

Week 1: 21 Days of Prayer

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*Day 1: Have you been **honest** with God? Have you **submitted** to Him?*

Scripture: Luke 22:42

“Father, if You are willing, take this cup from me; yet not my will, but yours be done.”

Jesus—perfect, spotless, and without blemish—never concealed His emotions from His Father. Yet He entrusted those emotions to Him in perfect submission. Prayer, then, is not the absence of suffering, longing, or weakness. It is the act of bringing all of it before God while anchoring ourselves in His character. True prayer acknowledges that we are dust, upheld every moment by God’s sustaining grace.

To hide our desires or struggles from God is to suggest we can fool the One who formed us. But to approach Him without reverent submission is to treat God as a tool for our purposes rather than our sovereign Lord—our Treasure and our eternal Reward.

Tim Keller draws from St. Augustine to illustrate this tension, pointing to Jesus’ own prayer in Gethsemane: “Jesus’ own prayer in Gethsemane, which was perfectly balanced between **honest desire**— ‘let this cup pass from me’ — **and submission to God**— ‘nevertheless, not my will but thine be done.’”

So come before God with honesty. Bring Him your deepest aches and your most vulnerable desires. And rest in this truth: by His grace alone you live and breathe, and He cares for you beyond all comprehension. He is Adonai, the sovereign One, and His will is a place where you can safely and confidently rest.

Verses for further study and encouragement: Proverbs 3:5-6, Psalm 20, 1 Peter 5:7

Prayer:

Dear Heavenly Father,

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Thank You, Lord God, for who You are. Thank You that through Jesus I can now approach You, the one true God, with confidence, presenting You my deepest desires. Lord God, You know me; You know everything about me. I choose not to hide anything from You, You have access to all of me. Lord, I give to You my wants, my sufferings, my misconceptions, my doubts, and my hopes. Lord, align my heart's desires with Yours. Help the parts of me that don't want to surrender control. I trust You, Lord—*not my will but Yours be done*. Have Your way in my life, have Your way in my heart, have Your way in this world. I love You, Lord.

In Jesus' name I pray, Amen.

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Day 2: There is nowhere you can go where He is not, so do not fear, He is closer than you think.

Scripture: Psalm 139:7-10

“Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast.”

A frequent question we may ask is, “God, where are You in this?” It is a question that reveals desperation; it reveals our fear of being without Him; it reveals our **need**. There will be times in our lives when we ask this and the answer appears immediately, and other times when it is a question asked and prayed fervently, day after day, in divine dependency.

May Psalm 139 provide comfort to your soul—that there is nowhere you can go where He is not. We often do not have the eyes to see the Lord’s work. Praise the Lord that even when we cannot see it, He is working. Praise the Lord for the Word of God, filled with His promises for us to read, to hold us steadfast and expectant. Even when we don’t understand, we can hold fast to God’s perfect, faithful character.

God is more powerful than your circumstance; His grace abounds more than your sin; the work of His hands triumphs over any good deed we can present to Him. **There is nothing you can do, nowhere you can go, no sin you can commit that will separate His love from you.**

He is with you; He is working.

Verses for further study and encouragement: Romans 8:38-39, Isaiah 41:10, Psalm 139

Prayer:

Dear Heavenly Father,

Thank you for Your promises. Thank you for being all around me. Thank You Holy Spirit for dwelling inside of me! God, when the question of “God where are you?” arises in my heart, please remind me of the Truth, that You are already here. Lord I proclaim Isaiah 41:10 over myself today,

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I will not fear, because You are with me.

I will not be dismayed, because You are my God.

You will strengthen me and help me,

You will uphold me with Your righteous right hand.

Thank you Lord for Your presence. Holy Spirit, give me eyes to see You working. Take away any distraction, anything clouding my vision, from seeing and trusting You. I love you, Lord.

In Jesus' name I pray, Amen.

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*Day 3: God is inviting you to **intimacy**. Have you accepted the invite?*

Scripture: Psalm 51:1

“Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions.”

Psalm 51 was written right after David—a man after God’s own heart—committed adultery. If we have ever wondered what true repentance looks like, we don’t need to look any further. Psalm 51 beautifully displays the kind of godly sorrow that leads to repentance.

