

30 Prayer and Journaling Challenge

Day 22:

*So I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want.
Galatians 5:16-17*

*Since we live by the Spirit, let us keep in step with the Spirit.
Galatians 5:25*

Journaling thought: Galatians 5:25 is saying that, since the Holy Spirit is the one who regenerated us during salvation, let's keep following Him! Sometime that is easier said than done. Reflect on Galatians 5:16-17. Journal some of your struggle between your flesh and the Holy Spirit in your life.

Prayer: Thank You, Lord, for the changes You have brought in me. Yet the closer I come to You the more exposed is my sinfulness and old-nature living. Gracious Lord, please keep growing me.

Day 23:

*Whoever has ears, let them hear what the Spirit says to the churches.
Revelation 2:7*

*Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, This is the way; walk in it.
Isaiah 30:21*

*The Lord said (to Elijah), "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by."
Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake.¹² After the earthquake came a*

fire, but the Lord was not in the fire. And after the fire came a gentle whisper. ¹³ When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave.

1 Kings 19:11-13

Journaling thought: All three of these passages make it clear that the Holy Spirit speaks to us. Sometimes it is a small subtle voice (like in Elijah's case), and sometimes it might be more obvious. However, Revelation 2:7 seems to imply not everyone has ears (desire) to listen to Him. Before we can deal with the "how to" we must deal with the "want to." In today's journal, write about your desire to follow the Holy Spirit's voice in all your life. Also, write about anything that comes to mind that might hold you back from that. Be honest!

Prayer: I choose You, blessed will of God! In You alone my heart can rest. That, too, is my choice, O Lord. By Your power strengthen my determination to persist in that choice! Lead me. Teach me. Strengthen me.

Day 24:

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.

2 Corinthians 3:17

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰ you were bought at a price. Therefore honor God with your bodies.

1 Corinthians 6:19-20

And anyone who does not carry his cross and follow me (Jesus) cannot be my disciple

Luke 14:27

Journaling thought: 2 Cor. 3:17 can also be translated, "Where the Spirit is Lord there is freedom." The essence of many people's struggle to feel close to God is their reluctance to make Him Lord of their life – to give Him complete control. They want Him to be a *part* of their life, but not their *whole* life. What about you? Does God own you? Surrender yourself and your will to Him today.

Truth is a glorious but hard master. It makes moral demands upon us. It claims the sovereign right to control us, to strip us, even to slay us as it chooses. Truth will never stoop to be a servant but requires that all men serve it. It never flatters men and never compromises with them. It demands all or nothing and refuses to be used or patronized...I am the Truth, He said, and followed truth straight to the cross. The truth seeker must follow Him there; and that is the reason few men seek truth. – A.W. Tozer

“Most Christians are just as holy as they intend to be.” – William Law

Prayer: O God, there is so much of me yet to be changed into what You want me to be. Increase my sensitivity to Your Spirit's promptings in those areas of life that I may surrender them to Christ's Lordship.

Day 25:

*Teach me to do your will, for you are my God; may your good Spirit lead me on level ground.
Psalm 143:10*

*Teach me your way, O LORD, and I will walk in your truth; give me an undivided heart, that I may fear your name.
Psalm 86:11*

*Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, This is the way; walk in it.
Isaiah 30:21*

Journaling thought: Only 6 days left! For the rest of the time, in addition to the current day's journal thoughts, I want you to catalogue every time you sense the prompting of the Holy Spirit. Learn to recognize His voice and His nudgings in your life. This will help you learn to be sensitive to the Spirit, but it will also strengthen your resolve to be obedient to God's guidance as you see his constant, loving interest in the details of your life.

You may have to come back a few times a day to write them down so that you don't forget.

Prayer: Holy Spirit, I want to hear you and I want to follow you! Speak into my life. My desire is to listen and obey.

