

Prayer

made easy

🔍 21-days of Prayer with the Trinity

Search

I'm Feeling Lucky

Instructions

Get ready. You're about to begin a great spiritual adventure in prayer. Here are a few suggestions on how to make the most out of the next 21 days:

- Have your Bible, a notepad, and pen ready each day.
- Each day, you will be asked to write down thoughts, prayers, or reflections: do so in the book or on your notepad.
- Consider going to the same place each time.
- Have either soft worship music or quiet around you while you work through the chapters.
- Turn off your devices and quiet the electronic noise around you.
- Consider a fast during this time.

Don't quit. Keep going. Even if the past attempts have not seemed to have worked, hit the delete button. Start afresh. You are stepping into three weeks of His presence!

Introduction

So ... there are two truths that guide the life flow and function of my home:

Truth 1

I am not exceptionally mechanically inclined.

Truth 2

I have four kids who really like be a part of whatever I'm doing.

Both of these truths have created a bit of chaos in my house separately. Moreover, when they are combined, it becomes both comical and tragic.

Generally, lots of crying, yelling, and comfort food eating later. Oh yeah and my kids don't have a great response either.

If my wife were to tell this story she would tell you that I've been known to mess up even the simplest of Ikea directions and that I actively avoid buying presents for my children that has the words, "Some assembly required." She also would reflect to you that what inevitably happens with any project at the house is that our kids want to join in and "help."

Despite the struggle of the project, my heart is overwhelmed with pleasure by watching their joy in simply putting a hand on a box being carried (by me), holding a screw (being fastened by me), or simply carrying a hammer (that will be tried by them and then eventually, by me).

However, if you were to ask my children about this process, their perspective would be very different than mine or my

wife's. They would tell you how they themselves painted an entire room, put together the bookshelf that was triple their size, or built an entire tree fort from scratch. They also for sure wouldn't comment about how the stuff got paid for or transported to the house from the store to begin with. Their narrative would be that they did this all by themselves. At best, I happened to help or gave them permission to do what always needed to be done in our back yard anyway. At worst, I got in their way with my idea of how it fits into the overarching design plan of the house. Through a hundred of these moments, I think my toddlers have etched the phrase "I do myself" in my brain permanently.

For the believer, I find our perspective of prayer not to be too different. We engage what is seemingly impossible to the natural mind. Moreover, when we see results that favor what we were asking for, we somehow buy into the idea that it was based on our effort in prayer that won the day. Or the opposite effect manifests; we labor under the weight of prayer and end up abandoning the place of prayer because we can't overcome the hardship or disappointment of what we are praying for that didn't happen like what we wanted.

I sense the Holy Spirit inviting us into a new lens of prayer this year.

I hear the Father reminding us that despite what our natural eyes, ears, mind, and heart tell us we believe that prayer can shift that which we contend for.

I feel the Son leading us to the place of prayer.
I can see our church taking up the hammer of intercession and in faith we build something that when constructed will cause an entire region to stand back in awe and wonder and ask, “How did that happen? How did the impossible become possible?”

Our answer to them will be this:

- Yes, we prayed; but He did the work.
- Yes, we swung a hammer; but His hand on top of ours was the force to drive the nail in.
- Yes, we cut the wood; but His insight showed us where and how.
- Yes, we painted; but He cleaned up our drip spots on the floor.
- Yes, we put together the Ikea furniture; but His resources bought everything to begin with.

See in prayer, that which is impossible is made possible; but it is done so not by our own efforts, but His. The hard work and effectiveness of prayer is made easy by the personhood of the Trinity. The Father, Son, and Spirit give the invitation to intercession, grant access to the authority needed to pray, unveil vision and insight in what to pray for, and empower and fuel continued prayers in the midst of our weakness and fatigue.

As we come into 2023's month of prayer, we sense God beckoning us to come with a fresh sense of dependence on Him.

Our theme is called, “Prayer Made Easy: 21-days of Prayer with the Trinity.” This year we will look at how God causes the hardest of prayers to become easy in light of His work for us and in us. Even more specifically, we will explore the role of the Trinity in allowing us to engage prayer in a way that allows us to be both effective and healthy in prayer.

The pages of this guide are meant to draw us into partnership with each person of the Trinity. We will take a deep dive into the role that the Father, Son, and Spirit individually have in the work of intercession. In doing so, you will find some practical ways we can both rely on and collaborate with the Godhead. It is our prayer that the pages of this journal become an entry point into encountering The Trinity in a deeply intimate and powerful way.

