYERS FOR OTHERS

## DAY 08 | The Prayer for Spiritual Awakening

Sunday, January 18 | Pastor Jay Armstrong

*“O Lord, please open his eyes that he may see.”*

**2 K I N G S 6 : 1 7**

How many of you are quick to grab your phone's flashlight to see in the middle of the night? Isn't it helpful to go from total darkness to having that bright LED light shining on whatever it is you're trying to do in the middle of the night? (Usually I'm waking up looking for chapstick!) When the light comes on, everything is clear. Our path is made less hazardous.

In 2 Kings, the prophet Elisha prayed a prayer for a young servant of his, asking God for the spiritual lights to come on in his life. This prayer was asking God to give him a better spiritual vision to see himself, to see the world, and to see his enemies—in light of spiritual wisdom—not just a prayer to improve his eyesight to 20/20 vision.

The clearer spiritual sight we have of the sovereignty of God, the less we fear the adversities of this world. Do you take time to pause and turn the light on to see the worries and troubles in your life through the lens of spiritual wisdom and Godly insight? Pray today that the light would be on in your spiritual life to see the world with fresh spiritual eyes—looking for opportunities to use your God-given influence in the lives of others. It may be just the light that those around you need to see.

**A** John 8:12 says, “If you follow me, you won’t have to walk in darkness, because you will have the light that leads to life.” Praise God today for Jesus and the perfect example of a Godly life we have to follow. Thank God for His Word that shows us what a righteous and holy life is.

---

---

---

**C** 1 John 5:6 says, “if we say we have fellowship with God but go on living in spiritual darkness, we are not practicing the truth.” Confess the pieces of your life that still are hidden away, things you’d rather not bring out into the light. Ask for God to forgive you for those sins and that His strength would help you step away from the habits and temptations that lead you down that path.

---

---

---

**T** 1 Thes. 5:18 says, “Give thanks in all circumstances, for this is God’s will for you in Christ Jesus.” Thank God today for His presence in any and all circumstances, and that He is sovereignly working all things for His good and His glory!

---

---

---

**S** Psalm 121:1 says, “I lift my eyes toward the mountains. Where will my help come from? My help comes from the Lord, the Maker of heaven and earth.” Pray a prayer of trust and dependence on God. Speak to Him about your needs and your challenges, and trust that He hears your heart depending and believing in His power.

---

---

---

---

## DAY 09 | The Prayer for Spiritual Understanding

Monday, January 19 | Heidi Bailey

*“... that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him...”*

**EPHESIANS 1:17**

When we really care about someone, we want the best for them in every area of life. We share our favorite restaurants, our favorite books and podcasts, workouts, coffee shops, the list goes on. I will personally never forget the “life-changing matcha” my daughter discovered at the Kansas City airport in the early morning hours before her first mission trip! When something impacts us deeply, we can’t help but share it with the people we love.

While we can share information and recommendations with others, they won’t truly understand it until they experience it themselves. This reality goes beyond book recommendations or where they can find that life-changing matcha. In the same way we tell others about our favorite things, we can also share about our life-changing relationship with God.

As believers, when we deeply know God and live in relationship with Him, everything changes. He provides wisdom for making decisions. We experience His peace, His joy, His strength, His hope.

Prayer is our direct line of communication with our Heavenly Father. While we may pray often for ourselves and things we are experiencing, it is vital that we also intercede for others. In Ephesians 1:17 we see Paul praying for other believers: “that God may give you the Spirit of wisdom and revelation so that you may know Him better.” Paul prayed for believers to go beyond just head knowledge about God to a deep, personal, heart knowledge of Him.

We have the honor and privilege of partnering with Father, Son, and Spirit on behalf of other believers. I believe there is no greater gift that we could give to those we care about than to pray for their personal relationship with the Lord, and that God may give them the Spirit of wisdom and revelation that they may know Him better.

**A** Reflect on God's revelation of Himself to you over the years. Write down three words that describe who God has been in your life (i.e. provider, protector, guide) and take a moment to express your gratitude to Him for who He is.

