



**Year  
of  
Breakthrough  
21 DAYS  
OF PRAYER  
JOURNAL**

# why focus on prayer?

In every situation, whether good or bad, we ought to seek God's heart. That happens through prayer. Many times we act first and then want God to bail us out of that situation. Instead prayer should be our first response, not our last resort.

Understanding the necessity of prayer is not enough. In order for it to become a part of our life, it needs to become something we look forward to doing.

Maybe you don't enjoy prayer because you have never been taught how to pray. That's where this prayer journal can help. By using several prayer models out of the Bible, some guides to make prayer more personal, and a place to record your thoughts and prayers, this booklet is designed to bring joy into your time with God.

When you discover the beauty of daily conversation with him, you'll experience the presence of God and that will change your life.

Once you start praying, prayer will become a part of everyday life. And then...

Before the day begins...

Before you go to bed...

Before you go to work or school...

Before you send that text...

Before you eat, drive or travel...

When bad things happen...

Before bad things happen...

Prayer will change everything and becomes your path to life in the light of God!

We encourage you to use the prayer pages in the back to record your prayers and God's answers throughout this 21 day journey.

# How To Use This Guide

21 Days of Prayer isn't meant to be a resolution or fad. It's designed to be a life changer. Our goal for this guide is for it to tear down the walls, misconceptions, and stereotypes we've built around prayer. We want you to know that "hands folded and eyes closed" isn't the way to have a conversation with God.

Each day contains a devotional that we hope will help you learn about new ways to pray. It will also inform you about how prayer is an essential part of your relationship with Jesus and help you develop a habit that will last. Along with every devotional is space for you to write your prayers or revelations and insights from your time in prayer.

If you are following the guide on your phone, tablet, or a computer we encourage you to start a written prayer journal or take notes and jot down prayers in an app like Evernote. We've included extra pages in the back so you have plenty of space to expand on what you're learning and keep track of how God is answering your prayers (because He will).

**Share your journey online by using the  
hashtag #citichurch21days in your  
posts!**

# January 15 Day 1 lifestyle of prayer

Even in our darkest days, prayer is the path to life in the light. It is our promise to God to fill each day with believing prayer. Jesus lived a life that was intentional and purposeful. Our prayers must do the same.

How do we make prayer a part of our everyday life?  
We can learn from three things that Jesus did...

*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.  
(Mark 1:35)*

## **A CERTAIN TIME**

Jesus got up very early in the morning to spend time with his Heavenly Father. In order for prayer to work, we should do the same. Make a daily appointment with God and keep it.

## **A CERTAIN PLACE**

Jesus had a prayer place. Your prayer place needs to be a peaceful and distraction free environment where you can pray out loud and perhaps have some worship music playing in the background, if it helps you focus.

## **A CERTAIN PLAN**

Go into your prayer time with a plan. If it changes that's fine. When Jesus taught his disciples how to pray, He gave his disciples a prayer outline. We call it the Lord's Prayer. (We will go through the Lord's Prayer for the next few days.)

God never intended for us to love anyone or anything more than Him! Spending this time with God is personal and builds a relationship with him. Moments alone with God cause our unsustainable will to melt away while God's insurmountable joy takes its place. These opportunities should be honest, vulnerable, and believing.

## **think about it:**

How will you incorporate the principles of Lifestyle Prayer into your prayer life?

- Your Time: \_\_\_\_\_
- Your Place: \_\_\_\_\_
- Your Plan: \_\_\_\_\_



*The next few days will focus on unpacking the Lord's Prayer and learning how to use each element of that prayer in your personal prayer life.*

## **January 16 day 2 – the lord's prayer our father in heaven**

*Once Jesus was in a certain place praying. As he finished, one of his disciples came to him and said, "Lord, teach us to pray, just as John taught his disciples." (Luke 11:1)*

*"Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one." (Matthew 6:9-13)*

### ***"our father in heaven..."***

#### **CONNECT WITH GOD RELATIONALLY**

God is our Father in heaven. A good Father who wants to lead us, guide us, and direct us for his glory and our good. We can call him Father because he calls us his children. Today think about what that relationship means.

