

The graphic features a dark blue background with a pattern of lighter blue diagonal stripes. The text '21 DAYS OF PRAYER' is centered. The number '21' is white and enclosed in a square frame with a blue-to-green gradient border. 'DAYS' and 'PRAYER' are in white, while 'OF' is in a light blue color matching the background stripes.

**21** DAYS OF  
**PRAYER**

When Jesus taught the disciples how to pray, He said “When you pray...” not if, but when you pray. As Christians we are called to pray without ceasing, and though that sometimes feels like a chore, it shouldn’t. We should see it as an honor and joy that the God of the universe wants us to talk with Him! But what do we say? How do we start? How formal is prayer supposed to be?

Over the next 21 days we will be praying, together as a church, and we’ll be using the Psalms and the handy acronym ACTS to do it. ACTS stands for Adoration, Confession, Thanksgiving, and Supplication. Adoration is simply acknowledging God for who He is, giving Him the praise due. Confession is admitting our faults, being honest with God that we have fallen short and repenting before Him. Thanksgiving is just how it sounds, giving thanks for all that He has done, and is doing for us. And supplication is laying our needs before Him and asking Him to provide knowing that he promises to give us what we need. These four categories lead into each other, like Isaiah seeing God for who he is drives us to confess and having been forgiven we are inspired to give thanks, which prompts us to bring our needs before Him trusting that our Father in Heaven knows what we need.

We will be guided through this four-step progression five times using the Psalms as our pathway. On the 21<sup>st</sup> day we’ll host a 24-hour prayer vigil at the church, and we encourage you to sign up for a block of time with your family and/or life group. At the end of 21 days hopefully you feel confident and capable of prayer. The ACTS framework is a helpful way to pattern your daily prayers as well as your overall prayer life. It’s meant to encourage and empower you in approaching God through prayer.

## **Day 1- Adoration**

### **Psalm 8:1-9**

When you think about God what is the picture that comes to mind? An old man with a beard? A Superman like hero? Or something else? In this Psalm we read about some attributes of God that help inform the picture we have of Him. We learn that He set the moon and stars in place, He established strength through unlikely ways, the mouths of babies and infants, and we see that he has given dominion to who He wills. The picture we have of God is not of a perfect version of us, though He is perfect, we see that He is totally other than us. Not a better version of us but something else entirely. He is the creator, and we are the creature. For that we give Him praise, in fact the Psalm is bookended with it, “O LORD our Lord, how majestic is your name in all the Earth!”

### **Prayer Points**

- Praise God for who He is, acknowledging His majesty
- Pray that God would reveal the truth of His majesty to you through the works of His hands
- Praise God for His supremacy over all things

### **Throughout the Day**

As you go about your day notice God’s majesty all around and give Him the praise and majesty due.

### **Closing Prayer**

Father, I praise you for who you are. Help me see you for who are and to respond in worship. Your name is majestic, and your glory fills the earth. Let my actions show people your majesty. Amen.

## **Day 2- Confession**

### **Psalm 51:1-2**

As we come before God with our sins, we come before him knowing that he will forgive us. It's in his nature to forgive, that's why David can say 'have mercy on me *according* to your steadfast love and abundant mercy.' We bring our sins and our faults to God knowing that He is willing and able to forgive. We are washed clean because God doesn't just forgive us, he fills us with his righteousness and empowers us to live differently.

### **Prayer Prompts**

- Confess to God where you have fallen short, and ask him to forgive you according to his nature
- Pray that he would deepen your understand of the grace he gives
- Ask him to motivate and empower you to live according to the truth of his forgiveness

### **Throughout the Day**

As you go about your day bring your sins to God, rely on his name for mercy and grace.

### **Closing Prayer**

Thank you, Lord, for washing me clean. Help me to live in a way that shows people around me the truth of your forgiveness. Amen.

## **Day 3- Thanksgiving**

### **Psalm 9:1-2**

Thanksgiving is something that wells up inside of us when we think about what God has done. But it doesn't stay there, we tell people. We take the inner heart worship of thanksgiving and make it into outward worship. What God has done in our lives becomes our testimony to point others to who he is and what he has done.

