

21

days of prayer

one
church

21

days

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DAY

01

Resting Well

**Come to Me, all you who labor and are heavy laden,
and I will give you rest.**

Matthew 11:28 (NKJV)

When I ask someone how they are doing, the typical response I get is “busy!” As a society I think we have gotten really good at being busy. We celebrate hard work and achievement. Both of those things are great, but I don’t think we celebrate rest enough.

When you are tired physically or mentally you are an easier target for the enemy. Rest helps make you less vulnerable to attack and it makes it way more difficult for the attacks that do come against you to bring you down. I want to ask you a question that only you can answer. How are you doing at resting? How are you doing at unplugging? If you are like most people and you’re honest you probably will answer “not very good”. Take time in the next 21 days to rest. Do something that rejuvenates and recharges you. Don’t apologize for turning your phone off, for unplugging from social media, for taking the time to recenter. A few hours off can make a huge difference.

PRAYER:

Lord, thank you for the abilities and drive you have given me to accomplish great things. Help me to see when I need to rest so that I can stay strong for myself, my family, my friends, my church, and ultimately for you. In Jesus’ name, Amen.

DAY

02

Just What I Needed

**For God has not given us a spirit of fear,
but of power and of love and of a sound mind.**

2 Timothy 1:7 (NKJV)

I don't know many people that don't like receiving gifts and most people love giving gifts. I'm one of these people. I put a lot of thought into giving good gifts. I think a good gift is something you need and will use. In this passage we see that God has given every Christian three amazing gifts: power, love, and a sound mind. I think God gave us these gifts because he knew we would need everyone of them on a daily basis. Realize that these gifts are yours and start using them every day.

PRAYER:

Lord, I thank you for giving me power, love, and a sound mind. Right now I take on your strength, I put on your love today, and I thank you that I have the mind of Christ and that every thought must line up with your word. In Jesus' name I pray. Amen.

DAY

03

Fulfilling My Purpose

**For as the body is one and has many members,
but all the members of that one body, being many,
are one body, so also is Christ.**

1 Corinthians 12:12 (NKJV)

I'm a right handed person. One time I tried to throw a baseball with my left hand. It was the most awkward thing. I looked ridiculous and the ball didn't go very far. If you put that same ball in my right hand, though, it's a completely different story. The point is, when my body functions as it's supposed to, the results are so much greater than when it doesn't.

A recent survey showed that 87% of people who go to church say they don't know what their purpose is. If 87% of your body stopped doing what it was supposed to do, you would be in really bad shape! God has given each one of us a talent and gift that the body of Christ needs. Have you discovered God's purpose for your life? If so, are you using that purpose in the church, workplace, marketplace, and home?

PRAYER:

Lord, thank you for making me a part of the body of Christ with unique gifts and talents. Help me to use my gifts to advance your kingdom, help the church, and to make a difference in the people you have put in my life. In Jesus' name. Amen

DAY

04

Let It Go

**Repay no one evil for evil. Have regard for good things
in the sight of all men.**

Romans 12:17 (NKJV)

There is something in us that craves revenge. The old saying, “revenge is a dish best served cold” has been around for a long time, but the idea of sweet revenge predates that saying. When someone does us wrong or hurts us, we want to get even. Anytime I have taken vengeance for a wrong done to me, it usually makes me feel better for a moment, but regret usually comes quickly after. The word tells us not to repay evil for evil. When we do repay evil for evil it changes us for the worse. When we hold onto the wrong or the hurt that was done to us, it turns us into bitter and angry people. When you choose to forgive it frees you and changes you for the better. What hurt have you been holding onto? What revenge have you been planning? It’s time to let it go and give it to God.

PRAYER:

Lord, help me to forgive. Give me strength to let this go and the strength to move on. I surrender this pain and hurt to you and I refuse to pick it up again. In Jesus’ name, Amen

DAY

05

It's Right in Front of You

You know the saying, 'Four months between planting and harvest.' But I say, wake up and look around. The fields are already ripe for harvest.

John 4:35 (NLT)

I am notoriously bad at finding things. I will search and search for something that my wife will find almost immediately. It's frustrating to her and to me. That's the point Jesus is trying to explain in this passage of scripture. What God had put us on this earth to do is right in front of our faces. Every day we encounter people looking for an answer that we have, but we'll miss it if we aren't looking. God hasn't put you on this earth to make a living, but to make a difference! When you become a Christian you automatically become a minister of the gospel. You may have another job but that doesn't change the fact that you are a minister. That means you are called to share His message of hope with the people around you. Sometimes that looks like an invitation to church, a kind word, a hug, a prayer or note of encouragement. The possibilities are endless if we are willing to keep our heads up and our hearts open to His purpose. Lift your eyes...The harvest is all around you!

