

30 Day Prayer and Journaling Challenge
Days 15-21

Day 15:

The trouble is with me, for I am all too human, a slave to sin. ¹⁵ I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate.

Romans 7:14-15 (NLT)

I love God's law with all my heart.²³ But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me. ²⁴ Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? ²⁵ Thank God! The answer is in Jesus Christ our Lord.

Romans 7:22-24 (NLT)

Therefore, there is now no condemnation for those who are in Christ Jesus, ² because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.

Romans 8:1-2 (NLT)

Journaling thought: This week, we are going to focus on the power of the Spirit in us, and how he delivers us from the power of sin. Write a thank you note (you may have to exercise some faith here) thanking God for giving you the victory over the things that you journaled about last week.

Prayer: In Your strength, O Holy Spirit, I dare to battle foes within and foes without. Only in Your strength. Thank you that you have broken the power of sin, discouragement, doubt, anxiousness and bitterness in my life! Help me to live in the victory you have secured for me!

Day 16:

Finally, be strong in the Lord and in his mighty power. ¹¹ Put on the full armor of God, so that you can take your stand against the devil's schemes. ¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces

of evil in the heavenly realms. ¹³ Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God.

Ephesians 6:10-17

"Not by might nor by power, but by My Spirit," says the Lord of hosts."

Zech. 4:6

Journaling thought: Imagine yourself victorious over all the things that hold you back. How would your life be different? How could God get the glory from your victory over those things? Tell God that you are ready to claim the victory He has already accomplished for you.

Prayer: Lord, I want to be strong in You and in Your power. Remind me to use all the armor You have provided by which to stand against the Devil's evil plans against me.

Day 17:

"Submit yourselves to God. Resist the devil, and he will flee from you."

James 4:7

"You are from God, little children, and have overcome them; because greater is He who is in you than he who is in the world."

1 John 4:4

"For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

2 Cor. 10:3-5

Journaling thought: Praying God's words back to Him, is a powerful weapon against the forces of evil. It is Truth going out. It reminds us that God knows our way and understands what we face today. It builds our faith and our trust in God. It guards our hearts and focuses our minds back on Him. It wins the battle.

Prayer: For your prayer today, use any of the Scriptures that we have used in the last 17 days and pray God's Word back to Him. Write out your prayer, using as many Scripture verses as the Holy Spirit leads you to use. For example, based on today's verses, you could pray:

Heavenly Father, I submit myself to you. Help me to resist the devil, so that he will flee from me. I thank you that I am your child. Thank you that reside in me, through the Holy Spirit. I am so grateful that you are greater than Satan is. Help me not to fight in my own strength, but help me fight with spiritual weapons (like God's Word) so that I can demolish strongholds and destroy false arguments that Satan tries to convince me are true. Help me to take captive all my thoughts and make them obedient to Christ. In Jesus name, amen.

Day 18:

This enraged the king of Aram. He summoned his officers and demanded of them, "Tell me! Which of us is on the side of the king of Israel?"

¹² *"None of us, my lord the king," said one of his officers, "but Elisha, the prophet who is in Israel, tells the king of Israel the very words you speak in your bedroom."*

¹³ *"Go, find out where he is," the king ordered, "so I can send men and capture him." The report came back: "He is in Dothan."* ¹⁴ *Then he sent horses and chariots and a strong force there. They went by night and surrounded the city.*

¹⁵ *When the servant of the man of God got up and went out early the next morning, an army with horses and chariots had surrounded the city. "Oh no, my lord! What shall we do?" the servant asked.*

¹⁶ *"Don't be afraid," the prophet answered. "Those who are with us are more than those who are with them."*

¹⁷ *And Elisha prayed, "Open his eyes, Lord, so that he may see." Then the Lord opened the servant's eyes, and he looked and saw the hills full of horses and chariots of fire all around Elisha.*

2 Kings 6:11-17

In the beginning God created the heavens and the earth. ² Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.

Genesis 1:1-2

Journaling thought: The first passage clearly demonstrates the workings of an invisible spiritual realm around us. The second tells us that the Spirit is always near to us. When you have felt the most alone? Think through each of those times, and then write out a prayer thanking God for being with you through them. Thank Him for His constant presence and protection over you.

Prayer: Father, thank you for never leaving me, even when I don't sense you around me. Thank you that you are ready to do battle on my behalf in the spiritual realm. Thank you that, though I may feel alone, I am never alone! Open my eyes to see your presence and workings in my life.

Day 19:

"Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith."

1 Pet. 5:8-9

"But the Lord is faithful, and he will strengthen you and protect you from the evil one."

2 Thess. 3:3

"Behold, I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall hurt you."

Luke 10:19

Journaling thought: The devil is much stronger than we are, much smarter than we are, and has been honing his skills against believers for a long time. We would have no hope of winning the battle against him on our own. Yet, in Christ, through the power of the Spirit, we have the victory. Reflect on these Scriptures and the two A.W. Tozer quotes below. Where can your obedience and faith grow stronger to experience this victory in your own life?

On faith – "We learn to pray by praying and we learn to believe God by believing Him. There are many kinds of prayers in which to engage. There are all kinds of

flaming arrows from the evil one against whom we must use the shield of faith. Are we praying and believing?" –A.W. Tozer

“To be entirely safe from the devil's snares the man of God must be completely obedient to the Word of the Lord. The driver on the highway is safe, not when he reads the signs but when he obeys them.” A.W. Tozer

Prayer: Lord, you have provided so great an arsenal for spiritual defense and offense. May I have the good sense to use what You have provided! In You I stand, Lord. In myself I am easy prey for Satan. In You I am strong. Praise Your name!

Day 20:

*"In all these things, we are more than conquerors through Him who loved us."
Rom. 8:37*

*"But thanks be to God, who gives us the victory through our Lord Jesus Christ."
1 Cor. 15:57*

*"What then shall we say to these things? If God is for us, who is against us?"
Rom. 8:31*

Journaling thought: Pick up a Bible and read Romans chapter 8. What are your takeaways from this chapter? Jot down 4 or 5 positive things that Paul says that encourage you in our faith.

Prayer: Lord, thank you that I have the victory! You have so much more for me to experience in following You. I press forward toward the goal to which You point me.

Day 21:

Finally, be strong in the Lord and in his mighty power.

Ephesians 6:10

“Ye have dwelt long enough in this mount . . . Behold, I have set the land before you: go in and possess the land”

Deut. 1:6,8

Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me.

Philippians 3:12

Journaling thought: Are you ready to go and possess what God wants for you? Let's start small. What is one habit or practice that you would like to remove from your life and one positive habit you would like to implement? Write out the steps you'll take to get there. Who will keep you accountable?

Prayer: Father, forgive me for sometimes holding Your truth at arm's length--examining it, analyzing it, --but failing to fully live it. Your truth sets free. Help me to take the steps I need to take to become truly free.