

**21** days of  
PRAYER + FASTING

2026  
Prayer Guide

# TEACH US TO PRAY

COVE CHURCH MINISTRIES



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# Introduction + Vision

In the noise, hurry and distraction of modern life, few things are more challenging and rewarding than learning to pray.

Prayer is not about performance; it's about presence. It is the simple, profound gift of communicating and communing with God. Through prayer, we learn to be with Him, become like Him and partner with Him in the world.

When the disciples watched Jesus pray, they saw something they didn't see anywhere else: a depth of intimacy, authority and peace. So, they asked Him a simple question: "Lord, teach us to pray." (Luke 11:1)

That request is at the heart of this resource. We are still asking the same question. We want to learn from Jesus, not just the words He prayed, but the life He lived in constant communion with the Father.

Think of the prayer models in this guide as tools, not tasks. They are not boxes to check but pathways into God's presence. Some may feel natural; others may stretch you. That's okay. Prayer is a journey of relationship, not a formula to master.

The team at Practicing the Way explains it like this:

The goal is not to pray more or pray better; it's to walk more closely with God. As the ancient Church taught, the purpose of prayer is union with God: to live each day more aware of the Father's presence, to be transformed into the likeness of His Son, and to be filled with the Spirit's power to do what He has called you to do in the world.

As Julian of Norwich once wrote, "The whole reason why we pray is to be united into the vision and contemplation of Him to whom we pray."

# How to Use This Resource

When the disciples asked Jesus to teach them to pray, He did not just give them a pattern to follow. He invited them into a life shaped by prayer, one that overflowed from His own relationship with the Father. This guide is designed to help you enter that same invitation. It's not a devotional to finish; it's a companion to return to.

Think of it as a collection of tools for building a rhythm of prayer that can last a lifetime. Each day introduces a different practice or model of prayer. Some may feel familiar, others may be new. You don't need to master them all. Start where you are and let the Holy Spirit lead you deeper.

Here are a few ways to approach this journey:

1. **Start small and simple:** Approach each prayer model with a clean slate and spend a few minutes practicing it. Even a few intentional minutes can re-center your heart on God.
2. **Let Scripture shape your words:** Every practice in this guide is rooted in the Bible. Pray the words of Scripture slowly, letting them guide and form your own prayers.
3. **Listen as much as you speak:** Prayer is a conversation. Leave room for silence and stillness. Ask, "Lord, what are You saying?" and give Him time to respond.
4. **Don't rush the process:** Spiritual growth takes time. Prayer is not a task to complete; it's a relationship to nurture.
5. **Build a rhythm:** Find a consistent time and space to pray. Over time, you'll notice God's presence not only in the quiet moments but in the ordinary rhythms of your day.

As you begin, remember that God delights in being with you. He is not grading your performance; He is inviting you into His presence. Every honest attempt at prayer, no matter how small or awkward it feels, is precious to Him.

Let this be your simple prayer as you start: "Lord, teach me to pray. Help me to slow down and be still. Show me how to walk with You in every moment."



Week 1

# Relational Prayer

Be with Jesus

## Scripture

"Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good, and his love endures forever; his faithfulness continues through all generations." Psalm 100:4-5

Jesus teaches us to begin prayer with worship: "Our Father in heaven, hallowed be your name." Before we bring requests or burdens, we start by lifting our eyes to God and declaring who He is.

Adoration re-centers us. It shifts the focus from ourselves onto God's greatness, holiness and goodness. Worship reminds us that God is both near and worthy. This is the doorway into His presence.

When we adore God in prayer, we're not informing Him of who He is. We're reminding ourselves of who He is. This opens our hearts to trust Him more deeply.

## Guided Prayer

- Begin by naming God's attributes out loud: "You are holy, You are good, You are faithful."
- Thank Him for specific ways He has revealed His goodness in your life.
- Use Scripture (like Psalm 23, Psalm 103, Isaiah 40) to declare His character back to Him.
- End by simply sitting in silence, resting in awe of His presence.

## Practical Steps

- Consider keeping a list of God's names (Jehovah Jireh: "Provider", Jehovah Shalom: "Peace", etc.) and pray through one each day.
- Play a worship song that stirs your heart, then let that song lead into your prayer.
- When your mind wanders, return by repeating a simple phrase of worship: "You are worthy." "You are faithful." "You are good."



