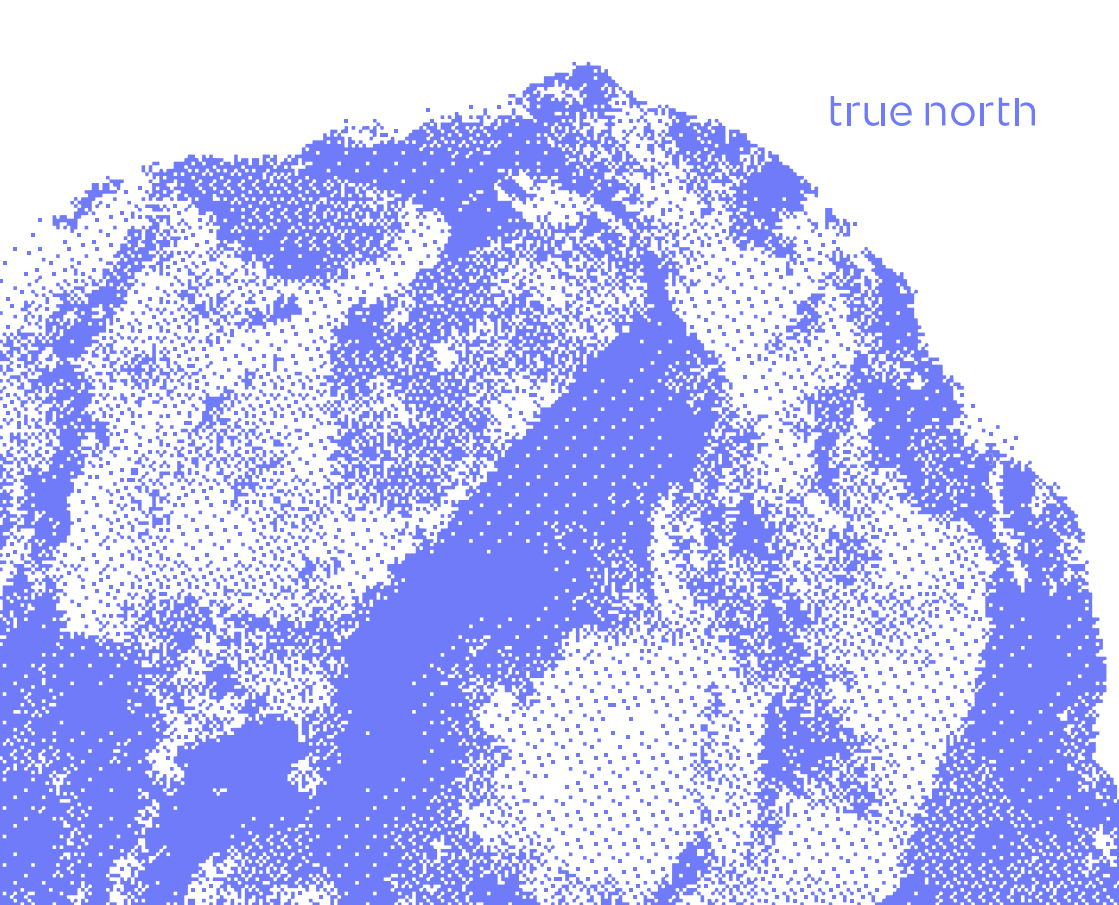




true north

40 DAYS OF PRAYER

ABIDE IN ME,
AND I IN YOU.

THIS JOURNAL
BELONGS TO

.....

WELCOME, this is your invitation to draw near to God and simply remain: to breathe in His presence, speak your heart, and listen for His gentle voice. Let this time be where you return often to receive strength, discernment, and the quiet fruit of His love, trusting that as you stay close to Jesus, He will nourish and transform you from the inside out.

JOHN 15:4 *"Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide."*

CREATING A LIFESTYLE OF PRAYER

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

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

HAVE A CERTAIN TIME

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily time with God —whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

HAVE A CERTAIN PLACE

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

HAVE A CERTAIN PLAN

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

PRAYER LIST

Prayers you are contending for. Seeking God's intervention and breakthrough in every area of life.

PRAYER REQUEST —————> ANSWERED

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WE WILL
BECOME A
CENTRE FOR
RENEWAL AS WE
PASSIONATELY
PURSUE THE
PRESENCE OF
GOD.



true north

40 DAY PRAYER & FASTING GUIDE

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OUR FATHER
IN HEAVEN,
HALLOWED BE
YOUR NAME

MATTHEW 6:9

WEEK 1

Date:

THE LORD’S PRAYER

Weekly Reading

SUNDAY
DAY 1

Connect with God Relationally

MONDAY
DAY 2

Worship His Name

TUESDAY
DAY 3

Pray His Agenda First

WEDNESDAY
DAY 4

Depend on Him for Everything

THURSDAY
DAY 5

Forgive and Be Forgiven

FRIDAY
DAY 6

Engage in Spiritual Warfare

SATURDAY
DAY 7

Express Faith in God’s Ability

	S	M	T	W	T	F	S
PRAYER	☐	☐	☐	☐	☐	☐	☐
FASTING	☐	☐	☐	☐	☐	☐	☐
SCRIPTURE	☐	☐	☐	☐	☐	☐	☐

My fast this week

The Lord's Prayer is often recited in churches or at religious events, but there's so much more to this prayer. Jesus provided this model as an outline to teach us how to pray in a way that connects us to God and empowers us to accomplish great things through Him. This model takes us through each part of The Lord's Prayer, showing us how to pray the way Jesus instructed.

THE LORD'S PRAYER: One day, Jesus was praying in a certain place. When He finished, one of His disciples said to Him, "Lord, teach us to pray..." Luke 11:1

"This, then, is how you should pray:

MATTHEW 6:9-13

*"Our Father in Heaven,
hallowed be your Name.
your Kingdom come.
your will be done on earth as it is in Heaven.
Give us this day our daily bread.
And forgive us our debts, as we forgive our debtors.
And do not lead us into temptation, but deliver us from the evil one.
For Yours is the Kingdom and the power and the glory forever. Amen."*

Take some time daily to meditate on this scripture.
Write it down and commit it to memory.

REFLECT

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DAY ONE

WEEK 1

THE LORD'S PRAYER

MATTHEW 6:9-13

"Our Father in Heaven,

hallowed be your Name.

your Kingdom come.

your will be done on earth as it is in Heaven.

Give us this day our daily bread.

And forgive us our debts, as we forgive our debtors.

*And do not lead us into temptation, but deliver us
from the evil one.*

*For Yours is the Kingdom and the power and the
glory forever. Amen."*

"Our Father in Heaven"

Connect with God Relationally

“Our Father in heaven...” This week, let your heart linger over each word of the Lord’s Prayer in Matthew 6, not as a routine recitation, but as a doorway into deeper trust, surrender, and intimacy with God. As you journal, let every phrase become a conversation: worship as you say “hallowed be your name,” realign your desires with “your kingdom come,” surrender your plans in “your will be done,” and bring your needs, wounds, and failures into the light of “give us... forgive us... deliver us.” Come as you are—honest, expectant, and willing—and allow the Spirit to shape your thoughts, heal your heart, and expand your vision of who God is as your Father.

PRAYER You have not received a spirit that makes you fearful slaves. Instead, you received God’s Spirit when He adopted you as His own children. Now we call Him, “Abba, Father.”

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

ROMANS 8:15 *“Father, I come to you in prayer today thankful that I am your child. I know I am a sinner, but you have forgiven me and adopted me as your own, and I am so grateful to call you my Father. Thank you for loving me. I love you.”*

DAY TWO

WEEK 1

THE LORD'S PRAYER

MATTHEW 6:9-13

"Our Father in Heaven,

hallowed be your Name.

your Kingdom come.

your will be done on earth as it is in Heaven.

Give us this day our daily bread.

And forgive us our debts, as we forgive our debtors.

*And do not lead us into temptation, but deliver us
from the evil one.*

*For Yours is the Kingdom and the power and the
glory forever. Amen."*

"Hallowed Be your Name"

Worship His Name

God loves when we worship Him, and there is power in His Name. Here is a list of some of His Names to help us worship Him specifically and personally:

God is Righteousness – He makes us clean
God is Sanctifier – He has called us and set us apart
God is Healer – He heals all our diseases
God is Banner of Victory – He defeated our enemies
God is Shepherd – He speaks to us and leads us
God is Peace – He is our peace in every storm
God is Provider – He supplies all of our needs

PROVERBS 18:10

*The name of the Lord
is a strong tower; the
righteous man runs
into it and is safe.*

Speak God's Names out loud. When we proclaim who He is, we not only worship Him, but we also remind ourselves how powerful and great our God is.

PRAYER

God, I am in awe of you. Your Name is a strong tower, a place of protection and safety for me. I praise you as my Healer, my Shepherd, and my Banner of Victory. You are my Peace, my Provider, my Righteousness, and my Sanctifier. your Name is great, and I worship you.

DAY THREE

WEEK 1

THE LORD'S PRAYER

MATTHEW 6:9-13

"Our Father in Heaven,

hallowed be your Name.

your Kingdom come.

your will be done on earth as it is in Heaven.

Give us this day our daily bread.

And forgive us our debts, as we forgive our debtors.

*And do not lead us into temptation, but deliver us
from the evil one.*

*For Yours is the Kingdom and the power and the
glory forever. Amen."*

**"your Kingdom come. your will be
done on earth as it is in Heaven"**

Pray His Agenda First

Part of being a child of God is caring about what He cares about. We know His will is perfect, and we acknowledge His wisdom and sovereignty when we pray His agenda first.

LUKE 12:31 *He will always give you all you need from day to day if you make the Kingdom of God your primary concern.*

Spend time focusing on what God is focused on. His priorities include:

- Saving the lost
- Wisdom and guidance for those in authority – parental, spiritual, governmental, work-related
- Accomplishing His purpose in our lives

PRAYER God, I recognise there is no better plan on earth than yours, and I pray for your will to be done in my life (Name the areas of your life where you need more of God's presence today), and in our world. This world is lost and desperately needs you, and I pray that every person will know you as their personal Lord and Saviour. I pray for the leaders in my life (pray specifically over parents, spiritual leaders, government leaders, employers, and any other leaders in your life), that you would give them supernatural wisdom and discernment as they lead. Give them a revelation of your will and purpose for them. And I give my life to you again today; have your way in my life! Anything you want to do in me or through me, I will do.

DAY FOUR

WEEK 1

THE LORD'S PRAYER

MATTHEW 6:9-13

*"Our Father in Heaven,
hallowed be your Name.*

your Kingdom come.

your will be done on earth as it is in Heaven.

Give us this day our daily bread.

And forgive us our debts, as we forgive our debtors.

