

THE INSPIRED LIFE

21-Day Prayer & Study Journal

Joel
Scrivner



Of all of the spiritual habits I have developed, my personal prayer journal is the most sacred. For going on three decades, I have documented my prayer life and journey with God. My habit is simply this: expressing my heart, asking Him to express His, and then writing down what I feel Him communicating to me. I simply write Him a love letter, and ask Him to respond. Then, I write down everything I receive.

This simple practice has become one of the most inspirational practices of my entire life. This habit led me to live an “inspired life”. My prayer for you, as you walk out this journey, is that you to learn to connect to God in a conversational way, and build your life on divine inspiration.

Approach God as a child approaches, a loving parent. Tell Him how much you love Him, how grateful for you are, your deepest feelings and desires. Don't don't hold anything back. If you will apply yourself diligently, you will reap great rewards. Seek first His kingdom, and His righteousness, and all these things will be added unto you as well.

The inspired life awaits,

- Joel Scrivner

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**To utilize the *notes* sections
with the app of your choice,
download this PDF.**

SOAP

BIBLE STUDY METHOD

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Pray, asking God for guidance through His Word and to get rid of other distractions.

Read the passage / chapter and find the one thing that you ponder on or jumps off the page as you read.
.....

S: SCRIPTURE: Which scripture(s) stuck out to you most? Write it down. Feel free to make it a work of art.

O: OBSERVATION: What you think about the verse? What does God seem to be revealing through it? Do any words stand out? Look them up in original Greek or Hebrew. Cross reference scriptures of similar topic to get an overview of the passage. Who is the author addressing? What is the cultural context? Who is the passage about?

A: APPLICATION: How do you apply this little truth to your life? Are there any areas in your life that do not align with the scripture and need to change? Have you seen growth in any areas?

P: PRAYER: Write a prayer asking how to implement this verse in your life. Pray for others who may be dealing with a similar issue. Praise God for his blessings and opening your eyes to his truths.

ONE What is Prayer?

Understanding the foundation



Welcome to Day 1 of your 21-day prayer journey! Today, we will explore what prayer is and why it's so important. At its core, prayer is simply communication with God. It is a way for us to connect with our Creator, share our hearts, and align ourselves with His will.

Prayer isn't about following a set of rules or using fancy words—it's about being real with God. Just like any relationship, communication is key. Prayer is where we share our joys, fears, hopes, and struggles with God, and He listens.

Jesus, in His teaching on prayer, encourages us to approach God as our loving Father, acknowledging His holiness and seeking His guidance (Matthew 6:9-13). Prayer isn't about performing or being perfect; it's about having an open heart and a willingness to listen.

Scripture for Today

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

— *Philippians 4:6*

"The Lord is near to all who call on him, to all who call on him in truth."

— *Psalms 145:18*

"And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words." — Matthew 6:7-8

Prayer for Today

Father, thank You for the privilege of prayer. Help me to approach You with an open heart, knowing that You hear me and are always ready to listen. In Jesus' name, Amen.

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Up Next...
WHY WE PRAY

TWO Why We Pray

The power and purpose of prayer



Welcome to Day 2! Today, we'll explore why prayer is so vital to our walk with God and why it matters in our everyday lives.

Prayer is not just a ritual or something we do when we need something. It's how we build and strengthen our relationship with God. Just like in business, where clear communication ensures things run smoothly, prayer allows us to align our hearts and minds with God's purposes. It's the way we invite His guidance, express our trust in Him, and rely on His wisdom.

In 1 Timothy 2:1-4, Paul urges us to pray for all people, that we may live peaceful, godly lives. This shows that prayer is not just about our personal needs—it's about connecting with God's greater plan. When we pray, we open ourselves to His will and purpose, ensuring we don't just act on our desires but on His direction.

When we pray, we acknowledge God as the source of everything. Prayer helps us stay grounded, reminding us that we are dependent on Him for wisdom, provision, and peace. It's a constant way to stay connected to the One who knows us best.

Scripture for Today

"I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people." — 1 Timothy 2:1

"This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us." — 1 John 5:14

*"The Lord is near to all who call on him, to all who call on him in truth."
— Psalm 145:18*



Prayer for Today

God, thank You for the opportunity to pray and seek Your will. Help me to understand the deeper purpose of prayer and to rely on You for everything. In Jesus' name, Amen.

