

# 10 DAYS OF PRAYER

January 8-18, 2025

*But when  
You pray ...*

"But when you pray, ... pray to your Father who is in secret; and your Father who sees in secret will reward you."

MATTHEW 6.6



## Leader's Guide

Welcome to Ten Days of Prayer! We believe prayer is the birthplace of revival. God has worked so many miracles in past years as we have sought Him together in prayer and fasting. The Holy Spirit has brought about conversions, renewed passion for evangelism, revived churches, and healed relationships.

Has God's voice been calling you to revival? The Bible is full of promises for you:

"If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land" (2 Chronicles 7:14).

"And you will seek Me and find Me, when you search for Me with all your heart" (Jeremiah 29:13).

"And everyone who calls on the name of the Lord will be saved" (Joel 2:32).

"Draw near to God and He will draw near to you" (James 4:8).

"Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me" (Revelation 3:20).

Wherever you are in life right now, God is closer than you think. He wants to pour out His blessings on your family, your church, your community, and your world.

## General Items for Ten Days of Prayer

### Daily Prayer Guides

We have provided a prayer guide for each of the ten days. Each guide includes a Bible passage, devotional reading, Bible texts to pray through, prayer suggestions, and song suggestions. We recommend that you copy the daily guides so each participant can have one to follow during the prayer time.

Churches around the world will unite in praying about each day's topic. Join them in praying through the verses and prayer requests, but don't feel that you must rush through the entire list of prayer suggestions. You may want to divide into small groups and have each group pray for a portion of your prayer requests.

We also included a document called World Church Prayer Requests. It's important to pray together for our world church family, but you may want to spend extra time praying for local needs if your group includes visitors from the community. Pray about how you can best welcome guests and make them feel a part of your group.

### Suggested Times for Each Prayer Session

Keep your prayer time simple so the group can focus on actually praying. How much time you spend on each section will vary. The following guide is just a suggestion:

**Welcome and introduction:** 2 – 5 minutes

**Read devotional (in daily prayer guide):** 5 minutes

**Pray through the verses in "Praying God's Word" (in daily prayer guide):** 10 – 15 minutes

**Pray about the items in "More Prayer Suggestions" (in daily prayer guide):** 20 – 30 minutes

**Respond in song and praise:** 5 – 10 minutes

### Pray for Others

Encourage each person to pray consistently for five to seven people that God has placed in their life. They can be relatives, friends, coworkers, neighbors, or simply acquaintances. Encourage them to ask the Holy Spirit for guidance in choosing these names and in reaching out to these people during the ten days. You may want to provide some cards or pieces of paper on which people can record the names they will be praying for.

**Sabbath Services During Ten Days of Prayer**

Have a special prayer focus and share testimonies of answered prayer during the church services on both Sabbaths. Be creative—there are many ways to share with the church family what is happening during the daily prayer meetings.

**Final Sabbath Celebration**

The final Sabbath should be designed as a time of great rejoicing in all that God has done throughout the ten days. Include ample time for testimonies of answered prayer, biblical teaching/preaching on prayer, and singing. Lead the congregation in a time of prayer so that those who have not attended the daily meetings can experience the joy of praying with others. Please see the Sabbath Celebration handout for more ideas.

**Follow-up to Ten Days of Prayer**

Pray about how God wants your church/group to continue what He has begun during Ten Days of Prayer. Perhaps you will continue with a weekly prayer session. Or perhaps God wants you to begin a new ministry in your church or an outreach to the community. Be open and follow where God leads. You're sure to be amazed as you walk with Him. The document called Outreach Challenge is filled with ideas for service.

**Testimonies**

Please share stories of how God has worked through Ten Days of Prayer! Your stories will be an encouragement to many others. Testimonies may be submitted online at [www.tendaysofprayer.org](http://www.tendaysofprayer.org).