*And do not lead us into temptation, but deliver us
from the evil one.*

*For Yours is the Kingdom and the power and the
glory forever. Amen."*

"Give us this day our daily bread"

Depend on Him for everything

PSALM 121:1-2 *God promises to supply all our needs, and He wants us to come to Him with our problems, needs, and desires and to trust Him to provide.*

I look up to the mountains—does my help come from there? My help comes from the Lord, who made heaven and earth!

Ask God for what you need today. It may help to write down the concerns weighing on your mind or the desires of your heart. You can bring them to God, and trust Him enough to hand them over to Him fully. It may help to open your hands before God to physically show your surrender to Him. Problems can either be ours or God's; they can't be both.

PRAYER *Father, I acknowledge that everything I need today will come from you. You made the heavens and the earth; you are more than capable of handling any situation I'm dealing with, so I give it to you completely (specifically talk to God about what is on your mind and heart right now and give it to Him). I look to You to help me, sustain me, and give me your peace. Remind me of your hope and power today. Thank you in advance for taking care of my needs.*

DAY FIVE

WEEK 1

THE LORD'S PRAYER

MATTHEW 6:9-13

"Our Father in Heaven,

hallowed be your Name.

your Kingdom come.

your will be done on earth as it is in Heaven.

Give us this day our daily bread.

And forgive us our debts, as we forgive our debtors.

*And do not lead us into temptation, but deliver us
from the evil one.*

*For Yours is the Kingdom and the power and the
glory forever. Amen."*

"Forgive us our debts, as we forgive our debtors"

Forgive and be Forgiven

God has offered us complete forgiveness, and we can receive it at any time. When we turn away from our sins and receive His forgiveness, our hearts are more prepared to forgive others as well.

1 JOHN 1:9 *If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

Ask God to check your heart and life and show you areas where you might need to ask for forgiveness from Him. Then, it is your turn to forgive those who have offended you. We can even choose to forgive people in advance. Ask God to forgive you and to help you forgive others.

PRAYER God, thank you so much for offering me the gift of forgiveness. Show me any areas of my life that I need to bring before you in order to receive forgiveness and healing. I confess that I have been struggling with sin (talk to God about any areas of sin in your life), and I know that you want me to be clean again. Please forgive me for my sin. Thank you for showing me unfailing grace. As you have so freely forgiven me, I also want to forgive others freely. Please help me let go of all of my offences. I release to you those who have hurt me, and I trust you to handle those situations according to your perfect will.

DAY SIX

WEEK 1

THE LORD'S PRAYER

MATTHEW 6:9-13

"Our Father in Heaven,

hallowed be your Name.

your Kingdom come.

your will be done on earth as it is in Heaven.

Give us this day our daily bread.

And forgive us our debts, as we forgive our debtors.

*And do not lead us into temptation, but deliver us
from the evil one.*

*For Yours is the Kingdom and the power and the
glory forever. Amen."*

**"And do not lead us into temptation,
but deliver us from the evil one"**

Engage in Spiritual Warfare

EPHESIANS 6:12 *For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.*

By recognizing that the enemy wants to destroy you, you can shed light on his lies and claim God's truth over your life. Ask God to show you any lies you're believing or areas of warfare happening in your life. Ask Him to expose the enemy and to help you understand and receive His truth. Simply speaking the Name of Jesus has great power in the spiritual realm. The Bible tells us in James 4:7 that if we resist the devil, he will flee from us. Through prayer, we can resist him and walk forward in freedom.

PRAYER God, I recognise that my struggles today aren't against the people or circumstances around me, but against the enemy. Please help me see how the enemy is lying to me. Help me to recognise his lies, take them captive, and make all of my thoughts obedient to the truth of your Word (list out any specific areas God shows you where you have believed a lie that needs to be replaced with His truth). While the enemy wants to destroy me, I know that you came to give me life to the fullest. I speak the name of Jesus over my life and declare that no weapon formed against me will prosper. I don't have to fear the enemy because the One who is in me is greater than the one who is in the world.

DAY SEVEN

WEEK 1

THE LORD'S PRAYER

MATTHEW 6:9-13

"Our Father in Heaven,

hallowed be your Name.

your Kingdom come.

your will be done on earth as it is in Heaven.

Give us this day our daily bread.

And forgive us our debts, as we forgive our debtors.

*And do not lead us into temptation, but deliver us
from the evil one.*

*For Yours is the Kingdom and the power and the
glory forever. Amen."*

**"For yours is the Kingdom and the power
and the glory."**

Express Faith in God's Ability

God is more than able to move in every situation, and ending our prayer time claiming His authority and power focuses our minds on the truth and hope of who He is and what He can do.

JEREMIAH 32:17 *Ah, Sovereign LORD, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you.*

Remind yourself of God's limitless power and then return to praising Him and declaring your faith in Him:

- "Yours is the Kingdom" – all authority belongs to you
- "Yours is the Power" – all mightiness flows from you
- "Yours is the Glory" – your victory will be complete

PRAYER Father God, nothing is too hard for you! Through your great power, all things are possible. All authority is Yours, all might is Yours, and I know that your victory will be complete. you are amazing, and I worship you. I praise you for your power and presence in my life. you are my God, and you are worthy of all praise.

NOW TO
HIM WHO IS
ABLE TO DO
IMMEASURABLY
MORE THAN
ALL WE ASK OR
IMAGINE,

EPHESIANS 3:20



ACCORDING TO
HIS POWER THAT
IS AT WORK
WITHIN US

WEEK 2

Date:

ABIDING IN CHRIST

Weekly Reading

SUNDAY
DAY 8

Ephesians 3:14-21

MONDAY
DAY 9

John 15:1-17

TUESDAY
DAY 10

Colossians 2:6-15

WEDNESDAY
DAY 11

Colossians 3:1-17

THURSDAY
DAY 12

James 4:1-12

FRIDAY
DAY 13

Galatians 5:13-26

SATURDAY
DAY 14

Philippians 3:1-14

	S	M	T	W	T	F	S
PRAYER	☐	☐	☐	☐	☐	☐	☐
FASTING	☐	☐	☐	☐	☐	☐	☐
SCRIPTURE	☐	☐	☐	☐	☐	☐	☐

My fast this week

So, prayer begins with abiding in Jesus as we consume and contemplate His words, which results in a conversation with God in prayer. Preaching on this passage in 1888, Charles Spurgeon said,

“Prayer is the natural out-gushing of a soul in communion with Jesus. Just as the leaf and the fruit will come out of the vine without any conscious effort on the part of the branch but simply because of its living union with the stem, so prayer buds and blossoms and produces fruit out of souls abiding in Jesus.”

REFLECT

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DAY EIGHT

WEEK 2

ABIDING IN CHRIST

EPHESIANS 3:14-21 *For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name.*

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith.

And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

PRAYER

Father, I come before you, the One from whom every family in heaven and on earth is named. Fill me from your glorious riches—strengthen me with power through your Spirit in my inner being. Let Christ dwell in my heart by faith. Root and establish me in your love so I, together with your holy people, may grasp how wide, long, high, and deep is Christ’s love.

Help me to know this love that surpasses knowledge and to be filled to the measure of all the fullness of God.

you are able to do immeasurably more than I ask or imagine; let your power at work in me reveal your glory in the church and in Christ Jesus now and forever. Amen.

As you pray this prayer for yourself, who else can you be praying for? Write down four names you can pray for:

DAY NINE

WEEK 2

ABIDING IN CHRIST

JOHN 15:1-17

"I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. you are already clean because of the word I have spoken to you. Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples. "As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete. My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends. you are my friends if you do what I command. I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. you did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last— and so that whatever you ask in my name the Father will give you. This is my command: Love each other.

PRAYER

you are the true vine and I am a branch. Father, I surrender myself to your loving hands. Prune away everything in me that does not bear fruit—every habit, desire, and thought that keeps me from you. Cleanse me by your Word and make me fruitful for your glory. Teach me to remain in you as you remain in me. I confess that apart from you I can do nothing. Let your life, your strength, and your Spirit flow through me so that I may bear much fruit that lasts—fruit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self control. Thank you, Jesus, that as the Father has loved you, so you have loved me. Help me to remain in your love by keeping your commands. Fill me with your joy so that my joy may be complete. Write deeply on my heart your command: “Love each other as I have loved you.” Remind me that I did not choose you, but you chose and appointed me to go and bear fruit—fruit that will last. Align my desires with Yours so that whatever I ask in your name brings glory to the Father. Today, Lord, graft me more deeply into Yourself. Let my life show that I am truly your disciple. Teach me to love others as you have loved me.

In your name, Jesus, Amen.

Ask the Lord to reveal any branches that need to be pruned. Then pause and listen to hear what might be revealed. Journal any thing that comes to mind.

DAY TEN

WEEK 2

ABIDING IN CHRIST

COLOSSIANS 2:6-15 So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness. See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ. For in Christ all the fullness of the Deity lives in bodily form, and in Christ you have been brought to fullness. He is the head over every power and authority. In him you were also circumcised with a circumcision not performed by human hands. your whole self ruled by the flesh was put off when you were circumcised by Christ, having been buried with him in baptism, in which you were also raised with him through your faith in the working of God, who raised him from the dead. When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ. He forgave us all our sins, having cancelled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross. And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross.

PRAYER Thank you Jesus, that I have received you as Lord. Help me to continue to live my life in you—rooted and built up in you, strengthened in the faith as I have been taught, and overflowing with thankfulness. Guard my heart and mind so that no one, and nothing in this world, takes me captive through empty and deceptive ideas that are based merely on human tradition or the spiritual forces of this world, instead of on you. Fix my eyes on Christ alone. I praise you, that in you I have been brought to fullness. you are the head over every power and authority. Thank you that by your work, my old self ruled by the flesh has been put off, that I have been buried with you in baptism and raised with you through faith in the mighty power of God who raised you from the dead. In your mighty name,
Amen.

Baptism is a declaration to say I want Jesus to be Lord of my life. Our old life is buried in Christ, and we are raised new in Christ Jesus. If you are interested in baptism, speak with a Pastor to find out more.

DAY ELEVEN

WEEK 2

ABIDING IN CHRIST

COLOSSIANS 3:1-17 Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory. Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. Because of these, the wrath of God is coming. you used to walk in these ways, in the life you once lived. But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator. Here there is no Gentile or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all. Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

PRAYER

Lord Jesus, Since I have been raised with you, set my heart on things above, where you are, seated at the right hand of God. Set my mind on things above, not on earthly things. Remind me that I died, and that my life is now hidden with you in God. Let the hope of appearing with you in glory shape everything I desire and do. By your Spirit, help me put to death the things belongs to my earthly nature— sexual immorality, impurity, lust, evil desires, and greed, which is idolatry. Deliver me from anger, rage, malice, slander, and filthy language. Teach me to live as one who has taken off the old self and put on the new, being renewed in knowledge in the image of my Creator. As your chosen child, holy and dearly loved, clothe me with compassion, kindness, humility, gentleness, and patience. Teach me to bear with others and to forgive, as you have forgiven me. Over all these, help me put on love, which binds everything together in perfect unity. Let your peace rule in my heart, and make me an instrument of peace in your body. Amen.