MY NOTES

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Up Next...

HOW TO PRAY

THREE How to Pray

The basics of prayer



Welcome to Day 3! Today, we'll focus on the practical aspect of prayer: how to pray. Prayer is meant to be personal and genuine, and there are no right or wrong ways to talk to God. It's about building that connection, just like implementing a new process or system in a company—prayer brings clarity, focus, and alignment with God's will.

In Matthew 6:9-13, Jesus gives us a framework for prayer, known as the Lord's Prayer. This simple yet profound model includes adoration ("Our Father in heaven, hallowed be Your name"), petition ("Give us this day our daily bread"), and requests for forgiveness and protection. This example shows us that prayer can be both intimate and purposeful—it's about recognizing God's holiness and inviting His presence into our lives.

When you pray, don't worry about getting it perfect. Just be real with God. Whether you're asking for guidance in your business or thanking God for provision, He wants to hear from you. Prayer is not about performance; it's about relationship.

Scripture for Today

"This, then, is how you should pray: 'Our Father in heaven, hallowed be your name...' — Matthew 6:9-13

"Do not be like them, for your Father knows what you need before you ask him." — Matthew 6:8

"Call to me and I will answer you and tell you great and unsearchable things you do not know." — Jeremiah 33:3

Prayer for Today

Father, thank You for the gift of prayer. Help me to be real with You and approach You with a humble and open heart. In Jesus' name, Amen.

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The Role of Faith in Prayer

FOUR The Role of Faith in Prayer

The basics of prayer



Welcome to Day 4! Today, we're going to talk about the role of faith in prayer. Faith is essential in prayer, because without it, we cannot expect to receive what we ask for. When we pray, we are trusting God to act on our behalf, believing that He will answer according to His will.

Faith is not just about believing in God's ability; it's about trusting His timing and His way of answering. Just as a business process requires trust that each part will function as intended, our prayers require trust that God will work things out according to His plan.

In James 1:6-8, we are reminded that we must ask with faith, without doubting. Doubt can cause us to waver in our prayers, but faith gives us the assurance that God is listening and will respond in His perfect timing.

Scripture for Today

"But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind."

— James 1:6

"And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him." — Hebrews 11:6

"Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours." — Mark 11:24

Prayer for Today

God, help me to trust You more deeply in prayer. Strengthen my faith so that I can approach You with confidence, believing You will answer according to Your will. In Jesus' name, Amen.

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Up Next...

What to Pray For

FIVE What to Pray For

*Prayers for personal growth, others,
and the world*



Welcome to Day 5! Today, we'll talk about what to pray for. Prayer is not only about our personal needs; it's also about praying for others, for God's will, and for His kingdom to come on earth. In 1 Timothy 2:1-4, Paul urges us to pray for all people, including those in authority, that we may live peaceful and godly lives.

When we pray for others, we are partnering with God in His work on earth. Our prayers can bring healing, peace, and transformation to those around us. In addition to praying for others, it's important to pray for our own needs, trusting that God will provide for us according to His will.

In Matthew 6:11, Jesus teaches us to pray for our daily bread. God knows our needs before we ask, but prayer allows us to express our dependence on Him and trust that He will meet those needs.

Scripture for Today

"I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people." — 1 Timothy 2:1

"Give us today our daily bread." — Matthew 6:11

"You do not have because you do not ask God." — James 4:2

Prayer for Today

Father, I lift up my needs and the needs of others to You today. Help me to seek Your will in everything, trusting You will provide all that I need, in Your time and according to Your plan. In Jesus' name, Amen.

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Up Next...

How to Pray for Others

SIX How to Pray for Others

Intercession and standing in the gap



Welcome to Day 6! Today, we'll focus on praying for others. Intercession is one of the most powerful forms of prayer. When we pray for others, we are standing in the gap, asking God to intervene in their lives. This is a selfless act of love that reflects God's heart for the world.

In Ephesians 6:18, Paul encourages us to pray for all the Lord's people with all kinds of prayers and requests. Praying for others is not only about asking God to meet their needs but also interceding for their growth, their salvation, and their peace.