## Scripture

"Give thanks in all circumstances; for this is God's will for you in Christ Jesus." 1 Thessalonians 5:18

"Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name." Psalm 100:4

Gratitude is one of the most powerful ways to draw near to God. When we give thanks, we're not ignoring hardship or pretending everything is perfect. Instead, we are choosing to see our lives through the lens of God's faithfulness.

Thanksgiving reorients the heart. It shifts us from complaint to contentment, from scarcity to abundance. Gratitude is also a safeguard against pride, reminding us that every good gift comes from above. Jesus Himself modeled this: breaking bread and giving thanks before meals, thanking the Father before miracles. To follow Him is to cultivate a life marked by gratitude.

## Guided Prayer

- Begin by naming a few specific things you are grateful for today.
- Thank God for His provision in both big and small ways.
- Reflect on the cross, thanking Jesus for His sacrifice and grace.
- End by offering thanks for what God is doing in unseen ways, trusting His goodness even when you don't yet see the outcome.

## Practical Steps

- Keep a gratitude journal where you write one thing each day you're thankful for.
- Pray through Psalm 103 ("Bless the Lord, O my soul, and forget not all His benefits...").
- Replace complaint with thanksgiving. When you catch yourself grumbling, stop and thank God for something specific.
- Share your gratitude. Tell a friend or family member how you see God at work and give Him glory in your conversations.



## Scripture

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7

"Ask, and it will be given to you; seek, and you will find; knock, and the door will be opened to you." Matthew 7:7

God invites us to bring our requests to Him. Petition is not about treating God like a vending machine but about learning to depend on Him for our daily needs. When we pray for provision, guidance, healing or help, we are practicing trust. Asking for prayer is a declaration that God is our source and sustainer. It acknowledges our limits and His sufficiency.

Jesus taught us to pray, "Give us today our daily bread." This reminds us that prayer is not only for the big, life-altering requests but also for the simple, everyday needs. Nothing is too small or too great to bring before Him.

## Guided Prayer

- Begin by naming specific needs in your life (physical, relational, financial, spiritual).
- Pray for wisdom and guidance in the decisions before you.
- Bring the needs of your family, friends or community to the Lord.
- End by surrendering these requests into God's hands, saying, "Your will be done."

## Practical Steps

- Keep a running list of prayer requests and record how God answers them. This builds faith.
- Don't hesitate to pray for "small" things. God cares for every detail of your life.
- Pair petition with thanksgiving: as you ask, also remember to thank God for what He has already done.
- If anxiety rises, turn it into prayer. Each worry can become a petition.



## Scripture

"Pour out your heart like water in the presence of the Lord. Lift up your hands to him for the lives of your children, who faint from hunger at every street corner." Lamentations 2:19

"The LORD is close to the brokenhearted and saves those who are crushed in spirit". Psalm 34:18

Lament is the honest cry of a hurting heart directed toward God. It is not the opposite of faith but an expression of it. In lament, we bring our pain, grief, disappointment or confusion before God instead of hiding it or pretending it isn't there. The Bible is full of lament. Nearly one-third of the Psalms are prayers of lament. Jesus lamented on the cross when He cried out, "My God, my God, why have you forsaken me?" Psalm 22:1. In His darkest moment, He reached for the words of Scripture as His prayer.

Praying your lament is deeply personal. These prayers allow you to express your feelings and experiences honestly before God, taking time to truly connect with Him truly. Remember, honesty is where the real power of lament lies. Don't filter your emotions or words. God can handle your raw honesty. Lament holds sorrow in one hand and hope in the other, teaching us to grieve honestly while still trusting God's character.

## Guided Prayer

- Begin by naming the pain, loss, or confusion you feel. Speak it honestly before God.
- Tell Him how it makes you feel; anger, grief, fear, or doubt.
- Ask for His presence and comfort in the midst of your suffering.
- End with an expression of trust, even if it is as simple as: "But I trust in your unfailing love" (Psalm 13:5).

## Practical Steps

- Use the Psalms of lament (for example: Psalm 13, 22, 42, 77) as guides for your own prayers.
- Write out a prayer of lament in your journal: begin with complaint, then move toward trust.
- Don't rush to "fix" emotions. Prayer is a safe place to process.
- Share your lament with a trusted friend or spiritual companion. Sometimes God's comfort comes through His people.