## United Prayer Pointers

**Agree Together**

When someone prays a request to God, be sure some others pray for that same request and agree together—this is powerful! Don't think that because one person has prayed about the request, no one else needs to. "Again I say unto you, that if two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father which is in heaven" (Matthew 18:19). How encouraging it is to be lifted up in prayer!

**Claiming God's Promises**

Encourage the group to claim God's promises as they pray. It is so easy to focus on our problems. But when we claim God's promises, we increase our faith and remind ourselves that nothing is impossible with God. The promises help us take our eyes off our weaknesses and difficulties and set them on Jesus. For every weakness and every struggle, we can find Bible promises to claim. Encourage people to search for more promises and write them down so they can claim them in the future.

**Fasting**

Invite those joining you in Ten Days of Prayer to consider some type of fasting, such as fasting from TV, secular music, movies, the Internet, sweets, or other types of food that are hard to digest. Use the extra time to pray and study the Bible, asking God to help you and your congregation to abide more fully in Christ. By adopting a simple diet, we allow our minds to become more receptive to the voice of the Holy Spirit.

**Holy Spirit**

Be sure to ask the Holy Spirit to show you what to pray for in a person's life or in a particular situation. The Bible tells us that we do not know what to pray for and that the Holy Spirit is the one making intercession for us (Romans 8:26, 27).

"We must not only pray in Christ's name, but by the inspiration of the Holy Spirit. This explains what is meant when it is said that the Spirit 'maketh intercession for us, with groanings which cannot be uttered.' (Romans 8:26). Such prayer God delights to answer. When with earnestness and intensity we breathe a prayer in the name of Christ, there is in that very intensity a pledge from God that He is about to answer our prayer 'exceeding abundantly above all that we ask or think' (Ephesians 3:20)" (*Christ's Object Lessons*, p. 147, emphasis supplied).

**Journaling**

Keeping a prayer journal during the Ten Days of Prayer can help participants to internalize the daily prayer theme, make concrete commitments to God, and recognize His blessings. Writing out our prayers and keeping a record of God's answers is a proven path to encouragement.

If you wish, you might provide time during the prayer meeting for people to journal their responses to God in private prayer journals. Or you could keep a group journal of prayer requests and answers—either in a notebook, on a large poster, or online. It is exciting and faith-building to look back and see how God has answered prayers!

**Reverence**

Encourage and model a reverent attitude. We are approaching the throne room of the King of the universe. Let's not treat this prayer time carelessly in our posture or mannerisms. However, it is not necessary that everyone kneel continuously. You want people to be comfortable for an hour, so encourage everyone to kneel or sit or stand as God leads and as they are comfortable.

**Sentence Prayers**

Prayers should be short and to the point. This gives others an opportunity to pray as well. Try to limit your prayers to a few sentences. Each person can pray multiple times. Short sentence prayers keep the prayer time interesting and allow the Holy Spirit to impress the group how to pray. You don't need to open and close each short sentence prayer with phrases such as "Dear God" and "Amen." It is an ongoing conversation with God.

**Silence**

As a leader, don't dominate the prayer time. The goal is to get others praying. Times of silence are wonderful, as they give God time to speak to our hearts. Allow the Holy Spirit to work and give everyone time to pray.

**Singing**

Spontaneous group songs, mingled between prayers, add beauty to the prayer meeting. Suggested songs are listed at the end of each theme sheet. Do not feel that you need to use all the songs—these are simply suggestions. Singing is also a good way to transition from one prayer section to another.

**Taking Prayer Requests**

Don't ask for prayer requests from the group. Instead, tell people to pray their requests and encourage others to join in agreement and prayer for those requests. Here's why: time! Talking about the requests will take up most of your prayer time. Satan is thrilled if he can keep us talking about the problem instead of praying about the problem. Group members will often begin counseling and suggesting solutions. The power is from God! The more we pray, the more His power is unleashed.

