

**PRAY
PRAY
FIRST**

**TWENTY
• ONE**

***21-DAY PERSONAL
PRAYER GUIDE***

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Dear Reader,

Since the beginning of our church, prayer has been a lifeline. One of our 12 Stones is **"We Courageously Fight for Surrender,"** so we pray first in every situation. Not only do we pray first, but we pray last and even in the middle. This is the (not so) secret to God-led decisions. It has brought health to the church and peace into my personal life. However, I've discovered that many times people act first and then want God to rescue them from that situation, but prayer should be our premier choice, not our last-settled scheme.

Recognizing the value of prayer is not enough. For prayer to become an essential part of our lives, it needs to become something we look forward to, not something that gives us a headache or something that makes us feel bad while we're doing it. Rather, prayer needs to become something that rejuvenates us and gives us hope and tangible peace. I'm convinced most people don't enjoy prayer because, honestly, either they've never been taught how to pray or they don't know the power of prayer. That's where this simple prayer journal can help. By using several prayer models from the Bible and providing some direction to make prayer more personal, this **PRAYER GUIDE** is designed to bring joy into your time with God. Like the Apostle Paul said in Ephesians 3:18, my prayer for you is that through prayer, you may "have the power to understand, as all God's people should, how wide, how long, how high, and how deep God's love is for you."

When you explore the grace of daily conversation with Him, you'll experience the presence of God that will change every aspect of your life. So whether it's before the day begins or before you go to bed, before you send that text or before you walk into that meeting, before bad things happen or when bad things happen, **PRAY FIRST**. As you do so, you'll see and experience the miracles that God wants to do in and through you!

Pastor Benjamin Houpe
Lead Pastor | Courageous Church

PRAY FIRST



HOW TO USE THIS GUIDE

The goal of this guide is not to overwhelm you, but to provide direction and focus as we pray together as a church and to help you become comfortable with prayer. The most important step is committing to regularly entering God's presence through prayer.

While prayer does take commitment and discipline to develop into a daily habit, we also want to remember that it's a privilege to be able to come to God in prayer.

LIFESTYLE PRAYER

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

*Very early in the morning, while it was still dark,
Jesus got up, left the house, and went off to a
solitary place, where he prayed (Mark 1:35)*

A CERTAIN TIME

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

A CERTAIN PLACE

Jesus had a prayer place. Your prayer place needs to be a distraction-free environment where you can pray aloud. Consider having some worship music playing in the background.

A CERTAIN PLAN

Go into your prayer time with a plan. If it changes, that's fine. For example, when Jesus taught His disciples how to pray, He gave His disciples a prayer outline. We call it the Lord's Prayer.

Specific prayer targets are available in this guide.



WEEK ONE

EMBRACING PRAYER & VISION

- 01 VISION FOR
COURAGEOUS CHURCH
- 02 IMPORTANCE OF
PRAYER
- 03 REACHING THE LOST
- 04 GROWING IN
GENEROSITY
- 05 EXPANDING
DISCIPLESHIP



DAY ONE

VISION FOR COURAGEOUS CHURCH

SCRIPTURE

Habakkuk 2:2-3

Then the Lord replied: "Write down the revelation and make it plain on tablets so that a herald may run with it. For the revelation awaits an appointed time; it speaks of the end and will not prove false. Though it linger, wait for it; it will certainly come and will not delay.

PRAYER FOCUS

Pray for clarity and unity in our vision as a church. Ask God to align our hearts with His purposes and to reveal His plan for reaching the lost.

DAY TWO

IMPORTANCE OF PRAYER

SCRIPTURE

1 Thessalonians 5:16-18

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

PRAYER FOCUS

Thank God for the privilege of prayer. Ask for a deepening desire for prayer individually and corporately. Pray for a revival of prayer in our church.

DAY THREE

SCRIPTURE

Matthew 28:19-20

Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.

REACHING THE LOST

PRAYER FOCUS

Pray for boldness and compassion to reach those who do not know Christ. Ask God to open doors and hearts, and to use us effectively as witnesses of the Gospel.

DAY FOUR

GROWING IN GENEROSITY

SCRIPTURE

2 Corinthians 9:6-8

Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.