---

---

---

**C** Confess to God if you have never prayed for others in this way, specifically that they would grow in wisdom and revelation to know God better. Ask for His forgiveness, and for His guidance over who you can specifically pray for.

---

---

---

**T** Thank God that through the death of Jesus and the power of the Holy Spirit we have the direct line of communication through prayer. Share with God how you feel knowing He is always available to you and always hears your prayers.

---

---

---

---

**S** Pray the words of Ephesians 1:17 specifically for someone in your life today. Commit to praying these words over that person for the remainder of these 21 days of prayer.

---

---

---

---

## DAY 10 | The Prayer for Good Health

Tuesday, January 20 | Pastor Matt Nisely

*“I pray that all may go well with you and that you may be in good health, as it goes well with your soul.”*

**3 JOHN 1:2**

When my son was seven years old, he developed a serious infection that caused one side of his face to swell dramatically. After a few uncertain days in the hospital, doctors finally found the cause and began treatment. Those four days were some of the hardest my wife and I faced as parents—filled with worry and “what-ifs.”

But through it all, we were surrounded by love. Friends, family, co-workers, and our church community lifted us up with prayers, texts, and visits. Their support meant the world to us. Thankfully, our son made a full recovery, and we’ll never forget the support we experienced during that time.

In today’s reading, John is praying for his dear friend Gaius, who is facing physical ailments during his ministry. John knows Gaius is spiritually secure (John 11:25-26), but he believes in the power of prayer (Philippians 4:6-7) for his physical well-being.

If you’re walking through a hard season physically or know someone who is, I want to encourage you: don’t walk alone. Surround yourself with people who will pray with you and for you (Matthew 18:20), and be that support for others as well. My wife and I thank God for healing our son and for the prayerful community that carried us through. In every moment, our hope is in Him.

In the book of Psalms, David says, *“I call on you in the day of my distress, for you will answer me.”* (Psalm 86:7) God hears our cries, and by His grace, we can be made new. My prayer for you today is that you know God is greater, stronger, and bigger than the ailment you or someone in your life is facing.

**A** Praise God as our Healer and Sustainer—the One who sees us in our suffering, surrounds us with His people, and brings peace through His presence. Worship Him for being the God of hope who fills us with joy and peace, even in the midst of uncertainty.

---

---

---

---

**C** Is there something you've been trying to carry on your own either physically, mentally, or emotionally? Where are you finding it hard to fully trust God? Confess that today.

---

---

---

---

**T** Thank God for those who carry you in prayer. Write down two to three names of people who regularly pray for you. If no one comes to mind, who might God be inviting you to reach out to?

---

---

---

---

**S** Who in your life needs prayer right now for a physical ailment they're experiencing? Write down their name(s) and ailment, and ask God to heal them physically and provide comfort during this difficult season.

---

---

---

---

## DAY 11 | The Prayer in Bad Health

Wednesday, January 21 | Pastor Mike Evans

*“O God, please heal her—please.”*

NUMBERS 12:13

In Numbers 12, Miriam (Moses' sister) and Aaron (Moses' brother) decided to conspire against Moses. They wanted the Lord to speak to and through them like He spoke to and through Moses. They were jealous of Moses. Their pride clouded their judgement, no doubt about it!

In response to this situation, the Lord called a meeting. In that meeting, He rebuked Miriam and Aaron for their sin. Miriam was stricken with leprosy (a dreaded skin disease) and Aaron begged Moses to not hold their sin against them.

Moses' response to Aaron and Miriam is verse 13: “O God, please heal her—please.” What an amazing prayer! Moses demonstrated his humility by begging God to heal Miriam! If you keep reading past verse 13, you'll see that God does indeed answer his prayer and heals Miriam after she is “confined outside the camp for seven days.”

In the Old Testament, God is identified as “Jehovah Rapha,” or “the God who heals.” He is the great Physician. He is a God who is able to “heal all your diseases.” (Psalm 103:3) Whether in this age or in the age to come, God promises to fulfill all of His promises to heal His people.