When we pray for others, we are participating in God's work in their lives. Just as Jesus prayed for His disciples and for all who would believe (John 17), we are called to pray for the people around us and for God's will to be done in their lives.

Scripture for Today

"And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people." — Ephesians 6:18

"Carry each other's burdens, and in this way you will fulfill the law of Christ." — Galatians 6:2

"I urge you, first of all, that petitions, prayers, intercession and thanksgiving be made for all people." — 1 Timothy 2:1

Prayer for Today

Lord, I lift up the people around me who need Your help today. May they experience Your peace, Your provision, and Your guidance. Use me as a vessel to pray for and support others. In Jesus' name, Amen.

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The Power of Persistent Prayer

SEVEN The Power of Persistent Prayer



Being consistent in prayer

Welcome to Day 7! Today, we'll talk about the power of persistence in prayer. In Luke 18:1-8, Jesus teaches us through the parable of the persistent widow that we should always pray and never give up. Persistence in prayer is crucial because it demonstrates our faith and trust in God's timing.

God desires us to be persistent in prayer because it shows our commitment and trust in His faithfulness. Jesus also teaches us in Matthew 7:7 that when we ask, seek, and knock, God will answer. Persistence builds our trust and deepens our relationship with Him.

Praying persistently is not about changing God's mind but about aligning our hearts with His. The more we pray, the more we become aware of His presence and His will. Don't be discouraged if answers take time—keep praying, knowing that God is at work.

Scripture for Today

"Then Jesus told his disciples a parable to show them that they should always pray and not give up." — Luke 18:1

"So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." — Luke 11:9

"The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance." — 2 Peter 3:9

Prayer for Today

God, help me to persist in prayer, trusting that You hear and will answer in Your perfect timing. Strengthen my faith to continue seeking You. In Jesus' name, Amen.

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Up Next...

The Importance of Listening in Prayer

EIGHT The Importance of Listening in Prayer



Prayer is a two-way conversation

Welcome to Day 8! Today, we'll talk about the importance of listening in prayer. Prayer is not just about speaking to God—it's also about listening to Him. In 1 Samuel 3:10, the Lord calls to Samuel, and Samuel responds, "Speak, for your servant is listening." God wants to speak to us, and we need to be attentive to His voice.

Listening in prayer is essential because it allows us to align our hearts with God's will. It's easy to talk to God, but it's just as important to quiet our hearts and listen for His guidance. The more we listen, the more we learn to discern His voice in the midst of the noise of life.

God speaks in many ways—through Scripture, through the still small voice in our hearts, and sometimes through others. Just as we seek feedback in any process, we should be open to God's direction in our lives.

Scripture for Today

"Speak, for your servant is listening." — 1 Samuel 3:10

"The Lord replied, 'My Presence will go with you, and I will give you rest.'"
— Exodus 33:14

"Whoever has ears, let them hear what the Spirit says to the churches."
— Revelation 2:29

Prayer for Today

God, I want to hear Your voice clearly. Help me to listen in prayer, to pause, and to be still in Your presence. Speak to me, and give me the wisdom to hear Your guidance. In Jesus' name, Amen.

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The Secret Place: What is the Prayer Closet?

NINE The Secret Place: What is the Prayer Closet?



Finding solitude in prayer

Welcome to Day 9! Today, we'll explore the concept of the "secret place" or prayer closet. In Matthew 6:6, Jesus teaches us to go into our rooms, close the door, and pray to our Father who is unseen. This "secret place" is where we can connect deeply with God, away from distractions and the noise of life.

The prayer closet is not necessarily a physical space but a metaphor for setting aside time and place for uninterrupted prayer. It's about creating a space where we can hear from God without the distractions of everyday life. Just as in a business, where a dedicated workspace enhances productivity, a quiet space for prayer deepens our connection with God.

When we prioritize this time with God, we cultivate a deeper intimacy with Him. Prayer in the secret place allows us to listen to God's voice, align our hearts with His will, and find peace in His presence.

