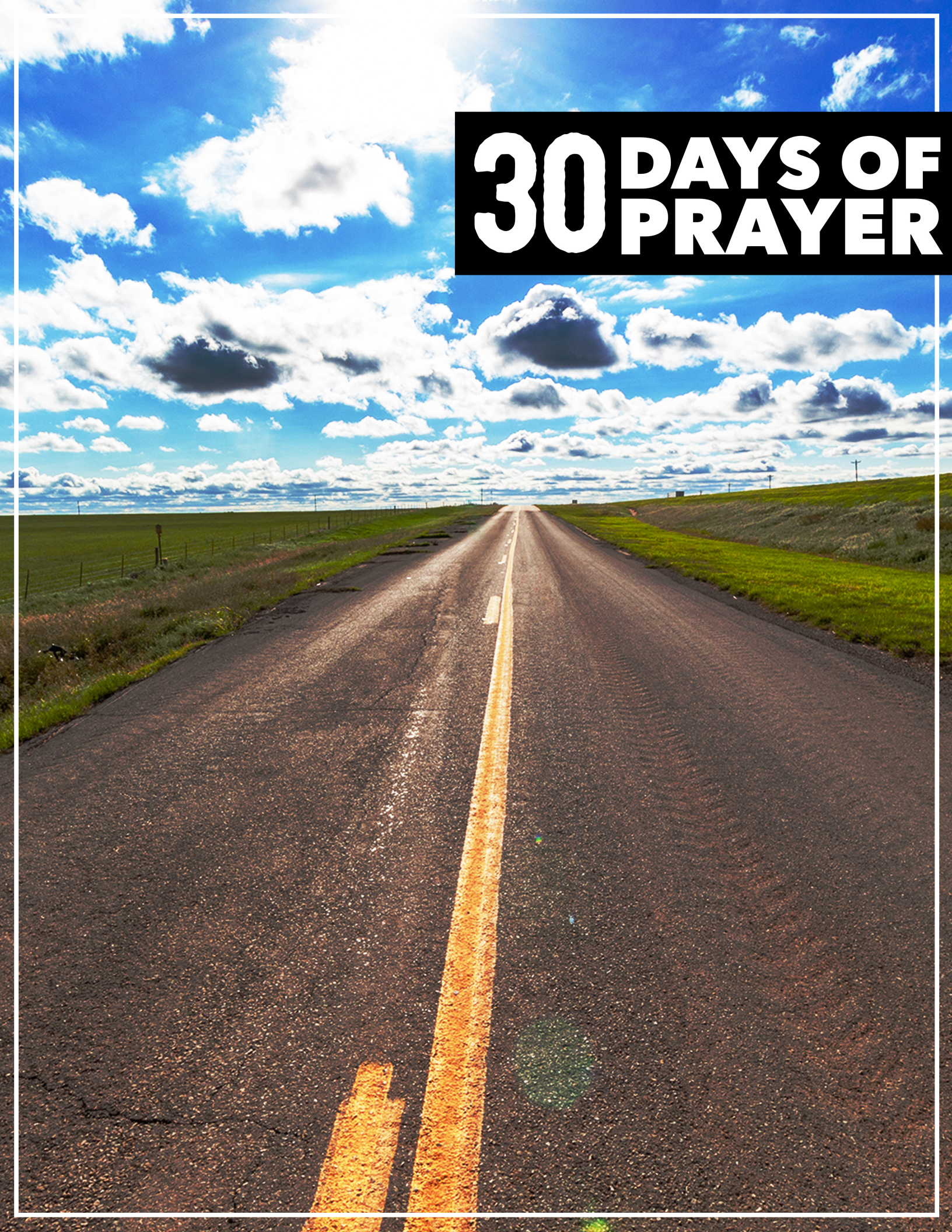
30 DAYS OF PRAYER

WARFARE PRAYERS

Prayer is not only communion with God; it is also confrontation with the enemy. When Jesus was on the earth, He came face-to-face with the devil when He was tempted in the wilderness (see Matthew 4 and Luke 4), and every time the enemy tried to tempt Him, Jesus responded with a reference from the Bible. He used the Sword of Truth to defend Himself from the enemy's attacks. In these exchanges, Jesus didn't confront the devil as God. He confronted the devil as a man with the Word of God. We should do the same thing.

These spiritual warfare prayers and verses are examples we can use and adapt to our specific situations when we or someone we know is under attack from the devil.

THE ARMOR OF GOD

Based on Ephesians 6:13-17

> Knowing that we are in a spiritual battle, God provides spiritual armor and equips us to take a stand when battles come our way.