Day 26:

If you belonged to the world, it would love you as its own. As it is, you do not belong to the world, but I have chosen you out of the world. That is why the world hates you.
John 15:19

Don't let the world around you squeeze into its own mold, but let God re-mold your minds from within . . . (Phillips Translation).
Romans 12:2

You adulterous people, don't you know that friendship with the world is hatred toward God? Anyone who chooses to be a friend of the world becomes an enemy of God.
James 4:4

Journaling thought: When Scripture says don't be a friend to the world, it isn't saying do not be friends with worldly people. It is saying, don't adopt the values of the world, it's philosophy, it's lifestyle, it's god. Are you feeling squeezed into the world's mold? How so? Also, don't forget to write down all the times today you felt the prompting of the Holy Spirit!

Prayer: Lord, in seeking to love the people of the world may I clearly reject the world's values and practices. I am Yours not theirs. May You express Your love through me to the people of this world, yet keep me being squeezed into this world's mold.

Day 27:

Since, then, you have been raised with Christ, set your minds on things above, where Christ is seated at the right hand of God. Set your minds on things above, not on earthly things.
Colossians 3:1-2

Great are the works of the LORD; they are pondered by all who delight in them.
Psalms 111:2

Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Philippians 4:4-9

Journaling thought: It is not enough to just separate yourself from worldly systems and thoughts. We must also set our minds on God and the things of the Spirit. Today, in addition to noting all the times you felt prompted by the Holy Spirit, journal about only positive things. Ways you are blessed, promises of God, hope for the future – whatever! Be determined to think on these good things for the whole day, no matter what happens! Also, don't forget to write down all the times you felt prompted by the Spirit today.

Prayer: Thank You, Father, for the gift of thinking. By Your Spirit remind me to set my mind on things above. Too often I concentrate on the earthly.

Day 28:

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, ¹⁷ so that the servant of God may be thoroughly equipped for every good work.

2 Timothy 3:16-17

Now the Berean Jews were of more noble character than those in Thessalonica, for they received the message with great eagerness and examined the Scriptures every day to see if what Paul said was true.

Acts 17:11

Journaling thought: Prayerfully submerging ourselves in the Word results in increasing obedience, growing faith and expanding concept of God. Go back

through the previous 27 days of journaling and pick 5 to 10 of your favorite Scriptures and commit to memorizing them. Write them out in today's journal entry. Think of these Scriptures each time you are feeling down, tempted, or unsure of yourself. It helps! Also – remember to jot down all the times you felt prompted by the Holy Spirit today!

Prayer: Make me a Berean, Lord, who receives Your Word with eagerness and examines the Scriptures daily to see if what I hear and teach is true. Open my heart eyes to You as I feed on Your Word. By Your Spirit show me more and more who You are.

Day 29:

*And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image.
1 Corinthians 3:18*

*This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.
John 15:8*

The acts of the flesh are obvious: sexual immorality, impurity and debauchery; ²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹ and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

*²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control.
Galatians 5:19-23*

Journaling thought: Paul says that we're "*being* changed into His glorious image." This signifies an *ongoing* daily process of the Holy Spirit working in us and through us as we cultivate our relationship with Christ. He is transforming our character to be more like Jesus. As we are transformed, the fruit of the Spirit in Galatians 5 will become more and more evident in our lives. Do you feel this work being done in your life? If you don't, do you wish it to be? Write about that today. And, just like the last few days, jot down the instances where you have felt the nudging of the Spirit.

Prayer: Heavenly Father, I pray for the fruit of the Spirit to be evident in my life. There are areas in my life, Lord, where I have known Your will but failed to do it. Forgive me for wasted opportunities and hindering Your transforming process in me. I pray that the Holy Spirit will continue His work in me until people no longer see me, but see Jesus in me. Change me Lord, for Jesus' sake!

Day 30:

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being,
Ephesians 3:16

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.
Romans 15:13

“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.
Matthew 5:6

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 3:20-21

Journaling thought: You made it! Reflect on the last month of journaling. Did you enjoy the experience? What did you learn about yourself? What was most difficult? Will you continue the practice? If so, take some time to map out how you'd like your journaling habit to continue.

Prayer: Today, Lord, I want to live for You; to walk by Your Spirit; to do Your will. I freely confess that only by Your enablement can I so live. Fill me with your Spirit anew!