PRAYER:

Lord, help me to impact the people you bring into my life. Help me to see people through your eyes and give me the courage to do whatever you are asking me to do. In Jesus' name, Amen

DAY

06

Inseparable

And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow... nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

Romans 8:38-39 (NLT)

I don't even remember what my daughter did but I remember that I had to get onto her for something. Shortly after that day, she stopped coming to me for things. She would instead go to her mother to try and get her to ask me. For some reason she was under the impression that what she had done had changed the way I felt about her. I sat down with her and explained that NOTHING could ever change my love for her.

There are a lot of Christians who live their lives thinking God is mad at them for the wrongs they have done, but nothing could be further from the truth. The Bible says NOTHING can separate you from God's love for you. God loves you so much and there's nothing you have done or could do that would change that.

PRAYER:

Lord, thank you so much for your unconditional love for me. Thank you that there is nothing that can separate me from your love. I receive your grace, your mercy, and your love today. In Jesus' name, Amen

DAY

07

Getting It Right

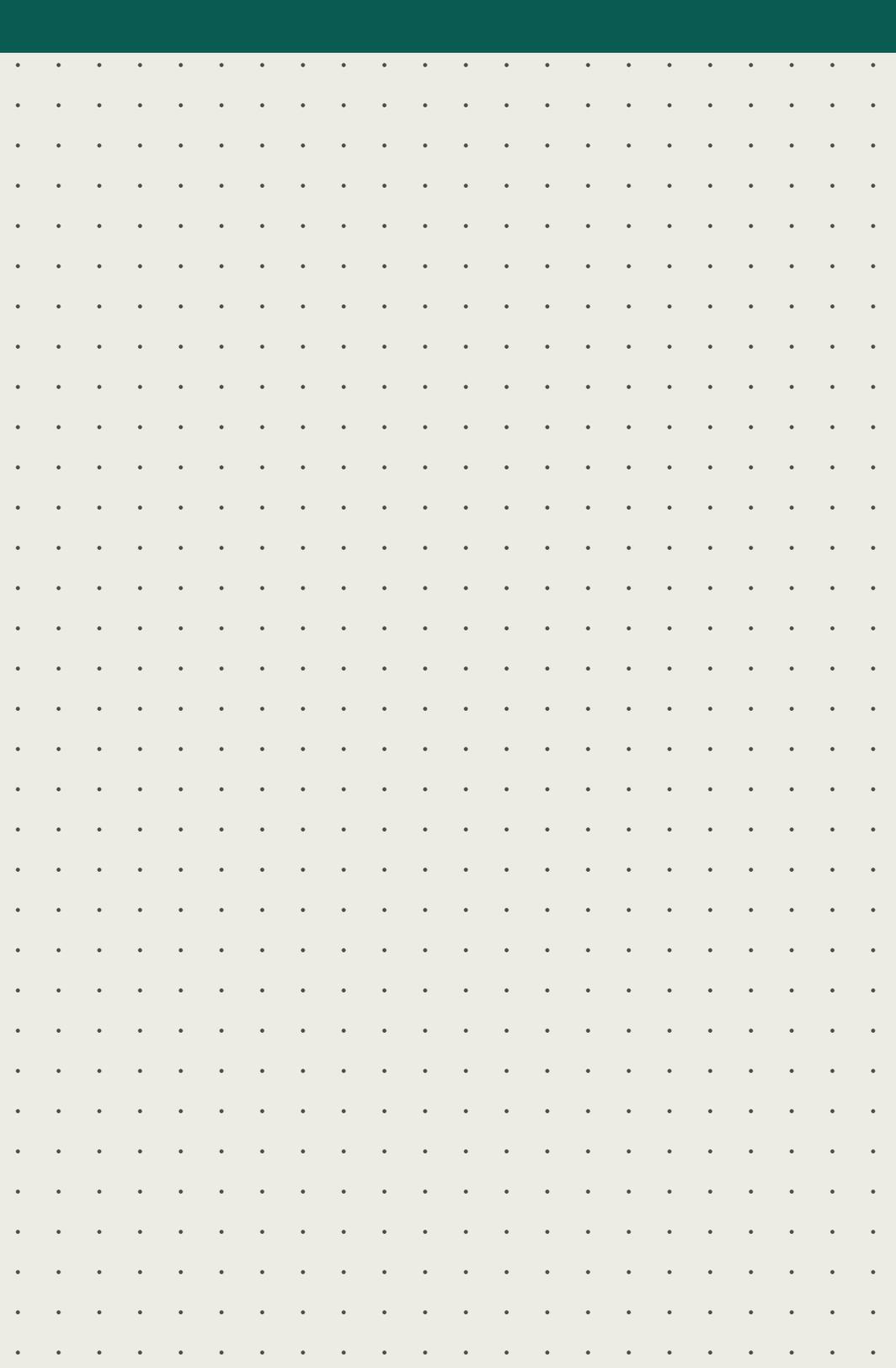
Do not let the sun go down on your wrath.