### **Prayer Prompts**

- Ask God to remind you of all the good things he has done
- Pray that he would fill your heart with thanksgiving
- Pray that he would give you opportunities to tell others about who he is and what he has done

### **Throughout the Day**

As you go about your day think of all the good things he has given you and look for opportunities to tell others about them.

### **Closing Prayer**

I praise you God for who you are what you have done in my life. Fill my heart and help me overflow in praise to those around me. Amen.

## **Day 4- Supplication**

### **Psalm 20:1-3**

When trouble comes prayer is our lifeline. We don't run from God, but to him. We look to God's name for help, because his name is his character. Our God isn't distant, he is near and personal, it is in his nature to give us all that we need. We bring our needs to God because he cares for us and is faithful to provide.

### **Prayer Prompts**

- Ask God to protect you in times of trouble
- Pray that you would have faith and trust that he will provide all you need
- Ask God to tune your heart to his

### **Throughout the Day**

As you go about your day lean into God. Notice his nearness to you.

### **Closing Prayer**

Lord, I come to you knowing that you care for me. You know me and love me, and I bring my concerns to you because you are faithful and just to provide what I need. Give me faith to walk in that truth. Amen.

## **Day 5- Adoration**

### **Psalm 29:1-2**

Repeating back to God his attributes is a way that we worship. When we proclaim who God is and the qualities he has, we are encouraging others to do the same. We take what we know about God and turn it to worship so others can see God more clearly. Worship is the only proper response to God and since all worship is due him, we want all people to worship him.

### **Prayer Prompts**

- Ask God to reveal himself to you more clearly
- Pray that you would be ascribing to him the glory due his name
- Ask him to motivate your heart to worship

### **Throughout the Day**

As you go about your day find one attribute of God and praise him for it all day.

### **Closing Prayer**

God you are holy, and I praise you for who you are. Help me to show the people around me who you are. Amen.

## **Day 6- Confession**

### **Psalm 38:18**

Confession is not just admitting where we fall short, though it is that, it involves turning from that sin toward God. When we repent, we don't just turn away from sin, but we turn to God. Sin damages our relationship with God and those around us, but he doesn't leave us there. He sent his son Jesus to repair that relationship and make a way to God. Where we failed Christ succeeded.

### **Prayer Prompts**

- Pray that the Lord would break your heart over sin
- Ask him to show you where sin is in your life
- Pray that he would help you turn from sin and towards Christ

### **Throughout the Day**

As you go about your day notice when you sin and immediately turn to Christ.

### **Closing Prayer**

Lord against you I have sinned, I want to repent from wrongdoing and turn to you. Help me to live under your grace and mercy with a life that points others to you. Amen.



## **Day 7- Thanksgiving**

### **Psalm 30:11-12**

God doesn't just comfort us, he transforms us. He takes our seasons of mourning and turns them to dancing. He removes heaviness and replaces it with joy. Gratitude grows when we see that our pain is never wasted. God is using everything for the good of those who love him and have been called according to his purpose. Thanksgiving is our response to a God who redeems and restores.

### **Prayer Prompts**

- Praise God for the times he has turned sorrow into joy in your life
- As him for hope and joy in any areas you are suffering in today
- Pray that he would show you his redemption in a tangible way today

### **Throughout the Day**

As you go about your day think of someone going through sorrow, lift them up over the course of the day.

### **Closing Prayer**

Father thank you for being a God who turns sorrow to joy. Help me to see that in my life today. Turn my mourning to dancing. Amen.

## **Day 8- Supplication**

### **Psalm 142:5**

Crying out to God can sometimes feel like too much, like we don't need to do it. But when we understand that he is our refuge, our portion for all of life, crying out isn't too much, it's too little! When David says God is his portion, he means God is everything he needs, God is totally sufficient to meet every need David has. And the same is true for us, God knows what we need better than we do and he is willing and able to provide. We bring our needs to him, and he provides.