Put on the full armor of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the Word of God. 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 6:11-18

Acknowledge that you're in a spiritual battle. Then, claim the protection God has given you by praying through the different pieces of armor described in Ephesians 6.

PRAYER:

"Thank You, Lord, for my salvation. I receive it in a new and fresh way from You, and I declare that nothing can separate me from the love of Christ and the place I have in Your Kingdom. I wear Your righteousness today against all condemnation and corruption. Cover me with Your

holiness and purity—defend me from all attacks against my heart. Lord, I put on the belt of truth. I choose a lifestyle of honesty and integrity. Expose the lies I have believed, and show me Your truth today. I choose to live for the gospel in every moment. Show me where You are working and lead me to it. Give me strength to walk daily with You. I believe that You are powerful against every lie and attack of the enemy and I receive and claim Your power in my life. Nothing is coming today that can overcome me because You are with me. Holy Spirit, show me the truths of the Word of God that I will need to counter the traps of the enemy. Bring those Scriptures to mind today. Finally, Holy Spirit, I agree to walk in step with You in everything as my spirit communes with You in prayer throughout the day."

THE WEAPONS OF WARFARE

Based on 2 Corinthians 10:4-5

When we are aware of spiritual warfare, we can be active in praying through it. Through the blood of Jesus, God has given us victory and power to fight.

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

2 CORINTHIANS 10:4-5

You can command anything that comes against the truth of God and His Word to bow to the name of Jesus. Take a bold stand, praying specifically and confidently through God's power and His Spirit.

PRAYER:

"Father, Your Word says that no weapon formed against me will prosper (Isaiah 54:17), and I declare it in Jesus' name. Your Word says that trouble will not arise a second time (Nahum 1:9). I declare in Jesus' name that satan cannot make trouble for me again, like he has in the past. I declare in the name of Jesus that all of these prayers are answered and taken care of by trusting You.

I stand on Your Word. The enemy is driven out from me; from my home, workplace, church family, children, and loved ones. I declare that he is not able to stand against me. No weapon formed against me will prosper, because the Spirit of the Lord is with me, protecting me. I declare these truths in the name of Jesus. Anything that comes against me or my family that is not in line with the truth and will of God, I command to bow to the powerful name of Jesus. Father God, I give You all of my thanksgiving, praise, glory, honor, and worship. Thank You for loving me, making me clean, and giving me purpose."

PROTECTION PRAYER

Based on 2 Thessalonians 3:3; 2 Corinthians 6:14-7:1, 10:3-5; Romans 12:1-2

We often worry about our safety and protection. When we feel this way, we can immediately come to God in prayer, pouring out our heart to Him, and battling in the heavenlies by asking for and claiming protection for ourselves and our families in Jesus' name.

But the Lord is faithful, and He will strengthen you and protect you from the evil one.

2 THESSALONIANS 3:3

Share your thoughts and concerns with God. Ask Him for His supernatural protection. He says He will command His angels to guard you in all your ways (Psalm 91:11). Claim this promise and lay everything down before Him trusting His good plans and His power to protect you and those you love.

PRAYER:

"God, I bow in worship to praise You. Thank You for making a way for me through Your Son, Jesus. I surrender myself completely in every area of my life to You. I submit myself to the true and living God and refuse any involvement of the enemy in my life. I choose to be transformed by the renewing of my mind. I reject every thought that tries to compete against the knowledge of Christ. I pray and thank You for a

sound mind, the mind of Christ.

Today and every day I ask for protection over my family, loved ones, and those around me—all immediate family members, relatives, friends, and acquaintances. I ask for protection during all of our travels. I ask You to watch over our financial security, possessions, health, and safety (be as specific here as you like). All that I have is Yours God, and I declare that satan cannot touch me or anything You have given me. I rebuke the enemy and tell him to bow to the blood of Jesus that covers me and my family. He will not take what You have given us and we are protected and provided for by You, God, and You alone."

CONFESSION PRAYER

Based on Romans 10:10; James 5:16; 1 John 1:7-9, 3:8

Our sin separates us from God, but Jesus made a way for us to be reunited with God by covering our sin when He died on the cross. When we accept the gift of salvation we confess our sin. As Christians, confessing and repenting of sin is something we continue to do. By coming clean and repenting before God, He is able to work in our lives and transform us to be more like Him.

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 JOHN 1:9

Assume a posture of humility, and without fear of condemnation or punishment, come sincerely to God confessing your sin on a regular basis. Whether your sin feels big or small to you, your sin is still sin and affects your relationship with God. You get His attention when you tell Him your sin and turn from it to follow Him. After you confess, remind yourself and claim the power of the blood of Jesus in your life to wash you clean and make you new.