This month may we hear the laughter of our Father as He hands us some nails, may we see the smiles on the Son’s face as He watches us carry off His hammer, may our ears be aware of the Spirit’s instruction to build rightly, and finally, may our hearts readily join in with His project to unveil His glory.

Spera in Deo,
Pastor Joel

Week 1

The Father

Day 1

The Father Prayer of Petition

Matthew 6:5-13

“...your Father knows what you need before you ask Him.”

The Lord's Prayer is very familiar to Christians; we memorize it, recite it and even see it hanging as artwork on kitchen walls. I used to time myself to see how fast I can say it.

Today, let's shake off the familiarity, and see how the Lord's prayer is a prayer of petition. When we pray to God as our Father, declare His name(s) as holy, and ask for His will to be done, we are petitioning His benefits over us such as healing, peace and joy. We can petition the Father to meet us in our daily lives for provision and prosperity. The Lord's prayer teaches us to ask the Father for forgiveness of sin. If we feel weak or vulnerable, we can ask our Father to be with us. The Lord's Prayer petitions our Father with spiritual, physical and emotional needs. What need do you have today?

Pray This...

The Lord's Prayer

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.

Give us today our daily bread.

Forgive us our sins
as we forgive those who sin against us.

Lead us not into temptation
but deliver us from evil.

For the kingdom, the power,
and the glory are yours
now and forever. Amen.

Day 2

The Father Prayer of Intercession

Isaiah 62:6-7

“I have set watchmen on your walls, O Jerusalem; They shall never hold their Peace Day or night. You who make mention of the LORD, do not keep silent, And give Him no rest till He establishes And till He makes Jerusalem a praise in the earth.”

Isaiah records the word of God as He speaks of Zion's restoration. Father God uses the word watchmen or watchwoman (A person set in place to give warning of danger or to guard and maintain the post). This is a place of intercession. The Father calls watchmen not to hold their peace. We are called to pray day and night. We are to make mention of the Lord and not give Him rest.

In Isaiah 69:15–21, Father God takes us on a journey of his displeasure of not finding intercession for the evil in the earth. In verse 16, the Father gives His plan for salvation and redemption “therefore His own arm brought salvation for Him.” In verse 20, the Father promises us an intercessor, Jesus. The Father also in verse 21 speaks of those He will pour His spirit on for intercession.

Christians are called to stand in the gap and proclaim what the Father has declared. Watchmen set aside time to consult

with God on the task or burden given. The call of intercession from Father can be found throughout the Bible. It is a part of the Christian DNA. This call could be said to have a military command supporting it. A soldier has three general orders to keep them focused.

1. I will guard everything within the limits of my post and quit my post only when properly relieved.

- We are called to intercede for our family, the church, and the coming of Jesus.
- We are called to intercede over our city.

2. I will obey my special orders and preform all my duties in a military manner.

- I will pray the will of God.
- I will build a relationship with God in prayer.

3. It's my responsibility to report violation of my special orders, emergencies, and anything not covered in my instruction to the Commander of the relief.

- I am responsible to report everything to the Father in prayer, my commander.

Pray This...

Lord God, you have called me to intercession; give me wisdom to pray. Lord, strengthen me to stand my watch whether day or night. Father, I am thankful for your spirit that equips me for intercession. Lord, help me to celebrate victories to prayers resulting from my watch.

Day 3

The Father Prayer of Thanksgiving

Psalms 136:1-3

“Give thanks to the Lord, for he is good.

His love endures forever.

Give thanks to the God of gods.

His love endures forever.

Give thanks to the Lord of lords:

His love endures forever.”

In this passage of Scripture, the Psalmist doesn't ask but instead commands us to give thanks to God the Father for who He is. We often express gratitude for what God has done for us and how He has answered our prayers. The beautiful thing about this piece is that we are encouraged to express our thanksgiving to God, not simply for what He has done, but for who He is and His divine nature, character, and attributes.

One of the verses focuses on the goodness of God. Often, the things that go on around us aren't good, but the fact that God still continues to remain good even through all of that is encouraging. After all, God can do good because He is good. He is Lord over all. The dominion and power that the Father has, gives Him the final say over everything. I am so grateful that no matter what may surround me on the outside, the One inside of me is faithful forever and always.

Pray This...

Dear God, I thank You for always being good. I thank You because I can rest assured that no matter what storms may arise, I can trust that You are still good and are over it all and reign supreme. Thank You for being such a faithful and sovereign Father.