Take some time to journal and identify areas of your life that need to be let go. Invite Jesus to help you release these burdens and ask Him to fill you with compassion, kindness, humility, gentleness, and patience.

DAY TWELVE

WEEK 2

ABIDING IN CHRIST

JAMES 4:1-12

What causes fights and quarrels among you? Don't they come from your desires that battle within you? you desire but do not have, so you kill. you covet but you cannot get what you want, so you quarrel and fight. you do not have because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures. you adulterous people, don't you know that friendship with the world means enmity against God? Therefore, anyone who chooses to be a friend of the world becomes an enemy of God. Or do you think Scripture says without reason that he jealously longs for the spirit he has caused to dwell in us? But he gives us more grace. That is why Scripture says: "God opposes the proud but shows favor to the humble." Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. Humble yourselves before the Lord, and he will lift you up. Brothers and sisters, do not slander one another. Anyone who speaks against a brother or sister or judges them speaks against the law and judges it. When you judge the law, you are not keeping it, but sitting in judgment on it. There is only one Lawgiver and Judge, the one who is able to save and destroy. But you— who are you to judge your neighbor?

PRAYER

Lord, keep me from friendship with the world that makes me your enemy. you are a jealous God who longs for the spirit you placed in me— yet you give more grace. I receive that grace today.

I humble myself before you. I submit myself to you. Strengthen me to resist the devil, and let him flee from me. I come near to you— come near to me.

Wash my hands, Lord; purify my heart where I am double-minded. Teach me to grieve over my sin, to see it as you see it, and to turn from it completely. Lift me up in your time, not by my own pride or self-justification.

Guard my mouth from slander. Keep me from judging my brothers and sisters. Remind me that there is only one Lawgiver and Judge— you alone, the One who can save and destroy. Teach me to walk in mercy, humility, and love toward my neighbour.
In Jesus' name, amen

DAY THIRTEEN

WEEK 2

ABIDING IN CHRIST

GALATIANS 5:13-26 *You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself." If you bite and devour each other, watch out or you will be destroyed by each other.*

So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. But if you are led by the Spirit, you are not under the law.

The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

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. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoke one another, or envy one another.

PRAYER

Lord Jesus, you have called me to be free. Thank you for this gift of freedom. Teach me not to use it to indulge my flesh, but to serve others humbly in love.

Write on my heart your command: “Love your neighbour as yourself.” Keep me from biting and devouring others with my words, attitudes, or actions.

Holy Spirit, help me walk by you so I will not gratify the desires of the flesh. Where my flesh and your Spirit are in conflict, give me strength to choose you. Lead me, guide me, and rule in me.

Expose and put to death in me every work of the flesh—
(take a moment to name some areas in your life)

Let my life not be marked by these things, for I want to inherit the kingdom of God.

Grow in me the fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Let these be seen in my relationships every day.

I belong to Christ Jesus. By your grace, I have crucified the flesh with its passions and desires. Since I live by the Spirit, help me keep in step with the Spirit— moment by moment, choice by choice.

In your name, Lord Jesus

Amen

DAY FOURTEEN

WEEK 2

ABIDING IN CHRIST

PHILIPPIANS 3:1-14 *Further, my brothers and sisters, rejoice in the Lord! It is no trouble for me to write the same things to you again, and it is a safeguard for you. Watch out for those dogs, those evildoers, those mutilators of the flesh. For it is we who are the circumcision, we who serve God by his Spirit, who boast in Christ Jesus, and who put no confidence in the flesh— though I myself have reasons for such confidence.*

If someone else thinks they have reasons to put confidence in the flesh, I have more: circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; in regard to the law, a Pharisee; as for zeal, persecuting the church; as for righteousness based on the law, faultless. But whatever were gains to me I now consider loss for the sake of Christ. What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith. I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, and so, somehow, attaining to the resurrection from the dead.

Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

PRAYER

Lord Jesus,
Teach me to rejoice in you.
Be my safeguard against deception and pride.
Help me put no confidence in my flesh—
in my background, achievements, or efforts—
but to boast only in you.
Clothe me not with a righteousness of my own
that comes from law-keeping,
but with the righteousness that comes from God
on the basis of faith in Christ.
Deepen my faith and my dependence on you.
I want to know you—
to know the power of your resurrection
I have not arrived; I have not fully taken hold of this.
But help me, by your Spirit, to do this one thing:
forget what is behind,
and strain toward what is ahead.
Set my eyes on the goal,
and help me press on to win the prize
for which God has called me heavenward in you, Christ
Jesus.
Hold me fast in your calling,
and let my whole life move toward you.
In your name,
Amen

ROMANS 12:2



DO NOT
CONFORM TO
THE PATTERN OF
THIS WORLD,

BUT BE
TRANSFORMED
BY THE
RENEWING OF
YOUR MIND.

WEEK 3

Date:

PERSONAL RENEWAL

Weekly Reading

SUNDAY
DAY 15

Romans 12:1-2

MONDAY
DAY 16

2 Corinthians 4:1-18

TUESDAY
DAY 17

Ephesians 1:15-23

WEDNESDAY
DAY 18

Ephesians 4: 17-28

THURSDAY
DAY 19

Psalms 51:10-12

FRIDAY
DAY 20

Isaiah 40:28-31

SATURDAY
DAY 21

Titus 3:1-11

	S	M	T	W	T	F	S
PRAYER	☐	☐	☐	☐	☐	☐	☐
FASTING	☐	☐	☐	☐	☐	☐	☐
SCRIPTURE	☐	☐	☐	☐	☐	☐	☐

My fast this week

This week, step into a journey of personal renewal, letting God reshape you from the inside out. “Do not conform to the pattern of this world, but be transformed by the renewing of your mind” (Romans 12:2) is not just a command—it’s an invitation to lay down old thought patterns, hidden compromises, and tired ways of living, and to receive a fresh vision of who you are in Christ. As you pray, ask the Holy Spirit to gently expose what has been discipling your mind more than Jesus has, and to replace it with His truth, His presence, and His peace. Come honestly, expecting not instant perfection but steady transformation. “Renewal,” Mark Sayers writes, “is what happens when weary Christians rediscover the wonder of the gospel, and allow it to transform not just their beliefs, but their whole lives.” Let this be your posture in prayer: open, surrendered, and hungry for God to make all things new—starting with you.

REFLECT

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DAY FIFTEEN

WEEK 3

PERSONAL RENEWAL

Romans 12:1-2 *“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. 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.*”

PRAYER

Lord,

In view of your great mercy, I come to you and offer myself to you. Take my body, my thoughts, my desires, my time, and my choices—let my whole life be a living sacrifice, holy and pleasing to you. Let my everyday actions be true worship.

Father, I choose not to be conformed to the pattern of this world. Renew my mind by your Word and your Spirit. Change the way I think, so I can see things as you see them.

Transform me from the inside out. Teach me to recognise and embrace your will—what is good, pleasing, and perfect. Align my heart with your heart, my ways with your ways, and my plans with your purposes.

I yield myself to you again today.

Have your way in me.

In Jesus' name, amen.

DAY SIXTEEN

WEEK 2

PERSONAL RENEWAL

2 CORINTHIANS 4:1-18 *Therefore, since through God's mercy we have this ministry, we do not lose heart. Rather, we have renounced secret and shameful ways; we do not use deception, nor do we distort the word of God. On the contrary, by setting forth the truth plainly, we commend ourselves to everyone's conscience in the sight of God. And even if our gospel is veiled, it is veiled to those who are perishing. The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God. For what we preach is not ourselves, but Jesus Christ as Lord, and ourselves as your servants for Jesus' sake. For God, who said, "Let light shine out of darkness," made his light shine in our hearts to give us the light of the knowledge of God's glory displayed in the face of Christ.*

But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body. For we who are alive are always being given over to death for Jesus' sake, so that his life may also be revealed in our mortal body. So then, death is at work in us, but life is at work in you.

It is written: "I believed; therefore I have spoken." Since we have that same spirit of faith, we also believe and therefore speak, because we know that the one who raised the Lord Jesus from the dead will also raise us with Jesus and present us with you to himself. All this is for your benefit, so that the grace that is reaching more and more people may cause thanksgiving to overflow to the glory of God.

Therefore, we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

Father, Thank you that in Christ I am not left the way I am—that you invite me into constant renewal. I come to you today in need of fresh grace. I bring you my weariness, my disappointments, my sin, my fears, and the places in my heart that feel dull or dry. Breathe on me again by your Spirit.

Lord, renew my mind. Wash my thoughts with your Word. Uproot lies I have believed about you, about myself, and about others. Replace them with your truth. Give me a mind that is set on things above, that thinks with faith, hope, and love.

Renew my heart. Where I have grown cold, ignite passion for you again. Where I am hardened, soften me. Where I am bitter, heal me and teach me to forgive. Create in me a clean heart, O God, and renew a right, steadfast spirit within me.

Renew my body and strength. Where I am tired, restore me. Where I am overwhelmed, quiet me. Teach me to wait on you so that my strength is renewed, to run and not grow weary, to walk and not faint.

Renew my desires and priorities. Realign what I want with what you want. Strip away what is shallow and temporary, and anchor me in what is eternal. Help me to seek first your kingdom and your righteousness.

Renew my calling and vision. Remind me who I am in Christ and why you have placed me where I am. Revive every God-given dream that has grown dim. Give me fresh courage to obey you, fresh love to serve, and fresh boldness to witness.

Holy Spirit, keep renewing me day by day. Let the life of Jesus be more and more visible in my thoughts, words, and actions. Do not let me settle for yesterday's encounter or yesterday's fire—draw me into a living, present-tense walk with you. I yield to your transforming work. Change what needs to be changed, remove what needs to go, and restore what has been broken. Make all things new in me, for your glory. In Jesus' name, amen.

DAY SEVENTEEN

WEEK 3

PERSONAL RENEWAL

EPHESIANS 1:15-23 *For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God's people, I have not stopped giving thanks for you, remembering you in my prayers. I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe. That power is the same as the mighty strength he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. And God placed all things under his feet and appointed him to be head over everything for the church, which is his body, the fullness of him who fills everything in every way.*

Father God,
Thank you for the faith you have given me in the Lord Jesus and for the
love you are growing in my heart for
(NAME PEOPLE/GROUPS).