### **Prayer Prompts**

- Cry out God with the struggles of the day
- Ask him to provide everything you need
- Pray that God would create in you a heart that relies totally on him

### **Throughout the Day**

As you go about your day see where your needs are, bring them to God and trust that he is your portion.

### **Closing Prayer**

Lord God, I cry out to you. I trust that you know my needs better than I do and I pray to you for your provision. Amen.

## **Day 9- Adoration**

### **Psalm 27:4**

David focuses life down to one thing, he has one request of the Lord, God's presence. He wants nothing else but to be near to God. The things we chase after seem real, they seem like they can give us joy, but the only thing we should chase after is being near to God. To know him more truly and to love him more deeply. The good news is that through Jesus Christ, we can have that, Jesus said if you have seen me you have seen the Father. The only fulfilling pursuit is of God himself, and we pursue God through the god-man Jesus Christ.

### **Prayer Prompts**

- Ask God to reveal any distractions in your life keeping you from pursuing him
- Pray that he would empower you to seek his presence
- Ask that he would use you to point others to this holy pursuit

### **Throughout the Day**

As you go about your day focus on the pursuit of God's presence, notice the things that distract. You.

### **Closing Prayer**

Heavenly Father, I ask that you would tune my heart to the pursuit of you. Draw me to yourself through your son Jesus Christ. Amen.

## **Day 10- Confession**

### **Psalm 53:1-3**

It is easy to read this and think David isn't talking about us. But the truth is we are all corrupt. We confess God with our mouths and deny him with our deeds. What hope is there for us? Our hope is not in ourselves but another, the person and work of Jesus is our salvation. When David ends this Psalm crying out for salvation to come, he is looking ahead to Christ and his death and resurrection. We look back to the cross but just like David, we look to the cross of Christ for our salvation.

### **Prayer Prompts**

- Pray that God would convict you of areas of your life that don't line up with what you believe
- Ask him to fix your eyes on Christ and his redeeming work on your behalf
- Pray that he would give you opportunities to show people around you the saving love of Jesus

### **Throughout the Day**

As you go about your day look for actions that don't align with your beliefs, see where the things you do, can line up better with the things you say.

### **Closing Prayer**

God you are sovereign over all. Put in me a drive to seek after you and focus my heart on the work of Jesus. Amen.

# **Day 11- Thanksgiving**

## **Psalm 100:4**

Thanksgiving is more than what we feel in our heart, it's how we approach the throne of God. The closer we are drawn to him, the more worshipful we become. The creator of the universe is pulling you to himself and showing you his throne room! When we approach him with hearts full of thanksgiving it affects how we see him, how we see ourselves, and how we see our circumstances. Nearness to God drives our worship, and the nearer we get to him, the more gratitude we respond with.

## **Prayer Prompts**

- Ask God to draw you nearer to him
- Pray that he would give you a heart of thanksgiving
- Pray that you would respond in gratitude and worship

## **Throughout the Day**

As you go about your day imagine that you are in the throne room of God, because if you are in Christ Jesus, you are! How does focusing on that change how you interact with the world?

## **Closing Prayer**

Father, I enter your gates with thanksgiving. You are worthy of all praise, and I want to lift your name high. Fill me with gratitude and help me respond in worship of you. Amen.

## **Day 12- Supplication**

### **Psalm 28:1-2**

Coming before the Lord in supplication isn't just what we say, it's the posture we take. In this Psalm David's physical posture is matching the posture of his heart. He lifts his hands in surrender and dependance. We cry out for help knowing that grace and mercy flow freely from our God. We admit that we can't save ourselves and put our faith in Jesus Christ.

### **Prayer Prompts**

- Ask God to grant you humility in a posture of repentance toward him
- Pray that he would teach you to depend on him alone
- Ask God to put worship in your heart by showing you his love and grace

### **Throughout the Day**

As you go about your day take a posture of worship born from gratitude.

### **Closing Prayer**

Lord, I lift my hands to you in surrender. I know only Christ can save and I put my hope and faith in him alone. Help me to have a posture of repentance. Amen.