Pastor John Piper gave us this helpful reminder, “In this world, God does heal. And all healing that comes to us, comes to us from God. And so, we should look for it, ask for it, and thank him when he gives it. But the final promise of no more death and no more disease will come in the future.”

So when someone in your life is in bad health,

- “Look” and “ask” for God to heal them
- “Thank” God when He heals
- “Trust” God that there will be a day when all of us will be fully healed in the age to come

**A** Praise God for those people in your life (including yourself!) who have experienced the healing touch of God in your life. List out a few names and shoot them a message today that you spent some time praising the Lord for how He healed them.

---

---

---

---

**C** Read Philippians 4:6-7. Confess to the Lord any unbelief in your spirit that God can heal people. Ask God for that peace of God which “transcends all understanding” to guard your heart and mind.

---

---

---

---

**T** Thank God for the truth that, whether in this age or in the age to come, God will bring healing to those in physical distress. Look at those names you wrote down in the Adoration section and thank God that they will experience God's healing.

---

---

---

---

**S** Pray with the eyes and heart of faith that God would do miracle-working things in bringing about physical healing to someone you know who needs this kind of prayer!

---

---

---

---

## DAY 12 | The Prayer for Hope

Thursday, January 22 | Pastor Ryan Holt

*“May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.”*

**R O M A N S 1 5 : 1 3**

For all of us reading this, you've most likely been through challenges in life—in your job, in your marriage, in parenthood, or with your finances. Since challenges in life are inevitable, and since it's highly probable that each of you have experienced them, then you've most likely spent days or even months or years hoping you would get through it. Struggle and worry have most likely brought you to a place where you've needed a prayer of hope to bring you joy and peace in the midst of it.

In Paul David Tripp's devotional *Everyday Gospel*, he wrote this about hope: “Hope is what gets us up in the morning and gives us a reason to keep grinding. Hope is where we look for meaning and purpose. Hope tells us that somehow and in some way things will be okay. Hope keeps us going even when things are hard. Your hope is your life in the darkness. Hope always has two parts: an expectation and an object. You long for something, and you look to something or someone to deliver it.”

This is not an empty hope you're grasping at, but a hope where the Creator of the universe is the foundation. This Creator has given His Son and even His Holy Spirit to be *with* us and *in* us every day. Spend time in His presence, believe that He is working in your midst, and see how the God of hope will fill you with the joy and peace you desire.

**A** Praise God that He is where true joy and peace come from. Tell God how that joy and peace feels and commit to remember it in the future.

---

---

---

---

---

---

**C** Confess an area where you're not fully trusting God with a situation in your life. Ask Him to forgive you and offer a new prayer of hope in place of that worry.

---

---

---

---

---

---

**T** Thank God for something, or for multiple things, in the past where God clearly worked in an area of worry, especially if it's an area that you now need to trust Him in again.

---

---

---

---

---

---

**S** Offer a prayer of hope for someone close to you who you know needs the joy and peace that only a closeness with Jesus provides.

---

---

---

---

---

## DAY 13 | The Prayer of Forgiveness

Friday, January 23 | Pastor Christian Newsome

*“Father, forgive them, for they know not what they do.”*

**L U K E 2 3 : 3 4**

If there's a hard prayer to pray about someone, this is it: “Father, forgive them.” These three words have spiritual power for the person we're praying for, but they also have spiritual power for us.

First, it's clear that as Jesus prays these words for those who have crucified Him and now stand at the foot of the cross taunting Him, His heart is broken for the sin and brokenness of their lives. While His immediate situation on the cross will not change with their understanding and desire for God's forgiveness, Jesus knows that only when they are awakened to their need for forgiveness will their eternal spiritual situation change. That's the whole reason He's hanging on that cross—so that those who are separated from God by their sin can be forgiven and brought close to God through forgiveness. No matter what anyone has ever done to hurt us, we should pray that their hearts would be broken by their sin and that they would come alive spiritually through a relationship with Jesus.