Day 4

The Father Prayer of Adoration

Psalm 18:1-3

“I love you, LORD; you are my strength. The LORD is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety.”

One of my top love languages is words of affirmation. My heart grows and glows when someone I love graces me with these genuine and grateful audible gifts. I imagine the heart of the Father also glows when, in awe and wonder, his children bestow bountiful blessings upon his name. Famed theologian Richard Foster wrote, “Adoration is the spontaneous yearning of the heart to worship, honor, magnify, and bless God. We ask nothing but to cherish him. We seek nothing but his exaltation. We focus on nothing but his goodness.”

The Psalmist, King David, penned some pretty specific and sincere reasons he adored the Lord. This intimate knowledge of the Holy can only be born out of a real, relentless relationship. David and God had “logged many miles” together through the best and worst of times. In response to God’s faithfulness, David poured out his adoration. You can almost hear the hushed notes of the harp playing peacefully in the background to the lyric “I love you, LORD; you are my strength.”

Think of the many ways the Lord has walked with you through your own journey. He has been ever faithful and true. Vocalize your worship and adoration to him as your own stories come to mind. Rehearse his love and care over you. This is what it is to worship. Adoration, then, becomes the song of our heart.

Pray This...

I love you, Lord. Father, I freely give you my heart. Your love to me is better than life. Forgive me for the times I've allowed anxiety to overshadow my adoration of you. I trust you, Lord. You are worthy of my song. Amen.

Day 5

The Father Prayer of Blessing

Romans 15:13

“May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.”

In the passage leading up to this verse, Paul strings together four separate Old Testament verses, each one prophesying a day when God would bring salvation to the Gentiles. Now, in Christ, that salvation has come! I love that Paul here identifies God, the Father, as “the God of hope.” Christian hope is far more than wishful thinking; it is anchored in God’s character to fulfill what He said He would do. Our hope, then, is as solid as God Himself. God has secured our eternal salvation by the atoning sacrifice of His Son on the cross. Having faith in Christ, we know where we are going when we die. Death has no power over us. The grave is not the end. Hell has no threat to offer us. Nothing in this life is a match for such eternal hope. In fact, we can experience joy and peace despite our circumstances! And, beyond the motivational power of hope itself, the Holy Spirit is available to us. He is the divine agent of hope, enabling us to “abound in hope.”

Pray This...

The God of hope bless you and fill you with delight. May the eyes of your heart see His great love for you and the great salvation His Son has earned for you. May you experience the smile of heaven. I bless your heart to be filled with inexpressible joy and a peace that transcends understanding. Know that every good and perfect gift comes from your Father above. The Holy Spirit be with you and enable you to abound in eternal hope.

Day 6

The Father Prayer of Agreement

Matthew 18:19

“Again, I tell you that if two of you agree about anything you ask for, it will be done for you by my Father in heaven.”

Much of Scripture’s teaching on prayer involves the premise of agreement. When we pray together, we see Heaven open for a release of power that we don’t see in the same regard when we pray alone. In this verse, Jesus gives us two principles of prayer: the power of agreement when two believer’s pray together and the release of that request specifically by our Heavenly Father. As if to show us that our prayers aren’t just being answered by an impersonal divine being, but rather an intimate Father.

Pray With Someone...

Today, take your prayer request that you prayed over from Monday, find someone in your life and pray with each other. Could be from work, family, small group, etc. Do it over the phone, zoom, or in person. But spend 10 to 15 minutes praying together over a need that each of you have and as you pray together, in agreement, be sure to pray to your Heavenly Father and ask Him to release Heaven's resources in your life

Example Prayer:

Father, I thank You that You already know what we have need of before we even pray it; yet, You want us to ask anyway. Every good and perfect gift comes from You, Our Father of Lights. So we ask together today, that Your Father's heart, longing for us, and desire to see our needs met would be released into Your children's hearts today.

Day 7

The Father

Prayer of Confession and Communion

Matthew 26:26

“While they were eating, Jesus took bread, gave thanks, and broke it, and gave it to His disciples...”

Eucharist stands as both a deep and yet simple sacrament for us as the Church. Communion is a place where we encounter each time the entrance into the Kingdom of God and the new covenant that Jesus ushered us into. On the night of His betrayal, we see Jesus taking bread and He gave thanks for it. In fact, it is this phrase/word that we get the term “Eucharist” from. In the Greek, it means “to give thanks.” Thanksgiving has been central to the work of communion from the very beginning.