Scripture for Today

"But when you pray, go into your room, close the door and pray to your Father, who is unseen; then your Father, who sees what is done in secret, will reward you." — Matthew 6:6

"In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly." — Psalm 5:3

*"The Lord is near to all who call on him, to all who call on him in truth."
— Psalm 145:18*



Prayer for Today

Father, help me to create space in my life to meet with You. I want to experience Your presence in the secret place, away from distractions. Speak to me in this time, and help me listen with an open heart. In Jesus' name, Amen.

MY NOTES

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Up Next...

Praying Scripture

TEN Praying Scripture

Using the Word of God in prayer



Welcome to Day 10! Today, we'll dive into the power of praying Scripture. When we pray God's Word, we are not just offering up requests—we are aligning ourselves with His promises and declaring His truth over our lives.

The Bible is full of power, and when we pray its words, we are speaking life, hope, and purpose into our situations. Isaiah 55:11 reminds us that God's Word does not return void but accomplishes what He desires. When we incorporate Scripture into our prayers, we are standing on His unshakable promises and allowing His truth to shape our perspective.

Praying Scripture is more than reciting words; it's an act of faith. It shifts our focus from our circumstances to God's sovereignty, reminding us that His plans are perfect and His power is limitless. By praying His Word, we're not just asking for His will to be done—we're declaring it with boldness and confidence.

Scripture for Today

"So is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it." — Isaiah 55:11

"The grass withers and the flowers fall, but the word of our God endures forever." — Isaiah 40:8

"Your word is a lamp to my feet and a light to my path." — Psalm 119:105

Prayer for Today

Father, thank You for giving me the authority to pray with confidence. Help me to declare Your Word with boldness, trusting that You will fulfill Your promises. In Jesus' name, Amen.

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Up Next...

How Jesus Prayed

ELEVEN How Jesus Prayed



Modeling our prayers after Christ

Welcome to Day 11! Today, we'll dive into the powerful prayers of Jesus. As we grow in our own prayer lives, we can look to Jesus as the ultimate example of how to approach God. Jesus didn't just pray privately or retreat to quiet places; He prayed intentionally, speaking with His Father about deep matters and the future of His disciples.

One of the most profound examples of Jesus' prayer is found in John 17, often called the "High Priestly Prayer." In this prayer, Jesus prays not only for Himself but also for His disciples and for all future believers. He prays for their unity, for their protection, and for their sanctification. Jesus' prayer is filled with a deep desire for His followers to be one with each other and with God, just as He is one with the Father.

In Matthew 26:39, Jesus also models surrender in prayer, praying, "Not as I will, but as You will." This shows us that prayer is not only about presenting our requests to God but also about surrendering to His perfect will, even when it is difficult. His prayer in the Garden of Gethsemane reveals the depth of His obedience and trust in God's plan.

By studying these prayers, we learn the importance of praying for others, seeking unity, and trusting God's will over our own. Jesus shows us that prayer is a conversation with God, but it's also an act of surrender, alignment, and intercession for others.

Scripture for Today

"After Jesus said this, he looked toward heaven and prayed: 'Father, the hour has come. Glorify your Son, that your Son may glorify you. For you granted him authority over all people that he might give eternal life to all those you have given him.'" — John 17:1-2

"My prayer is not for them alone. I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you." — John 17:20-21



"Going a little farther, he fell with his face to the ground and prayed, 'My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.'" — Matthew 26:39

Prayer for Today

Father, thank You for the example of Jesus' prayers. Help me to pray with His heart—praying for others, seeking unity, and surrendering my will to Yours. May my prayers reflect His obedience and trust in Your perfect plan. In Jesus' name, Amen.

MY NOTES

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Up Next...

Praying in the Spirit

TWELVE Praying in the Spirit



The Holy Spirit's role in our prayers

Welcome to Day 12! Today, we'll talk about praying in the Spirit. When we pray in the Spirit, we tap into the power of the Holy Spirit, who helps us in our weaknesses and intercedes on our behalf. Prayer in the Spirit is not limited to speaking in tongues, though that can be part of it; it's also about allowing the Holy Spirit to guide our hearts and prayers.