Ephesians 4:26b (NKJV)

My wife and I have had a few arguments in our 18 years of marriage. Everyone has their own way of dealing with conflict. When we were younger she would get in the car and leave. When I was younger I would shut down and give her the silent treatment. We were young and stubborn and sometimes would go days avoiding each other. One thing I've learned over the years is that walls are built in that silence. The longer the silence, the bigger the wall; the bigger the wall, the harder it is to tear down. I don't think the Bible is talking about a physical sunset in this scripture, but what it is saying is get things right quickly. Being right isn't worth losing the relationship. Be quick to apologize. Be quick to forgive.

PRAYER:

Lord, I let go of my pride and my anger and I choose to put on your forgiveness and your grace. Help me to navigate situations and react only in the way you want me to. In Jesus' name, Amen



DAY

08

The Devil Made Me Do It

I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.

1 Corinthians 9:27 (NLT)

Growing up, there was a cartoon that was always on TV, called Tom and Jerry. I remember in several episodes that Tom or Jerry would get into a dilemma and in deciding what to do, they would have a devil on one shoulder and an angel on the other. The angel of course told them to do good and the devil told them to do bad. I think for a lot of people that picture is their reality. They feel pulled to do the right thing but tempted to do the wrong. The truth is: most of the time we do the wrong thing because we want to, not because the devil made us do it. Sometimes we need to stop rebuking the devil and start rebuking our flesh.

Your flesh will always want what it wants, when it wants it. One of the greatest ways you can conquer your flesh and the temptations in your life is by finding someone that you can be vulnerable with. Notice I said “someone” not “everyone”. You have to have someone you trust that won’t talk about your struggles to others. Someone that will love and support you in the process. Never believe the lie that you are the only one that struggles with temptations, it’s not the truth!

PRAYER:

Lord, help me to live my life with control over my flesh. Help me to live according to your word and according to my purpose, not according to my flesh. In Jesus’ name, Amen

DAY

09

Faith It

Jesus said to him, “If you can believe, all things are possible to him who believes.”

Mark 9:23 (NKJV)

It was almost spring break and we told our kids, “We have a surprise for you!” My daughter screamed, “I know what it is!” Curious I asked, “What is it?” She said, “You’re taking me to see my best friend!”

What we had actually planned was a trip to Six Flags, about an hour away from our house. My daughter’s friend on the other hand, lived over 7 hours away, but she was convinced! As we counted down to the big surprise she started telling anybody that would listen that her parents were taking her to see her best friend! Well, guess what we did...We drove her to see her best friend. Never underestimate the power of faith! When you are believing God for something, hold onto it with tenacity! Don’t let anything talk you out of it. Speak to the mountains in your life and believe God to move them!

PRAYER:

Lord, thank you for giving me faith. Right now I speak to the things that seem impossible and I know that your Word says that anything is possible if I’m willing to believe. God, I believe! (Take a few moments to ask God for whatever you are believing for) In Jesus’ name, Amen

DAY

10

Hush

For the Scriptures say, “If you want to enjoy life and see many happy days, keep your tongue from speaking evil and your lips from telling lies.

1 Peter 3:10 (NLT)

Sometimes my mouth gets me in trouble, and I’m sure I’m not the only one this happens to. I remember once, as a kid, my petite mother was in the middle of disciplining me, but she wasn’t doing much damage. Because I couldn’t control my mouth, as soon as she was done, I turned around and sarcastically asked, “Are you done?” No dumber words have ever been spoken by a preteen boy! She said, “Wait until your dad gets home!” Immediately I realized something. If I had just kept my mouth shut, it would have made my life so much easier! This is a lesson that I have carried with me my entire life. Sometimes you need to hold your tongue and shut your mouth. It may not be easy in the moment but it will make your life so much easier in the long run.

