

**But deliver us from evil
Stand in spiritual victory.**

- Ask God to protect you from the enemy's lies, attacks, and schemes.
- Pray for your home, family, church, and leaders to be covered by God's protection.
- Declare the victory of Jesus over fear, shame, and spiritual darkness.

For Yours is the kingdom and the power and the glory forever.

Amen.

Return to worship.

- Reaffirm God's sovereignty over everything in your life.
- Thank Him for hearing your prayers and working even when you cannot see it.
- End by expressing trust, praise, and expectation for what He will do.

After You Pray

Journal

Consider keeping a journal of answered prayers throughout the 21 days. You will find that God is actively answering your prayers in ways that surprise you. Thank Him for those answered prayers.

Bible Reading

Consider reading a portion of Scripture, a devotional, or using a Bible study to renew your mind in the Word today.

Recommendations:

<https://www.odbm.org/en/devotionals>

<https://www.thebiblerecap.com/>

On the Bible App — Reading and Devotional Plans

21 Days of **PRAYER:** **THE LORD'S PRAYER GUIDE**

"Pray then like this."

- MATTHEW 6:9-13



Before You Pray

Find Your Time

Each morning, find a quiet time. That may mean waking up 15–30 minutes earlier, before the kids and ahead of your to-do list.

Find Your Place

Each morning, find your quiet place. Maybe it's a comfy chair with your morning coffee, a prayer closet, an early walk in the neighborhood, your car, or your bedroom. It helps to have a fixed place where you meet with the Lord each day.

Breathe and Be Silent

Before picking up your phone, settle into this holy moment. You are about to commune with the God of the universe, your Savior, Lord, and friend. Take a few deep breaths in and out. Silence yourself and focus in. Have a pad and pen handy to jot down wandering thoughts, to-dos, questions, or anything that is a distraction that you can address later.

As You Pray

Slowly pray each line of the Lord's Prayer. After each line, pause and use the prompts to personalize your prayers to Jesus.

Our Father in heaven, hallowed be Your name

Pause to worship.

- Thank God for who He is — holy, faithful, near, sovereign, righteous, good.
- Praise Him for an attribute you especially need today — His peace, strength, wisdom, compassion.
- Surrender your false identities (failure, hero, tough, weak, perfectionist, nobody) and remind yourself in prayer that you are His beloved child.

Your kingdom come

Invite God to reign.

- Ask God to rule in your life — your desires, decisions, priorities, relationships.

- Pray that His kingdom advances in your home, church, community, and workplace.
- Surrender any area where your own kingdom is competing with His.

Your will be done on earth as it is in heaven

Submit your plans.

- Confess, "I am prone to prioritize my will over Your will."
- Offer your day, goals, and responsibilities to Him.
- Ask for the courage to obey His Word and Spirit today.
- Release anything you're anxious about and ask for His will — not simply your preference.

Give us this day our daily bread

Bring your needs.

- Name the specific needs of today — physical, emotional, financial, relational.
- Ask for strength, wisdom, and provision for the challenges ahead.
- Pray for someone else in need of God's provision.

And forgive us our debts

Seek cleansing.

- Confess any sin, disobedience, or misplaced affection.
- Receive His forgiveness fully and freely through Christ.
- Ask for a clean heart, renewed mind, and restored joy.

As we also have forgiven our debtors

Release others.

- Name anyone you are struggling to forgive.
- Ask God for grace to release bitterness, resentment, or hurt.
- Pray blessing over those who wronged you, entrusting justice to God.

And lead us not into temptation

Ask for protection.

- Identify your main temptations today — attitudes, habits, situations, relationships.
- Ask for wisdom to see temptation clearly and strength to walk away.
- Pray for purity, integrity, and Holy Spirit power.