



WEEK 1

PRAYER IS OUR COMMUNICATION
WITH GOD

DAY 1

If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. – John 15:7

Pray that the Lord would transform your desires to His desires.

DAY 2

'Call to me and I will answer you and tell you great and unsearchable things you do not know.' – Jeremiah 33:3

Pray that the Lord would open your heart to understand Him more.

DAY 3

The righteous cry out, and the Lord hears them; he delivers them from all their troubles. – Psalm 34:17

Ask the Lord to help you through your top worries.

DAY 4

But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. – Matthew 6:6

Be alone and quiet, with no other distractions, for a set amount of prayer time.

DAY 5

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.

– Romans 8:26

Confess an area of weakness in your life and ask the Lord to strengthen you to obedience.

DAY 6

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. – Philippians 4:6

Make a list of your current worries and pray through each one.

DAY 7

In my distress I called to the Lord; I cried to my God for help. From his temple he heard my voice; my cry came before him, into his ears. – Psalm 18:6

Ask the Lord to reveal His nearness to you.