*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" (Romans 8:15)*

God loves for us to call him our Father. In your prayer time today, acknowledge your intimate relationship with him and thank him for the relationship you have with him.

### **think about it:**

What does it mean to you that God is your Father in Heaven?

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# January 17 day 3 – the lord’s prayer *hallowed be your name*

*The name of the Lord is a strong fortress;  
the godly run to him and are safe. (Proverbs 18:10)*

**“...hallowed be Your name...”**

## **WORSHIP HIS NAME**

Hallowed means to honor as holy, to make holy, or to greatly revere. Do you give credence to the name of God?

What are his names? Here is a short list to start, (but take some time on your own to find the names of God in your Bible, and learn why he has that certain name as you study the Scriptures).

**Righteousness** – He makes me clean

**Sanctifier** – He has called me and set me apart

**Healer** – He heals all my diseases

**Banner of Victory** – He has defeated my enemy

**Shepherd** – He speaks to me and leads me

**Peace** – He is my peace in every storm

**Provider** – He supplies all of my needs

Today, thank God for his name(s) and praise and worship him for the way he reveals himself to us.

## **think about it:**

How can you honor God’s name?

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Which of God’s names has the most meaning to you right now? Why?

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# January 19 day 5 – the lord’s prayer *depending on him*

*I look up to the mountains—does my help come from there?  
My help comes from the Lord, who made heaven and earth! (Psalm 121:1-2)*

**“...give us today our daily bread...”**

## **DEPEND ON HIM FOR EVERYTHING**

Do you depend on God for everything? Not just the big stuff like miracles, or salvation. *Everything*. It’s easier to depend on him for the things we can’t do ourselves. But do you depend on God for your food? For the gas in your car? For your job? Do you depend on God to order your day and for the people who cross your path?

It’s a good exercise to depend on him for the things you are used to providing yourself. You can start by thanking him for everything—especially for those little things that feel routine and easy.

Today, ask God for what you need, and for what you want. And then trust in him to provide you with the answer.

## **think about it:**

List some of your needs and wants below (Remember the big and small):

My Needs:

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My Wants:

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How can you start depending on God for every thing you need and want?

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# January 20 day 6 – the lord’s prayer *get your heart right*

*“But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.” (1 John 1:9)*

***“...forgive us our debts,  
as we also have forgiven our debtors...”***

## **GET YOUR HEART RIGHT WITH GOD AND PEOPLE**

We can’t come to God and think we always do everything right. It’s important to recognize that we have sin in our lives, and it’s even more important to confess that sin and seek God’s forgiveness.

In the same way that God forgives us, we must also forgive those who have hurt us or wronged us. Even if they don’t ask for forgiveness.

Today, ask God to check your heart and motives. Receive his forgiveness for any area that he brings to mind. Then forgive anyone who has offended you in any way. You can even forgive people in advance.

## **think about it:**

Things I need to be forgiven for:

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People I need to forgive:

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What is a matter that God brought to mind where you need to forgive or be forgiven? Write out your prayer to get your heart right with God and others.

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# January 21 day 7 – the lord’s prayer *spiritual warfare*

*“For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.”  
(Ephesians 6:12)*

***“...and lead us not into temptation  
but deliver us from the evil one...”***

## **ENGAGE IN SPIRITUAL WARFARE**

As followers of Jesus, we are in a spiritual battle of some sort on a daily basis. In warfare, battles are fought on different fronts, for different reasons, and with varying degrees of intensity. The same is true in spiritual warfare. Our spiritual battles and warfare are real, even though we cannot physically see the attacker.