PRAYER:

Lord, give me wisdom to know when to speak and when to keep my mouth shut. Help me to guard my mouth. Help me to speak life-giving words and not words that wound or harm me or harm others. In Jesus’ name, Amen

DAY

11

I Can Sympathize

Finally, all of you should be of one mind. Sympathize with each other. Love each other as brothers & sisters. Be tenderhearted, and keep a humble attitude.

1 Peter 3:8 (NLT)

Have you ever snapped, lost it, or acted out of character? Yeah, me too. Whenever I do, I expect people to extend grace to me and forgive me. I find that often, we expect people to extend something that we're not always willing to give to others.

A wise man once told me that if someone in your life acts out of character, you should assume something is going on in their life that you aren't aware of; extend grace. Maybe they received bad news, aren't feeling well, lost their job, had an unexpected expense come up, etc. Whenever you have "snapped" you were probably also going through something similar, causing you to overreact to others. That's where sympathy comes in. If you've made a mistake before, then you should sympathize with the person doing it now. Love them, forgive them, and move on.

PRAYER:

Lord, help me to extend grace to people in my life. Help me to love them, pray for them, and forgive them quickly. Give me sympathy for hurting people. In Jesus' name, Amen

DAY

12

Wisdom Needed

If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking.

James 1:5 (NLT)

Before the days of GPS apps, traveling by car was much different. We used maps to get around and the front passenger was your GPS, telling you where to go and when to turn. If you ever got lost, you eventually had to stop and ask someone for directions.

In life there are times when we feel lost and aren't sure which way to go. Instinctively, we will stop and ask everyone for direction, everyone but God. This scripture tells us, though, that God is wanting to give us wisdom. God wants us all to get to our destination, and he knows the best path to get there. If you aren't sure which way to go next or what you should do, ask God for wisdom, and he will give it to you.

PRAYER:

God, I need your wisdom in my life. Show me which direction to go and what you want me to do. Thank you for your wisdom and guidance. In Jesus' name, Amen

DAY

13

Perfect Timing

So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.

Galatians 6:9 (NLT)

My grandmother used to have a blackberry bush at her house. As a kid, I would go over to her house to pick and eat the blackberries right off the bush (I grew up in a different time). One day when I was visiting her I learned that blackberries are a seasonal fruit because they were all gone. She told me that I would have to wait a while before there would be more. There was nothing wrong with the blackberry bush; it was just in a different season. There are times in life we are expecting a harvest in the wrong season. It's not that the harvest isn't coming, it's just that it's the wrong season. The worst thing we can do when waiting on a harvest is to quit. Maybe you've been waiting for weeks, months, or years. Don't give up expecting. Don't give up believing. A harvest will surely come if we stay faithful and we don't give up.

PRAYER:

Lord, thank you that my harvest is on its way. I know your timing is perfect. I know that you will bring the harvest into my life in your perfect timing. In Jesus' name, Amen

DAY

14

What Do You Want?