The question before us today is this, “Who is He giving thanks to?” While not overtly stated it is implied (from many prior texts in the Gospels), He’s speaking to the Father. I think we can assume that Jesus is giving thanks to the Father for His provision foremost. But also in view can be thanking the Father for His redemption plan, His everlasting love, His perfect care, etc.

Do This...

Today's communion activation is simple as you come to the table; give thanks. Like Jesus did 2,000 years ago, give thanks to the Father for sending His Son to die for your sins. Give thanks to Him for every perfect gift; specifically the gift of salvation through Jesus' broken body and shed blood. After that, confess your sins to Him and rest for a moment in His love.

Tips for Taking Communion at Home...

Don't stress the details...

The environment doesn't need to be perfect: just purposeful.

Quiet the noise...

Find a space where you can minimize distractions (i.e. no electronics).

Worship...

Consider playing or singing one or two songs of worship to set your focus.

Word...

Read the passage selected on the day or another passage and meditate on it.

Confess...

Confess your sins, confess your gratefulness for salvation, confess what you need/want the Bread of life to do for you.

Partake...

Partake of any kind of bread and take any kind of wine or grape juice.

Pray...

Spend a few final minutes in communication with Him.

Consider taking alone, with your spouse or roommates, or as a family. Parents, consider making this a part of a dinner once a week. It's okay if it's noisy; the intentionality will leave an imprint.

Week 2

The Son

Day 8

The Son Prayer of Petition

Matthew 10:46-52

“...When he heard that it was Jesus of Nazareth, he began to shout, “Jesus, Son of David, have mercy on me!”

Blind Bartimaeus made prayer easy! He said eight words. These eight words however, were full of faith, action and persistence. His belief in Jesus was so strong that a mob of rebuking people couldn't keep him quiet; in fact, he called out all the more. Jesus heals Bartimaeus saying that his faith made him well. Today, I'd like to share the Jesus prayer. Does it look familiar? It is almost the same eight words. When you say this prayer, I'd like to encourage you to reflect on the fullness of who Jesus, the Son of God, is. Bartimaeus knew Jesus as a healer and a man of compassion. How do you know Jesus? Fill your heart with His love for you. Say the last four words asking for mercy. When you ask for mercy you are asking for compassion, relief and understanding. Can you hear Jesus asking, “What do you want me to do for you?” Receive Jesus' mercy for you in faith; it will make you well.

Pray This...

The Jesus Prayer

Jesus, Son of God, have mercy on me.

Day 9

The Son Prayer of Intercession

Hebrews 7:24-26

“But He, (Jesus) because He continues forever, has an unchangeable priesthood. Therefore He is also able to save to the uttermost those who come to God through Him, since He always lives to make intercession for them. For such a High Priest was fitting for us, who is holy, harmless, undefiled, separate from sinners, and has become higher than the heavens.”

The Author of Hebrews paints a life changing picture of Jesus' intercession. In the gospels, He shows his disciples his compassion in Matthew 14:13-21 (Jesus was moved with compassion). His compassion drove Him to action. Jesus is our great intercessor.

In this verse, we read that Jesus' prayers for us continue forever as an unchangeable priesthood. Jesus as High Priest mediates for us; His sacrifice is what provides cleansing of our sins.

We must know Him as Savior

On our journey through life, if we sin, we have an advocate with the Father “Jesus Christ the righteous” (1 John 2:1-2). If or when I sin, the intercession of Jesus covers me. I repent and then I am strengthened.

We must know Him as Friend

As we celebrate the transforming work of Christ, the high priest in and around us, we must embrace Him as friend. Jesus as intercessor is perfect for us because He is holy, harmless, undefiled, and without sin; He knows me.

We must know Him as Lord

Jesus lives to make intercession for us, He is Lord of all. This Jesus has power, authority or influence as a master and ruler in heaven and on earth. He is the Emmanuel intercessor; He fights for me.

Pray This...

Holy Spirit, would you introduce me to Jesus again and again? Let me hear the Emmanuel prayers that He prays over me, the intercession that come from a relationship. Let my heart respond to the High priestly prayers. Holy Spirit let His compassion move me to action to pray for others. In Jesus name.

Day 10

The Son Prayer of Thanksgiving

John 3:17

“For God did not send his Son into the world to condemn the world, but to save the world through him.”

As people in a sinful world, we are all stained with sin: something we can never escape on our own. Because God is perfect, we, as His creation, were destined to an eternity without Him forever. Now God, in His great love for us, could not and would not let that happen to us, so He drafted a plan to send us a Savior that could not only take away the stains our sins left on us but also bridge the gap between us, and the Father, and ultimately save us all: that Savior was Jesus.