When you are drawing nearer to God, or when you start deepening your relationship with him, you may feel more spiritual attacks. This could take the form of impure thoughts, a short temper, a lack of confidence or self-esteem. Even a bad day could be the result of a spiritual attack. Ask God to help you find ways to stand against the enemy and fight!

Every lie that the enemy has told you should be replaced with the truth of God’s Word.

Prayer is your true path to the light and out of the darkness. Today, pray about your spiritual battles and the lies the devil tells you.

## **think about it:**

What spiritual battles are you facing?

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What are the lies the enemy tells you?

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How can prayer and Scripture help you overcome the enemy’s lies and battles?

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# January 22 day 8 – the lord’s prayer *faith in god’s ability*

*“O Sovereign Lord! You made the heavens and earth by your strong hand and powerful arm. Nothing is too hard for you!” (Jeremiah 32:17)*

***“...for thine is the kingdom and the power and the glory forever and ever.”***

## **EXPRESS FAITH IN GOD’S ABILITY**

God is able to do so much more than you could ever ask or imagine. He is powerful and faithful. He cares for you. His glory can be seen in all the world. Today worship God for all he is and for his power and glory which will endure forever.

End your prayer time by reminding yourself of God’s ability. Then begin to praise and make your faith declarations.

“Yours is the Kingdom” – all rule belongs to God

“Yours is the Power” – all mightiness flows from God

“Yours is the Glory” – God’s victory shall be complete

## **think about it:**

How do you see God’s power?

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Where do you see God’s glory?

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How does declaring God’s power and glory change your prayer time?

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The next section of the prayer journal will focus on using the Tabernacle as a method of drawing closer to God through prayer. In the Old Testament, the Tabernacle was the place where God came to meet his people. It was the closest they could come to God. As they entered the Tabernacle, they passed through seven stations as a protocol to enter God's presence. Once Jesus came to earth and gave his life as a living sacrifice, he made us appear pure and blameless before God, so we could meet God and worship him wherever we may be.

## **January 23 day 9 – tabernacle prayers the outer court**

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

### **THE OUTER COURT – THANKSGIVING AND PRAISE**

People entered the Tabernacle uttering praise. As you face each new day, begin by thanking and praising God for his blessings, for his wisdom, and for his strength. Each day, think of a reason why you love and appreciate what God has done for you.

Today, think about all you can thank God for and praise him for all he has done.

### **think about it:**

What are you most thankful and full of praise for?

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How will you begin your day full of thanksgiving and praise?

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# January 24day 10 – tabernacle prayers *the brazen altar*

An altar, in the Old Testament, was a place of sacrifice. People provided clean animals as a sacrifice so that they would appear clean before God. At the cross, Jesus, the Lamb of God, gave the ultimate sacrifice for us, and in doing so made us appear clean before God once and for all. In the Old Testament, they provided the sacrifice to God. In the New Testament, God provided Jesus as the sacrifice for us.

*In whom we have redemption through his blood,  
even the forgiveness of sins: (Colossians 1:14)*

## **THE BRAZEN ALTAR – THE CROSS OF JESUS**

As you go about your duties each day, keep in mind the sacrifice that God provided to make us appear clean before him, so we could live in relationship with him.

Today, pray about the cross. Thank Jesus for making you clean before God and for sacrificing his life so you could be with God.

## **think about it:**

What does the “redemption through his blood” mean to you?

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How has it made a difference in your life?

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# January 25 day 11 – tabernacle prayers *the laver*

The Laver was a bowl of water in the Tabernacle where worshippers had to wash. People had to go through cleansing rituals in order to be ready to appear before God. After Jesus came, he removed any barriers that could prevent us from communicating with God. He returned us to a state where we could communicate with God just as Adam did in the garden. (Genesis 7-8, 15-23)

*Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us, a pleasing aroma to God.  
(Ephesians 5:2)*

## **THE LAVER – CLEANSING AND PREPARING**

Today, seek to surrender yourself as a sacrifice to God. More of God in your life, less of yourself. Think about how you can sacrifice a part of your life that makes you less like God.