PRAYER FOCUS

Pray for a spirit of generosity to grow in our church—with our time, talents, and treasures. Ask God to bless our efforts to give sacrificially to His kingdom.

DAY FIVE

EXPANDING DISCIPLESHIP

SCRIPTURE

Ephesians 4:11-13

So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, to equip his people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

PRAYER FOCUS

Pray for the growth and maturity of disciples in our church. Ask God to raise up leaders and mentors who will disciple others effectively.

WEEK TWO

STRENGTHENING UNITY AND FAITH

06 UNITY IN THE BODY

**07 COURAGE IN
ADVERSITY**

**08 TRUSTING GOD'S
PROVISION**

**09 VISION FOR
POSSESSING THE LAND**

**10 REVIVAL AND
RENEWAL**



DAY SIX

SCRIPTURE

Psalm 133:1

How wonderful and pleasant it is when
brothers live together in harmony!

UNITY IN THE BODY

PRAYER FOCUS

Pray for unity among believers in our
church. Ask God to heal any divisions
and to help us love one another deeply.

DAY SEVEN

COURAGE IN ADVERSITY

SCRIPTURE

Joshua 1:9

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

PRAYER FOCUS

Pray for courage and strength in the face of challenges and adversity. Ask God to increase our faith and reliance on Him during difficult times.

DAY EIGHT

SCRIPTURE

Philippians 4:19

And my God will meet all your needs according to the riches of his glory in Christ Jesus.

TRUSTING GOD'S PROVISION

PRAYER FOCUS

Thank God for His provision in all areas of our church life. Pray for faith to trust Him fully for every need.

DAY NINE

SCRIPTURE

Joshua 1:3

I will give you every place where you set your foot, as I promised Moses.

VISION FOR POSSESSING THE LAND

PRAYER FOCUS

Pray for God to reveal His vision and strategy as we seek to possess the land He has for us—both spiritually and in our city.

DAY TEN

SCRIPTURE

Psalm 85:6

Will you not revive us again, that your people may rejoice in you?

REVIVAL AND RENEWAL

PRAYER FOCUS

Pray for revival and spiritual renewal in our church. Ask God to stir hearts, convict us of our sins, and draw people closer to Him.

WEEK THREE

IMPACTING OUR COMMUNITY

**11 OUTREACH AND
MISSIONS**

**12 COMPASSION AND
SERVICE**

**13 HEALING AND
RESTORATION**

**14 LEADERSHIP AND
WISDOM**

**15 THANKSGIVING AND
PRAISE**



DAY ELEVEN

VISION FOR COURAGEOUS CHURCH

SCRIPTURE

Habakkuk 2:2-3

Then the Lord said to me, "Write my answer plainly on tablets, so that a runner can carry the correct message to others. This vision is for a future time. It describes the end, and it will be fulfilled. If it seems slow in coming, wait patiently, for it will surely take place. It will not be delayed.

PRAYER FOCUS

Pray for clarity and unity in our vision as a church. Ask God to align our hearts with His purposes and to reveal His plan for reaching the lost.

DAY TWELVE

COMPASSION AND SERVICE

SCRIPTURE

Matthew 25:35-36

For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.

PRAYER FOCUS

Pray for hearts of compassion and a desire to serve others in our church and community. Ask God to show us practical ways to meet the needs of those in our community.

DAY THIRTEEN

SCRIPTURE

James 5:16

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

HEALING AND RESTORATION

PRAYER FOCUS

Pray for healing and restoration—physically, mentally, emotionally, and spiritually—for those in our church and community who are hurting.

DAY FOURTEEN

SCRIPTURE

James 1:5

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

LEADERSHIP AND WISDOM

PRAYER FOCUS

Pray for wisdom and discernment for our church leadership. Ask God to guide them in making decisions that honor Him and maximize His use of our church.

DAY FIFTEEN

THANKSGIVING AND PRAISE

SCRIPTURE

Psalm 100:4-5

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations.

PRAYER FOCUS

Spend time thanking God for His faithfulness. Praise Him for who He is, for what He's done in your life, and for the work He is doing in and through our church.