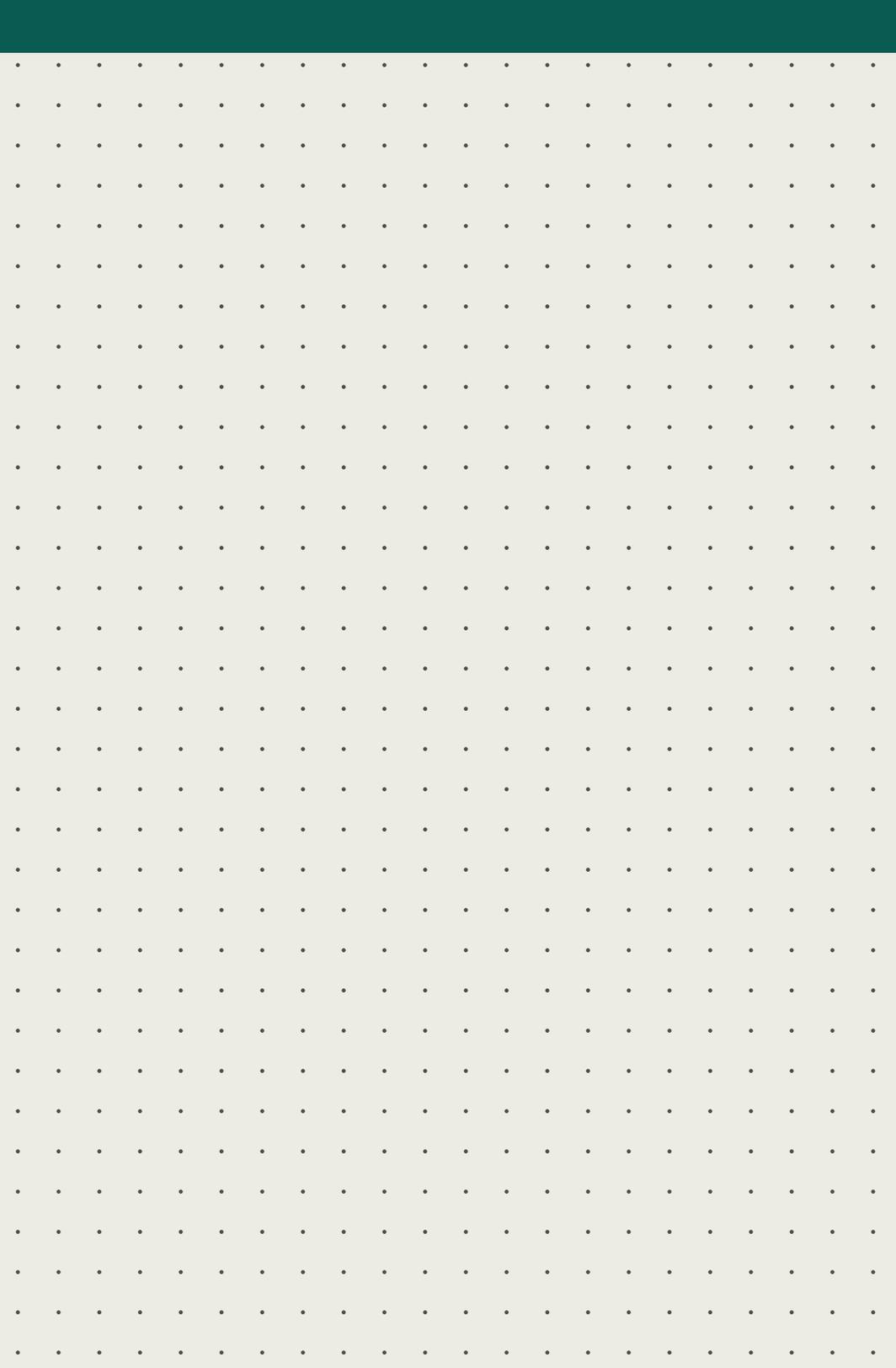
Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God

Philippians 4:6 (NKJV)

My kids have gone through many phases while growing up. Both of them went through a season when they pointed and grunted anytime they wanted anything. It was cute for a while, but eventually we had to tell them: “use your words”. We wanted them to tell us what they wanted. We knew they couldn’t go through this life pointing and grunting anytime they needed something. That seems obvious, but a lot of Christians are believing God for something they haven’t asked him for. They are expecting Him to do something and haven’t even vocalized the need or desire. People say, “God knows everything”. That is absolutely true, but over and over in the Bible He says, “ASK”. Use your words! Say it out loud! What are you asking God for?

PRAYER:

God, your word tells me to make my request known to you so right now I ask you for: (what you are asking God for here). Thank you for hearing me when I ask and for moving on my behalf. In Jesus’ name, Amen



DAY

15

Love It

Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things. Love never fails.

1 Corinthians 13:4-8 (NKJV)

We live in a society that loves everything! We love tacos, movies, our kids, our spouses, our friends, our jobs, donuts, burgers, I could go on and on. The problem with using a word all the time is that it begins to lose its meaning. I think people have done that with “love”. If you use the same word to express your admiration for spaghetti and your spouse, the lines get blurred. I’m not trying to say you should never use “love” again. I’m just saying it’s good to remind yourself what the Bible says love is. Especially when things get difficult. Love isn’t a feeling that comes and goes it is a decision you make. Read that passage again. Remind yourself what love truly is and what love does.

PRAYER:

Lord, help me to love the people in my life. Help me to love the people that are easy to love and the people that are difficult to love. God, help me to love others the way that you love them. In Jesus’ name, Amen

DAY

16

Not Where You Started

But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.