## Scripture

"My sheep listen to my voice; I know them, and they follow me." John 10:27

"After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper." 1 Kings 19:12

Prayer is not a monologue; it's a dialogue. We don't just talk to God; we learn to listen to Him. Listening prayer teaches us to slow down long enough to recognize the gentle movement of His Spirit.

From Genesis to Revelation, God is a God who speaks. He speaks through His Word, by His Spirit, through creation and often through the still, small voice that whispers peace, conviction and direction to our hearts. But in a world full of noise, distraction and hurry, listening takes practice.

Learning to listen to God doesn't mean we will hear an audible voice. It's about cultivating awareness and learning to recognize the Shepherd's voice. His voice will always sound like His Word: full of love, truth and peace.

## Guided Prayer

- Begin in silence. Take a few deep breaths, centering your attention on God's presence.
- Ask, "Holy Spirit, what do You want to say to me right now?"
- Sit quietly and listen. Notice any word, phrase, Scripture or picture that gently surface.
- Write down what you sense or reflect on how God might be leading you. End by thanking God for His presence and ask for grace to walk in step with His Spirit.

## Practical Steps

- Create space for silence each day. Even two or three minutes of quiet listening can reorient your soul.
- Keep a journal of impressions or scriptures you sense God highlighting. Over time, patterns will emerge that confirm His voice.
- Test what you hear against Scripture. God will never speak in a way that contradicts His word or His character.
- If your mind wanders, don't feel discouraged. Gently return to stillness with a simple phrase like, "Here I am, Lord."
- Practice with community. Share what you sense God saying with a trusted friend or mentor to help you discern.



## Scripture

"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 in me. I am the vine, you are the branches. Whoever abides in me and I in him, bears much fruit; for without Me you can do nothing." John 15:4–5

"One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple." Psalm 27:4

Abiding prayer is about staying, not striving. It is learning to remain in God's presence, not to get something from Him but simply to be with Him. When Jesus invited us to abide, He was not giving us a task but an identity. Abiding is a life rooted in love, drawing strength and nourishment from communion with God.

Stillness is not inactivity; it is awareness. It quiets our minds long enough to remember that God is already here. In a world of hurry and pressure, abiding teaches us to slow down and linger. It is where intimacy deepens, peace settles our hearts, and the fruit of the Spirit grows over time.

Abiding prayer does not require many words. It is the simple awareness that you are already loved and already at home in Him.

## Guided Prayer

- Begin by slowing your breathing and acknowledging God's presence.
- Let Psalm 46:10 guide you and repeat it slowly: "Be still, and know that I am God."
- Imagine yourself resting in His love. No pressure or performance, just presence.
- If distractions arise, gently return to a simple prayer phrase like: "I fix my eyes on you, Jesus," or "I am Yours, You are mine."
- End with gratitude for God's nearness and ask for grace to carry that awareness into the rest of your day.

## Practical Steps

- Choose a quiet place and a time that feels sacred. Pair this prayer with slow worship or Scripture meditation, such as John 15 or Psalm 27.
- Let ordinary moments become reminders of His nearness.
- Remember that God delights in your presence more than your activity.





Week 2

# Formation Prayer

Become Like Jesus

## Scripture

"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." Psalm 139:23-24

"Let us examine our ways and test them, and let us return to the Lord." Lamentations 3:40

The Prayer of Examen is a simple yet powerful way to become aware of God's presence in your daily life. Originating from Ignatius of Loyola, this practice helps us slow down long enough to notice where God has been at work, and where we may have missed Him.

The goal of the Examen is not to analyze your day but to pray your day. It invites you to see your life through God's eyes: moments of grace and struggle as well as opportunities for growth. Over time, this rhythm shapes your heart to live in continual awareness of God's presence.

David prayed, "Search me, God, and know my heart." The Examen is one way of opening that prayer to the Holy Spirit, inviting Him to reveal what's within us and gently lead us closer to Jesus.