In Romans 8:26-27, we read that the Spirit helps us when we don't know what to pray for. Sometimes, our circumstances are so overwhelming that we don't have the right words. This is where the Holy Spirit steps in, helping us pray in alignment with God's will even when we don't understand everything ourselves.

Praying in the Spirit is about submitting to God's direction in prayer. It's allowing the Holy Spirit to guide us into deeper levels of intimacy with God, praying in ways that our minds and words cannot fully grasp. It's an expression of trust, knowing that the Spirit is praying on our behalf.

Scripture for Today

"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." — Romans 8:26

"For we do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express." — Romans 8:27

"But you, dear friends, by building yourselves up in your most holy faith and praying in the Holy Spirit, keep yourselves in God's love." — Jude 1:20



Prayer for Today

Holy Spirit, thank You for interceding on my behalf. Help me to pray in alignment with God's will, trusting that You are guiding my heart and my words. May my prayers be led by You, for Your glory. In Jesus' name, Amen.

MY NOTES

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Up Next...

Praying with Authority

THIRTEEN Praying with Authority



Prayers of declaration and confidence

Welcome to Day 13! Today, we'll talk about praying with authority. Jesus gave us authority in prayer when He declared that whatever we bind on earth will be bound in heaven (Matthew 18:18). This authority is not from ourselves but is given to us by God to declare His will on earth.

When we pray with authority, we are not asking for permission from God; we are speaking His promises into existence. Just as a leader stands firm in their decisions, we are called to pray boldly, knowing that God has given us the power to declare His Word over our lives and situations.

Praying with authority is about aligning our prayers with God's Word and trusting that He will act on our behalf. It's not about forceful words, but about praying with confidence and faith that God will accomplish His purposes.

Scripture for Today

"Truly I tell you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven." — Matthew 18:18

*"If you believe, you will receive whatever you ask for in prayer."
— Matthew 21:22*

"The prayer of a righteous person is powerful and effective." — James 5:16

Prayer for Today

Father, thank You for giving me the authority to pray with confidence. Help me to declare Your Word with boldness, trusting that You will fulfill Your promises. In Jesus' name, Amen

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Up Next...

The Power of Praise in Prayer

FOURTEEN The Power of Praise in Prayer



Praising God in prayer

Welcome to Day 14! Today, we'll talk about the power of praise in prayer. Praise is one of the most powerful forms of prayer because it shifts our focus from our problems to God's greatness. When we praise God, we remind ourselves of His power, His love, and His faithfulness.

In Psalm 100:4, David calls us to enter God's gates with thanksgiving and His courts with praise. Praise opens the door for God's presence to enter our lives. Just like a leader praises their team to build morale, our praise lifts our hearts and strengthens our faith.

When we praise God, we align ourselves with His will, and we invite His presence into our circumstances. Praising God is a way of declaring that we trust Him, even when we don't have all the answers.

Scripture for Today

"Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name." — Psalm 100:4

*"Let everything that has breath praise the Lord. Praise the Lord."
— Psalm 150:6*

*"Praise the Lord, my soul; all my inmost being, praise his holy name."
— Psalm 103:1*

Prayer for Today

Father, thank You for Your goodness and greatness. I praise You for who You are and for all that You've done in my life. Help me to enter Your presence with thanksgiving, knowing that You are greater than any circumstance. In Jesus' name, Amen.

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Up Next...

Praying Through Trials

FIFTEEN Praying Through Trials

How to pray during difficult times



Welcome to Day 15! Today, we'll focus on praying through trials. Life isn't always easy, and there will be times when we face challenges that seem overwhelming. But just as we seek guidance during moments of uncertainty, prayer helps us navigate trials by drawing closer to God and trusting in His plans.

James 1:2-4 reminds us that trials are an opportunity for growth. Though we may not enjoy the difficulty of trials, they refine our faith, producing perseverance. Prayer during these times is essential for building strength, clarity, and endurance. We may not always understand why we face hardships, but prayer helps us trust that God is with us in every situation.

Romans 8:28 assures us that God works all things together for our good, even in trials. When we pray through challenges, we align ourselves with God's purposes, knowing that He is using these moments to shape and refine us.