## **Day 13- Adoration**

### **Psalm 92:5**

Sometimes we mistakenly think that God is more like us than not. That he is the perfect version of us, or like a superhuman. But God isn't like us, he is the *creator*, and we are the *creature*, a distinction that should live on the front of our minds. So when we read about his great works they are not like our works. God's works are perfect, think of Jesus' work on the cross to accomplish our redemption, it saved us perfectly and completely bridging the gap between us and God. Likewise, his thoughts are not just deeper than ours, they are on a different level. Praise God that he can accomplish what he sets out to!

### **Prayer Prompts**

- Praise God for his 'otherness', that he is the creator and we are the creature
- Ask God to tune your heart to the truth of his saving work on the cross
- Pray that you would have opportunities to share Jesus and his work with people around you

### **Throughout the Day**

As you go about your day praise God for his perfect works.

### **Closing Prayer**

God, I praise you for your work of redemption in my life. Please show me the opportunities in my life to share Jesus with people I interact with. Amen.

## **Day 14-Confession**

### **Psalm 19:12-13**

At times we sin and don't even realize it. We don't become sinners by sinning, we sin because we are sinners, it's in our nature. That's why David prays for cleansing from hidden sins. Not that confession is a list of your sins and if you forget one, you're not forgiven, but because we want Jesus to change every part of us and conform us to his image. The spirit of God is gentle, but thorough and he will reveal blind spots in your life allowing you to grow more into his image.

### **Prayer Prompts**

- Ask God to reveal hidden sins in your life
- Pray that he would conform you his image more every day
- Pray for confidence to walk in newness of life while eliminating sin

### **Throughout the Day**

As you go about your day focus on blind spots, try to see if you are sinning and hadn't realized it.

### **Closing Prayer**

God thank you that you know all things and see what I don't. Show me where I am blind to my sin and eliminate it from my life. Amen.



## **Day 15- Thanksgiving**

### **Psalm 138:1-3**

Giving thanks with our whole heart should have implications for the rest of our life. What starts inside bursts forth in worship and praise to almighty God. David proclaims that he sings praise and bows down, physical actions driven by inward realities. He focuses on attributes of God, steadfast love and faithfulness, and is driven to respond in worship. When we think of who God is, and what Jesus Christ has accomplished on our behalf we should be driven to the same response. And in verse 3 we see the outcome; David's soul is strengthened by God.

### **Prayer Prompts**

- Give thanks to God for his steadfast love and faithfulness
- Pray that he would strengthen your soul
- Ask him to put a zeal for his name in your heart

### **Throughout the Day**

As you go about your day take a few minutes and physically bow before God, exalt his name and sing his praise.

### **Closing Prayer**

Jesus, I exalt your name and sing your praise! When I call you answer, and you strengthen my soul. Please empower me to exalt your name above all else and let me give thanks before all people for your steadfast love and faithfulness. Amen.

## **Day 16- Supplication**

### **Psalm 54:2**

This prayer is short and to the point. It's honest and urgent. Prayer doesn't always need to be long and formal. Sometimes crying out 'Lord have mercy on me a sinner' is all we can do, and that's ok. God wants our honesty, and he can handle our straightforward cries. We are dependent on him and his mercy every day and declaring that to him is sufficient in prayer. He already knows what you need, and when we cry to him, and he answers.

### **Prayer Prompts**

- Pray that God would teach to trust him
- Pray that put in you a heart that would turn to him first
- Ask God to show you his faithfulness in all things

### **Throughout the Day**

As you go about your day say a series of short, honest prayers. Ten words or less every hour.

### **Closing Prayer**

Lord hear my plea. I trust that my prayer is heard by you and that you give me what I need. Thank you for paying attention to me, help me to turn to you first in all things. Amen.

## **Day 17- Adoration**

### **Psalm 103:1-2**

David calls his entire self to praise God. His heart, mind, soul, and strength all turned toward God. God has done great things, and David knows the only appropriate response is gratitude and worship with his whole self. David is remembering the great things God has done in the past and looking ahead the great things he will do. Specifically, the messiah that is to come and save the world. That messiah is Jesus and the great work he did was living a perfect life on our behalf and dying to take our sins upon himself. He takes our sins and gives us his righteousness! And that is what we respond to with all that is within us. Gratitude and worship flow from a forgiven heart.