## Guided Prayer (The Five Movements of the Examen)

1. **Become aware of God's presence:** Take a deep breath. Ask the Holy Spirit to help you see your day through His eyes.
2. **Give thanks:** Recall moments of joy, beauty, or provision. Where did you sense God's goodness today?
3. **Reflect:** Review your thoughts, words, and actions. When were you aware of God's presence? When did you resist Him or forget Him?
4. **Confess:** Be honest about the moments you fell short or acted out of fear, pride, or indifference. Receive God's forgiveness.
5. **Renew:** Ask for grace for tomorrow. What might God be inviting you into as you move forward?

## Practical Steps

- Try praying the Examen at the end of each day. It only takes about 10 minutes.
- Keep a short journal of your reflections to notice patterns over time.
- If your day feels heavy, emphasize gratitude. If it feels full of joy, emphasize confession and awareness.
- Pray Psalm 139:23-24 often. Let it become a regular posture of your heart.



## Scripture

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." 1 John 1:9

"When I kept silent, my bones wasted away through my groaning all day long. Then I acknowledged my sin to you and did not cover up my iniquity. I said, 'I will confess my transgressions to the Lord.' And you forgave the guilt of my sin." Psalm 32:3, 5

Confession is not a shame-filled ritual; it's a doorway to freedom. It's the practice of honesty before God, where we name what is broken within us and receive His mercy.

We often resist confession because we fear rejection. Yet the gospel assures us that nothing we confess will ever surprise or repel God. He already knows, and still He invites us near. When we confess, we come out of hiding and step into the light. In that light, sin loses its power.

David described the weight of unconfessed sin as something that crushed his soul, but the moment he confessed, forgiveness and relief flooded in. The same is true for us. Confession isn't about punishment. It's about restoration. As Tyler Staton writes in *Praying Like Monks, Living Like Fools*: "Honesty is not the enemy of intimacy with God. It is the doorway to it".

## Guided Prayer

- Begin by sitting quietly in God's presence. Remember that His kindness leads to repentance. Romans 2:4
- Ask the Holy Spirit to gently bring to mind anything you need to confess: actions, words or attitudes that grieve His heart.
- Name them honestly before God. Don't minimize or justify; simply confess.
- Receive His forgiveness. Sit in gratitude for His mercy and grace.
- Ask Him to renew your heart and help you walk in freedom.

## Practical Steps

- Make confession a daily rhythm, not a last resort.
- Use Psalm 51 as a prayer template when you don't have words of your own.
- Consider confessing to a trusted friend or mentor.
- Remember: conviction draws you closer; condemnation pushes you away. Learn to recognize the difference.



## Scripture

"Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you." Matthew 17:20

"I do believe; help me overcome my unbelief!" Mark 9:24

Faith isn't the absence of doubt; it's choosing to trust God despite it. The prayer of faith keeps our hearts anchored in who God is, not what we see. To pray in faith is to take God at His word. It's believing that He is able, even when we don't yet understand how He will do it. This kind of prayer doesn't deny pain or uncertainty; it declares that God's promises are stronger than both. In Mark 9, a desperate father cries out to Jesus, "Help me overcome my unbelief." Jesus doesn't rebuke him; He meets him. That's the beauty of the prayer of faith: even weak faith is powerful when it's placed in a strong God.

## Guided Prayer

- Begin by naming an area of your life where you need to trust God. Acknowledge your doubts honestly, then declare your faith: "God, I believe. Help my unbelief."
- Speak God's promises over your situation. Isaiah 41:10, Philippians 4:6-7, Romans 8:28
- End by thanking Him, not just for what He's done, but for what He will do.

## Practical Steps

- Keep a list of answered prayers as a record of God's faithfulness.
- When doubt rises, speak Scripture out loud. Faith grows through hearing God's word. (Romans 10:17)
- Surround yourself with people who strengthen your faith through testimony and prayer.
- Remember: faith isn't forcing outcomes. It's trusting God's goodness regardless of them.



## Scripture

"Your word is a lamp for my feet, a light on my path." Psalm 119:105

"The Word became flesh and made his dwelling among us." John 1:14

Lectio Divina means "divine reading." It is a slow, prayerful way of reading Scripture that invites us not just to study God's word but to commune with Him through it.

For centuries, followers of Jesus have practiced this rhythm to let Scripture shape their hearts, not just their minds. Lectio is less about information and more about transformation. It's about meeting the living Word, Jesus, through the written word.