Trying to summarize the depth of this psalm is more than a short reflection can hold, but one theme clearly emerges: **God’s presence is on the other side of our repentance.** *Repentance is an invitation to intimacy with God.*

Just as a person feels a deep sense of relief when they finally confess something they’ve been hiding from a close friend—and that friend responds with embrace and connection—so it is with us and our heavenly Father. Repentance is often unfortunately accompanied by fear, but in reality it is an invitation into the fullness of joy. David writes in Psalm 16:11, “...in Your presence there is fullness of joy.” And again in Psalm 27:4, “One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life...” There is no better place to be than in God’s presence. David knew this, and it’s why we see his heart poured out before God in genuine repentance. He knew the joy repentance brings. He came boldly before the throne, confident that **God’s grace was greater than his sin.**

Repentance is not a burden to avoid but a grace to lean into— God’s own invitation into the freedom our hearts long for.

Verses for further study and encouragement: 2 Corinthians 7:9-10, 2 Peter 3:9, Psalm 51

Prayer: I can think of no prayer more fitting for repentance than Psalm 51, so let’s pray selected verses from it together,

Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin. Against you, you only, have I sinned and done what is evil in your sight; so you are right in your verdict and justified when you judge. Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow. Let me hear joy and gladness; let the bones you have crushed rejoice. Create

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in me a pure heart, O God, and renew a steadfast spirit within me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. Open my lips, Lord, and my mouth will declare your praise. You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings. My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise.

Thank You, God, for the gift and joy of repentance. Praise You, Jesus, for by Your blood I am forgiven and rejoicing. I love You, Lord.

In Jesus' name I pray, Amen.

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Day 4: Wait on the Lord, and live while you wait.

Scripture: Isaiah 40:31

“But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.”

Waiting. In a time of one-day shipping and mobile pre-orders, it's something we are no longer accustomed to. No wonder that when it's time to wait on God, our lack of patience is exposed—because God moves on His timing, not ours. And His timing is far more perfect than our rushed outcomes.

Many of us fall into the mindset of “What do I need to do?” or “What's my next step?” These are valid questions. But we are given a beautiful picture of what waiting on God produces through the prophet Isaiah. In waiting on God, our strength is renewed. In waiting on God, we run and do not grow weary; we walk and do not faint.

We may think to ourselves, what does waiting on God practically look like? Waiting on God is simply resting in who He says He is. When we place our confidence in God Himself rather than our own timelines, we find ourselves in the beauty and peace of waiting on Him.

Psalm 37:7 says, “Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes.”

The temptation of our world is to take matters into our own hands. It is pride that deceives us into believing we could orchestrate our lives better than the One who created us. But Isaiah reassures us with a promise: God, who is faithful to His word, will not fail.

So wait on the Lord.

Your strength shall be renewed.

Wait on the Lord— you shall mount up with wings like eagles.

Wait on the Lord— you shall run and not be weary; you shall walk and not faint.

And in the midst of waiting, don't forget to live. Life happens in the wait, because life is wherever He is, and He is in the wait with you.

Verses for further study and encouragement: Psalm 46, Psalm 130:5-6, Isaiah 55:9

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Prayer:

Dear Heavenly Father,

Thank You Lord for the privilege of waiting. Thank You that the world is not in my hands, but in Yours. Thank you that I can confidently relinquish control to You. Lord, I find myself often taking things into my own hands, Holy Spirit, in those moments remind me to re-surrender. Lord please give me patience, allow me to rejoice in the waiting. May you open my eyes to the work and wonder of the wait. Help me want Your perfect plan over my fragile and fleeting one. Thank You Lord for being the One I can rest in. Because I have You, I lack nothing. I love You Lord.

In Jesus' name I pray, Amen.

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Day 5: In Jesus, we receive not only eternal hope, but an abundant life even on this side of eternity.

Scripture: John 10:10

“The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.”

What Jesus purchased for us on the cross is absolutely magnificent. We could go on and on about all the gifts of the gospel, but today we’re going to focus on one we may often overlook. We know that we have eternal hope in Jesus—we have a home in heaven, we have forgiveness of sins—but what we may tend to forget is that Jesus also purchased for us an abundant life to experience on this side of heaven.

In Psalm 27, the psalmist says, “I remain confident of this: I will see the goodness of the Lord in the land of the living.” We do not have to wait until heaven to experience a full and vibrant life. Yes, this life will have trials and tribulations, but praise be to God that He has sent us the Spirit of Jesus Christ, who now dwells in us as believers. The fruit the Spirit produces is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control—fruit that produces an abundant life.

With the hope of heaven, His Spirit within us, and His Word filled with His promises, we have everything we need to experience life—and life abundantly. This abundant life is not a social status or a set of achievements; the abundant life is a person, and His name is Jesus.