Today, prepare your heart to receive a message from God. You have been cleansed by the blood of Christ, and you stand clean before God. Ask God about the purpose he is preparing you for.

## **think about it:**

What is holding you back from being more like God?

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What can you sacrifice so that you can get closer to God?

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What is God preparing you for?

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# January 27 day 13 – tabernacle prayers *the shewbread*

The Table of Shewbread represents a sacrifice to God, it also represents the importance of nutrition. There are a number of instances in the Bible where bread is referenced: if you work, you will eat bread (Genesis 3:19); man shall not live by bread alone (Matthew 4:4); and, give us this day our daily bread (Matthew 6:11). Once you accept Jesus, you can know that he is the bread of life, and you will never be hungry again.

*Jesus replied, "I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty." (John 6:35).*

## **THE TABLE OF SHEWBREAD – THE WORD OF GOD**

We feed ourselves in the natural world every day because our bodies need nourishment. In the same way, we need to feed our spirit. By reading God's Word we continually provide ourselves with spiritual nutrition. Think of other ways that you could feed yourself spiritually.

Today, thank God for his Word. Ask him to show you Scripture that will nourish your Spirit and encourage you in your journey towards loving him more deeply and praying more often.

## **think about it:**

What ways will you feed yourself spiritually?

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What Bible verse(s) nourishes your Spirit?

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# January 28 day 14 – tabernacle prayers *the altar of incense*

In the book of Exodus, the requirements needed for the temple were very specifically laid out in God's instructions. The items he requested allowed his people to move toward him depending on their level of purity. The altar of incense represented worship.

*Accept my prayer as incense offered to you,  
and my upraised hands as an evening offering.  
(Psalm 141:2)*

## **THE ALTAR OF INCENSE – WORSHIP**

Prayer and worship pleases God. He has done so much for us and continues to on a daily basis. In response, we pray, we give thanks, we offer sacrifices and we worship him. God reveals himself to us in new ways every day. He may have been God your Healer, God of Peace, God your Shepherd, and God your Provider. Each day think about how God has revealed himself to you and how you can worship him for it.

Today, in your prayer time, worship God for all he has done, for all he is doing, and for all the ways he has revealed himself to you. Be assured that your worship is like a sweet incense to God in heaven.

## **think about it:**

What are some of the ways God reveals himself to you?

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How can you worship God today?

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The final section of this prayer journal will focus on your personal conversations with God about your sin, your life, your community, and the people you know who need to hear about Jesus. These are all based on Scripture—we encourage you to look up the Bible references listed and hear God speak through them.

## January 31 day 17 – personal prayers *confession*

*Guard your heart above all else, for it determines the course of your life.  
(Proverbs 4:23)*

### **CONFESSION AND CLEANSING - PRESENT YOUR HEART TO GOD**

Confession is an important aspect of our relationship with God. If we come to God with unconfessed sin, we are creating space between ourselves and God. We must continually confess and repent when we do wrong. God readily offers forgiveness which allows us to grow closer to him.

Ask God to search your heart (Psalm 139:23-24) and reveal:

Sin - remove destructive habits and replace them with  
God-focused ones

Selfishness - move your heart from self-focused to others-focused

Sickness - move your focus from physical ailments to spiritual health

Stress - move from anxiety over things you can't control to focusing  
and trusting that God is in control

Take time to learn about the danger of a deceitful heart.  
(Jeremiah 17:9; 1 John 1:6-10)

Be mindful of the condition of your mouth and heart.  
(Psalm 19:14, 49:3)

Ask God to help you keep His purposes and goals in view.  
(Psalm 90:12; Philippians 3:13-14)

Today, confess your unrighteousness to God and receive his forgiveness.  
(1 John 1:9)

### **think about it:**

How has God forgiven you when you confessed your sin?