As you slow down with Scripture, you will notice how the Spirit speaks personally through familiar passages. The Bible stops being a textbook and becomes a table where God meets you and nourishes your soul.

## Guided Prayer (Four Movements of Lectio Divina)

1. **Read (Lectio):** Read the passage slowly. Notice any word or phrase that stands out.
2. **Reflect (Meditatio):** Meditate on that word or phrase. Why is it standing out to you?
3. **Respond (Oratio):** Turn your reflection into prayer. Talk to God about what you sense.
4. **Rest (Contemplatio):** Sit quietly in God's presence, letting His word settle in your heart.

## Practical Steps

- Begin with short passages like John 15, Psalm 23 or Matthew 6.
- Read the same verse several times, each time more slowly.
- Don't rush the silence. Transformation happens in stillness.
- Write down what God shows you. Over time, patterns of His voice will emerge.



## Scripture

"Out of the depths I cry to you, Lord; Lord, hear my voice." Psalm 130:1-2

"Bless the Lord, my soul, and forget not all his benefits." Psalm 103:2

The Psalms are the Bible's prayer book. They give us language for every season of the soul: joy and sorrow, gratitude and grief, hope and despair. When we pray the Psalms, we allow Scripture to shape our emotions. They teach us to bring our whole selves before God, our faith, fear, worship and questions.

Jesus Himself prayed the Psalms, even on the cross (Psalm 22). They form our inner life with truth, helping us pray when we don't know what to say.

## Guided Prayer

- Choose a Psalm. Try Psalms 23, 27, 51 or 103.
- Read it slowly out loud, paying attention to any verse that stirs you.
- Turn those verses into personal prayers: "You are my shepherd... You restore my soul..."
- Let the Psalm carry your emotions to God—all of the joy, sadness, hope or longing.
- Close by thanking God for speaking through His Word.

## Practical Steps

- Use the Psalms daily to guide your emotional life.
- When words fail you, borrow the language of Scripture.
- Journal a Psalm in your own words to make it personal.
- Remember: you can pray for every human emotion when it's brought to God.



## Scripture

"Father, if you are willing, take this cup from me; yet not my will, but yours be done." Luke 22:42

"I have been crucified with Christ, and I no longer live, but Christ lives in me." Galatians 2:20

Surrender is the prayer that forms us into the likeness of Jesus. It is the daily choice to trust God's will over our own.

In the Garden of Gethsemane, Jesus showed us what surrender looks like. It's not passive, it's courageous. Surrender doesn't mean we stop caring. It means we stop controlling.

Every time we pray, "Your will be done," we are joining Jesus in laying down our plans and embracing His. True formation happens here, in the yielding of our will to His love.

## Guided Prayer

- Begin by identifying an area of your life where you feel resistance or fear.
- Speak it honestly to God. Then pray: "Not my will, but Yours be done."
- Imagine placing that situation into His hands.
- Sit quietly, letting peace replace striving.
- End with gratitude for God's trustworthiness.

## Practical Steps

- Make surrender a posture, not an event. Practice releasing control daily.
- If it's hard to let go, confess your desire to hold on. God meets you there.
- Pray open-handed, even physically opening your palms as you yield to Him.
- Remember: surrender is not loss, it's where transformation begins.





Week 3

# Missional Prayer

Do What Jesus Did

## Scripture

"I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people." 1 Timothy 2:1

"I looked for someone among them who would build up the wall and stand before me in the gap on behalf of the land." Ezekiel 22:30

Intercession is standing in the gap between heaven and earth. It's when we take up the burden of another and carry it before God. In doing so, we partner with Jesus, the ultimate Intercessor, who intercedes for us. Hebrews 7:25

When we intercede, we align our hearts with God's heart for people and places. It's not about convincing God to care; it's about joining His care for the world. Intercessory prayer expands our love and deepens our compassion.

This kind of prayer often begins in stillness and ends in action. As we pray for others, God often stirs us to become part of His answer.

## Guided Prayer

- Ask the Holy Spirit to recall people or situations that need prayer. Pray specifically: for family, friends, church, leaders, your city or the world.
- Pray Scripture over them. Philippians 1:9-11, Ephesians 3:16-19)
- End by releasing them into God's care: "Lord, let Your will be done in their lives."