Second, when we begin to ask God to forgive those who have hurt us, in a sense we are asking God to help our heart to forgive them as well. In the model of prayer that Jesus taught His disciples (the Lord's Prayer), we actually ask God to forgive us as we *forgive others*. Ugh...that can be hard.

In fact, it can be so hard that we actually have to ask God to help us forgive because we simply cannot do it on our own. The pain, the hurt, the fear, and the consequences of somebody's actions toward us have been so bad that only God's power in us can help us even try to forgive. So we pray, “Lord, forgive them, and Lord, help me to be able to forgive them too.” A powerful and hard prayer. Use today's prayer points to begin your journey toward forgiveness.

**A** Praise God that Jesus forgives us. Write three words to describe how being forgiven feels to your soul.

---

---

---

---

**C** Confess to God any person or situation that you've struggled to forgive. Tell God how what happened continues to make your heart feel.

---

---

---

---

**T** Thank God for three times in your life when somebody has forgiven you for what you've gotten wrong. For each time, write an emotion that describes how it felt to be forgiven by them.

---

---

---

---

**S** Ask God to forgive those who've hurt you, and ask God to open their eyes to their sin so that they might repent and find forgiveness from Him. Ask God to help you have the strength to learn to forgive, and ask Him to heal your heart and deepen your faith as you do.

---

---

---

---

## DAY 14 | The Prayer of Blessing

Saturday, January 24 | Pastor Garrett Lahey

*“The Lord bless you and keep you;  
the Lord make his face to shine upon  
you and be gracious to you;  
the Lord lift up his countenance upon  
you and give you peace.”*

**N U M B E R S   6 : 2 4 - 2 6**

When people ask my wife and I how long we've been married, we say, "Twenty-four wonderful years, and twenty-eight total." Some years are just not great.

During a particularly hard week in a particularly hard year, I was listening to a sermon online from a church far away. The pastor was trying to ignite his church for purpose. He said, "You've turned God into someone who just takes care of you. What about a God who has a divine purpose and a divine vision for you?"

And I was crushed down even further.

I don't deny one word of what he was saying. It was a powerful word, and a challenging word, and a true word! But for me, as I was having a once-every-seven-years crisis, it was the wrong time for the right word.

Today, when I sat down to write this devotional for you, I read and translated Numbers 6 carefully. "The Lord make you happy," it says. "The Lord protect you," it says. The Lord looks at you with a beaming face of approval. He has mercy on you. He lifts up His face when you walk in the room and pays undivided attention to you. And He wants to give you peace and wholeness. I wouldn't build a whole picture of God from these three verses, but it would be equally wrong to build a picture of God without these three verses. And if someone you love is also having one of those hard years, the truth of God's Word prayed over them is that our God is a joy-bringing protector, filled with approval and bearing gifts of forgiveness, attentiveness, and true peace.

Pray this over someone in need this week. Pray it slowly, unpacking for them what each word really means.

**A** God has *many* attributes, more than can be listed. But this week, pick three verbs from Numbers 6:24-26 and worship God for being a God who blesses, keeps, shines, shows grace, sees, or gives peace.

---

---

---

**C** If you've not been praying for or with others who are having a bad year, write down the names of three people who could use your prayers. Confess to God and begin praying for these people. Also ask Him to create a moment for you to pray with them.

---

---

---

**T** Write down the names of two or three people who prayed for you. Thank God for sending them that day and spend a few moments remembering how their prayers made you feel. You can bring that to someone else!

---

---

---

**S** Take your three verbs from Adoration above and write out a prayer for each verb using the names of the people you listed under Confession above. (*Ex: "Lord, I pray you will make your face shine on Ben. Help him to know your love..."*) Then, practice praying for them aloud while you wait for God to give you a chance to pray with them in person.