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# February 1 day 18 – personal prayers *order and obedience*

*Commit everything you do to the Lord. Trust him, and he will help you.  
(Psalm 37:5)*

## **ORDER AND OBEDIENCE - PRESENT YOUR DAY TO GOD**

God desires to guide you through your day. Lay out the details of your day. Tell him the difficulties you anticipate.

(Psalm 37:4-5, Psalm 31:14-15; Deuteronomy 33:25)

Choose to honor the Lord. Commit your works to God.

(Proverbs 16:3)

Voice your dependence upon God.

(Proverbs 3:5-7; Psalm 131:1-3)

Request specific direction for actions and decisions.

(Psalm 25:4-5; Isaiah 30:21)

Choose to obey God's explicit instructions.

(Matthew 6:11, Matthew 7:7-8)

Today, dedicate your day to the Lord in your prayer time. Ask him to order your steps and create your appointments. And then take note of how well he guides your day, and thank Him along the way.

## **think about it:**

What is one specific detail of your day you will entrust to the Lord?

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How will you let God take control of that detail?

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# February 2 day 19 – personal prayers

## *warfare prayers*

*Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. Stand firm against him, and be strong in your faith. Remember that your family of believers all over the world is going through the same kind of suffering you are. (1 Peter 5:8-9)*

### **WARFARE PRAYERS - FIGHTING THE BATTLES OF FAITH**

Prayer is not only conversation with God. It is confrontation with the enemy. You have a tool that cannot be defeated by the enemy—the Word of God. Employ it in your prayer time—especially when you are fighting Spiritual battles. Here are some references:

- Choose to put on The Armor of God - based on Ephesians 6:13-17.
- Isaiah 54:17 says that no weapon formed against us shall prosper. In Jesus' name, declare that no weapon formed against you will prosper this day or any day to come.
- Protection prayer - based on Proverbs 18:10. Pray for the protective power of Jesus Christ, whose blood covers our sins and has the power to conquer any stronghold.
- Confession and Forgiveness prayer - based on Romans 10:10; James 5:16. Pray to receive forgiveness and ask to be cleansed of sin. Thank the Lord for redeeming and cleansing you.
- Pride prayer - based on Proverbs 11:2, 16:18. Humble yourself before the Lord and come to him as a little child. Pride is an abomination to the Lord, renounce anything that would cause you to have pride in your heart.
- Freedom prayer - "I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven." (Matthew 16:19) In the name of the Lord Jesus Christ, pray to renounce, break and loose yourself from all bondages of Satan.

### **think about it:**

Where are you under Spiritual attack? Which Scripture is most meaningful to you in this situation?

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# February 3 day 20 – personal prayers for those in authority

*I urge, the, first of all, that requests, prayers, intercession and thanksgiving be made for everyone- for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth. (1 Timothy 2:1-4)*

## **PERSONAL PRAYER TARGETS-GOVERNMENT, FAMILY AND CHURCH**

We are commanded to pray for those in authority and those under your authority. On this day focus specifically on praying God's will for:

- Government - our President, national leaders, state leaders, city leaders
- Family - your spouse, children, parents, siblings
- Church - pastors, Connect Group leaders, Connect Group members

Today, pray for our country, it's leaders, our community, our church, your family and the leadership within.

## **think about it:**

What is most pressing on your heart about those in authority and/or under your authority?

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Who did you pray for today?

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## **pray with others!**

Praying on your own is an important habit! However, we should also come together as a church community to pray. Matthew 18:20 says “For where two or three gather together as my followers, I am there among them.” Don’t miss out on opportunities to experience God in new ways through corporate prayer during our 21 Days of Prayer Journey.

### ***Pray along on Facebook live***

***Monday – Wednesday-Friday 6:00pm English***

***Tuesday-Thursday-Saturday 6:00pm Spanish***

### ***Monday Night Prayer***

January 15, 22, 29 at 7:30 PM