

**WELCOME TO**

# 21 Days *of* Prayer

**Let's start 2024 with a strong  
foundation in prayer!**

Together as a church body, we'll dive into prayer about spiritual transformation, finding renewal in Christ, and experiencing the restorative work of the Holy Spirit. Our hope is to become more aware of God's presence, and establish a daily habit of spending intentional time with Him.

Whether you're already a seasoned prayer warrior or just starting your prayer journey, this time together is an opportunity to make prayer a meaningful part of our everyday lives.



# Your guide to prayer

## What is prayer?

- Prayer is communication with God.
- Prayer is communion with God.
- Prayer demonstrates our dependence upon God, our awareness of God and our surrender to God.

## How do I pray?

- I pray to the Father | John 16:23-24, Ephesians 5:20
- I pray through or in the name of Christ | John 16:23; 14:13
- I pray by means of or in the power of the Holy Spirit | Ephesians 2:18; 6:18
- As a believer-priest I have direct access to God the Father | Romans 5:1-2; Ephesians 2:18; 1 Peter 2:5, 9; Revelation 1:6

## What are different types of prayer?

- Thanksgiving | Philippians 4:6
- Requests | John 14:13; 16:23-24; Philippians 4:6; 1 John 5:14-15
- Prayer-Worship, adoration | Philippians 4:6; Timothy 2:1
- Intercessions- Pleading for others | 1 Timothy 2:1
- Supplication- Strong petition for another and for needs | Philippians 4:6; 1 Timothy 2:1
- Praise | Philippians 4:6; Hebrews 13:15
- Confessions-Agreeing with God | 1 John 1:9

## Who prays for me?

- Christ prays for me | John 17:20; Romans 8:34; Hebrews 7:25; 9:24
- The Holy Spirit intercedes for me | Romans 8:26

## What are keys to effective prayer? What are prerequisites to answered prayer?

- I must be saved | Proverbs 28:9; John 9:31; 15:7
- I must pray according to God's will | 1 John 5:14-15
- I must abide in Christ and His words must abide in me. Then I will pray according to God's will | John 15:7
- I must be cleansed | Psalms 66:18; James 5:16
- I must be motivated by the Holy Spirit | Galatians 5:17,25; Ephesians 2:18; 6:18; Jude 20
- I must pray in faith | Matthew 21:22; Hebrews 11:6; James 1:5-8

## Why pray if God is sovereign?

- Prayer shows my faith and dependence upon God
- God commands me to pray | Luke 18:1; 1 Thessalonians 5:17
- Prayer is a means to God's ends. I am never told to pray to change God's will or mind | 1 John 5:14-15
- God wants me to experience His blessing first hand by working with Him through prayer | 1 Corinthians 3:9; 2 Corinthians 6:1
- I pray because God is sovereign. There is no sense praying to someone who is not sovereign | Matthew 6:7-8

# Daily Prayer Themes

## Spiritual Transformation

Praying for spiritual transformation is rooted in the belief that our spiritual journey is dynamic and ever-evolving. Why should we pray for spiritual transformation?

### **Personal Growth**

Prayer fosters personal growth and development in our faith. We acknowledge that we are on a journey of continuous transformation, striving to become more Christ-like in our thoughts, actions, and character.

### **Connection with God**

Through prayer, we spend intentional time with God, acknowledging His role as the ultimate catalyst for spiritual change. Through prayer, we seek His guidance, wisdom, and transformative power allows us to align ourselves with His plan for our lives.

### **Renewal and Restoration**

We all face life's challenges, which can lead to weariness and spiritual fatigue. Through prayer, we pause to seek renewal and restoration, inviting the Holy Spirit to breathe new life into our hearts and minds.

### **Conforming to God's Will**

True spiritual transformation requires aligning our will with God's will. We seek to surrender ourselves to His purposes, allowing Him to shape and mold us according to His plan.

### **Overcoming Challenges**

Spiritual transformation can be a process of overcoming personal struggles, sins, or obstacles that hinder our relationship with God. Praying for strength and guidance helps us navigate these challenges with faith and perseverance.

### **Deepening Relationship with God**

Through prayer, we aim to draw closer to God, so we may hear him speaking to us. The process involves seeking a more intimate connection, understanding His Word, and growing in love, trust, and devotion.