---

---

---



# **21 DAYS OF PRAYER**

**WEEK THREE**  
**PRAYERS OF PRAISE!**

## DAY 15 | A Prayer of Awe & Gratitude

Sunday, January 25 | Pastor Jay Armstrong

*“O Lord, God of Israel, there is no God like you, in heaven above or on earth beneath, keeping covenant and showing steadfast love to your servants who walk before you with all their heart...”*

**1 K I N G S 8 : 2 3**

If you walk through the Old Testament chronologically, you can trace the spiritual formation of the people of God away from the polytheistic cultures surrounding them, and towards knowledge of the one true God. In his prayer over all of the Israelites, Solomon stands and stretches out his arms and speaks with words that are found in several other Old Testament manuscripts—there is no god like God. The books of Deuteronomy, Exodus, and the thanksgiving prayer of David in 2 Samuel chapter 7 all convey the same thought: the God of Israel stands alone. There are no other “big G” gods. God is one, the Bible is clear.

Solomon uses this all-eyes-on-him moment to point to the theological truth of God’s exclusivity and “only-ness.” Solomon calls those around him to worship God for His power and reign, but also His covenantal relationship to us, his people. The God who is like no other creates and desires relationships with us, His creation, and shows us steadfast love and faithfulness despite our unfaithfulness.

May we be worshippers like Solomon, who declare God’s worthiness and the sole one deserving of our hearts and lives.

**A** Use Solomon's prayer as an example to praise God for who He is—covenant keeper and steadfast lover—and that there is no one who compares to Him.

---

---

---

---

---

**C** What are the moments in your life where you put other “gods” before God? Confess to the Father those moments where you tried to take His role and authority, and pray to trust Him with all the pieces of your life.

---

---

---

---

---

**T** “...servants who walk before You with all of their heart.” Walk (or maybe sit and pray!) before God today with *all* of your heart—the known, the unknown, the good, the bad—everything.

---

---

---

---

---

**S** Choose a time this week to specifically stand as Solomon, with your arms outstretched, and praise God with your words and body language as you honor His work in your life.

---

---

---

---

---

## DAY 16 | A Prayer of Contentment

Monday, January 26 | Danielle Newsome

*“Naked I came from my mother’s womb, and naked shall I return. The Lord gave, and the Lord has taken away; blessed be the name of the Lord.”*

**J O B 1:21**

The Newsomes are a football family. We love the game—watching it, playing it, and even dreaming about it (for some of us...you can probably guess who!).

We grew up in the iconic era of college quarterback Tim Tebow and other athletes displaying Scripture verses on their eye black. Right alongside John 3:16 in popularity was Philippians 4:13, where Paul writes, *“I can do all things through him who strengthens me.”* Overnight this verse became a rallying cry for supernatural athletic ability and physical strength—when in reality, Paul was referring to something very different.

Paul was writing to the church in Philippi about contentment. In the verses leading up to verse 13, he essentially says, “I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation—whether well fed or hungry, whether living in plenty or in want.” Then he reveals the secret to contentment: “I can do all things through Christ who gives me strength.”

Job reminds us that true contentment comes from knowing we brought nothing into this world and will take nothing out of it—and as Paul would add, the only thing we carry with us is our relationship with Jesus. He alone is the source of lasting peace and genuine satisfaction. Biblical contentment is not found in material possessions, in an abundance of food, in our works and performance, or even in the quality of our relationships. Instead, we learn to be content in every situation by walking step by step with Jesus.

As Paul wrote to Timothy, *“But godliness with contentment is great gain.”* (1 Timothy 6:6) Today, let’s pray that we may pursue contentment (peaceful happiness) along with godliness as we follow Jesus and seek to have a heart like His.

**A** Praise God for Jesus who gives us strength and contentment in all circumstances. Take a moment to write out Philippians 4:11-13 here and underline key words about Jesus.

---

---

---

---

**C** What, besides Jesus, are you depending on for contentment in life? Confess your dependence on anything other than Him and seek His forgiveness.

---

---

---

**T** *“Gratitude is a handmaiden of contentment. An ever-growing attitude of gratitude will certainly make us more content since we will be focusing more on what we do have... but contentment is more than focusing on what we have. It is focusing on the fact that all we do have; we have by the grace of God.” — Jerry Bridges*

Take a moment for gratitude today. List five to ten blessings in your life and in prayer see them as the grace of God.

