

**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**

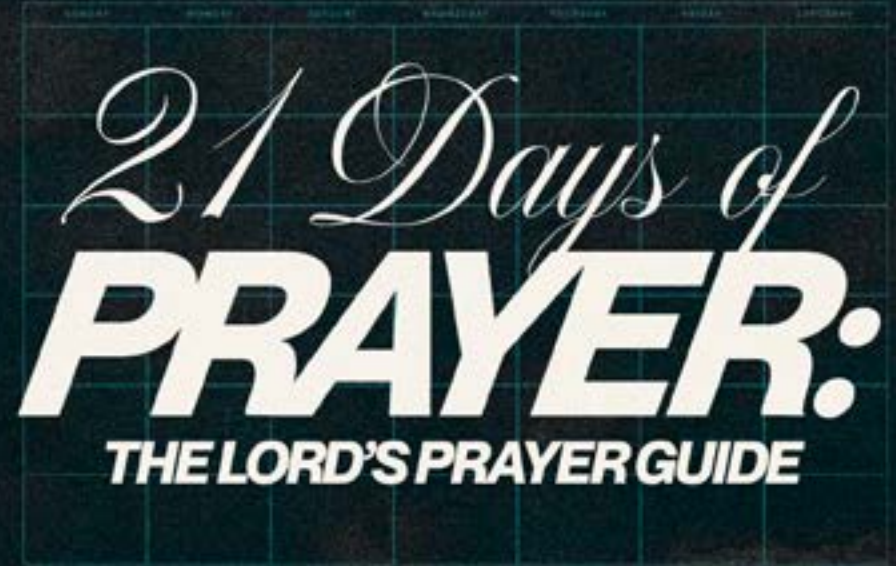
Consider reading a portion of Scripture, a devotional, or using a Bible study to renew your mind in the Word today.

### **Recommendations:**

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

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

On the Bible App — Reading and Devotional Plans



*"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.