## Practical Steps

- Keep a prayer list or calendar to guide consistent intercession.
- Pray through the news, turning information into intercession.
- Gather with others to intercede in agreement. (Matthew 18:19-20)
- Remember: You are never praying alone; Jesus intercedes with you.



## Scripture

"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." James 5:14-15

"Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness." Matthew 9:35

Healing prayer is the ministry of Jesus continued through His Church. It flows from compassion and love, not performance and pressure.

When we pray for healing, we're not demanding outcomes; we're inviting the presence of the Healer. Whether physical, emotional or spiritual, healing is always God's heart for His people. He desires to restore what sin and suffering have broken.

Sometimes healing comes immediately. Sometimes it comes gradually. And sometimes God brings a more profound healing of the soul while we wait for the body to follow. In all cases, our role is faithfulness, not control.

## Guided Prayer

- Invite the Holy Spirit: "Come, Holy Spirit, and bring healing where it's needed."
- Pray specifically for the person or area of need (body, mind, relationship, memory).
- Speak blessing and wholeness in Jesus' name.
- End by thanking God for His power and compassion.

## Practical Steps

- Don't focus on results, focus on the relationship and love.
- Always root healing prayer in Scripture and Jesus' compassion.
- Keep a journal of healing testimonies and answered prayers.
- When healing doesn't come as expected, continue to trust God's goodness.



# Prayers of Warfare

# Day 17

## Scripture

"Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes." Ephesians 6:10-11

"All authority in heaven and on earth has been given to me." Matthew 28:18

Spiritual warfare is not rooted in our strength or our ability to win battles. It's being confident in Jesus' power and authority. The victory over darkness was secured long ago at the cross. When we pray, we aren't trying to overcome evil; we are standing in the reality that Christ has already overcome it. His resurrection broke the grip of sin, shame and death once and for all.

Paul's image of the armor of God is an invitation to stand firm in Christ. Each piece of that armor reflects who He is:

- **Belt of Truth**—because Jesus is the Truth that sets us free.
- **Breast Plate of Righteousness**—because His perfection, not our own, covers us.
- **Shoes of Peace**—because His kingdom is one of peace, not fear.
- **Shield of Faith**—because His faithfulness never fails.
- **Helmet of Salvation**—because He alone saves and secures.
- **Sword of the Spirit**—because His voice silences every lie.

Our confidence in prayer doesn't come from self-assurance; it comes from Christ-assurance. We pray boldly because the One we pray to already reigns.

## Guided Prayer

- Begin in worship. Exalt Jesus for who He is: victorious, reigning, unshaken.
- Read Ephesians 6:10-18 slowly. As you move through the passage, thank God that every piece of armor points to Jesus.
- Pray prayers of declaration: "Jesus, You are truth. You are my righteousness. You are my peace. You are my victory."
- End with quiet gratitude, resting in His strength and sufficiency.

## Practical Steps

- Center your warfare prayers on worship; adoration is your greatest weapon.
- When fear or pushback comes, speak Jesus' name and remember His authority.
- Fix your focus on Christ's character, not the enemy's activity.
- Let peace, not pressure, mark your posture. Jesus has already won.



## Scripture

"My little children, over whom I travail in birth again until Christ be formed in you," Galatians 4:19

"I have great sorrow and unceasing anguish in my heart... for my people." Romans 9:2-3

Travailing prayer is a profound, Spirit-led expression of longing for awakening and renewal. It embodies an intense urgency and brokenness, moving beyond casual prayers to a deep connection with God's heart. This form of prayer echoes the ache Jesus felt when He wept over Jerusalem or sweated blood in Gethsemane. In this sacred practice, we carry His heart rather than trying to manipulate His will.

David Thomas characterizes travail as "A spirit of urgency and audacity, an attitude of brokenness and desperation, a manner of prayer that could be daring and agonizing." Travailing prayer is the earnest cry that words often fail to express, aligning us with God's own longing for redemption and renewal.

## Guided Prayer

- Begin in stillness. Ask the Holy Spirit to burden your heart with what burdens His.
- Reflect on your community, your church, your city. Where is God longing to bring awakening?
- Allow yourself to feel the weight of that longing. Don't rush it. Weep, lament or sit silently if needed.
- Pray for God's Spirit to move with power: to awaken the lost, revive the Church, and renew the land.
- End with surrender: "Lord, let Your kingdom come. Let Your glory be known in our generation."