I choose to thank you today for, and I
remember, (SPECIFIC THINGS GOD HAS DONE)
..... in my prayers.
(NAMES)

I ask you, the God of our Lord Jesus Christ, the glorious Father, to give me
the Spirit of wisdom and revelation, so that I may know you better in this
area of my life:

Open the eyes of my heart, Lord. Enlighten me so that I may know:

- The hope to which you have called me, especially in
.....
- The riches of your glorious inheritance in your people, including
.....
- your incomparably great power for me as I believe you for
.....

I believe that this is the same mighty strength you exerted when you
raised Christ from the dead and seated Him at your right hand, far above
every rule, authority, power, and name—including
.....
(THINGS THAT FEEL POWERFUL OR INTIMIDATING IN YOUR LIFE).

Jesus, I confess that all things are under your feet. you are the Head over
everything for the Church, and that includes my life, my calling, and
.....
belong to your body, the fullness of you who fills everything in every way.

Today I surrender to your leadership.

Fill this area with your wisdom, your hope, and your resurrection power.

Help me to live with my eyes on you, knowing you better and trusting you
more.

In Jesus' name, amen.

DAY EIGHTEEN

WEEK 3

PERSONAL RENEWAL

EPHESIANS 4:17-28 *So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed.*

That, however, is not the way of life you learned when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. 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.

Therefore, each of you must put off falsehood and speak truthfully to your neighbour, for we are all members of one body. "In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold. Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

PRAYER

Lord Jesus,
Thank you for teaching me a different way of life in you. I do not want to live in futility of thinking, darkened understanding, or a hardened heart.

By your mercy, I choose today to **put off my old self**—every deceitful desire, every pattern of impurity, greed, and self-indulgence. Show me where I have slipped back into old ways, and give me the courage to turn from them.

Make me ****new in the attitude of my mind****. Renew my thoughts, my motives, and my reactions by your Spirit. Clothe me with the ****new self****, created to be like you in true righteousness and holiness.

Help me to ****put off falsehood**** and to speak truthfully with others. Guard my heart in moments of anger so that I do not sin, and teach me to make peace quickly so I do not give the devil a foothold.

Where I have taken what was not mine—through actions, words, or attitudes—teach me to live differently. Help me to work faithfully, to do what is useful, and to have something to share with those in need.

Form your character in me, Lord. Let my life reflect the truth that is in you.

In your name I pray, amen.

DAY NINETEEN

WEEK 3

PERSONAL RENEWAL

PSALM 51:10-12 *Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.*

PRAYER

Lord,
Create in me a pure heart, O God.
Wash me from every sin, every wrong motive, every
hidden thing that does not honour you.

Renew a steadfast spirit within me—a spirit that
is faithful, steady, and true, that does not give up
or turn away. Please do not cast me from your
presence. I need you more than anything.

Do not take your Holy Spirit from me—let your Spirit
fill, lead, and correct me.

Restore to me the joy of your salvation. Bring back
the wonder, gratitude, and delight of knowing that I
am forgiven and Yours.

Give me a willing spirit to sustain me—a heart that
says “yes” to you, even when it is hard, and strength
to keep walking in your ways.

Keep me close to you, Lord.

In Jesus’ name, amen.

DAY TWENTY

WEEK 3

PERSONAL RENEWAL

ISAIAH 40:28-31 *The LORD is the everlasting God,
the Creator of the ends of the
earth.*

*He will not grow tired or weary,
and his understanding no one
can fathom.*

*He gives strength to the weary
and increases the power of the
weak.*

*Even youths grow tired and
weary,
and young men stumble and fall;
but those who hope in the LORD
will renew their strength.*

*They will soar on wings like
eagles;
they will run and not grow weary,
they will walk and not be faint.*

PRAYER

Everlasting God,
you are the Creator of the ends of the earth. you
never grow tired or weary, and your understanding is
beyond anything I can grasp.

I come to you as one who grows weary and weak.

you say you give strength to the weary and increase
the power of the weak—so I ask you now:

strengthen me in

uphold me in

refresh me where I feel exhausted in my body, mind,
and spirit. Even the strongest grow tired and stumble,
but you promise that those who hope in you will
renew their strength. Today I choose to put my hope
in you, not in my own effort, not in other people, not in
my circumstances.

Renew my strength, Lord.

Cause me to soar on wings like eagles above the
weight of my troubles. Help me to run the race
you've given me and not grow weary. Help me to
walk faithfully, day by day, and not faint.

Be the strength of my heart and my portion forever.

In Jesus' name, amen.

DAY TWENTY-ONE

WEEK 3

PERSONAL RENEWAL

TITUS 3:1-11 *Remind the people to be subject to rulers and authorities, to be obedient, to be ready to do whatever is good, to slander no one, to be peaceable and considerate, and always to be gentle toward everyone.*

At one time we too were foolish, disobedient, deceived and enslaved by all kinds of passions and pleasures. We lived in malice and envy, being hated and hating one another. But when the kindness and love of God our Savior appeared, 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, whom he poured out on us generously through Jesus Christ our Savior, so that, having been justified by his grace, we might become heirs having the hope of eternal life. This is a trustworthy saying. And I want you to stress these things, so that those who have trusted in God may be careful to devote themselves to doing what is good. These things are excellent and profitable for everyone.

But avoid foolish controversies and genealogies and arguments and quarrels about the law, because these are unprofitable and useless. Warn a divisive person once, and then warn them a second time. After that, have nothing to do with them. you may be sure that such people are warped and sinful; they are self-condemned.

PRAYER

Father God,
Thank you for your kindness and love that appeared in Jesus Christ. Thank you that you saved me—not because of any righteous things I have done, but because of your mercy. Thank you for the washing of rebirth and renewal by the Holy Spirit, poured out generously through Jesus, so that I am justified by grace and have the hope of eternal life.

In light of this mercy, help me to live differently. Teach me to be subject to rulers and authorities, to be obedient, and to be ready to do whatever is good. Guard my mouth so I do not slander anyone. Make me peaceable, considerate, and gentle toward everyone, remembering that I too was once foolish, disobedient, and deceived.

Holy Spirit, keep my heart soft and grateful. Help me to devote myself to doing what is good, knowing these things are excellent and profitable for everyone. Give me wisdom to avoid foolish controversies, arguments, and quarrels that do not honour you. Show me how to deal rightly with divisive people, with both truth and love.

Let my life reflect the mercy I have received, and let my actions point others to the Saviour who rescued me.

In Jesus' name, amen.

LOVE THE LORD YOUR
GOD WITH ALL YOUR
HEART AND WITH
ALL YOUR SOUL AND
WITH ALL YOUR MIND
AND WITH ALL YOUR
STRENGTH.



MARK 12:30-31

THE SECOND IS THIS:
'LOVE YOUR NEIGHBOR
AS YOURSELF.' THERE
IS NO COMMANDMENT
GREATER THAN THESE.

WEEK FOUR

Date:

A YIELDED HEART

Weekly Reading

SUNDAY
DAY 22

John 14:15-31

MONDAY
DAY 23

Mark 12:28-34

TUESDAY
DAY 24

Colossians 1:9-10

WEDNESDAY
DAY 25

Philippians 2:12-18

THURSDAY
DAY 26

James 5:13-20

FRIDAY
DAY 27

Romans 6:1-14

SATURDAY
DAY 28

Psalms 23:1-6

	S	M	T	W	T	F	S
PRAYER	☐	☐	☐	☐	☐	☐	☐
FASTING	☐	☐	☐	☐	☐	☐	☐
SCRIPTURE	☐	☐	☐	☐	☐	☐	☐

My fast this week

MARK 12:30-31 *Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.”*

This week, come to prayer with a yielded heart, asking God to align every part of your life with His great commandments: to love Him with all your heart, soul, mind, and strength, and to love your neighbor as yourself (Mark 12:30–31). A yielded heart is not half-available or half-obedient; it is a life laid open before God, ready to be led, corrected, and filled with His love. As you pray each day, invite the Holy Spirit to show you where your affections, thoughts, priorities, and relationships are not yet fully surrendered, and to gently draw them back under His loving rule. Ps. Dean Groetzinger has said, “God does His deepest work in us not when we try harder, but when we yield deeper.” Let this week be a slow, honest yes to God—one prayer at a time.

REFLECT

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DAY TWENTY-TWO

WEEK 4

A YEILDING HEART

JOHN 14:15-31

"If you love me, keep my commands. And I will ask the Father, and he will give you another advocate to help you and be with you forever— the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. I will not leave you as orphans; I will come to you. Before long, the world will not see me anymore, but you will see me. Because I live, you also will live. On that day you will realize that I am in my Father, and you are in me, and I am in you. Whoever has my commands and keeps them is the one who loves me. The one who loves me will be loved by my Father, and I too will love them and show myself to them."

Then Judas (not Judas Iscariot) said, "But, Lord, why do you intend to show yourself to us and not to the world?"

Jesus replied, "Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and make our home with them. Anyone who does not love me will not obey my teaching. These words you hear are not my own; they belong to the Father who sent me.

"All this I have spoken while still with you. 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. Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

"you heard me say, 'I am going away and I am coming back to you.' If you loved me, you would be glad that I am going to the Father, for the Father is greater than I. I have told you now before it happens, so that when it does happen you will believe. I will not say much more to you, for the prince of this world is coming. He has no hold over me, but he comes so that

the world may learn that I love the Father and do exactly what my Father has commanded me.

“Come now; let us leave.

PRAYER

Lord Jesus,
Thank you for your promise:

“On that day you will realise that I am in my Father, and you are in me, and I am in you.” Let this truth sink deep into my heart. Help me to live aware that I am in you, and you are in me—never abandoned, never outside the Father’s love.

you said that anyone who loves you will obey your teaching, and that you and the Father will come and make your home with them. I say yes to that.

Teach me to love you through obedience. Come and make your home in me—fill every room of my heart, every part of my life, with your presence.

Thank you for the Advocate, the Holy Spirit, whom the Father has sent in your name.

Holy Spirit, teach me all things and remind me of everything Jesus has said. Bring His words to life in me. Guide my thoughts, my choices, and my steps.

Jesus, you said, “Peace I leave with you; my peace I give you... Do not let your hearts be troubled and do not be afraid.” I receive your peace right now. Let your peace rule in my heart where there has been anxiety, fear, or confusion.

Guard my heart and mind, and help me not to let my heart be troubled or afraid, because you are in me, I am in you, and the Father is over all.

I rest in your presence, your Word, and your peace.
In your name, Jesus, amen.

DAY TWENTY-THREE

WEEK 4

A YEILDING HEART

MARK 12:28-34 *One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, "Of all the commandments, which is the most important?"*

"The most important one," answered Jesus, "is this: 'Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbour as yourself.' There is no commandment greater than these."

"Well said, teacher," the man replied. "you are right in saying that God is one and there is no other but him. To love him with all your heart, with all your understanding and with all your strength, and to love your neighbour as yourself is more important than all burnt offerings and sacrifices."

When Jesus saw that he had answered wisely, he said to him, "you are not far from the kingdom of God." And from then on no one dared ask him any more questions.