2 Corinthians 3:18 (NKJV)

When I was younger I traveled a lot with my grandpa. When we were on the road I asked the question every kid asks on a long trip, "Are we there yet?" My grandpa would always respond the same way, "No, but we're closer than when we started." He was telling me, in his own way, that even though we weren't there yet we were getting closer by the minute. Process can be frustrating sometimes. We can start to do well but eventually, we mess up. In those moments our tendency is to beat ourselves up for the mistake. Essentially we are beating ourselves up for not being to the destination yet. Salvation is something that happens instantly but sanctification is a process. Next time you mess up remember that even though you aren't there yet...You are so much closer than when you started.

PRAYER:

Lord, thank you that even though I'm not where I want to be, I'm not where I used to be. Thank you for taking me from glory to glory. Thank you for changing me each day. In Jesus' name, Amen

DAY

17

What Are You Sowing?

Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap.

Galatians 6:7 (NKJV)

I'm not a gardener, but on occasion we decide to take on the task. One day my wife and I were on an expedition to buy seeds to plant. We went to our local hardware store and began to look through the seed packets. On the seed packet was a picture of the plant that was represented in the seeds. I knew that if I wanted the plant in the picture, then I had to plant that seed. We all understand this principle when it comes to gardening, but not everyone realizes that it extends into every area of your life. The seeds you sow will be the fruit you reap. So, if you don't like the fruit you are seeing in your life then you must change the seed you are sowing. If you want kindness, sow kindness. If you want finances, sow money. If you want promotion, sow hard work. Sow what you want to see in a future harvest.

PRAYER:

God, thank you for giving me seeds to sow in my life. For every wrong seed that I've sown, I curse that seed in my life and today I choose to sow good seed into my life. In Jesus' name, Amen

DAY

18

Grace Abounds

Moreover the law entered that the offense might abound. But where sin abounded, grace abounded much more

Romans 5:20 (NKJV)

My dad was the principal of a Christian school when I was growing up. In that school we got “swats”. Which means if we broke the rules, we went to the principal’s office and got spanked with a large wooden paddle. That paddle and I were well acquainted.

I remember one time, girl in my class broke the rules and was sent to the principal’s office. I don’t remember her offense; I just remember she was genuinely sorry for what she had done. She had been sentenced to 6 swats, and that’s when her father and my dad (the principal) made an incredible decision. “I will take 3 swats if you take 3,” my dad told her father. They agreed that somebody had to take the swats and both of them took the punishment in her place. What an amazing picture of what Jesus has done for us! The punishment had to be carried out because the law demanded it but Jesus took our punishment for us! That is what grace looks like. God’s grace is so much greater than my sin.

PRAYER:

Jesus, thank you for taking my punishment for me. Thank you that even though my sin is so great, your grace is so much greater. In Jesus’ name, Amen

DAY

19

Treasure Hunt

But we have this treasure in earthen vessels, that the excellence of the power may be of God and not of us.

2 Corinthians 4:7 (NKJV)

I loved the Indiana Jones movies growing up! The other day I started watching one with my son and I was reminded of why I loved the movies so much. The main character is on a quest to find treasure that had been lost. Finding something that is hidden is such an awesome thing. The Bible tells us that God has put treasure inside each of us. That means we don't have to scour the earth in foreign lands to find buried treasure - God has put a treasure inside each of us! You were born rich! I'm not saying you were born into wealth. I'm saying that you were born rich with potential. Even if you haven't discovered all the potential God has put inside you, that doesn't mean that it's not there. It just means you have some searching to do.

PRAYER:

Lord, thank you for giving me potential. Thank you for giving me time, talent, and treasure. Lord, help me to bring glory to your name through whatever I do. In Jesus' name, Amen

DAY

20

Praise Your Way Out

About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them. Suddenly there was such a violent earthquake that the foundations of the prison were shaken. At once all the prison doors flew open, and everyone's chains came loose.

Acts 16:25-26 (NIV)

Each day we wake up with a choice. We can spend our day worrying about our problems, or we can choose to praise. There is something powerful about praising - and not just when things are going well, but even and especially when things are going wrong! No matter your season or situation, you get to choose if you're going to complain or you're going to praise! Complaining keeps our eyes on the natural, but praising lifts our eyes to the supernatural. When I praise it shifts my focus from the problem to the solution! Whatever you're going through, praise God in the process. When you lift your voice to God, God will lift you up.