Scripture for Today

"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance." — James 1:2-3

"And we know that in all things God works for the good of those who love him, who have been called according to his purpose." — Romans 8:28

"For the Lord disciplines the one he loves, and he chastens everyone he accepts as his son." — Hebrews 12:6

SIXTEEN Praying for God's Will



*Aligning our prayers with
God's will*

Welcome to Day 16! Today, we'll focus on praying for God's will to be done in our lives. In the same way that a company operates most effectively when everyone is aligned with the mission, our lives are most fulfilled when we align ourselves with God's purposes.

In Matthew 6:10, part of the Lord's Prayer, Jesus teaches us to pray, "Your will be done, on earth as it is in heaven." This is a powerful reminder that our prayers should not only reflect our desires but should also seek to fulfill God's greater plan. When we pray for His will, we acknowledge that His plan is better than our own.

It's easy to pray for what we want or for things that seem urgent. But true faith and obedience come when we pray, "God, Your will be done," knowing that His ways are higher than our ways. Like any visionary in business, God sees the bigger picture, and when we align with His plan, we can trust that it's always for our good.

Scripture for Today

"This, then, is how you should pray: 'Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven.'" — Matthew 6:9-10

"For my thoughts are not your thoughts, neither are your ways my ways," declares the Lord. "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts." — Isaiah 55:8-9

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you a hope and a future." — Jeremiah 29:11



Prayer for Today

Father, help me to seek Your will above my own. I trust that Your plans for me are far greater than I can imagine. Teach me to surrender my desires to You, knowing You are working all things for my good. In Jesus' name, Amen.

MY NOTES

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Up Next...

Fasting and Prayer

SEVENTEEN Fasting and Prayer

When prayer requires fasting



Welcome to Day 17! Today, we'll talk about the powerful combination of fasting and prayer. Fasting isn't about earning favor with God, but rather about focusing our hearts and minds on Him, removing distractions, and seeking Him more intentionally.

In Matthew 17:21, Jesus says, "This kind does not go out except by prayer and fasting." There are situations and breakthroughs in life that require more than just prayer—they require a deeper commitment and focus, which fasting provides. It's about humbling ourselves before God, acknowledging our dependence on Him.

Just as you would make a strategic shift in business to focus on the core of what matters most, fasting sharpens your focus on God and His will for your life. It's not about what we give up, but about what we gain: a deeper connection with God, clarity in our prayers, and spiritual breakthrough.

Scripture for Today

"This kind does not go out except by prayer and fasting." — Matthew 17:21

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full." — Matthew 6:16

"So we fasted and petitioned our God about this, and he answered our prayer." — Ezra 8:23

Prayer for Today

Father, I set aside time to focus on You through fasting and prayer. Help me to remove distractions and draw closer to You. May this time bring clarity, breakthrough, and a deeper intimacy with You. In Jesus' name, Amen.

MY NOTES

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Up Next...

The Role of Thankfulness in Prayer

EIGHTEEN The Role of Thankfulness in Prayer

Gratitude as a key component of prayer

Welcome to Day 18! Today, we'll talk about the importance of thankfulness in prayer. When we pray, it's easy to focus on our requests or concerns, but thankfulness is a key element in our prayer life. Thankfulness shifts our perspective and helps us focus on God's goodness, even in challenging circumstances.

In 1 Thessalonians 5:16-18, Paul encourages us to “give thanks in all circumstances,” recognizing that thankfulness is part of God's will for us. Gratitude in prayer aligns our hearts with God's will, reminding us of all He has already done, and helping us see His provision even in the midst of difficulty.

When we thank God in our prayers, we acknowledge His sovereignty, His faithfulness, and His loving provision. This act of thanksgiving strengthens our faith and helps us approach God with humility and trust, knowing that He is in control of every area of our lives.

Scripture for Today

“Give thanks in all circumstances; for this is God's will for you in Christ Jesus.” — 1 Thessalonians 5:18

“Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.” — Psalm 100:4

“Let us come before him with thanksgiving and extol him with music and song.” — Psalm 95:2

Prayer for Today

Father, thank You for Your countless blessings. Help me to cultivate a heart of gratitude, remembering all that You have done. May my prayers always be filled with thanksgiving, recognizing Your goodness in every circumstance. In Jesus' name, Amen

MY NOTES

[illegible]

Up Next...

