



It's time TO PRAY

21 DAY PRAYER JOURNAL



"BUT SEEK FIRST THE KINGDOM OF GOD
AND HIS RIGHTEOUSNESS, AND ALL THESE
THINGS WILL BE ADDED TO YOU."

MATTHEW 6:33

"I HAVE BEEN CRUCIFIED WITH CHRIST. IT IS
NO LONGER I WHO LIVE, BUT CHRIST WHO
LIVES IN ME. AND THE LIFE I NOW LIVE IN THE
FLESH I LIVE BY FAITH IN THE SON OF GOD,
WHO LOVED ME AND GAVE HIMSELF FOR ME."

GALATIANS 2:20

INTRODUCTION

THE PURPOSE

In the midst of our busy lives, it's easy to lose sight of what truly matters. We find ourselves caught up in the daily grind, often forgetting to pause and reflect on our spiritual journey. **This booklet is designed to accompany our sermon series, "It's Time..." and to help you refocus on your relationship with Christ.**

At the heart of this series is a call to action—a call to seek, stretch, sacrifice, and sow. These themes are not just abstract concepts but are deeply rooted in the teachings of Jesus. As you engage with the content of this booklet, you will be reminded of the centrality of Christ in every aspect of your life.

Jesus Christ, our Savior and Lord, invites us to seek His kingdom first, to stretch our hearts in love for others, to sacrifice in a way that mirrors His own ultimate sacrifice, and to sow seeds of faith that will bear eternal fruit. Through daily scripture readings, reflections, and prayers, you will be encouraged to deepen your walk with Him and to live out these principles in practical ways. The Bible is our guide, and the Holy Spirit our helper, as we embark on this journey together. As you read and meditate on God's Word, allow His truth to transform you. **Seek His presence, stretch beyond your comfort zones, sacrifice willingly, and sow generously.**

Remember, this journey is not about perfection but about progress. It's about drawing closer to Jesus, experiencing His love, and sharing that love with others. May this booklet be a tool that helps you grow in your faith, strengthens your resolve, and brings you into a deeper, more intimate relationship with Christ.

Let us embrace this journey with open hearts and minds, ready to be transformed by the love and grace of our Lord Jesus Christ. It's time... to seek, to stretch, to sacrifice, and to sow. It's time to live fully for Him.

May God bless you richly as you embark on this transformative journey.



WEEK 1

IT'S TIME TO SEEK

DAY 1



SCRIPTURE

Matthew 6:33 (ESV)

"But seek first the kingdom of God and his righteousness, and all these things will be added to you."



PRAYER

Ask for guidance in seeking His kingdom first.



REFLECTION

Reflect below on areas of your life where you need to prioritize God.

DAY 2



SCRIPTURE

Proverbs 8:17 (ESV)

“I love those who love me, and those who seek me diligently find me.”



PRAYER

Meditate on what it means to seek God diligently.



REFLECTION

Write down ways you can increase your diligence in seeking Him.

DAY 3



SCRIPTURE

Matthew 6:25-27 (ESV)

Pray for trust in God's provision as you seek His kingdom.



REFLECTION

Reflect below on Jesus' teaching about worry and the importance of focusing on God's kingdom.

DAY 4



SCRIPTURE

Matthew 6:28-30 (ESV)



PRAYER

Ask God to help you trust in His care and provision.



REFLECTION

Consider how God cares for the lilies of the field and how much more He cares for you.

DAY 5



SCRIPTURE

Matthew 6:31-34 (ESV)



PRAYER

Pray for the strength to prioritize God in every aspect of your life.



REFLECTION

Focus on seeking God's kingdom above all else.

DAY 6



SCRIPTURE

Proverbs 8:1-11 (ESV)



PRAYER

Ask for wisdom in your daily decisions.



REFLECTION

Reflect below on the value of wisdom and seeking God's guidance.

DAY 7



SCRIPTURE

Proverbs 8:12-21 (ESV)



PRAYER

Pray for a heart that continually seeks God.



REFLECTION

Consider the rewards of diligently seeking God and His wisdom.