PRAYER:

God, thank you for giving me the weapon of praise. I thank you for your goodness and your mercy. I declare that you are worthy of all the praise when I'm on the mountain top and when I'm in the valley. You are good, even when my situation isn't. Thank you for making a way when I don't see a way. In Jesus' name, Amen

DAY

21

Better Together

**Rejoice with those who rejoice,
and weep with those who weep.**

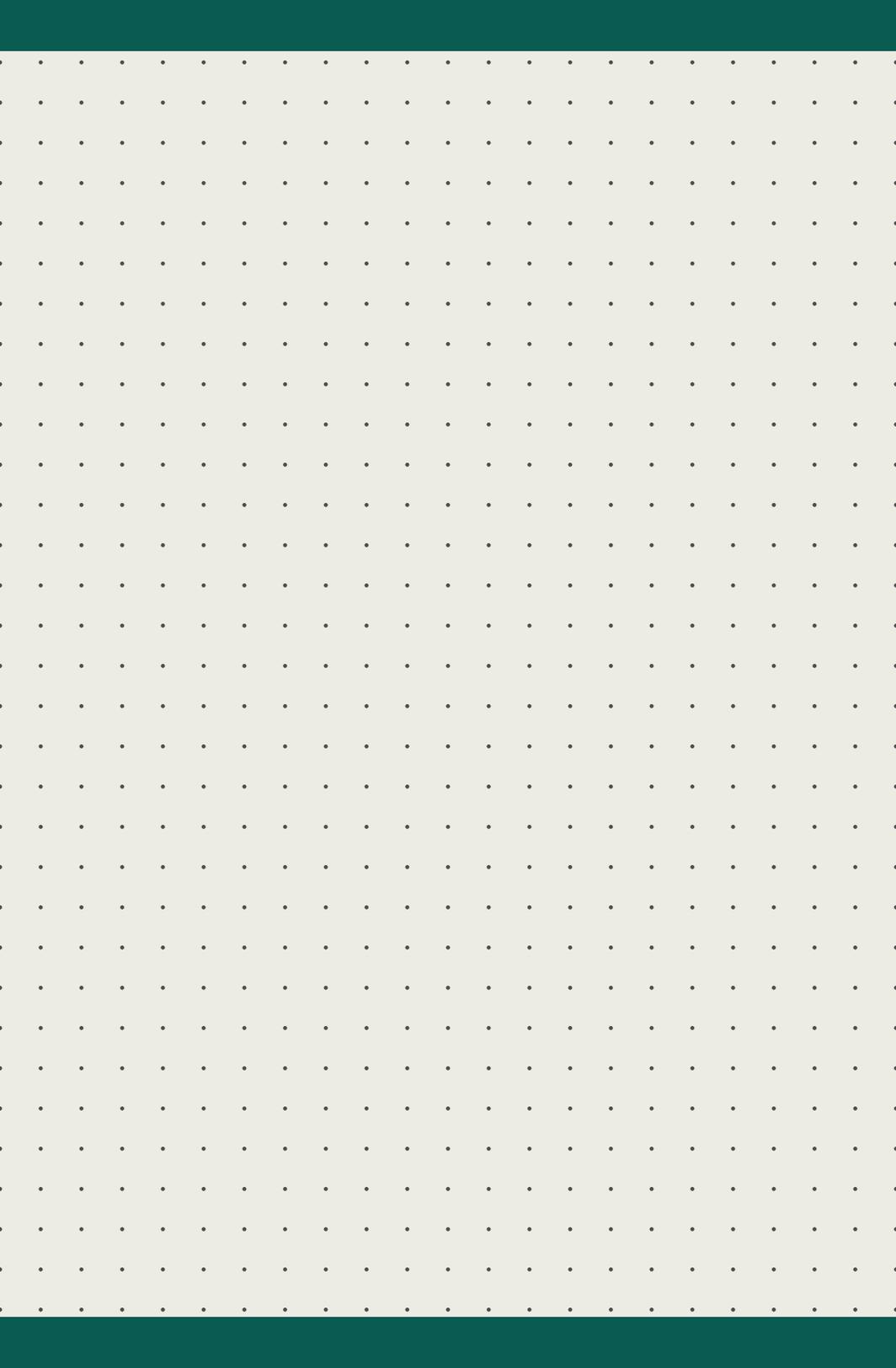
Romans 12:15 (NKJV)