PRAYER

Lord God,
you are one, and there is no other but you. I hear
your call: to love you with all my heart, all my soul, all
my mind, and all my strength.

I confess that my love is often divided and distracted
by

Unite my heart to fear your name.

Teach me to love you first and most above every
desire, every relationship, every plan.

Help me to love you with:

all my heart – my emotions, affections, and desires

all my soul – my identity, will, and inner life

all my mind – my thoughts, ideas, and beliefs

all my strength – my energy, time, and actions

And, Lord, teach me to love my neighbour as myself.

Open my eyes to those around me. Free me from
selfishness, comparison, and indifference. Give
me a tender, compassionate heart, willing to serve,
forgive, and bless.

Thank you that loving you and loving others is more
important than any outward sacrifice.

Bring my life into alignment with the greatest
commandment, so that I may live close to your
kingdom and reflect your heart.

In Jesus' name, amen.

DAY TWENTY-FOUR

WEEK 4

A YEILDING HEART

COLOSSIANS 1:3-14

We always thank God, the Father of our Lord Jesus Christ, when we pray for you, because we have heard of your faith in Christ Jesus and of the love you have for all God's people—the faith and love that spring from the hope stored up for you in heaven and about which you have already heard in the true message of the gospel that has come to you. In the same way, the gospel is bearing fruit and growing throughout the whole world—just as it has been doing among you since the day you heard it and truly understood God's grace. you learned it from Epaphras, our dear fellow servant, who is a faithful minister of Christ on our behalf, and who also told us of your love in the Spirit.

For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience, and giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light. For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins.

PRAYER

Father God,

I thank you for the faith you have given me in Christ Jesus and for the love you are producing in me for all your people. Thank you for the hope stored up for me in heaven, and for the true message of the gospel that has come to me. Let this gospel keep bearing fruit and growing in me, just as it is growing throughout the whole world.

Because of all you have done, I ask that you fill me with the knowledge of your will through all the wisdom and understanding that the Spirit gives. Help me to live a life worthy of the Lord and to please you in every way—

- bearing fruit in every good work,
- growing in the knowledge of you,
- being strengthened with all power according to your glorious might,

so that I may have great endurance and patience.

Teach me to give joyful thanks to you, Father, who has qualified me to share in the inheritance of your holy people in the kingdom of light. Thank you that you have rescued me from the dominion of darkness and brought me into the kingdom of the Son you love, in whom I have redemption, the forgiveness of sins.

Let this truth shape my whole life.

In Jesus' name, amen.

DAY TWENTY-FIVE

WEEK 4

A YEILDING HEART

PHILIPPIANS 2:12-18

Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfil his good purpose.

Do everything without grumbling or arguing, so that you may become blameless and pure, “children of God without fault in a warped and crooked generation.” Then you will shine among them like stars in the sky as you hold firmly to the word of life. And then I will be able to boast on the day of Christ that I did not run or labour in vain. But even if I am being poured out like a drink offering on the sacrifice and service coming from your faith, I am glad and rejoice with all of you. So you too should be glad and rejoice with me.

PRAYER

Lord,
Thank you that you are at work in me—both to will and to act according to your good purpose. I offer myself to you again and ask for grace to obey you, not just when it feels easy or when others are watching, but in the hidden places of my life.

Teach me what it means to “work out” my salvation with fear and trembling—taking you seriously, honouring your holiness, and cooperating with what your Spirit is doing in me. Let my reverence for you shape my choices, my words, and my attitudes.

Help me to do everything without grumbling or arguing. Expose complaining in my heart and the ways I stir up strife with my words. Make me blameless and pure, a true child of God without fault in a warped and crooked generation.

Cause me to shine like a star in the sky as I hold firmly to the word of life. Let your Word be my anchor, my guide, and my delight. Use my life, even when it feels like being “poured out,” to encourage the faith of others.

Fill me with joy in serving you, and help me to rejoice, even in sacrifice, knowing that none of it is in vain in Christ.

In Jesus’ name, amen.

DAY TWENTY-SIX

WEEK 4

A YEILDING HEART

JAMES 5:13-20

Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

Elijah was a human being, even as we are. He prayed earnestly that it would not rain, and it did not rain on the land for three and a half years. Again he prayed, and the heavens gave rain, and the earth produced its crops.

My brothers and sisters, if one of you should wander from the truth and someone should bring that person back, remember this: Whoever turns a sinner from the error of their way will save them from death and cover over a multitude of sins.

PRAYER

Lord,
Thank you for this promise about prayer. When I am in trouble, teach me to come to you first and to pray, not to panic. When I am happy, remind me to sing songs of praise and give you glory.

I lift before you those who are sick:

.....
Move me to seek prayer from others when I need it, and to stand with others in faith-filled prayer for their healing. Let the prayer offered in faith make the sick person well, and Lord, raise them up. Where there is sin, bring confession, forgiveness, and healing.

Give me courage and humility to confess my sins to trusted brothers and sisters, and to pray for others so that we may be healed. Make my prayers powerful and effective, not because of my own righteousness, but because of the righteousness of Christ.

Thank you for the example of Elijah—an ordinary human like us whom you used through earnest prayer. Grow in me that same earnest, believing prayer.

For those who have wandered from the truth:

.....
Use me, and others, to help bring them back. Let many be saved from death and let a multitude of sins be covered by your mercy.

Teach me to live a life of prayer, praise, confession, and restoration.

In Jesus' name, amen.

DAY TWENTY-SEVEN

WEEK 4

A YEILDING HEART

ROMANS 6:14

What shall we say, then? Shall we go on sinning so that grace may increase? By no means! We are those who have died to sin; how can we live in it any longer? Or don't you know that all of us who were baptized into Christ Jesus were baptized into his death? We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life.

For if we have been united with him in a death like his, we will certainly also be united with him in a resurrection like his. For we know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin— because anyone who has died has been set free from sin.

Now if we died with Christ, we believe that we will also live with him. For we know that since Christ was raised from the dead, he cannot die again; death no longer has mastery over him. The death he died, he died to sin once for all; but the life he lives, he lives to God.

In the same way, count yourselves dead to sin but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body so that you obey its evil desires. Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness. For sin shall no longer be your master, because you are not under the law, but under grace.

PRAYER

Lord Jesus,
thank you that I have been united with you in your death and in your resurrection. Thank you that my old self was crucified with you, that I am no longer a slave to sin, and that by your grace I have been brought from death to life.

Today I choose to count myself dead to sin but alive to God in you. Expose the places where I still let sin reign in my thoughts, desires, words, or habits. By the power of your Spirit, break every chain that keeps me acting like a slave when you have called me free.

I offer every part of myself to you—my mind, my eyes, my tongue, my hands, my feet, my relationships, my work—as instruments of righteousness. Let your life, not my old patterns, be what shapes me. Teach me to live under grace, not under guilt or law, trusting that the life you live, you live to God—and that your life is now at work in me.

In your name, Jesus,

Amen.

DAY TWENTY-EIGHT

WEEK 4

A YEILDING HEART

PSALM 23:1-6 *The LORD is my shepherd, I lack nothing.
He makes me lie down in green pastures,
He leads me beside quiet waters,
He refreshes my soul.
He guides me along the right paths
for his name's sake.
Even though I walk
through the darkest valley
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.
you prepare a table before me
in the presence of my enemies.
you anoint my head with oil;
my cup overflows.
Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the LORD forever.*

PRAYER

Lord,
you are my shepherd; in you I truly lack nothing. I
choose to trust that you know what I need and that
you will provide.

Make me lie down in your green pastures—teach
me to rest in you. Lead me beside quiet waters; calm
my anxious thoughts. Refresh my soul where I am
weary, burdened, or dry.

Guide me along the right paths for your name's sake.
Order my steps, direct my decisions, and keep me
from wandering.

Even when I walk through the darkest valley, I will
fear no evil, for you are with me. Let your presence
be more real to me than my fears. Let your rod and
your staff protect, correct, and comfort me.

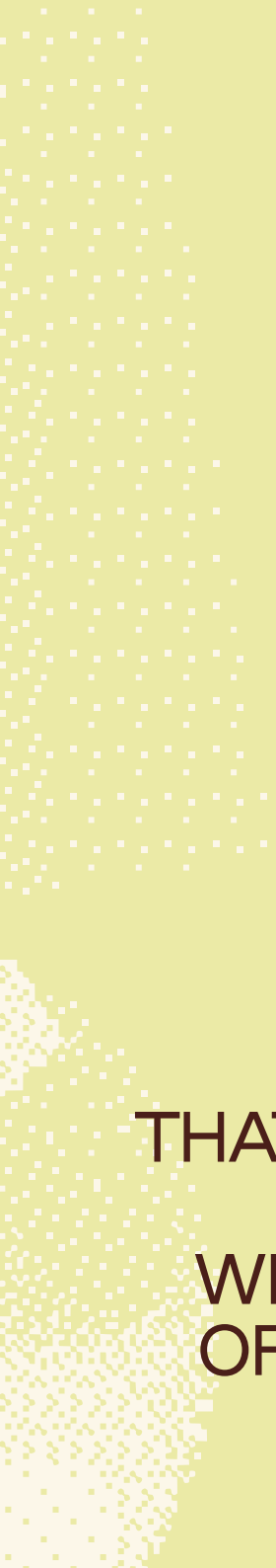
you prepare a table before me in the presence of
my enemies. Help me to receive your provision and
peace even in the middle of opposition. you anoint
my head with oil; let your Spirit rest on me. Let my
cup overflow with your life, your joy, and your grace.

Surely your goodness and love will follow me all the
days of my life. Keep me close to you, and let me
dwell in your house, in your presence, forever.

In Jesus' name, amen.

BUT YOU ARE A CHOSEN
PEOPLE, A ROYAL
PRIESTHOOD, A HOLY
NATION, GOD'S SPECIAL
POSSESSION,

1 PETER 2:9



THAT YOU MAY DECLARE
THE PRAISES OF HIM
WHO CALLED YOU OUT
OF DARKNESS INTO HIS
WONDERFUL LIGHT.