While on the cross, Jesus bore the weight of the entire world's sins on His literal shoulders. By dying, He proved that the hold sin once had us trapped in was no more. Through His resurrection, He defeated death and the grave and took back the keys that they once had. I am grateful for calvary, but I'm also thankful for the Son. The pain and torment inflicted upon Him in those moments would be unbearable for anyone to endure; yet, He chose to come to Earth to take on that weight so that I wouldn't have to. The Son brought the great gift of salvation, all while opening up the gate to the Father and an eternity with Him. The very least I can do is say, “Thank You Jesus!”

Pray This...

Jesus, I thank You for leaving the perfectness of Heaven to come and save me. Your never-ending love is the only reason I can have hope in spending eternity with You, and I am grateful. Thank You for seeing me as worth it, even to the point of choosing death because of me. I love You, Jesus, and I thank You.

Day 11

The Son Prayer of Adoration

John 12:3

“Then Mary took about a pint of pure nard, an expensive perfume; she poured it on Jesus’ feet and wiped his feet with her hair. And the house was filled with the fragrance of the perfume.”

There’s so much imagery and intentionality in the extravagant exchange between Mary and Jesus as she cracks open her alabaster box; her silent prayer mixed with sweet perfume fills the room. Scripture explains that the fragrance Mary poured on Jesus’ feet was very expensive, precious, and rare; worth a full year’s salary (John 12:4). In today’s economy, that amount would be roughly \$40,000! What an audacious act of adoration this was.

Some might wonder why Mary would lavish such love on Jesus this way. Judas Iscariot, the disciple who would go on to betray Jesus five days later, sure did. He even insinuated Mary’s show of devotion was misplaced, claiming the money could have been, instead, used for the poor. However, Mary’s adoration was neither wasteful nor shameful. She gave her very best to Jesus and held nothing back.

This brings to mind a familiar scene from Song of Solomon 1:3: The fragrance of your perfume is pleasing; your name

is like perfume poured out. No wonder the maidens adore you. It is a fact that we get to experience the presence of God through all of our senses: sight, hearing, taste, touch, and smell. The sweet fragrance of worship is contagious. Like Mary's very prophetic and public display of affection, will you pour out your adoration on the One who poured out his life for you?

Pray This...

Father, I come to you in the name of Jesus, pouring out my adoration on the One who loves me most. I don't want to hold anything back from you. Today, I give you my very best. Like King David said, "I will not offer to the LORD my God sacrifices that have cost me nothing." All that I am and all that I have is yours. Amen.

Day 12

The Son Prayer of Blessing

2 Thessalonians 3:3-5

“But the Lord is faithful. He will establish you and guard you against the evil one. And we have confidence in the Lord about you, that you are doing and will do the things that we command. May the Lord direct your hearts to the love of God and to the steadfastness of Christ.”

In Acts 17, we find that Paul’s church planting efforts in the city of Thessalonica was cut short by a mob of angry Jews. Yet, by divine miracle, after having spent only 3 weeks in Thessalonica, a local church was birthed! In Paul’s first letter (1 Thessalonians), he expresses tremendous concern for these new believers and the survival of their faith in his absence. Something shifts, however, between Paul’s first letter and his second letter. Read today’s verse again. Paul has moved from concern to confidence! He is no longer worried that their faith might (or might not) survive. Paul here is absolutely confident that they are and will continue to live out the Christian faith. In verse 1, Paul even goes so far as to invite the Thessalonian believers to pray for him and his preaching, “that the word of the Lord may speed ahead and be honored, as it happened among you.” Paul now considers the Thessalonian church plant such a success, he is eager to replicate it! At the center of Paul’s newfound confidence is the faithfulness of Christ, the Son of God. Let us consid-

er Jesus' faithfulness for those we love. Jesus is faithful. Jesus will establish them. Jesus will guard them. Jesus will direct their hearts and ensure their obedience to the gospel.

Pray This Over Someone...

I bless you today in the name of Jesus, the Son. Raise your gaze to heaven and look upon Him who sits at the right hand of the Father ... Jesus Christ, the Righteous. He was tempted in every way as we are yet without sin. The Lord keep you and sustain you. The Lord be with you and be your guard. The Lord secure your way before you. May His faithfulness establish you. May His strong arm protect you. The Lord has ransomed you by His blood, and He is faithful to see you to the end. You are the beloved of God. May the Lord direct your heart to the love of God and to the steadfastness of Christ.