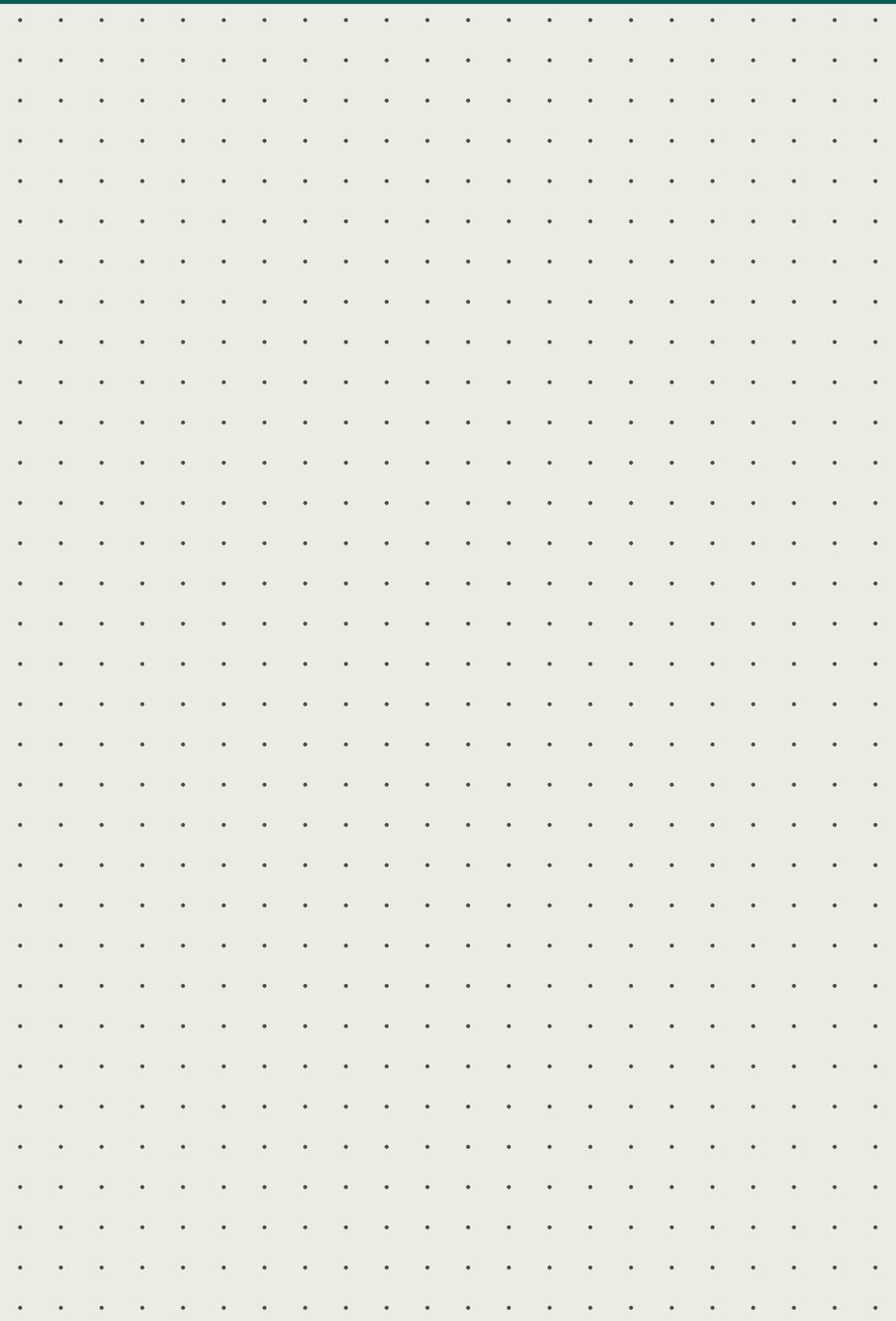
I love the game of golf, but I don't play very often. Mainly because I don't have anyone to go with. Someone asked me, "why don't you just go by yourself?" My answer was easy, "because no one would be there to celebrate with me when I hit a great shot!" I think we all want someone around when things are going great and even when things aren't going great at all. That's why we are so passionate about Community Groups at One Church. You need someone to celebrate your biggest wins and to pick you up in your most difficult losses. God has never intended for us to do life alone. Get signed up for a group and commit to being there whenever possible. I believe God will do something great in your life when you take this step of faith.

PRAYER:

Lord, thank you that in this 21 days I have grown closer to you. Thank you for everything you've done - those things I know about and the things that I haven't realized yet. Thank you for giving me people to do life with. Help me to surround myself with people to cheer me on, build me up, and encourage me. In Jesus' name I pray, Amen







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