PRAYER:

"Lord Jesus, I confess all of my sins to You. I repent and turn away from them. I'm sorry for the wrong I have done. I confess the times I should have stepped up to do right and did nothing instead. I lay it all down at Your feet. I submit my thoughts, words, actions, and inactions to You. Thank You, God, for forgiving and making a way for me through Your Son, Jesus.

Lord Jesus, I believe that You are the Son of God. You died on the cross for my sins and rose to life again on the third day. I confess all my sins and repent. I receive Your forgiveness and ask You to cleanse me from all sin. Thank You for redeeming me, setting me free, making me holy, and giving my life purpose."

FORGIVENESS PRAYER

Based on Matthew 6:14-15; Leviticus 19:18

Forgiveness can feel challenging, but God makes it clear in the Bible that He freely forgives us and we are expected to do the same for others.

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.

MATTHEW 6:14-15

Come before the Lord with humility, honesty, and sincerity. Share the areas in your life where you need to forgive others. Even if you aren't able to settle a situation with that person, you can settle it with the Lord by forgiving them. As you choose to forgive those who have hurt or offended you, you can also praise and thank God for forgiving you when you didn't deserve it.

PRAYER:

"Lord, I have a confession to make. I have harbored bitterness in my heart. I haven't loved others well. I have resented certain people and have not forgiven them in my heart. God, I know that You have forgiven me for so much, and I need Your help to follow You and forgive others. In faith, I now forgive (name them). I also forgive and accept myself because You have made me new in the name of Jesus."

PRIDE PRAYER

Based on Proverbs 11:2, 16:18, 26:12; 1 Timothy 3:6

The Bible tells us that pride comes before the fall. Pride can be a very real issue in our lives, but we have the power to overcome it through Jesus.

When pride comes, then comes disgrace, but with humility comes wisdom.

PROVERBS 11:2

Practicing humility requires overcoming pride in our lives. Just as you confess other sins, regularly confess your pride to God. Submit it to Him, asking Him to help you walk in humility, free of pride, closed-mindedness, and self-absorption. If you feel like pride is an issue that continues to surface in your life, confess it daily and bring it before God.

PRAYER:

"Father God, I come to You in the name of Jesus. I know pride only keeps me from You. I put down anything that would cause me to have pride in my heart in dealing with other people. Help me recognize where I lack knowledge and understanding. Help me to prioritize others over myself. I ask You, God, to remind me daily that true humility is not thinking less of myself, it's thinking of myself less. I humble myself before You and come to You like a child."

Note: One of the best ways to humble ourselves is to combine prayer with fasting.

GENERATIONAL BONDAGE PRAYER

Based on Exodus 20:4-6, 34:7; Numbers 14:18; 2 Corinthians 5:17; Romans 8:1, 12:1

Generational bondage is sin that can be passed down from generation to generation. Whether it's pride, addiction, racism, sexism, abuse, divorce, abandonment, sexual sin, or something else, through spiritual warfare, you can claim the power of Jesus to stop the sin with your generation.

You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them; for I, the LORD your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me, but showing love to a thousand generations of those who love me and keep my commandments.

EXODUS 20:4-6

Recognize the generational bondage that might be in your life and bring it before God. Ask for His power to defeat the sin that has affected generations of your family. Ask for it to stop right now, with you, and rebuke any sin or anything that tries to pull you away from your relationship with Christ. Pray for protection, healing, and a new path for you and your family.

PRAYER:

"Father God, I understand that I have inherited certain consequences from my family, and in the name of the Lord Jesus Christ, I proclaim Your power to break any hold of mental or physical illness, pride, addiction, racism, other ungodly perspectives, and anything else on me and my family that are a result of sin being passed down through parents, grandparents, or other family members (if specifics come to mind, talk to God about it). I proclaim that all generational sin ends here and now, and that I will not pass these on to anyone in my family. Thank You, Lord, for setting me free and making a new way for me and my family."

HEALING PRAYER

Based on 1 Peter 2:24; Psalm 103:2-5; Luke 1:37

Our God is a God of miracles. Just as we read about in the Bible, we still see Him perform miraculous healing today. He is our healer, and we can confidently approach Him asking for healing for ourselves or someone we know.

Praise the LORD, my soul, and forget not all His benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.

PSALM 103:2-5

In faith, ask God for healing. Proclaim His power and goodness, believing and trusting Him to take care of you and those you're praying to be healed.