---

---

---

---

**S** Seek God's help in the areas of your life where you struggle with contentment. If contentment isn't a struggle for you today, take a moment to reread Job 1:21. In light of that truth, where might your priorities or attitudes need realignment? Confess this to the Lord and seek His help.

---

---

---

---

## DAY 17 | A Prayer of Praise for Creation

Tuesday, January 27 | Natalie Osborne

*“Worthy are you, our Lord and God,  
to receive glory and honor and power,  
for you created all things,  
and by your will they existed and were created.”*

**R E V E L A T I O N 4 : 1 1**

No great piece of art was created by accident. Vincent van Gogh didn't just throw random paint at a canvas and hope that somehow the colors would mix and blend together to create his famous “Starry Night” or “Sunflowers”. Every stroke, every brush, every color was intentional.

Van Gogh was praised for his artistic creativity painting flowers and stars. But his talent and intentionality have nothing when it comes to God, the Creator, who formed and placed the very flowers and stars that inspired van Gogh. It's God, who is worthy of all the glory, honor, and power of our praise when it comes to creating and creation! And in Revelation 4:11, we are given a beautiful prayer that exalts God for creating everything and willing it into existence.

Read that last sentence again. Not only did God create everything, but He *willed it into existence*. That means nothing on this earth is here by chance. God didn't just randomly throw things out, hoping for the best. God created everything with unbelievable purpose and intentionality! Every plant, every star, every drop of water, every person, even every single breath, is because God wanted it. What an amazing and humbling truth!

It's the kind of truth that can lead us to a place of awe and wonder for what God did *and* for who He is. God is eternal, good, holy, powerful, sovereign, gracious, and loving. And because He is all of this, and so much more, only He can do what He does to create and sustain such a wonderful and intricate world.

And from this awe and wonder, we can worship God with prayers of praise like Revelation 4:11; prayers that call out God's unbelievable ability and character; prayers that give all the glory, honor, and power to Him!

**A** Write down three to five words that describe God. For each word, then pray out loud, “God, I praise you because you are \_\_\_\_\_.”

---

---

---

---

---

**C** Confess to God a time where pride and self-reliance got in the way of God being the Creator and Sustainer of your life.

---

---

---

---

---

**T** Make a list of five things you’re thankful for from God’s creation. Be specific—thank Him for relationships, talents, nature, the gift of life, etc.

---

---

---

---

---

**S** Ask God to move your heart to be in a place of awe and wonder of Him and His ability.

---

---

---

---

---

---

---

## DAY 18 | A Prayer of Praise for Answered Prayer

Wednesday, January 28 | Pastor Marquel Jacoway

*“I called out to the Lord, out of my distress,  
and he answered me;  
out of the belly of Sheol I cried,  
and you heard my voice.”*

**J O N A H 2 : 2**

If you're a parent, you might be familiar with the phrase, "Don't close the door!" I heard this often in my early parenting years. For my kids, the separation of closing the door seemed to create a measure of fear—what if something happened while they were alone? However, the truth was that just outside the door stood a loving father, ready to step in at any moment.

Our spiritual lives can feel the same way. In moments of chaos and distress, it can seem like God has closed the door and left us on our own. But Scripture reminds us that He is always near, ready to step into our despair and bring safety and refuge.

We see this in Jonah's story. God called Jonah to preach to Nineveh, but in fear Jonah ran the other way and ended up in a raging sea—a place of chaos and near-certain death. Yet, in that desperate moment, the Lord provided an unexpected rescue: a huge fish. Inside what seemed like a prison, Jonah discovered God's faithfulness. He prayed and praised God in the very place of his distress. (Jonah 2:1)

Maybe today you feel like you're in your own raging sea. Life hasn't gone the way you expected. Maybe your choices brought you to this raging sea; or perhaps your situation isn't your fault. Either way, know that your Father, the God of the universe, has not closed the door on you. He is near, ready to bring peace in your storm and hope in your chaos.