**Your Daily Time**

This is so important! Make sure that you as a leader are spending time daily at the feet of Jesus, talking with Him and reading His Word. If you will make knowing God a first priority in your life, it will open such a beautiful experience to you. "From the secret place of prayer came the power that shook the world in the Great Reformation. There, with holy calmness, the servants of the Lord set their feet upon the rock of His promises" (*The Great Controversy*, p. 210). When a leader prays, God works on hearts!

## Introduction

Welcome to Ten Days of Prayer! We believe prayer is the birthplace of revival. God has worked so many miracles in past years as we have sought Him together in prayer and fasting. The Holy Spirit has brought about conversions, renewed passion for evangelism, revived churches, and healed relationships. Here are just a few testimonies from a previous year:

*During this year's Ten Days of Prayer, the Almighty God did so many awesome miracles. . . . In the neighborhood of one of our churches, there has been no electricity for almost two years. . . . So during the last Ten Days of Prayer, the church pastor was inspired to ask the church to pray each morning for electricity to be restored. To the glory of God, that prayer is being answered. (P.C.O.)*

*[During Ten Days of Prayer] there was renewed commitment, motivation, zeal, and sincerity among the flock. Personally, I found it rejuvenating, and even more so during the culmination with a fruitful night prayer vigil! We need more of such wonderful sessions that bring us closer to the feet of Jesus. (E.A.)*

*My commitment to reading Scripture and spending time on prayer was not that serious. After Ten Days of Prayer I greatly changed my attitude about prayer. I started to spend more time in prayer, praising God, praying for others, and reading Scripture. I had hypertension, but it has since reduced. All my thanks to the Almighty. (H.R.)*

*[During Ten Days of Prayer, everyone prayed for a sister who had a job interview.] She was offered the job—a job that needed someone with the highest qualifications, but it was given to her. [We are amazed at] what God does, after many years of struggling and waiting. How many times have we prayed? We can't count. I want to encourage us all to continue praying because our prayers won't be in vain if we believe. (L.B.)*

Has God's voice been calling you to revival? The Bible is full of promises for you:

- "If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land" (2 Chronicles 7:14).
- "And you will seek Me and find Me, when you search for Me with all your heart" (Jeremiah 29:13).
- "And everyone who calls on the name of the Lord will be saved" (Joel 2:32).
- "Draw near to God and He will draw near to you" (James 4:8).
- "Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me" (Revelation 3:20).

Wherever you are in life right now, God is closer than you think. He wants to pour out His blessings on your family, your church, your community, and your world!

## Prayer Theme: But When You Pray . . .

This year our daily readings were prepared by Dr. Pavel Goia, editor of *Ministry* magazine. He uses stories from his own ministry to explore the Lord's Prayer and other teachings of Jesus. Follow along as he unpacks the deeper meaning and spiritual significance of familiar lines. What does it mean to "hallow" God's name? What does God's kingdom look like here on earth? How can forgiving others transform our relationship with God? And does God ever lead people into temptation?

Whether you've been praying for a lifetime or just a few days, these story-filled readings will awaken your sense of need and desire to meet Jesus on your knees every day. Read thoughtfully and keep your Bible nearby. And if possible, find a group of believers to pray with during these ten days. When two or three gather in the name of Jesus, miracles happen!

### **Suggested Guidelines for Prayer Times**

- Keep your prayers short—just a sentence or two on one topic. Then give others a turn. You can pray as many times as you'd like, just as you talk in a conversation.
- Do not be afraid of silence, as it gives everyone time to listen to the Holy Spirit.
- Singing songs together as the Spirit leads is also a huge blessing. You do not need a piano for this; singing acapella is fine.

Rather than using up valuable prayer time talking about your prayer requests, simply pray them. Then others can also pray for your requests and claim promises for your need. happen!

### **Claiming the Promises**

It is our privilege to claim God's promises in our prayers. All His commandments and counsels are also promises. He would never ask from us something that we could not do in His strength.