WEEK FIVE

Date:

IDENTITY AND CALLING

Weekly Reading	
SUNDAY DAY 29	1 Peter 2:4-10
MONDAY DAY 30	Ephesians 2:1-10
TUESDAY DAY 31	Psalms 139:1-24
WEDNESDAY DAY 32	Romans 8:18-30
THURSDAY DAY 33	2 Timothy 1:6-14
FRIDAY DAY 34	Galatians 5:13-26
SATURDAY DAY 35	2 Corinthians 5:11-21

	S	M	T	W	T	F	S	
PRAYER	☐	☐	☐	☐	☐	☐	☐	My fast this week
FASTING	☐	☐	☐	☐	☐	☐	☐	
SCRIPTURE	☐	☐	☐	☐	☐	☐	☐	

This week, enter prayer with a fresh awareness of who you are and why you're here. In Christ, you are "a chosen people, a royal priesthood, a holy nation, God's special possession," called to "declare the praises of him who called you out of darkness into his wonderful light" (1 Peter 2:9). your identity is not built on success, failure, opinions, or circumstances, but on God's choosing, God's mercy, and God's love. As you pray, ask the Spirit to strip away false labels and old stories, and to anchor you in this truth: you belong to Him, and your life has purpose in His kingdom. Then listen for how He is sending you—to your family, workplace, friendships, and city—as His priest and representative. Dallas Willard wrote, "The most important thing in your life is not what you do; it's who you become." Let this week of prayer be a time of becoming: living more deeply from your true identity, and more boldly into your God-given calling.

REFLECT

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DAY TWENTY-NINE

WEEK 5

IDENTITY AND CALLING

1 PETER 2:4-10

As you come to him, the living Stone—rejected by humans but chosen by God and precious to him—you also, like living stones, are being built into a spiritual house to be a holy priesthood, offering spiritual sacrifices acceptable to God through Jesus Christ. For in Scripture it says:

*“See, I lay a stone in Zion,
a chosen and precious cornerstone,
and the one who trusts in him
will never be put to shame.”*

Now to you who believe, this stone is precious. But to those who do not believe,

*“The stone the builders rejected
has become the cornerstone,”*

and,

*“A stone that causes people to stumble
and a rock that makes them fall.”*

They stumble because they disobey the message—which is also what they were destined for.

But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy.

PRAYER Lord Jesus, living Stone and precious cornerstone,
I come to you again and offer myself to be built into the spiritual house you are forming. Thank you that though you were rejected by people, you are chosen by God and infinitely precious—and that in you, I too am chosen, loved, and made part of your people.

Root my life firmly on you as my cornerstone. Where I have tried to build on my own plans, my own worth, or the approval of others, realign me to trust you alone. Thank you that whoever trusts in you will never be put to shame.

Father, help me to live as who you say I am: a chosen person, part of a royal priesthood, a holy nation, your special possession. Let my life declare your praises—the One who called me out of darkness into your wonderful light. Remind me daily that I have received mercy, and because of that, I can extend mercy.

Use me, with all your people, as a living stone in your house, for your glory.

In Jesus' name,

Amen.

DAY THIRTY

WEEK 5

IDENTITY AND CALLING

EPHESIANS 2:1-10 *As for you, you were dead in your transgressions and sins, in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. 3 All of us also lived among them at one time, gratifying the cravings of our flesh[a] and following its desires and thoughts. Like the rest, we were by nature deserving of wrath. But because of his great love for us, God, who is rich in mercy, 5 made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God.*

PRAYER

Father God,
I acknowledge that I was dead in my transgressions and sins, following the ways of this world and the desires of my flesh. By nature I was deserving of wrath. But because of your great love and because you are rich in mercy, you made me alive with Christ even when I was dead. It is by grace I have been saved.

Thank you that you have raised me up with Christ and seated me with Him in the heavenly realms in Christ Jesus. Thank you that in the coming ages you will show the incomparable riches of your grace, expressed in your kindness to me in Christ.

I confess that my salvation is by grace through faith—it is not from myself, it is your gift. It is not by works, so I have nothing to boast in but you.

Thank you that I am your handiwork, created in Christ Jesus to do good works which you prepared in advance for me to do. Show me those works today. Help me to walk in them, to live as one who is truly alive with Christ, and to reflect your grace and kindness to others.

In Jesus' name, amen.

DAY THIRTY-ONE

WEEK 5

IDENTITY AND CALLING

PSALM 139:1-24 *you have searched me, Lord,
and you know me.
you know when I sit and when I rise;
you perceive my thoughts from afar.
you discern my going out and my lying down;
you are familiar with all my ways.
Before a word is on my tongue
you, Lord, know it completely.
you hem me in behind and before,
and you lay your hand upon me.
Such knowledge is too wonderful for me,
too lofty for me to attain.
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.
If I say, "Surely the darkness will hide me
and the light become night around me,"
even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.
For you created my inmost being;
you knit me together in my mother's womb.
I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.
My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of the earth.
your eyes saw my unformed body;*

*all the days ordained for me were written in your book
 before one of them came to be.
 How precious to me are your thoughts,[a] God!
 How vast is the sum of them!
 Were I to count them,
 they would outnumber the grains of sand—
 when I awake, I am still with you.
 If only you, God, would slay the wicked!
 Away from me, you who are bloodthirsty!
 They speak of you with evil intent;
 your adversaries misuse your name.
 Do I not hate those who hate you, Lord,
 and abhor those who are in rebellion against you?
 I have nothing but hatred for them;
 I count them my enemies.
 Search me, God, and know my heart;
 test me and know my anxious thoughts.
 See if there is any offensive way in me,
 and lead me in the way everlasting.*

PRAYER Lord,
 you have searched me and you know me. you know when I
 sit and when I rise; you know my thoughts, my ways, and my
 words before I speak them. your hand is on me, behind and
 before, and this knowledge is too wonderful for me. Thank
 you that I can never go from your Spirit or flee from your
 presence. Wherever I am—high or low, near or far—your
 hand guides me and your right hand holds me fast. Even in
 the deepest darkness, you see clearly, and the night shines
 like day to you. you created my inmost being; you knit me
 together in my mother's womb. I praise you because I am
 fearfully and wonderfully made. your works are wonderful,
 and that includes how you made me. Thank you that you
 have seen every day of my life and written them in your
 book before one of them came to be. your thoughts toward
 me are precious and more than I can count. Because you
 know me so completely, I invite you: Search me, God, and
 know my heart. Test me and know my anxious thoughts.
 See if there is any offensive way in me—anything that
 grieves you, anything not like you—and lead me in the way
 everlasting. Keep me close to your presence, aligned with
 your heart, and walking in your purposes.

In Jesus' name, amen.

DAY THIRTY-TWO

WEEK 5

IDENTITY AND CALLING

ROMANS 8:18-30 *I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. For the creation waits in eager expectation for the children of God to be revealed. For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope that the creation itself will be liberated from its bondage to decay and brought into the freedom and glory of the children of God.*

We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. Not only so, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for our adoption to sonship, the redemption of our bodies. For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have? But if we hope for what we do not yet have, we wait for it patiently.

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. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.

And we know that in all things God works for the good of those who love him, who[i] have been called according to his purpose. For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters. And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified.

PRAYER Father,
I bring to you my present sufferings and struggles. your Word says they are not worth comparing with the glory that will be revealed in us. Help me to see my life and pain in light of that coming glory.

All creation is groaning, and I feel that groaning in myself. I have the firstfruits of the Spirit, and yet I still wait for the full redemption of my body and the fullness of my adoption as your child. Strengthen my hope. Teach me to wait patiently for what I do not yet see.

Holy Spirit, thank you that you help me in my weakness. So often I do not know what to pray. Intercede for me according to the will of God. Let your deep, wordless groans carry what my heart cannot express.

Father who searches hearts, thank you that you know the mind of the Spirit and that He is praying for me. Align my desires, my thoughts, and my prayers with your will.

I hold on to this promise: that in all things you work for the good of those who love you and are called according to your purpose. Work even this—my pain, my confusion, my waiting—together for good.

Thank you that you have foreknown, predestined, called, justified, and will glorify me in Christ. Conform me to the image of your Son through everything I walk through. Let Jesus be seen more clearly in me.

I trust you with my present and my future.

In Jesus' name, amen.

DAY THIRTY-THREE

WEEK 5

IDENTITY AND CALLING

2 TIMOTHY 1:6-14 *For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. So do not be ashamed of the testimony about our Lord or of me his prisoner. Rather, join with me in suffering for the gospel, by the power of God. He has saved us and called us to a holy life—not because of anything we have done but because of his own purpose and grace. This grace was given us in Christ Jesus before the beginning of time, but it has now been revealed through the appearing of our Savior, Christ Jesus, who has destroyed death and has brought life and immortality to light through the gospel. And of this gospel I was appointed a herald and an apostle and a teacher. That is why I am suffering as I am. Yet this is no cause for shame, because I know whom I have believed, and am convinced that he is able to guard what I have entrusted to him until that day.*

1 What you heard from me, keep as the pattern of sound teaching, with faith and love in Christ Jesus. Guard the good deposit that was entrusted to you—guard it with the help of the Holy Spirit who lives in us.

Lord,

Thank you for the gifts you have placed in me.

I hear your word: “Fan into flame the gift of God.”

By your Spirit, stir up what you have given. Blow on the embers of my calling, my faith, and my obedience until they burn bright again.

Thank you that the Spirit you gave me does not make me timid, but gives me power, love, and self-discipline.

I reject fear and shame.

Clothe me with your boldness, fill me with your love, and strengthen my mind and habits with self-discipline.

Help me not to be ashamed of the testimony about our Lord or of those who suffer for the gospel.

Give me courage to join in whatever it costs to follow you, by the power of God.

Thank you that you have saved me and called me to a holy life—not because of anything I have done, but because of your own purpose and grace given in Christ Jesus before time began. Thank you, Jesus, that you have destroyed death and brought life and immortality to light through the gospel.

Like Paul, let me be able to say: I know whom I have believed, and I am convinced that you are able to guard what I have entrusted to you until that day. I entrust my life, my calling, and my future into your hands.

Help me keep to the pattern of sound teaching, with faith and love in Christ Jesus.

Teach me to guard the good deposit you’ve entrusted to me—your truth, your calling, your gifts—by the help of the Holy Spirit who lives in me.

In Jesus’ name, amen.

DAY THIRTY-FOUR

WEEK 5

IDENTITY AND CALLING

GALATIANS 5:13-26 *You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh[a]; rather, serve one another humbly in love. For the entire law is fulfilled in keeping this one command: “Love your neighbor as yourself.” If you bite and devour each other, watch out or you will be destroyed by each other.*

So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever[c] you want. But if you are led by the Spirit, you are not under the law.

The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

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. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other.

PRAYER

Father,
thank you that in Christ I am called to be free—not to indulge my flesh, but to serve others humbly in love. I confess the places where my desires, reactions, and habits look more like the works of the flesh than the life of your Spirit—where I have given space to selfish ambition, jealousy, anger, impurity, or division. Forgive me, Lord.

Holy Spirit, teach me to walk with you. Lead my thoughts, words, and choices so that I do not gratify the desires of the flesh but live as one who belongs to Christ Jesus. Grow in me your fruit—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Let these become my natural responses because you are filling and shaping me.

Since I live by the Spirit, help me to keep in step with the Spirit today—refusing conceit, provocation, and envy, and instead choosing to love my neighbor as myself. Make my freedom a channel of your love.

In Jesus' name, amen.