Day 13

The Son Prayer of Agreement

Matthew 18:20

“For where two or three come together in My [Jesus] name, there I am with them.”

Scripture consistently positions unity at the center of this new covenant found in Jesus and also at the center of prayer. Ephesians 2 tells us Jesus' perfect sacrifice is that which provided peace with God and peace with each other. Could this be why Jesus specifically prays in John 17 for these two same items: unity with God our Father and unity among each other? Maybe this is why Jesus pushes us to see that in the place of unity the most audacious promise is found: when we gather in His name, in unity He is there.

I believe unity is only and can only be forged in prayer. After 19 years of serving a multiethnic church, I've come to the conclusion that unity is both the result and function of prayer. The multiethnic church is unified not just because of prayer, but it's unified in the midst of prayer.

Let us not miss the difference. The former is the product of prayer; the latter is the process of prayer. Let me put it another way, we cannot become one unless we are praying together.

Pray With Someone...

Today, as an activation day, once again, take a prayer request that you prayed over Monday, find someone (same as before or new) and ask to pray with each other. Pray for each other's needs and ask to have your heart connected in a new way to each other.

Example Prayer:

Jesus, thank You for Your commitment to bind us together. We come to pray today being bound together in Your name. We come our Father, in Your name. As we do, may we sense Your nearness to us. May we be one with each other as You and the Father are one. As we pray, hear our prayer with one voice and move on our behalf.

Day 14

The Son

Prayer of Confession and Communion

1 Corinthians 11:24–25

“This is my body, which is for you; do this in remembrance of me. In the same manner, after supper He took the cup saying, ‘This cup is the new covenant in My blood, do this, whenever you drink it, in remembrance of Me.’”

Entrance into the New Covenant came one way: through the body and blood of Jesus. At the Lord’s Table we feast on Jesus. While not actually His body, in a spiritual sense, we are nourished in our body, soul, and mind by spiritual food. The person of Father was seen through Jesus, and it is Jesus that provides the life and way to the Father. Today, let us remember that Jesus is that way and life and only through Him might we be saved. Jesus’ words here to Paul are clear, when we partake of the bread and wine, we encounter the person of Christ.

Do This...

Today's Lord's Table activation is this: as you partake of the bread and wine, ask for a fresh experience with Jesus. Ask for a specific nourishment of your mind, body, or soul. Ask for new revelation of His work or His words to your heart.

Tips for Taking Communion at Home...

Don't stress the details...

The environment doesn't need to be perfect: just purposeful.

Quiet the noise...

Find a space where you can minimize distractions (i.e. no electronics).

Worship...

Consider playing or singing one or two songs of worship to set your focus.

Word...

Read the passage selected on the day or another passage and meditate on it.

Confess...

Confess your sins, confess your gratefulness for salvation, confess what you need/want the Bread of life to do for you.

Partake...

Partake of any kind of bread and take any kind of wine or grape juice.

Pray...

Spend a few final minutes in communication with Him.

Consider taking alone, with your spouse or roommates, or as a family.

Parents, consider making this a part of a dinner once a week. It's okay if it's noisy; the intentionality will leave an imprint.



Week 3

The Holy Spirit

Day 15

The Holy Spirit Prayer of Petition

John 14:16–18

“I will ask the Father, and he will give you another Helper, to be with you forever.”

The Holy Spirit, the third person of the Trinity, has many names. In today’s passage, we find Jesus asking/petitioning the Father to send us the Holy Spirit, referred to here as the Helper. Because Holy Spirit is God, He is: with us everywhere at all times, knows all things, dwells with us and in us, and is for us. Holy Spirit is always available to help and support us. Today’s prayer example is St. Augustine’s Holy Spirit Prayer. Let this prayer guide your petition to the Helper, the Holy Spirit.

Pray This...

Breathe in me, O Holy Spirit, That my thoughts may all be holy. Act in me, O Holy Spirit, That my work, too, may be holy. Draw my heart, O Holy Spirit, That I love but what is holy. Strengthen me, O Holy Spirit, To defend all that is holy.

Day 16

The Holy Spirit Prayer of Intercession

Romans 8:26–27

“Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God.”