Praying with Others

NINETEEN Praying with Others



The power of unity in prayer

Welcome to Day 19! There's something truly transformative about praying together. In Acts 4:31, we see how the apostles prayed in unity, and their meeting place was shaken as they were filled with the Holy Spirit. This kind of united prayer moves God to act in powerful ways.

Jesus assures us in Matthew 18:20 that "where two or three gather in my name, there I am with them." When we pray with others, our faith is strengthened, and we experience God's presence in a unique and profound way.

In 1 John 5:14-15, we are reminded that when we ask according to God's will, He hears us. Praying together not only aligns us with God's heart but also unites us with one another. It's a beautiful reminder that we're not alone in our faith journey. As we pray collectively, we advance God's kingdom and witness His power in action.

Scripture for Today

"For where two or three gather in my name, there am I with them."
— Matthew 18:20

"After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly."
— Acts 4:31

"This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us." — 1 John 5:14-15

Prayer for Today

Father, thank You for the power of gathering in prayer with others. Help me to seek opportunities to pray with fellow believers, knowing that You are present in our unity. May our collective prayers bring about Your will on earth, as we stand in agreement. In Jesus' name, Amen.

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Up Next...
Praying for Breakthrough

TWENTY Praying for Breakthrough

How to pray when you need a miracle

Welcome to Day 20! Today, we'll talk about praying for breakthrough. There are times in our lives when we face obstacles, challenges, or situations that seem insurmountable. But prayer for breakthrough is about believing that God can turn any situation around, no matter how impossible it seems.

In Mark 11:24, Jesus teaches us to pray with faith, believing that we have already received what we ask for. Breakthrough prayer requires persistence, trust, and boldness. It's not about trying to force God to act, but about surrendering our circumstances to Him and trusting in His timing and ability to bring change.

Just like the persistent widow in Luke 18:1-8, we are called to keep praying and believing for breakthrough, no matter how long it takes. When we pray with faith and persistence, we invite God to work in powerful ways.

Scripture for Today

"Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours." — Mark 11:24

"I can do all this through him who gives me strength." — Philippians 4:13

"The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing." — Zephaniah 3:17

Prayer for Today

God, I'm trusting You for breakthrough in the areas of my life that need Your intervention. Help me to persist in prayer, knowing that You are working all things for my good. In Jesus' name, Amen.

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TWENTY-Keeping a Prayer Journal



*Documenting your journey
of prayer*

Welcome to Day 21! Today, we'll talk about the importance of keeping a prayer journal. Writing down your prayers is a way to reflect on your spiritual journey, track your growth, and witness God's faithfulness over time.

In Habakkuk 2:2, God tells the prophet to "write down the revelation and make it plain." When we write down our prayers, we can look back and see how God has answered, how our faith has grown, and how He has been faithful through every season.

A prayer journal also helps us focus during prayer. It allows us to clarify our thoughts and bring our requests before God in a meaningful way. It's a tool to keep us intentional in our prayer life and deepen our relationship with God.

Scripture for Today

"Then the Lord replied: 'Write down the revelation and make it plain on tablets so that a herald may run with it.'" — Habakkuk 2:2

"I will remember the deeds of the Lord; yes, I will remember your miracles of long ago." — Psalm 77:11

"Praise be to the Lord, to God our Savior, who daily bears our burdens." — Psalm 68:19

Prayer for Today

Father, thank You for the gift of prayer and for always being present in my life. Help me to keep track of my prayers and Your answers, so I can see Your faithfulness and grow in my trust. In Jesus' name, Amen.

[illegible]

**We pray you were
encouraged during this
journey together.**

**For all things Oaks Church,
visit oakschurch.com.**





Joel Scrivner is a former 6X National, 4X World martial arts champion, turned author, speaker, business coach, and pastor. Multiple decades of his competition, coaching and pastoring careers culminated into the creations of Joel's signature, biblical performance system: WINology. Joel's specialty is helping people harness the gifts and talents God gave them, to become the best version of themselves. Joel and his wife Jennifer planted Oaks Church in McKinney Texas, in January 2019, and have dedicated their lives to serving their community.