# Daily Prayer Themes

## **Becoming Instruments of God's Love**

We aspire to become living examples of God's love and grace in the world. As we grow spiritually, we can positively impact those around us, reflecting the transformative power of God's love in our interactions and relationships.

*Praying for spiritual transformation is an acknowledgment of our continuous need for God's guidance, grace, and transformative power as we journey through life, aspiring to live in accordance with His divine purpose.*

## Renewal in Christ

Praying for renewal in Christ is rooted in the desire for a fresh and revitalized relationship with Him. Here are some reasons why individuals may pray for renewal in Christ:

### **Spiritual Refreshment**

Life's challenges, distractions, and busyness can lead to spiritual weariness. We pray for a refreshing of the spirit so that we may find new strength, joy, and enthusiasm in our faith journey.

### **Forgiveness and Cleansing**

Renewal in Christ requires seeking forgiveness for shortcomings, sins, and mistakes, and acknowledging that we serve a merciful God. Through prayer, we seek God's mercy and cleansing, allowing Christ's redemptive work to restore and purify our hearts.

### **Rekindling Passion for God**

Over time, passion for one's faith may wane due to various circumstances. Praying for renewal is a deliberate act of rekindling the flame of passion for God, reigniting the love and devotion that may have dimmed.

### **Restoring Spiritual Devotion**

Daily routines and challenges can lead to a loss of spiritual zeal. By praying for renewal in Christ, we express a desire to regain a fervent and vibrant commitment to our faith.

### **Embracing a Fresh Perspective**

Renewal often involves gaining a fresh perspective on life, faith, and purpose. Through prayer, we seek a renewed mindset aligned with Christ's teachings, so that we may view our circumstances and relationships through a lens of grace, love, and wisdom.

# Daily Prayer Themes

## **Healing from Spiritual Wounds**

Past hurts, disappointments, or spiritual wounds can hinder a relationship with Christ. Praying for renewal involves seeking healing and restoration from these wounds, so that we may experience the fullness of Christ's healing grace.

## **Transformed Character**

Renewal in Christ can lead to a transformed character. Prayer fosters a sense of surrender to the transformative work of the Holy Spirit, allowing Christ's image to be more fully reflected in our attitudes, behaviors, and interactions with others.

## **Deepened Intimacy with Christ**

Praying for renewal is a pathway to deepen our intimacy with Christ. By developing a more personal relationship with the Savior, we can experience His presence in a profound and transformative way.

*Praying for renewal in Christ is a heartfelt plea for a fresh encounter with the transformative power of Christ's love, forgiveness, and grace. It reflects a desire to live in alignment with Christ's teachings, to be restored and rejuvenated in one's faith journey.*

## Restorative work of the Holy Spirit

Praying for the restorative work of the Holy Spirit is grounded in the belief that the Holy Spirit, as the third person of the Trinity, plays a vital role in bringing about healing, renewal, and transformation in the lives of believers.

## **Healing from Emotional and Spiritual Wounds**

The Holy Spirit is often seen as the Comforter and Healer. We pray for the restorative work of the Holy Spirit to find emotional and spiritual healing from past wounds, traumas, or hurts.

## **Reconciliation and Unity**

The Holy Spirit promotes unity and harmony within the body of believers. Praying for the restorative work of the Holy Spirit can be a plea for reconciliation in relationships, both within the church community and in personal connections.

## **Empowerment for Overcoming Challenges**

When faced with challenges, let's seek God's restorative power to empower them to overcome.

# Daily Prayer Themes

## **Renewed Faith and Trust**

Praying for the restorative work of the Holy Spirit can foster a desire for renewed faith, trust, and confidence in God's plan.

## **Transformed Minds and Hearts**

Praying for the restorative work of the Holy Spirit is a request for a renewed mind and a transformed heart, aligning more closely with God's purposes and character.

## **Revival and Spiritual Awakening**

In the context of a community or a broader spiritual movement, let's pray for the restorative work of the Holy Spirit to bring about revival and spiritual awakening. This involves a collective renewal of passion and commitment to God.

## **Guidance and Direction**

As believers, the Holy Spirit is our guide and counselor. Let's pray for guidance and direction in making important life decisions and seeking clarity in uncertain times.