PRAYER:

"Father, in the name of Jesus, I come before You asking for healing (name yourself or someone you are praying to experience healing). My hope is in You as our Healer. I believe You are able to do this. Your name is Jehovah Rapha, the God who heals, and I believe every knee will bow to You including the name of (name disease or disorder). Thank You, Jesus, for dying on the cross so that we can receive healing. You say that You forgive our sins and heal our diseases, and I praise You for this. Thank You that the Spirit that raised Jesus from the dead lives in us. I stand in faith believing for healing for (yourself or someone you're praying for). Nothing is impossible for You, God! Give us peace and direction as You work in our lives. In Jesus' name, amen."

MARRIAGE PRAYER

Based on Ephesians 5:25-30

God created marriage, and His design for it is good. In marriage, just as in any human relationship, we have to work to love well. We can't do this successfully in our own power. We need God, who is love Himself, to give us His Holy Spirit and to guide us in our marriage. Marriage is a picture of Jesus Christ and His bride, the Church. As Christian husbands and wives, we have

the high honor to represent the love and commitment Christ has for the Church through our love and commitment to each other.

Husbands, love your wives, as Christ loved the church and gave Himself up for her, that He might sanctify her, having cleansed her by the washing of water with the Word, so that He might present the church to Himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church.

EPHESIANS 5:25-29 ESV

Thank God for your marriage. Start by asking Him to help you be the best spouse you can be. Ask Him to help you love well and to see your spouse as He sees them. Then, pray for your marriage, asking God to use your marriage to impact the world for Him. Ask Him for protection physically, spiritually, and emotionally. Pray for unity in your marriage and wisdom from Him about how to live your lives as one. Bring to Him anything in your marriage that concerns you, and trust Him to work on your behalf.

PRAYER:

"Thank You, God, for loving us, and for creating marriage to be an illustration of Your love for us here on earth. Help me, God, to love my spouse (call them by name) the way You love me. Help me to listen to and honor my spouse, putting them before myself. Protect us physically, mentally, emotionally, and spiritually. We ask You to build greater unity between us, make us stronger as a couple, more devoted to one another and to You. Use us God, build us up to be an example of what godly marriage can look like. Use us together to do more than we could ever do apart. We ask for greater influence and more impact on the people around us. We ask You to work through us in the lives of our friends, family, and even those far away. Fill us with Your Holy Spirit and move through us to bring those far from You closer, so that they can have an encounter with the Living God, who seeks and saves the lost, and who sets us free and gives us purpose.

We choose as a couple to love You first, God. We put our relationship with You before anything and everything else. We confess our need for You. Thank You for bringing us together. We choose to love one another today and every day. Thank You for our marriage. We ask You to bless our marriage, build it, and be present in it always."

RACIAL RECONCILIATION PRAYER

Based on Ephesians 4:3-6; Mark 12:28-31; Psalm 139:23-24

God created every person in His image on purpose and for a purpose. We are all unique and have value in the eyes of God. As Christians, we love who God loves and seek to serve others, so it's important for us to see the value that each person brings to the world. We need to do our part to foster reconciliation, advocate for equality, and work to ensure that every person is treated with dignity, respect, and honor.

As followers of Jesus, we have been commanded to do everything we can to promote peace. We are all one in Christ, called to serve Him and others with a Spirit of Unity.

Make every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit, just as you were called to one hope when you were called; One Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all.

EPHESIANS 4:3-6

Recognize the presence of racism in our world, and bring it before God today. Thank Him for creating every person in His image, on purpose, for a purpose. Ask Him to help you embrace your unique design and the uniqueness of others. Pray for eyes to see the ways inequality is at work in the world around you, and

pray for boldness to uphold peace, love, and unity in the face of injustice. Ask the Holy Spirit to bring to mind any ways you have not promoted equality and unity (thoughts, words, actions, etc.) or people towards whom you have not shown the love of Christ. Ask for forgiveness, and trust God to help you grow and become an advocate for reconciliation.

PRAYER:

"Father, I recognize that You created every person in Your image and that You have great purpose for each of us. I ask You to help me see every person as You see them. Help me to love others with the unconditional love of Jesus and to make every effort to promote peace, unity, and equality for all people. Forgive me for the times that I have not valued others or spoken up for what is right. Give me boldness to confront inequity when I see it and to honor others in my thoughts, words, and actions. Help me to love my neighbor as myself and to be an ambassador for reconciliation, as You have called me to be. I ask You to break the spirit of racism and division off of our nation, in Jesus' name. Thank You for making us one by the blood of Jesus and the power of Your Spirit."