

30 Day prayer and journaling challenge

Day 1:

*Open my eyes that I may see
wonderful things in your law.
Psalm 119:18*

*But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. ¹⁴ He will glorify me because it is from me that he will receive what he will make known to you.
John 16:13-14*

Journaling thought: Why do you want to journal? What would you like to get out of it?

Prayer: Heavenly Father, I pray, through your Holy Spirit, that you would open my eyes to the wonderful things in your Word in these next 30 days. Make known to me the will of God for my life!

Day 2:

*Before me no god was formed,
nor will there be one after me.
¹¹ I, even I, am the Lord,
and apart from me there is no savior.
Isaiah 43:10-11 (NIV)*

*Who can fathom the Spirit of the Lord,
or instruct the Lord as his counselor?
Isaiah 40:13 (NIV)*

Journaling thought: What is your concept of God? How do you define Him?

Prayer: I worship you God; Father, Son, and Holy Spirit. I worship you and I give thanks to you! Help me to know you as you truly are.

Day 3:

He [Barnabas] was a good man, full of the Holy Spirit and faith, and a great number of people were brought to the Lord.

Acts 11:24

And when they had prayed, the place in which they were gathered together was shaken, and they were all filled with the Holy Spirit and continued to speak the word of God with boldness.

Acts 4:31

Journaling thought: Who comes to your mind as an example of someone who is full of the Holy Spirit and of faith? How are you like them? How are you not like them? What traits of theirs would you like to acquire?

Prayer: Father, may I, too, be a person full of the Holy Spirit and of faith.

Day 4:

I have not stopped giving thanks for you, remembering you in my prayers. ¹⁷ I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. ¹⁸ I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, ¹⁹ and his incomparably great power for us who believe.

Ephesians 1:16-19

But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. ¹⁴ He will glorify me because it is from me that he will receive what he will make known to you.

John 16:13-14

Journaling thought: Write a thank you note to God for something for which you feel exceptionally blessed. In addition, write down your thoughts and feelings about these passages of Scripture. How do you want them to relate to your life?

Prayer: Oh, Holy Spirit, show me Christ and the things of Christ! Give me wisdom and revelation about God. Enlighten my heart with knowledge of you!

Day 5:

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith.

And I pray that you, being rooted and established in love, ¹⁸ may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, ¹⁹ and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

²⁰ Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Ephesians 3:16-20

Journaling thought: Three times, Paul references God's power in us. In what ways do you feel powerful in Christ? In what ways do you feel powerless? Write out this scripture changing all of the personal pronouns to I, me, or my. For example: I pray that out of his glorious riches he may strengthen ME with power through His Spirit in MY inner being. This is a powerful prayer for your life!

Prayer: Heavenly Father, thank you for your Word in a language I can understand. Thank you for your enablement to do your will as your Spirit reveals it. Thank you, O God, for all of your provision for me. O Lord, You have so much more for me to experience in following You. I press forward. toward the goal to which You point me.

Day 6:

If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Helper, to be with you forever, even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you.

1 Corinthians 3:16-17

For it is God who works in you to will and to act according to his good purpose.

Philippians 2:13

Journaling thought: It says that the Holy Spirit is with you and in you. In what ways can you feel Him working in you? Write those things down and put them in a prayer to God, thanking Him for what He is doing.

Prayer: Thank you, Lord for your patience with me. I many times stumble and miserably fail. But you convict me and forgive me, and you never give up! Thank you for continuing your work in my life!

Day 7:

..these are the things God has revealed to us by his Spirit.

The Spirit searches all things, even the deep things of God. ¹¹ For who knows a person's thoughts except their own spirit within them? In the same way no one knows the thoughts of God except the Spirit of God.

1 Corinthians 2:10-11

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. ²⁷ And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.

Romans 8:26-27

Journaling thought: Surrender all your thoughts to the Lord by writing out a prayer of giving yourself to him. You may want to list things you hold the most dear and offer them up to Him. Confess your utter dependence on the Holy Spirit to live and do as you ought.

Prayer: Thank you, Spirit of God, for praying for me according to what God would want for my life! Thank you that long before I got up this morning and long after I go to bed, you were, are and will be interceding for me.