So today, even in distress, lift your voice in praise. God is faithful to meet you right where you are.

**A** 2 Timothy 2:13 reminds us that God is faithful even when we are not. Praise God today for his unwavering faithfulness. Write down two to three times in your life where, despite your lack of faith, you clearly experienced God's faithfulness.

---

---

---

---

**C** Confess to God today two to three things you turn to instead of God during difficult circumstances. Ask Him to redirect your heart toward trusting Him first.

---

---

---

---

**T** Psalms 46:1 reminds us that *“God is our refuge and strength, a very present help in trouble.”* Thank God that He is a place of safety. Describe a time where you have found safety in the presence of God.

---

---

---

---

**S** Pray today that in your time of distress, you would remember that God remains in control. Write down two Bible verses to commit to memory that will help you remember God's faithfulness in difficult situations.

---

---

---

---

## DAY 19 | A Prayer of Praise for Heart Transformation

Thursday, January 29 | Pastor Ryan Holt

*“My soul magnifies the Lord...”*

**L U K E 1:46**

If you're a follower of Jesus and want to have a growing relationship with Him, that will cause a daily transformation of the heart. Literally, every day, God will be working on your thoughts, actions, and attitudes if you'll daily surrender to the work of the Holy Spirit in your life.

The book of Galatians, chapter 5 tells us that it's a daily battle between our weak sinful flesh and the Holy Spirit and that we should “walk in the Spirit” to win that battle. Simply trying to change or reform your behavior on your own won't cut it. You must be transformed by God.

Luke 1:46 says, *“My soul magnifies the Lord.”* Think about the word magnify. Not only does it mean to give God glory, but it also can mean to make God big in your life. If you make God big, bigger, or hopefully the biggest part of your life, then you'll be winning the battle for your heart and mind. This will result in you thinking what God thinks about you, doing what God wants you to do, and saying what God wants you to say. Then, people will see a transformed life.

If you look more like Jesus because God is magnified in your life, imagine the impact. People in your workplace will notice, people in your school will notice, your family will notice, and perhaps they'll be drawn to the Jesus you know and love.

May your soul magnify the Lord!

**A** Praise God that He has the power to transform hearts.

---

---

---

---

---

**C** Confess areas of your life where you've resisted God's prompting to be transformed. List two to three of these areas and confess them to God so transformation can occur.

---

---

---

---

---

**T** Thank God for the transformation that has occurred in your life. Thank Him for every area of victory that has been fought in your heart.

---

---

---

---

---

**S** Pray for the areas of your life in which God needs to be magnified. Ask for help so that you may daily walk in the Spirit, resulting in the Fruit of the Spirit overflowing from your heart.

---

---

---

---

---

---

---

---

---

## DAY 20 | A Prayer of Praise for God's Wisdom & Path for My Life

Friday, January 30 | Pastor Garrett Lahey

*"Oh, the depth of the riches and wisdom and knowledge of God! How unsearchable are his judgments and how inscrutable his ways!"*

*'For who has known the mind of the Lord, or who has been his counselor? Or who has given a gift to him that he might be repaid?'"*

**R O M A N S 1 1 : 3 3 - 3 6**

\This is the hard prayer. This is the prayer where you praise something you cannot understand. If I cannot understand it, how can I praise it? Exactly. This is the hard prayer.

The words strung together in verse 33 mean God is a deep flowing river of wisdom and knowledge. If you tried to swim in it, you'd drown immediately. And in Hebrew, "unsearchable judgements" means searching for the reasons for the things God does would be like hunting an animal that leaves no tracks.

Verse 34 is an echo of Isaiah 40:13, which says, *"Who has measured the Spirit of the LORD, or what man shows him his counsel?"* If you were to look it up, you'd find it kicking off 57 verses of the same question over and over again: Who thinks they've got God figured out?

Verse 35 alludes to Job 41:11: *"Who has first given to me, that I should repay him? Whatever is under the whole heaven is mine."* It was questions like these which finally led Job to cover his mouth and stop demanding answers from God. Job finally admits, "I have uttered what I did not understand, things too wonderful for, which I did not know."