FINAL DAYS

COMMITMENT
AND DEDICATION

***DAYS
16-21***

COMMITMENT
TO GOD'S CALL



DAYS 16-21

COMMITMENT TO GOD'S CALL

SCRIPTURE

Romans 12:1-2 (NIV)

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

PRAYER FOCUS

Dedicate these final days to seeking God's will and committing ourselves individually and as a church to His call. Let's courageously fulfill His purposes for our lives!

[illegible]

FASTING GUIDE

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose. Fasting hits the reset button of our souls and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives.

Remember, your personal fast should present a level of challenge, but it is very important to know your body, your options, and, most importantly, to seek God in prayer and follow what the Holy Spirit leads **YOU** to do.

TYPES OF FASTS

COMPLETE FAST

This fast calls for drinking only liquids, typically water with light juices as an option.

SELECTIVE FAST

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume only water and juice for fluids and fruits and vegetables for food.

PARTIAL FAST

This fast is sometimes called the Jewish Fast and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

SOUL FAST

This fast is common for those who do not have much experience fasting food, who have health issues that prevent them from fasting food, or who wish to refocus certain areas of their life that are out of balance. For instance, someone might select to abstain from using social media or watching television for the duration of the fast and then carefully bring that element back into their life in an orderly fashion after the conclusion of the fast.





Timing of a Fast

At Courageous Church, we encourage fasting for 21 days each year in the months of January and August. These are the two seasons we focus on prayer and fasting together as a church family.

You may choose to fast at other times during the year for your own spiritual development. It's very typical to fast a single meal, a whole day, or three days or more. The timing of your fast is not as important as the strength of your focus on Him while you fast.

Scripture References

Matthew 6:16-18 (NIV)

16 "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. **17** But when you fast, put oil on your head and wash your face, **18** so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Matthew 9:14-15 (NIV)

14 Then John's disciples came and asked him, "How is it that we and the Pharisees fast often, but your disciples do not fast?" **15** Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast.

PRAY FIRST

**Luke 18:9-14 (NIV)**

9 To some who were confident of their own righteousness and looked down on everyone else, Jesus told this parable: 10 “Two men went up to the temple to pray, one a Pharisee and the other a tax collector. 11 The Pharisee stood by himself and prayed: ‘God, I thank you that I am not like other people—robbers, evildoers, adulterers—or even like this tax collector. 12 I fast twice a week and give a tenth of all I get.’ 13 “But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, ‘God, have mercy on me, a sinner.’ 14 “I tell you that this man, rather than the other, went home justified before God. For all those who exalt themselves will be humbled, and those who humble themselves will be exalted.”

Acts 27:33-37 (NIV)

33 Just before dawn Paul urged them all to eat. “For the last fourteen days,” he said, “you have been in constant suspense and have gone without food—you haven’t eaten anything. 34 Now I urge you to take some food. You need it to survive. Not one of you will lose a single hair from his head.” 35 After he said this, he took some bread and gave thanks to God in front of them all. Then he broke it and began to eat. 36 They were all encouraged and ate some food themselves. 37 Altogether there were 276 of us on board.

Nehemiah 9:1-3 (NIV)

1 On the twenty-fourth day of the same month, the Israelites gathered together, fasting and wearing sackcloth and putting dust on their heads. 2 Those of Israelite descent had separated themselves from all foreigners. They stood in their places and confessed their sins and the sins of their ancestors. 3 They stood where they were and read from the Book of the Law of the Lord their God for a quarter of the day, and spent another quarter in confession and in worshiping the Lord their God.

PRAY FIRST

SUGGESTED RESOURCES

GUIDE TO FASTING AND PRAYER - Article by BILL BRIGHT

7 BASIC STEPS TO SUCCESSFUL FASTING AND PRAYER - BILL BRIGHT

Testimonies and Prayer Requests

If you have a testimony of what God has done through your time of prayer and fasting, we would love to hear about it and celebrate with you. Simply send an email to info@courageouschurch.online.

Our team would be honored to pray with you if you have a prayer need. Just send an email to prayer@courageouschurch.online.

LET US PRAY...