Paul writes about all of creation waiting to be set free from enslavement with groans and birth pangs. We ourselves groan within waiting for adoption, and redemption of our bodies. The Christian must have hope in the Helper if we are to be sustained as believers. When suffering comes, we must build our faith upon the intercession and upon the Spirit of truth. Paul reminds us that the Holy Spirit is working with us as we make intercession for others. In John 16:7, Jesus said, “Nevertheless I tell you the truth. It is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I depart, I will send Him to you.” As we pray for others, sometimes our prayers seem weak or without understanding. However, the Holy Spirit takes our intercession and adds the groanings, the deep utterances before the throne of God. The relationship between the Holy Spirit and God the Father is so close that the Holy Spirit’s prayers need not be audible. God knows His every thought.

As we gather for the month of prayer, let us refresh our prayer life with Him. As you are moved to pray, you may say I am not qualified enough. Remember the Holy Spirit will breathe on your prayers. You are not alone in feeling unqualified or overwhelmed. Join David in a song to the Lord (Psalm 61).

Pray This...

Holy Spirit, we bring you our intercession in times of strength and in times of weakness. Teach us the deep groaning of intercession. Awaken our souls to press into warfare for what God loves (His precious people). We are not alone!

Day 17

The Holy Spirit Prayer of Thanksgiving

John 14:16

“And I will ask the Father, and he will give you another advocate to help you and be with you forever.”

On the 40th day after His resurrection, Jesus ascended to Heaven. The Son did not want to leave us alone, so He asked the Father to send us help. That great advocate was the Holy Spirit. In the context of John 14:16, this advocate was so much more than a guide for everyday living. He is our helper, comforter, and even friend. In other words, Jesus wanted to leave us a piece of Him when He returned to the Father, and that was where the Holy Spirit came into play.

I am thankful that we, as believers, have the Holy Spirit. He will very often speak in a soft whisper, gently leading us away from the paths of sin and unrighteousness. Other times, He's a nudge or convicting feeling deep within our souls. One of my favorite things about having the Spirit of God living and dwelling in me is that He is here to stay. The Holy Spirit has no expiration date and has never stopped (nor will He ever stop) assisting and helping you and me. I am so thankful that when Jesus went to the Father, He didn't leave us alone but instead sent down His Spirit to be with us forever.

Pray This...

Lord, I thank You for sending me the Holy Spirit. He is the best helper, comforter, friend, and advocate, You could have given me, and I am so grateful for the blessing that He is.

Day 18

The Holy Spirit Prayer of Adoration

Psalm 8:26

“Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.”

*For all those times you stood by me
For all the truth that you made me see
For all the joy you brought to my life
For all the wrong that you made right
For every dream you made come true
For all the love I found in you . . .
I'm everything I am because you loved me.*

Celine Dion had no idea how prophetic a song she was singing for the movie *Up Close and Personal*. Even that movie title will preach!

Have you ever experienced the fulfillment that comes with the familiarity of a faithful friend who finishes your sentences for you? You know, that friend that just gets you? Or perhaps, you've been rescued from making a dumb decision your faithful friend knew you'd live to regret. Therein are some of the many ways the Holy Spirit helps us.

There's a popular media campaign out now called "He Gets Us" whose goal is to "reintroduce people to the Jesus of the Bible and his confounding love and forgiveness." It accomplishes this aim by displaying relevant, engaging (and, I'd say, brilliant) ads, including billboard, social media, TV, and video, explaining how Jesus understands what we humans go through.

I can't help but to think about the Holy Spirit every time I see these ads. Jesus loves me, this I know, for the Bible tells me so. But Jesus is in heaven with the Father. The Holy Spirit is here on Earth, dwelling in me (and you, too, if you are born-again). He not only gets us, He finishes our sentences in prayer when we don't know how or what to pray. He is our Comforter and Friend; a very present help in times of need (Psalm 46:1). And for that, we absolutely adore him.

Pray This...

Lord God, I thank you for the gift of the Holy Spirit in my life. Heaven only knows where I would be without the Spirit's leadership, love, and light. Transform me into the image of Christ through the power of the Holy Spirit. I will let my life testify to how grateful I am to be covered under the Holy Spirit's care. In Jesus's name, Amen.

Day 19

The Holy Spirit Prayer of Blessing

2 Corinthians 13:14

“The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.”

Paul ends his second letter to the Corinthian church with this simply yet fully trinitarian benediction, wherein all three Persons of the Godhead have a part to play. I'm particularly intrigued by the phrase “fellowship of the Holy Spirit.” Behind the word “fellowship” is the Greek word *koinonia*. This is a significant word in the New Testament, typically characterizing a high degree of community shared by Christians. *Koinonia* can be defined as “a deeply shared life” or “joint participation,” and can sometimes refer to “a gift jointly contributed.” I am somewhat comfortable with the idea of sharing things in common (to some extent) with my brothers and sisters in Christ. But Paul, here, is not speaking of our fellowship with other believers; rather, he is blessing us with the fellowship of the Holy Spirit! This is an astonishing privilege. As believers in Jesus, we can expect communion, mutuality, joint participation, and a shared contribution in ministry with none other than the Spirit of God. Wow!