DAY THIRTY-FIVE

WEEK 5

IDENTITY AND CALLING

2 CORINTHIANS 5:11-21 *Since, then, we know what it is to fear the Lord, we try to persuade others. What we are is plain to God, and I hope it is also plain to your conscience. We are not trying to commend ourselves to you again, but are giving you an opportunity to take pride in us, so that you can answer those who take pride in what is seen rather than in what is in the heart. If we are “out of our mind,” as some say, it is for God; if we are in our right mind, it is for you. For Christ’s love compels us, because we are convinced that one died for all, and therefore all died. And he died for all, that those who live should no longer live for themselves but for him who died for them and was raised again.*

So from now on we regard no one from a worldly point of view. Though we once regarded Christ in this way, we do so no longer. Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting people’s sins against them. And he has committed to us the message of reconciliation. We are therefore Christ’s ambassadors, as though God were making his appeal through us. We implore you on Christ’s behalf: Be reconciled to God. God made him who had no sin to be sin[b] for us, so that in him we might become the righteousness of God.

PRAYER

Lord Jesus,

Thank you that you died for all, so that those who live should no longer live for themselves but for you, who died and were raised again. Let ****your love**** be what compels me—not guilt, pressure, or self-interest, but the deep conviction that you gave your life for me. I receive again the truth that in you I am a new creation—the old has gone, the new is here. Help me to live from this new identity, not from my old patterns, shame, or fear.

Teach me to regard no one from a merely worldly point of view. Open my eyes to see people as you see them—loved, valued, and worth your blood. Remove judgment, pride, and indifference from my heart.

Thank you that you reconciled me to Yourself through Christ and have given me the ****ministry of reconciliation****. I offer myself as your ambassador. Make your appeal through me. Put your words in my mouth, your love in my heart, and your boldness in my actions.

Thank you that you made Him who knew no sin to be sin for me, so that in Him I might become the righteousness of God. Let this grace humble me, cleanse me, and send me.

Today, I choose not to live for myself, but for you.

Use my life to draw others to be reconciled to God.

In your name, Jesus, amen.

THEREFORE GO AND MAKE
DISCIPLES OF ALL NATIONS,
BAPTIZING THEM IN THE
NAME OF THE FATHER AND
OF THE SON AND OF THE
HOLY SPIRIT, AND TEACHING
THEM TO OBEY EVERYTHING I
HAVE COMMANDED YOU.

AND SURELY I AM
WITH YOU ALWAYS,
TO THE VERY END
OF THE AGE.



MATTHEW 28:19-20

WEEK SIX

Date:

AUTHORITY & MISSION

Weekly Reading

SUNDAY
DAY 36

Luke 4:14-31

MONDAY
DAY 37

Luke 10:1-24

TUESDAY
DAY 38

Matthew 20:19-23

WEDNESDAY
DAY 39

Acts 1:1-11

THURSDAY
DAY 40

Matthew 28:16-20

	S	M	T	W	T	F	S
PRAYER	☐	☐	☐	☐	☐	☐	☐
FASTING	☐	☐	☐	☐	☐	☐	☐
SCRIPTURE	☐	☐	☐	☐	☐	☐	☐

My fast this week

This week, come to prayer under the banner of Jesus’ words: “All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations...” (Matthew 28:18–19). Before you think about where you are sent, remember who is sending you—the risen Lord who holds all authority and who promises His presence. Let your prayers be a daily act of surrender and availability: “Here I am, Lord—use my ordinary life for your extraordinary purposes.” Ask the Spirit to expand your vision beyond comfort and self-preservation, to see your family, workplace, neighborhood, and the nations as fields ready for disciple-making. John Wesley once said, “The world is my parish.” As you pray this week, let that same heart grow in you—that wherever God places you, you would live and love as one sent by Jesus, in His authority and for His glory.

REFLECT

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DAY THIRTY-SIX

WEEK 6

AUTHORITY & MISSION

LUKE 4:14

Jesus returned to Galilee in the power of the Spirit, and news about him spread through the whole countryside. He was teaching in their synagogues, and everyone praised him.

He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom. He stood up to read, and the scroll of the prophet Isaiah was handed to him. Unrolling it, he found the place where it is written:

*“The Spirit of the Lord is on me,
because he has anointed me
to proclaim good news to the poor.*

*He has sent me to proclaim freedom for the prisoners
and recovery of sight for the blind,
to set the oppressed free,
to proclaim the year of the Lord’s favor.”[f]*

Then he rolled up the scroll, gave it back to the attendant and sat down. The eyes of everyone in the synagogue were fastened on him. 21 He began by saying to them, “Today this scripture is fulfilled in your hearing.”

All spoke well of him and were amazed at the gracious words that came from his lips. “Isn’t this Joseph’s son?” they asked.

Jesus said to them, “Surely you will quote this proverb to me: ‘Physician, heal yourself!’ And you will tell me, ‘Do here in your hometown what we have heard that you did in Capernaum.’”

“Truly I tell you,” he continued, “no prophet is accepted in his hometown. I assure you that there were many widows in Israel in Elijah’s time, when the sky was shut for three and a half years

and there was a severe famine throughout the land. Yet Elijah was not sent to any of them, but to a widow in Zarephath in the region of Sidon. 27 And there were many in Israel with leprosy[g] in the time of Elisha the prophet, yet not one of them was cleansed—only Naaman the Syrian.”

28 All the people in the synagogue were furious when they heard this. 29 They got up, drove him out of the town, and took him to the brow of the hill on which the town was built, in order to throw him off the cliff. 30 But he walked right through the crowd and went on his way.

PRAYER Lord Jesus,
you returned to Galilee in the power of the Spirit, and you stood and declared, “The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor... freedom for the prisoners... recovery of sight for the blind... to set the oppressed free... to proclaim the year of the Lord’s favour.”

Thank you for fulfilling this Scripture. you are the Anointed One. you are my good news, my freedom, my healer, my deliverer, and my favour from God.

Holy Spirit, the same Spirit who was on Jesus, come upon me. Anoint me to: - carry good news to the poor and broken, - speak freedom to those bound in sin, fear, or addiction, - help the spiritually blind see Jesus, - stand with the oppressed and be part of their freedom.

Give me the courage to follow you even when I am not accepted, even in “Nazareth” places where people think they know me. Keep me faithful to your call, steady in opposition, and protected as I walk in your will.

Let the power of the Spirit and the compassion of Jesus flow through my life. Use me as a small part of your mission to bring the Father’s favour to those around me.

In your name, Jesus, amen.

DAY THIRTY-SEVEN

WEEK 6

AUTHORITY & MISSION

LUKE 10:1-24 *After this the Lord appointed seventy-two[a] others and sent them two by two ahead of him to every town and place where he was about to go. He told them, “The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field. Go! I am sending you out like lambs among wolves. Do not take a purse or bag or sandals; and do not greet anyone on the road.*

“When you enter a house, first say, ‘Peace to this house.’ If someone who promotes peace is there, your peace will rest on them; if not, it will return to you. Stay there, eating and drinking whatever they give you, for the worker deserves his wages. Do not move around from house to house.

“When you enter a town and are welcomed, eat what is offered to you. Heal the sick who are there and tell them, ‘The kingdom of God has come near to you.’ But when you enter a town and are not welcomed, go into its streets and say, ‘Even the dust of your town we wipe from our feet as a warning to you. Yet be sure of this: The kingdom of God has come near.’ I tell you, it will be more bearable on that day for Sodom than for that town.

“Woe to you, Chorazin! Woe to you, Bethsaida! For if the miracles that were performed in you had been performed in Tyre and Sidon, they would have repented long ago, sitting in sackcloth and ashes. But it will be more bearable for Tyre and Sidon at the judgment than for you. And you, Capernaum, will you be lifted to the heavens? No, you will go down to Hades.

“Whoever listens to you listens to me; whoever rejects you rejects me; but whoever rejects me rejects him who sent me.”

The seventy-two returned with joy and said, “Lord, even the demons submit to us in your name.”

He replied, “I saw Satan fall like lightning from heaven. I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you. However, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven.”

At that time Jesus, full of joy through the Holy Spirit, said, “I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this is what you were pleased to do.

“All things have been committed to me by my Father. No one knows who the Son is except the Father, and no one knows who the Father is except the Son and those to whom the Son chooses to reveal him.”

Then he turned to his disciples and said privately, “Blessed are the eyes that see what you see. 24 For I tell you that many prophets and kings wanted to see what you see but did not see it, and to hear what you hear but did not hear it.”

PRAYER Lord Jesus,
you are the Lord of the harvest.
you said the harvest is plentiful but the workers are
few, so I obey your word and ask: send out workers
into your harvest field—here in my city, my nation,
and among the nations.

And make me one of them.

you send your people out two by two, to places where
you Yourself are about to come.

Send me where you are already at work. - cont.

DAY THIRTY-SEVEN *cont.*

Teach me to carry your peace, to bless homes and communities, and to stay faithful where you place me.

Thank you for the authority you give over all the power of the enemy.

Guard my heart from pride in spiritual power.

Teach me to rejoice most of all that my name is written in heaven, and to live from that secure joy.

Father, Lord of heaven and earth, I praise you that you reveal your kingdom not to the proud and self-reliant, but to those who come like little children.

Keep my heart childlike, trusting, and teachable.

Jesus, thank you that I get to see and hear what many longed for.

Let me never take your presence, your Word, and your works for granted.

Use my life as part of your harvest work, for your glory. In your name, amen.

Show me where I can be a worker and serve your church.

Help me see the needs and opportunities around me.

I offer myself to you in these places:

In my home/family:

In my local church:

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In my neighborhood/community:

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DAY THIRTY-EIGHT

WEEK 6

AUTHORITY & MISSION

JOHN 20:19-23 *On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, "Peace be with you!" After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.*

Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." And with that he breathed on them and said, "Receive the Holy Spirit. 23 If you forgive anyone's sins, their sins are forgiven; if you do not forgive them, they are not forgiven."

PRAYER

Lord Jesus,
you walked into a locked room full of people with fear and spoke, “Peace be with you.” Today, come into the locked places of my own heart—my anxieties, my disappointments, my unspoken griefs—and speak that same peace over me. Let your scars remind me that you are not distant from my pain, and that your resurrection power is stronger than every fear and every failure.

Breathe your Holy Spirit on me as you did on your disciples. Fill me with your presence, your courage, and your love. As the Father sent you, send me into my everyday world—home, work, friendships—with your compassion, your truth, and your servant heart. Make me an instrument of your peace.

Teach me to live as a forgiven person who forgives. Where I hold on to resentment, soften my heart. Where I judge harshly, give me mercy. Let the message of your forgiveness flow through my words, my attitudes, and my actions, so that others may encounter you through me.

Lord, let your peace rest on me, your Spirit empower me, and your mission direct me.