WEEK 2

IT'S TIME TO STRETCH

DAY 1

SCRIPTURE

Philippians 2:3-4 (ESV)

“Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.”

PRAYER

Ask God to help you value others above yourself.

REFLECTION

Reflect on how you can practice humility in your daily interactions.

DAY 2



SCRIPTURE

Galatians 5:13 (ESV)

“For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another.”



PRAYER

Write down specific actions you can take this week to serve someone.



REFLECTION

Consider how you can serve others humbly in love.

DAY 3



SCRIPTURE

Philippians 2:1-2 (ESV)

Pray for a spirit of unity and encouragement within your community.



REFLECTION

Reflect below on the unity and encouragement that comes from being in Christ.

DAY 4

SCRIPTURE

Philippians 2:5-8 (ESV)

PRAYER

Ask God to help you adopt the same attitude as Christ Jesus.

REFLECTION

Meditate on the humility of Christ and how you can emulate His example.

DAY 5

SCRIPTURE

Philippians 2:9-11 (ESV)

PRAYER

Praise Jesus for His sacrifice and exaltation.

REFLECTION

Reflect on the exaltation of Christ and His lordship over all.

DAY 6

SCRIPTURE

John 13:1-5 (ESV)

PRAYER

Ask God to give you a servant's heart.

REFLECTION

Consider Jesus washing the disciples' feet as an act of humble service.

DAY 7

SCRIPTURE

John 13:6-17 (ESV)

PRAYER

Commit to serving others with humility and love.

REFLECTION

Reflect on Jesus' teaching about serving others.



WEEK 3

IT'S TIME TO SACRIFICE

DAY 1

SCRIPTURE

Mark 8:34-35 (ESV)

“And calling the crowd to him with his disciples, he said to them, ‘If anyone would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake and the gospel’s will save it.’”

PRAYER

Ask for strength to embrace self-denial.

REFLECTION

Reflect on what it means to deny yourself and follow Jesus.

DAY 2

SCRIPTURE

2 Corinthians 9:7 (ESV)

“Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver.”

PRAYER

Write down specific ways you can give to others or to the

REFLECTION

Consider how you can give cheerfully and sacrificially.

DAY 3

SCRIPTURE

Mark 8:31-33 (ESV)

"But seek first the kingdom of God and his righteousness, and all these things will be added to you."

PRAYER

Pray for understanding and acceptance of God's will.

REFLECTION

Reflect below on Jesus' prediction of His suffering and Peter's reaction.

DAY 4



SCRIPTURE

Mark 8:36-38 (ESV)



PRAYER

Ask for the perspective to value eternal things over temporal.



REFLECTION

Meditate below on the value of the soul over worldly gains.

DAY 5



SCRIPTURE

2 Corinthians 8:1-7 (ESV)



PRAYER

Pray for a heart that gives generously in all circumstances.



REFLECTION

Reflect below on the generosity of the Macedonian churches despite their trials.

DAY 6

SCRIPTURE

2 Corinthians 8:8-15
(ESV)

PRAYER

Ask God to help you live out these principles in your life.

REFLECTION

Consider the principles of equality and sharing in the body of Christ.

DAY 7

SCRIPTURE

Philippians 3:7-11 (ESV)

PRAYER

Pray for the desire to know Christ more deeply, even through sacrifice.

REFLECTION

Meditate on the surpassing worth of knowing Christ and sharing in His sufferings.

It's time

FOR 21 DAYS OF GROWING



PRAYER/ ACTIVITIES CALENDAR

For Kids! Check each day off as you go!

1

Light a candle during your prayer time today as a reminder that His presence is always near.

IT'S TIME TO SEEK



2

Find or make a quiet, cozy spot somewhere in your house. Set a timer for a prayer time and then a timer for a listening period.

IT'S TIME TO SEEK



5

Go around the dinner table and share one way that you need God's help/strength this week.

IT'S TIME TO SEEK



6

Make a list of things you seek instead of God. Be honest with yourself and God. If you feel comfortable, share with a friend or family member.

IT'S TIME TO SEEK



7

Tonight, pray in a kneeling position

IT'S TIME TO SEEK



10

Walk around the neighborhood and pray over the houses/businesses that you pass.

