

30 Day Prayer and Journaling Challenge

Day 8:

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

Do not quench the Spirit..... hold on to what is good, reject every kind of evil.
1 Thessalonians 5:16-19a,21b-22

And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.
Ephesians 4:30-32

Journaling thought: This week, we are going to focus on barriers to the Spirit that we place, intentionally or unintentionally, in His way from doing what He wants to do in our lives. What are some barriers or obstacles that keep you from surrendering to the Spirit of God?

Prayer: Father, deliver me from religious pretense and self-deception. You know the real me. Expose the barriers that exist that keep me from you. Help me to know also that I may trust You for inner healing.

Day 9:

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:33-34

Anxiety in a man's heart weighs him down, but a good word makes him glad.
Proverbs 12:25

Journaling thought: Perform a mind dump of everything you are worried about. Leave nothing out!

Prayer: Father, I give these things over to you. Give me your peace to guard my heart from panic and worry. Holy Spirit, calm my mind and help me to focus my thoughts on Christ and not external circumstances.

Day 10:

And don't sin by letting anger control you. Don't let the sun go down while you are still angry, for anger gives a foothold to the devil.
Ephesians 4:26-27

Stop being angry! Turn from your rage! Do not lose your temper – it only leads to harm.
Psalms 37:8

Your anger is hurting no one but you.
Job 1:4 (ERV)

Get up throughout the night and cry for help.
Let your sorrow pour out before the Lord like water.
Lift up your hands in prayer to him.
Lamentations 2:19 (ERV)

Journaling thought: What makes you angry? Who is your anger directed towards? Journal about these things and be honest with God about how you feel.

Prayer: Father, I confess that instead of peace I feel anger in my heart towards you and others. I don't want my anger to control me and I don't want to give the devil a foothold in my life, so please, by your Spirit, help me to release these feelings of anger to you.

Day 11:

Anyone you forgive, I also forgive. And what I have forgiven—if there was anything to forgive—I have forgiven in the sight of Christ for your sake, ¹¹ in order that Satan might not outwit us. For we are not unaware of his schemes.

2 Corinthians 2:10-11

Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord. ¹⁵ See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.

Hebrews 12:14-15

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:31-32

Journaling thought: Nancy Leigh DeMoss said, “People who are not forbearing, who are not forgiving, generally become hard and cold. They often become depressed and even physically sick. There are many physical ailments today that doctors will tell you are affected by our unwillingness to forgive.”

Who are you struggling to forgive? Write them a letter (whether you send it or not is up to you) forgiving them. Give them the grace that God gave you!

Prayer: Lord, I give my bitterness, anger and unforgiveness to you. Please help me to expose the roots of bitterness that linger under the surface and to let them go so that Satan will not be able to use them against me.

Day 12:

Immediately the father of the child cried out and said, “I believe; help my unbelief!”

Mark 9:24

Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Be not wise in your own eyes; fear the Lord, and turn away from evil. It will be healing to your flesh and refreshment to your bones.

Proverbs 3:5-8

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

Isaiah 41:10

Journaling thought: Since God knows what you are thinking anyway, why not be honest and open up about those areas where you doubt Him or His Word. Share those doubts in today's journal.

Prayer: Forgive me for doubting You, Lord. It is often covered over with faith-talk, but you know my heart. I know that only You can be fully trusted. Holy Spirit, drain my unbelief and fill my belief!

Day 13:

Those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ Since we live by the Spirit, let us keep in step with the Spirit.

Galatians 5:24-25

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith.

Hebrews 12:1-2a

Journaling thought: It's confession time. Just between you and God, what are those sins that you need to confess that are holding you back? Thoughts? Motives? Grudges? Sexual sins? Whatever it is, confess all of them to God.

Prayer: Father, in turning to You there is inevitably that from which I turn. Show me, Lord, that baggage and stuff I am trying to drag along in following You. Help me to live, daily, under the Spirit's control. For Jesus' sake.

Day 14:

Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind of sinful man is death, but the mind controlled by the Spirit is life and peace..

Romans 8:5-6

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.

Romans 12:2

Journaling thought: Write down everything you have thought about in the last 48 hours. Are these things typical of what occupies your mind? Do they reflect what the Spirit desires or what the flesh desires? Write down the things that occupy your mind that are unhealthy or sinful, and give them to God.

Men are influenced more by their common, everyday thinking than by any rare intellectual feat such as writing a great poem or painting a famous picture. Feats of thinking may create reputation, but habits of thinking create character. A.W. Tozer

Prayer: Holy Spirit, guide me in my thinking. How I perceive and interpret the world around me, the words and actions of people. Stimulate me to wholesome thinking. In Jesus' name.