Verses for further study and encouragement: Galatians 5:22-25, John 8:12, Romans 15:13

Prayer:

Dear Heavenly Father,

Praise You, Lord! All the glory is Yours. Thank You for the cross, and thank You for all that You have purchased for me by Your blood. Thank You that You came to give me life—and life abundantly.

Thank You for Your Holy Spirit.

Thank You for choosing to make me Your dwelling place.

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Holy Spirit, please continue to increase the good fruit in my life as I abide in You.

Allow me to walk in the goodness of God in the land of the living.

Help me to rejoice throughout my day despite my circumstances.

Thank You that my joy is not found in a place or a status, but in Jesus—my Lord and Savior.

Thank You, God, for Your kindness.

I love You, Lord.

In Jesus' name I pray, Amen.

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Day 6: Turning duty into delight.

Scripture: Psalm 63:1

“You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water.”

The busyness of life and tasks to complete can easily consume our lives, and before we realize it, our time with the Lord slips into the category of a checklist rather than our source of life. Prayer, meditation, and Scripture reading quickly become checked off boxes instead of the pleasure of our day. The fruit of this pattern is often spiritual dryness.

Yes, there will be seasons when discipline is necessary because our sinful heart longs for things other than the Lord. But addressing the root of this issue may open the door to a deeper delight in God. Seeing the Lord as a duty rather than a delight often stems from how we view Him—and how we view ourselves. When we think too highly of ourselves and too low of Him, we begin to falsely believe that we are self-sufficient instead of dependent on God. We trick ourselves into thinking we are no longer thirsty for the living water. We imagine that we can provide for ourselves, and that time with the Lord is merely the “right” thing to do rather than the very substance of life in which we get to delight.

At the root of this is our pride. Pride repeatedly convinces us that we are something significant apart from God. But just as a long drink of water is a delight after traveling through parched land, so it is with us and the Lord. When we come to Him recognizing our great need, our thirst for Him returns—and with it, true delight.

As John Piper puts it, “God is most glorified in us when we are most satisfied in Him.” Our relational God is most glorified when we—those He created—find our deepest satisfaction in Him.

As you delight in Him, He receives glory. What a glorious truth.

Verses for further study and encouragement: John 15:5, Psalm 16:2, Psalm 23

Prayer:

Dear Heavenly Father,

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I recognize that I have viewed myself too highly. Lord, I repent of my pride, humble me.

Help me recognize that apart from You, I am nothing. Help me desire You more.

Bring me back to delighting in You, bring me back to viewing You rightly, as my greatest pleasure.

I come to You Lord thirsty, satisfy my soul with Your presence.

I don't want to view time together as just a checked off task, I want it to be the delight of my soul.

Lord do a work in my heart, set it aflame for You. I love you Lord, You are my delight.

In Jesus' name I pray, Amen.

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Day 7: Jesus is worthy of your worship.

Scripture: Luke 23:34

“Jesus said, ‘Father, forgive them, for they do not know what they are doing.’...”

To write on this verse is, frankly, quite intimidating. What it depicts is something words will never fully capture. We often use this verse when reflecting on forgiveness toward someone who has wronged us, but I want to highlight a different takeaway.

This statement from Jesus should draw a response out of us. Many emotions may rise in your heart as you read it—sadness, heartache, sorrow, gratitude, grief, thankfulness. But I believe all of these ultimately lead to one unified response: worship.

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.” (Romans 12:1)

Worship is not merely singing a song at church or saying that God is good. True and proper worship is offering ourselves as living sacrifices. It is living our lives wholly for the One who laid His life down for us.

By His wounds we are healed.

By His blood we are forgiven.

By His death we receive life.

May our lives be worship, to Jesus, the only one worthy of our praise.

Verses for further study and encouragement: Isaiah 53, Revelation 5:8-14, Luke 23

Prayer:

Heavenly Father,

Oh Lord, thank You. Thank You for sending Your Son to bear all of what I deserved.

Jesus, I could never thank You enough, words will never be enough. Jesus, I give all that I am to You, I am Yours.

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May my life be worship, all that I am, all that I say, all that I do, may it be consecrated as worship to You.

Oh Jesus, You are worthy! You are worthy of all of my praise, my adoration, my worship.

Holy Spirit, empower me to live for Jesus. Empower me to worship in Spirit and in Truth.

Jesus I love you. What a joy it is to live for You.

In Jesus' powerful and precious name I pray, Amen.