In your name, Jesus,

Amen.

DAY THIRTY-NINE

WEEK 6

AUTHORITY & MISSION

ACTS 1:1-11 *In my former book, Theophilus, I wrote about all that Jesus began to do and to teach until the day he was taken up to heaven, after giving instructions through the Holy Spirit to the apostles he had chosen. After his suffering, he presented himself to them and gave many convincing proofs that he was alive. He appeared to them over a period of forty days and spoke about the kingdom of God. On one occasion, while he was eating with them, he gave them this command: "Do not leave Jerusalem, but wait for the gift my Father promised, which you have heard me speak about. For John baptized with water, but in a few days you will be baptized with the Holy Spirit."*

Then they gathered around him and asked him, "Lord, are you at this time going to restore the kingdom to Israel?"

He said to them: "It is not for you to know the times or dates the Father has set by his own authority. 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."

After he said this, he was taken up before their very eyes, and a cloud hid him from their sight.

They were looking intently up into the sky as he was going, when suddenly two men dressed in white stood beside them. "Men of Galilee," they said, "why do you stand here looking into the sky? This same Jesus, who has been taken from you into heaven, will come back in the same way you have seen him go into heaven."

PRAYER

Lord Jesus,
Thank you for all you began to do and to teach, and that
after your suffering you rose again. Thank you that you
spoke about the kingdom of God and promised the gift of
the Father—the Holy Spirit.

I hear your command to wait for and depend on the Holy
Spirit. Baptize me afresh with the Holy Spirit.

Fill me, clothe me with power from on high, and make your
presence real in my life.

you said, “you will receive power when the Holy Spirit
comes on you; and you will be my witnesses... to the ends
of the earth.”

Give me that power to be your witness— in my
“Jerusalem” (my home and close relationships), my “Judea
and Samaria” (my wider community and those different
from me), and to the places you send me beyond.

Guard my heart from being distracted by what is not for
me to know—times and dates you have set by your own
authority.

Instead, fix my focus on what you **have** given me:

your Spirit, your mission, and your promise to return.

Thank you that this same Jesus who ascended will come
back in the same way.

Help me to live filled with the Spirit, faithful in witness, and
ready for your return.

In your name, Jesus, amen.

DAY FOURTY

WEEK 6

AUTHORITY & MISSION

MATTHEW 28:16–20 *Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. When they saw him, they worshiped him; but some doubted. Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”*

PRAYER

Lord Jesus,
you have all authority in heaven and on earth.

you have commanded us to go and make disciples of
all nations, baptizing them and teaching them to obey
everything you have commanded.

Thank you that you also promised, “Surely I am with you
always, to the very end of the age.”

Today I bring these names before you and pray that they
would become followers of you:

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Lord, draw each one to Yourself.

Open their hearts to the gospel.

Give them repentance, faith, and a deep desire to follow you.

Send people into their lives who will share your love and truth
clearly. Use me, too, in any way you choose.

Help me obey your Great Commission:

- to **go** where you send me,
- to **speak** when you lead me,
- to **love** as you have loved me,
- to **teach** others to obey everything you have commanded.

Remind me that I never go alone—you are with me always.

Fill me with the Holy Spirit, boldness, and compassion as I pray
for and reach out to these five.

In your name, Jesus, amen.

1 HOUR PRAYER GUIDE



PRAISE Start your prayer hour by praising the Lord. Praise Him for things that are on your mind right now. Praise Him for one special thing He has done in your life in the past week. Praise Him for His goodness to your family.

WAIT Spend time waiting on the Lord. Be silent and let Him pull together reflections for you.

CONFESS Ask the Holy Spirit to show you anything in your life that might be displeasing to Him. Ask Him to point out attitudes that are wrong, as well as specific acts for which you have not yet made a prayer of confession. Now confess that to the Lord so that you might be cleansed.

READ THE WORD Spend time reading in the Psalms, in the prophets, or passages on prayer located in the New Testament.

ASK Make requests on behalf of yourself.

INTERCESSION Make requests on behalf of others. **PRAY THE WORD** Pray specific passages. Scriptural prayers as well as a number of Psalms lend themselves well to this purpose.

THANK Give thanks to the Lord for the things in your life, on behalf of your family, and on behalf of your church.

SING Sing songs of praise or worship or another hymn or spiritual song.

MEDITATE Ask the Lord to speak to you. Have a pen and paper ready to record impressions He gives you.

LISTEN Spend time merging the things you have read, things you have prayed and things you have sung and see how the Lord brings them all together to speak to you.

PRAISE Praise the Lord for the time you have had to spend with Him and the impressions He has given you. Praise Him for His glorious attributes.

FASTING FAQ'S

Andrew Murray Prayer is reaching out after the unseen; fasting is letting go of all that is seen and temporal. Fasting helps express, deepen, confirm the resolution that we are ready to sacrifice anything, even ourselves to attain what we seek for the Kingdom of God.

As a church, we are entering a season of prayer and fasting over the next 40 days to pursue the presence of God. The purpose of this fast is for us as a church to seek to allow God to do the work of preparing our hearts to be ready for all that He might 'plant' in us for the future. Just as in the Old Testament, the people of God would undertake times of prayer and fasting to renew themselves, and as we see the church in Acts in the New Testament likewise take on times of prayer and fasting, so we want to take time to pray and fast together.

As a church, we believe and know we are moving to a time of God planting 'new things' in and through us. We believe that what will ultimately determine the fruitfulness of this will be the kind of soil these things fall on – the condition of our heart as a church (Mark 4). Just as Saul went 3 days without food or water in the early days of his journey to becoming Paul (Acts 9:9), we want to prepare our hearts through a time of fasting and prayer.

For those who call True North, church, we are asking everyone to consider fasting for part or all of the 40 days. We know that as we seek Him above all else, He will draw near to us and accomplish His purposes.

What is a fast: Fasting is a time we voluntarily abstain from otherwise good and necessary things like food in order to focus on what is even more important - the things of the Lord. Fasting is one very concrete way that we humble ourselves before the Lord, acknowledging our dependence upon Him above all else. The point is to remove something that can become a substitute for God in your life in order to focus more fully on Him, and to awaken a deeper hunger for God in your life. As John Piper puts it, “And the aim of fasting is that we come to rely less on food and more on God.”

How Long Should I fast: In the Scriptures, we see many different types, purposes, and lengths of fasting. In the Bible, sometimes a fast is for a night (Daniel 6:18), sometimes for a day, (Judges 20:26, Nehemiah 9:1-3) and elsewhere for many days (Acts 27:33-38), even up to 40 (Matthew 4:2).

What is the Purpose of Fasting: In the Scriptures fasting is done for many different purposes, from mourning (Ezra 10:6) to repentance (1 Samuel 7:6, Nehemiah 9:1-3) to seeking God’s will (Judges 20:26-28, Acts 13:2). Always, it is a way of demonstrating dependence on God and humbling oneself before Him. As we fast, we are humbling ourselves before God and asking Him to renew the soil of our hearts in a fresh way.

What kind of fast should I do? In addition to different lengths, there are also different types of fasting found in the Scriptures, from completely abstaining from food and water (Ezra 10:6) to simply abstaining from ‘choice’ foods or delicacies (Daniel 10:3). For this fast, we are following Paul’s example in Acts 9:1-9 where he goes 3 days without food or drink. We suggest abstaining from food and only drinking water for that day. For some, health considerations may make this not an option, however the important thing is to discern what would be a fast that would create space in your life for greater dependence on God and room for Him to be at work in your heart. What is always clear is that times of fasting and prayer are to demonstrate our absolute dependence on the Lord above all else. He is most concerned for the attitude with which it is done.

The ACTS Framework

The A.C.T.S. prayer method is a structured, four-step framework designed to make your daily quiet time focused and intentional. Standing for Adoration, Confession, Thanksgiving, and Supplication, it guides you from praising God's character to bringing your personal requests before Him.

A

ADORATION (Praise)

FOCUS: Worship God for who He is, His majesty, and His attributes.

JOURNALING PROMPT: “Lord, I praise you for your attribute of....”

C

CONFESSION (Repentce)

FOCUS: Humbly acknowledge your sins, shortcomings, and need for His grace.

JOURNALING PROMPT: “Father, please forgive me for...”

T

THANKSGIVING (Gratitude)

FOCUS: Expressing specific gratitude for His blessings, provisions, and actions in your life.

JOURNALING PROMPT: “Thank you, God, for...”

S

SUPPLICATION (Prayer)

FOCUS: Bring your personal needs and intercessions for others to Him.

JOURNALING PROMPT: “I lift up [Name/ Need] to you, asking that you...”

EXAMEN PRAYER

Prayer Everywhere Prayer Tool: How to Pray the Examen
What? The Examen is a simple, four-step way to reflect and pray through the day. This prayer tool outlines how to start praying the Examen. Why? “The Examen is an immediate solution to the problem of ‘what do I pray about?’ The answer is: everything that’s happened to you today. you might have the impression that your everyday life is the dreary same old, same old. It isn’t. Daily life is rich and meaningful. Every encounter, every challenge, every disappointment, and every delight is a place where God can be found.” Jim Manney Bible reference: “And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him” Colossians 3:17. A quick introduction to the Examen. A form of centring prayer and a foundational tool for spiritual formation is the Examen.

The Examen is sometimes referred to as ‘examination of consciousness’ and was popularised by Ignatius of Loyola (1491 – 1556). It has helped millions of Christians centre themselves on Jesus as they come to the end of long and complicated days. This practical way of reviewing the day before we go to sleep affords us the opportunity to become aware of how God’s presence has been pursuing us while we’ve been awake. It also encourages us to pay attention to the promptings of God that we may have missed, and the times we were less than Christ-like. This gives us the opportunity to receive Jesus’ grace and forgiveness again. The Examen has been practised in different ways throughout the years, but essentially involves a mix of gratitude,

How to pray the Examen: Follow these four simple steps:

1. Replay - think over your day like a movie replaying in your head. Notice what you are noticing. What made you happy? What made you anxious? What made you angry?

2. Rejoice - thank God for those things which are obvious. But also thank Him for non-obvious things which we sometimes forget - random acts of kindness, being healthy, a positive song or a meal. Relish and savour these moments in gratitude to God.

3. Repent - say sorry to God for moments that come to mind as you review the day, e.g., getting involved in gossip, reacting with a tone that was aggressive, lacking compassion in a situation, ignoring a need, not responding to a nudge. Receive His forgiveness afresh.

4. Reboot – make a decision in your heart to live for Jesus tomorrow and ask for grace to see His presence more clearly. The Examen can take five minutes or one hour. If you do it once, it will be useful - if you do it every day, it can bring transformation. Be careful (as with any prayer tool) that it doesn't become simply another duty. Think of it as a way to dialogue with God in friendship – holding the practice in the context of a relationship.