This is the prayer when we remember all the times God knew better; all the unanswered prayers we were ultimately thankful for; all the times He did more than we could've asked or imagined. And then, we turn and take a long look at all the trials and obstacles we're facing today. We take a deep breath and bow our head in peace or resignation, and we pray the hard prayer: "Oh, the depth of the riches and wisdom and knowledge of God! How unsearchable are his judgments and how inscrutable his ways!"

**A** Write three words or phrases that mean “unsearchable.” They could be words like “mysterious” or “inscrutable.” Or they might be phrases like, “I can’t figure you out,” or, “Your ways are greater than my ways.” Then begin to pray, “Lord I love that you are mysterious. I love that I can’t figure you out.”

---

---

---

---

**C** Have you ever thought God owed you something? In prayer, have you ever tried to tell God what He ought to do? Write three words or phrases that will remind you of times when you thought God owed you or needed your instruction. Confess the error of these times.

---

---

---

---

**T** List two or three times when you prayed very hard for something, but now you’re glad it didn’t happen because what God actually did was better. Give thanks for those times.

---

---

---

---

**S** List three to five situations that are not going well for you right now. For each, it’s totally okay to ask God to intervene, but, as you do, express your trust in Him. Avoid instructing Him and avoid language or thoughts that He ought to fix things for you. Ask the Holy Spirit to help you trust in God’s wisdom and ways.

---

---

---

---

## DAY 21 | A Prayer of Praise for Revival!

Saturday, January 31 | Pastor Christian Newsome

*“O Lord, I have heard the report of you,  
and your work, O Lord do I fear. In the midst of  
the years revive it; in the midst of the years make it known...  
God, the Lord, is my strength; he makes my feet like the  
deer’s; he makes me tread on my high places.”*

**H A B A K K U K 3 : 2 , 1 9**

What a great prayer to end our 21 Days of Prayer!

Habakkuk is a short book of prophecy that primarily questions God about what He’s doing and why. However, it ends with a tremendous note of praise and both a request and acknowledgement of revival.

Habakkuk lists two primary reasons for praise:

### **Praise #1: A self-revelation of God.**

- Habakkuk has spent his short prophecy asking God questions about what he doesn’t know or understand regarding what’s happening in Israel. But he ends by stating clearly what he does know. He knows about God, he knows who He is, he knows what He’s done, he knows enough to have a deep reverence for him. For all these reasons, Habakkuk praises God.

### **Praise #2: A touch from God.**

- Habakkuk closes this praise in chapter 3 not with “who God is”, but with “what God has done for me.” God has made him strong, God has made him stable, God has taken him places he could not have taken himself. These are great praises to pray.

As we close our 21 Days of Prayer, I’m going to ask you to offer these same two praises. Praise God for revealing who He is to you. Praise God for the things He’s done for you. Why? Well, because a big part of experiencing revival “in the midst of your years” (or in the middle of your walk with God) is seeing Him for who He is and being able to see what He’s doing in your life. These things revive our soul and the natural reaction to them is praise. So, as the book of Psalms ends as it closes its 150th Psalm, “Praise the Lord!”

**A** Praise God that He is in the midst of “reviving” our souls, right in the middle of our spiritual walk with Him. List three times (or more) in your life where you’ve experienced a personal revival “in the midst of your life with God” and give God praise for those times.

---

---

---

---

**C** Confess to God three to five areas or relationships in your life where you need a personal revival. Write down specifically what you would like God to do in each area to bring revival.

---

---

---

---

**T** Thank God for three things about Him that He has revealed about Himself in His Word and thank God for three things He has done in your life. (Ex: In Habakkuk’s life, he was strong, stable, and God had taken him places he couldn’t take himself.)

---

---

---

---

**S** Who are the people in your life that you desire to see and experience a spiritual revival in 2026? Write down their names and ask God to reveal Himself to them and to reveal to them what He’s doing in their lives.

---

---

---

---