### **Prayer Prompts**

- Ask God to teach you respond in worship to all he has done
- Pray that he would guard you from forgetting who he is
- Pray that you would respond in gratitude with your entire being

### **Throughout the Day**

As you go about your day focus on Christ's redeeming work on the cross and respond in worship.

### **Closing Prayer**

God you are faithful, and I will praise you with my whole life. Fill me with gratitude and let that fuel my actions. Give me the heart of worship that you desire. Amen.

## **Day 18- Confession**

### **Psalm 130:3-4**

If God kept a tally of our sins no one could survive a holy and just God. But forgiveness and reconciliation are in his nature. That's why he sent his son Jesus to pay for our sins, they couldn't just disappear since God is just, they had to be paid for, so he paid for them himself by dying on the cross for us. We now approach the throne of God in fear, not a terror fear, but awe. We have an advocate with the Father, a great high priest that intercedes for us in Jesus Christ the righteous! We see the mercy, justice, and grace of God all working together for our good.

### **Prayer Prompts**

- Praise God for not keeping score of our sins and failures
- Admit how you have sinned and then ask for his forgiveness
- Pray that he would fill your heart with gratitude knowing that you have been forgiven much

### **Throughout the Day**

As you go about your day try to keep a tally of your sins. Then praise God that he doesn't do that! All is forgiven and paid for by Christ.

### **Closing Prayer**

Lord, if you kept a record of our sins I would be undone. Thank you for forgiveness! Thank you for sending your son Jesus Christ to pay for my sin and replace it with his righteousness. Amen.

## **Day 19- Thanksgiving**

### **Psalm 69:30-33**

Worship and thanksgiving always go hand in hand. The heart fills with thanksgiving and overflows into worship. Worship is one way God uses to instill gratitude in us. The more we praise him for the things he has done, the more we are grateful and respond out of that gratitude. When people see your life of worship it will point them to Christ and the work he accomplished for you. The Lord hears you, and loves you, and is for you. Respond in worship.

### **Prayer Prompts**

- Ask God to grow in you a heart of worship
- Pray that he would remind you often of what he has done
- Pray that God would show you opportunities for your worship to point to him

### **Closing Prayer**

Lord, thank you for giving me a song of praise, and help me build a life of worship in response. Let my gratitude honor you and cause my worship to point others to Christ. Amen.

## **Day 20- Supplication**

### **Psalm 61:1-3**

Being overwhelmed isn't unique to our time and place, it's a universal feeling that covers all of time. But God's safety and everlastingness is bigger. When David is overwhelmed, he knows exactly where to run, to the Rock that is God. Even when he can't run, he asks God to lead him knowing that God is faithful and true. God has been his refuge before, and he knows that God will cover him in the future. When life is heavy prayer is how we run to the rock that never moves.

### **Prayer Prompts**

- Ask God to lead you to himself, the Rock that never moves
- Pray that he would instill in you a posture of prayer over panic in the storms of life
- Ask him to anchor you to himself

### **Throughout the Day**

As you go about your day look for the Rock that never moves. Orient yourself toward Christ.

### **Closing Prayer**

Lord when I feel overwhelmed, remind me that you are the Rock of my salvation. Lead me to yourself and give me safety from the storms of life in your presence. Amen.

Hopefully after these 20 days of prayer you feel empowered and encouraged to approach the throne of God with confidence and gratitude. You probably noticed several themes were reoccurring. We praised God for who he is, we asked for forgiveness, we prayed that our hearts would overflow thanksgiving into worship, and we trusted that God would provide for our needs. We pointed to Jesus often and prayed that would lead us to showing his love and forgiveness to the people around us. So go in confidence knowing that the God and creator of the universe hears you, cares for you, and loves you. Pray often, and when you pray, pray in the powerful name of Jesus Christ the Righteous.