## Practical Steps

- Don't force emotion. Travail is Spirit-led, not self-produced.
- Gather with others who carry the same burden. Travailing prayer often multiplies in community.
- Study past awakenings: the Moravians, the Welsh Revival, the Hebrides, the early Methodists, all were marked by holy travail.
- When you feel God's ache, don't run from it. Stay in the tension until His peace returns.
- Remember: travailing prayer doesn't end in sorrow; it ends in new birth.



## Scripture

"The one who prophesies speaks to people for their strengthening, encouraging and comfort." 1 Corinthians 14:3

"Surely the Sovereign Lord does nothing without revealing his plan to his servants the prophets." Amos 3:7

Prophetic prayer is about listening and partnering with what God is saying. It's prayer that flows from intimacy, rooted in Scripture and inspired by the Holy Spirit. When we pray prophetically, we're not predicting the future; we're aligning with God's heart in the present. It's about discerning His will and speaking words that strengthen, encourage and comfort.

Prophetic prayer often begins with stillness and listening. God may bring a Scripture, image or phrase to mind for someone or something. As we pray for those impressions, we align ourselves with heaven's perspective rather than earthly circumstances.

## Guided Prayer

- Begin with worship and stillness: "Speak, Lord, Your servant is listening."
- Ask the Holy Spirit to highlight someone or something He wants you to pray for.
- Listen and write down what you sense, especially any Scripture that comes to mind.
- Pray those words back to God, asking Him to confirm and fulfill His will.
- If appropriate, share the encouragement humbly and gently.

## Practical Steps

- Prophetic prayer always aligns with Scripture and the character of Jesus.
- Pray from love, not ego; prophecy is to build up, not show off.
- Hold what you sense loosely. Ask for confirmation before declaring boldly.
- Be accountable. Share prophetic impressions with trusted leaders for discernment.



## Scripture

"Blessed are the peacemakers, for they will be called children of God." Matthew 5:9

"All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation." 2 Corinthians 5:18

Prayer walking is more than walking and praying—it's embodied intercession. JT Thomas, founder of *Civil Righteousness*, teaches that prayer walking is a form of reconciling presence. It's standing as the Church in the gaps of pain, injustice and division; bringing heaven's healing into broken ground.

When we walk and pray, we aren't claiming territory for ourselves; we're inviting the reign of Jesus to take root in the soil of our city. Every step becomes a prayer for reconciliation, every corner an altar for hope, every street a testimony that God has not abandoned our neighborhoods. Prayer walking opens our eyes to the unseen spiritual story of our communities. As we walk, we become both intercessors and instruments of peace, carrying Christ's ministry of reconciliation wherever we go.

## Guided Prayer

- Choose a place that represents a need in your community, such as schools, neighborhoods, courthouses, police stations or historical sites of pain or division.
- Before you begin, ask the Holy Spirit to guide your steps and give you His perspective.
- As you walk, pray: For peace where there has been violence. For healing after trauma and justice where there has been oppression. For reconciliation after division.
- If you sense the Spirit leading you, pause at specific locations to pray aloud or in silence.
- End by thanking God for His presence and asking Him to make you a peacemaker in your city.

## Practical Steps

- Walk with others. Prayer walking is powerful when done in unity and diversity.
- Carry Scripture with you; read passages of peace and justice. Isaiah 58, Micah 6:8, John 17
- Use prayer walking as a rhythm of reconciliation. Make it part of how you love your city.
- Check out the *Holy Here* app found on the resources page in the back of your prayer guide.







# Tools + Resources

We love 21 Days of Prayer and Fasting, but day 22 is what we have really been looking forward to. The first 21 days were about awakening your heart to the presence of God but Day 22 is about learning to live there. Everything on this page is designed to help you step into a life of unceasing, faith-filled, presence-centered prayer. These tools aren't just "extras"; they're invitations to go deeper, to stretch further, and to build a rhythm of abiding that carries you long past this season.

Scan the QR code to access a curated collection of resources—books, practices, teachings, and guides—to help you keep walking in the way of Jesus.