## **Fruitfulness in Spiritual Gifts**

We can seek the Holy Spirit's restorative work to manifest and enhance spiritual gifts. This can include a desire for the fruitful expression of gifts such as love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

*Praying for the restorative work of the Holy Spirit reflects a recognition of the transformative and renewing power of God's Spirit in the lives of individuals and communities. It is an expression of dependence on the Holy Spirit for guidance, healing, and empowerment in the Christian journey.*

# Daily Prayers

## WEEK ONE | JAN II-17

### DAY 1

Psalm 34:1-4 | I will extol the Lord at all times; his praise will always be on my lips. I will glory in the Lord; let the afflicted hear and rejoice. Glorify the Lord with me; let us exalt his name together. I sought the Lord, and he answered me; he delivered me from all my fears.

### DAY 2

Genesis 28:16 | When Jacob awoke from his sleep, he thought, "Surely the Lord is in this place, and I was not aware of it."

### DAY 3

Revelation 21:5 | He who was seated on the throne said, "I am making everything new!" Then he said, "Write this down, for these words are trustworthy and true."

### DAY 4

Romans 12:2 | Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing and perfect will.

### DAY 5

2 Corinthians 3:18 | And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

# Daily Prayers

## WEEK ONE | JAN II-I7

### DAY 6

Romans 8:26 | In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.

### DAY 7

2 Corinthians 5:17 | Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

# Daily Prayers

## WEEK TWO | JAN 18-24

### DAY 8

Lamentations 3:22-23 | Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.

### DAY 9

John 14:26 | But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

### DAY 10

Isaiah 43:18-19 | "Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.

### DAY 11

Ephesians 4:22-24 | You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

### DAY 12

Ezekiel 36:26 | I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.

# Daily Prayers

WEEK TWO | JAN 18-24

## DAY 13

Galatians 5:22-23 | But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

## DAY 14

Jeremiah 29:11 | For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.

# Daily Prayers

## WEEK THREE | JAN 25-31

### DAY 15

Psalms 51:10 | Create in me a pure heart, O God, and renew a steadfast spirit within me.

### DAY 16

Philippians 1:6 | Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

### DAY 17

1 Corinthians 2:10-11 | these are the things God has revealed to us by his Spirit. The Spirit searches all things, even the deep things of God. For who knows a person's thoughts except their own spirit within them? In the same way no one knows the thoughts of God except the Spirit of God.

### DAY 18

Acts 1:8 | But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."

### DAY 19

2 Corinthians 4:16 | Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

# Daily Prayers

## WEEK THREE | JAN 25-31

### DAY 20

2 Corinthians 1:21-22 | Now it is God who makes both us and you stand firm in Christ. He anointed us, set his seal of ownership on us, and put his Spirit in our hearts as a deposit, guaranteeing what is to come.

### DAY 21

Titus 3:5 | He saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit

# More ways to get rooted in prayer



## Practical Prayer Class

[midtownchurch.org/pray](https://midtownchurch.org/pray)

Jan. 16th, 23rd, 30th  
Tuesday evenings at 7pm (3 Tuesdays)

**Have you ever doubted your prayers? Ever been embarrassed to pray out loud in front of other people or felt like prayer was intimidating or mysterious?**

The focus of these classes is to help you feel more comfortable and confident in your prayer time spent alone or with others. We'll spend three weeks getting serious about the simple subject of prayer. We will get real, we will get real practical and we will have some real FUN!

[Click here](#) to register



## Saturday Morning Virtual Prayer with the Midtown Church Prayer Team (Weekly)

Saturday mornings - ongoing  
8:00am via Zoom

You're invited to join us in corporate prayer on zoom every Saturday morning from 8am-9am

This hour of prayer is led by our Midtown Church Prayer Team. We'll be praying for each other, and we welcome your personal prayer requests. All are welcome!

[Click this link](#) to access Zoom every Saturday at 8:00am.



## Intro to Prayer Team Meeting

Sacramento Campus  
Sunday, Jan. 14th at 9:30am

Elk Grove Campus  
Sunday, Jan. 21st at 12:30pm

**Interested in joining the Sacramento or Elk Grove Campus Prayer Team?**

Join us as we discuss the levels of Prayer/Care teams and what you will need to do to serve on any of these teams. Register for your campus' class on our events page.

[Click here](#) to register for Sacramento

[Click here](#) to register for Elk Grove