Pray This Over Someone...

I bless you today with the fellowship of the Holy Spirit. May you experience a deeply shared life with the Spirit of Christ. As you listen to His voice, know that He is also listening to yours. You are not alone. The Holy Spirit is with you. He is your Counselor, your Teacher, your Advocate, and your Guide. Trust Him. Rely on Him. He will keep your paths straight. He knows your inner thoughts, and He is for you. Your desire to bless others is itself blessed of the Holy Spirit. He wants to partner with you to bless others. Receive the Spirit's empowerment as you step out in faith, and may you experience the joy of joint participation with the Spirit of God.

Day 20

The Holy Spirit Prayer of Agreement

Acts 4:31

“After they prayed, the place where they were meeting was shaken and they were all filled with the Holy Spirit and spoke the word of God boldly.”

Time and again the book of Acts records the church being in “one accord.” The word that is often used means to be of “one mind and one passion.” Implied often and outwardly stated is that the church has assembled together in one place. Scripture records times like in Acts 2 where the church is praying in one accord and Holy Spirit comes. In Acts 4, the church is assembled in one heart and mind in the place of prayer, the building is literally shaken and Holy Spirit comes and fills them with boldness.

There’s a special function of the Work of the Holy Spirit that happens when we pray together in one heart.

Pray With Someone...

Today, find that person one more time and pray over a need from Monday with someone else. Ask Holy Spirit to bond your heart together with the person you are praying with and ask Holy Spirit for a fresh visitation in the midst of your prayer.

Example Prayer:

Holy Spirit, thank You for coming and already being present. Thank you for being near us. Bind us together as we pray. May we sense Your nearness in a fresh way. May You visit this place, touch our need, and fill our hearts with Your power.

Day 21

The Holy Spirit

Prayer of Confession and Communion

Romans 6:9

“And I the Spirit of Him who raised Jesus from the dead is living in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who lives in you.”

Communion reminds us that our salvation was a work of the Trinity. A Father sent His Son. The Son died for us. The Spirit raised Jesus from the dead. It took the whole of the Godhead to enact the redemption plan.

The Holy Spirit from Genesis, through the prophets, into the Gospels, and centrally in the Epistles is seen as the active agent of the Godhead. Empowering, imparting, and giving us life; taking what is dead and creating life therein.

This is how communion works: The earthly elements of bread and wine are just that, earthly. But, when we come to the table with faith, Holy Spirit comes and causes these earthly elements to become spiritual food and life to us. It becomes a “portal of grace”, if you will, a highway by which the blessings of the Kingdom of Heaven come into our hearts and lives.

What does it bring? Principally, relationship and communion with the Godhead. Secondly, it imparts the life and power of the Kingdom.

Do This...

Today, as you partake of the elements, ask Holy Spirit to impart life into you. Maybe there's a specific area of need in your body or soul that needs divine life. As you commune, ask Holy Spirit to breath life into it and allow the earthly elements of bread and wine to be nourishment for you and ask for a fresh sense of relationship and closeness with Him.

Tips for Taking Communion at Home...

Don't stress the details...

The environment doesn't need to be perfect: just purposeful.

Quiet the noise...

Find a space where you can minimize distractions (i.e. no electronics).

Worship...

Consider playing or singing one or two songs of worship to set your focus.

Word...

Read the passage selected on the day or another passage and meditate on it.

Confess...

Confess your sins, confess your gratefulness for salvation, confess what you need/want the Bread of life to do for you.

Partake...

Partake of any kind of bread and take any kind of wine or grape juice.

Pray...

Spend a few final minutes in communication with Him.

Consider taking alone, with your spouse or roommates, or as a family.

Parents, consider making this a part of a dinner once a week. It's okay if it's noisy; the intentionality will leave an imprint.

Prayer

made easy

Writing Credits:

Prayer of Petition... Rachel Watkins

Prayer of Intercession... Melvin McCleese

Prayer of Thanksgiving... Genelle Asamoah

Prayer of Adoration... Dana Williams

Prayer of Blessing... Steve Carlin

Prayer of Agreement/ Prayer of Confession and Communion... Joel Solomon



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