IT'S TIME TO STRETCH



11

Brainstorm/write down some characteristics of Jesus. Put a star next to one that you feel you do well. Put a circle around the one you feel you need the most work on.

IT'S TIME TO STRETCH



12

Take communion in your living room on your own or as a family. Reflect on what Jesus' death on the cross means to you.

IT'S TIME TO STRETCH



3

IT'S TIME TO SEEK

Write about a time that you were reminded of God's goodness & hang it on the bathroom mirror, refrigerator, or somewhere you see multiple times a day.

**4**

IT'S TIME TO SEEK

BUBBLE PRAYERS

Jesus promises to hear our prayers and act on them.

- Think of someone you know who is going through a difficult time
- Blow a bubble, and say Jesus, be with... (name)
- Watch the bubble as just like our prayers, it rises

**8**

IT'S TIME TO STRETCH

Think of someone you could give encouragement to. Write out a note, tell it to them, or text it to them today.

**9**

IT'S TIME TO STRETCH

GIVE EACH MEMBER OF THE GROUP A PIECE OF PAPER AND INVITE THEM TO:

Write a short prayer saying sorry to God for anything that is on their mind. Have a few moments of silence in which people can quietly offer their prayers to God. Then crumple up those papers and take turns shooting the sins into the trash like shooting a three pointer. Explain that when we say sorry, God gives us the chance to make things right and have a fresh start. When we let go of our sin and shame, we live in the freedom of forgiveness which also allows us to extend the same grace to others.

**13**

IT'S TIME TO STRETCH

SET OUT A BOWL OF WATER.

Water is known to refresh, cleanse, heal, and help things grow. Jesus is known as the living water as he does all of these things for us. Today let us pray that the Living Water will fill our homes, church, and community. And that we will find be refreshed in His presence. While you pray this prayer, pour water from a small cup over your hands into the bowl. Feel the water and be reminded of your need for the Living Water | your life.

**14**

IT'S TIME TO STRETCH

Have a conversation or sit with someone new today.



15

IT'S TIME TO SACRIFICE

HEAD-TO-TOE PRAYER

To give kids a tangible way to talk with God, relate topics of prayer to different parts of their bodies.



Toes: Pray they would always walk in God's paths and follow Him. Confess ways they might have strayed from God's path.

Knees: Honor God with words they might use for a King as you are knelt down before Him.

Tummy: Thank God for all He provides for us, including our food!

Hands: Pray for ways they could serve people, asking God to give them opportunities to serve neighbors and friends.

Ears: Pray they would hear God's voice above others, and that they would listen to the needs of people around them.

Mouth: Pray they would courageously speak God's Word to those who need it.

Eyes: Pray they would seek God, and that God would give them eyes to see other people who may need to know they are known and loved by God.

Head: Pray they would have the "mind of Christ" and always consider others, think pure thoughts, and not be anxious or afraid.

16

IT'S TIME TO SACRIFICE

Trace your hand and write down a person or need on each finger. Then place your hand back over top as you pray for a healing touch over those people/circumstances.



17

IT'S TIME TO SACRIFICE

"IT'S NOT FAIR" PRAYERS/LETTERS

Life is not always fair. Brainstorm together or on your own some personal experiences or issues they going on in the world. Use this to pray verbally or write out an "it's not fair letter to God" This is a way of lamenting to show that we understand things aren't the way God intended them to be. Let us be reminded that it's OK when we tell God that we trust Him to love us even when we don't understand what He is doing.



18

IT'S TIME TO SACRIFICE

Pick a seemingly mundane task, blast your favorite worship song and sing it out or have a dance party while doing that task.



19

IT'S TIME TO SACRIFICE

Do a chore/job for someone else. Even better if it is there least favorite job. For example, fold laundry, rake a neighbors yard, take out trash or scrub a toilet without being asked or noticed.



20

IT'S TIME TO SACRIFICE

Pick a missionary off off the wall in the cafe and learn one new fact about them/their family and pray for them.



21

IT'S TIME TO SACRIFICE

Pray on your knees today with your hands open as a symbol of humility and surrender to God's plan.





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