It is so easy to focus on our needs, our difficulties, our challenges—and to wail and whine about our situation when we pray. This is not the purpose of prayer. Prayer is meant to strengthen our faith. That is why we encourage you to claim God's promises in your prayer time. Take your eyes off yourself and your weaknesses and look to Jesus. By beholding Him, we become changed into His image.

Ellen White offers this encouragement: "Every promise in the Word of God is for us. In your prayers, present the pledged word of Jehovah and by faith claim His promises. His word is the assurance that if you ask in faith, you will receive all spiritual blessings. Continue to ask, and you will receive exceeding abundantly above all that you ask or think" (*In Heavenly Places*, p. 71).

How can you claim His promises? For instance, when praying for peace, you can claim John 14:27 and say, "Lord, You have told us in Your Word, 'Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.' Give me the peace that You promised to leave with us." Thank the Lord that He is giving you peace, even though you may not feel it right then.

### **Fasting**

We encourage you to do a Daniel Fast during these ten days. Starting the year with prayer and fasting is a wonderful way to consecrate our lives to God for the upcoming year. Ellen White tells us, "Now and onward till the close of time the people of God should be more earnest, more wide-awake, not trusting in their own wisdom, but in the wisdom of their Leader. They should set aside days for fasting and

prayer. Entire abstinence from food may not be required, but they should eat sparingly of the most simple food" (*Counsels on Diet and Foods*, pp. 188, 189).

We know about Daniel, who ate fruits and vegetables for ten days. We likewise encourage you to adopt a very simple diet during these ten days. If we want clearer minds for hearing God's voice, and if we want to draw closer to Him, we need to make sure that our diet is not hindering us.

Fasting is not only about abstaining from food. We also encourage you to fast from TV, movies, computer games, and even Facebook and YouTube. Sometimes things that are not bad in themselves can take so much of our time. Put aside everything possible so you can have more time to spend with the Lord.

Fasting is not a quick way to obtain a miracle from God. Fasting is all about humbling ourselves so God can work in us and through us. Let's draw closer to Him through prayer and fasting, and He will draw closer to us.

### **Holy Spirit**

Be sure to ask the Holy Spirit to show you what you should pray for in a person's life or in a particular situation. The Bible tells us that we do not know what to pray for and that the Holy Spirit is the One who intercedes for us.

"We must not only pray in Christ's name, but by the inspiration of the Holy Spirit. This explains what is meant when it is said that the Spirit 'maketh intercession for us, with groanings which cannot be uttered' (Romans 8:26). Such prayer God delights to answer. When with earnestness and intensity we breathe a prayer in the name of Christ, there is in that very intensity a pledge from God that He is about to answer our prayer 'exceeding abundantly above all that we ask or think' (Ephesians 3:20)" (*Christ's Object Lessons*, p. 147).

### **Faith**

We read in the Spirit of Prophecy that "prayer and faith will do what no power on earth can accomplish" (*The Ministry of Healing*, p. 509). We are also told that "for any gift He has promised, we may ask; then we are to believe that we receive, and return thanks to God that we have received" (*Education*, p. 258). So make a habit of thanking God in advance through faith for what He is going to do and how He is going to answer your prayers.

### **Pray for Others**

During these ten days we encourage you to pray consistently for the people God has placed in your life. Choose five to seven people—they can be relatives, friends, coworkers, neighbors, or simply acquaintances. Take some time to ask God whom He would like you to pray for. Ask Him also to give you a real burden for these people. Write the names on a piece of paper and keep it in a prominent place, such as in your Bible. You'll be amazed at how God works in response to your prayers!

### **Ten Days of Prayer Outreach Challenge**

Jesus calls us not only to pray but also to serve the practical needs of those around us. "For I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me" (Matthew 25:35, 36).



In *The Ministry of Healing* we read, “We must live a twofold life—a life of thought and action, of silent prayer and earnest work” (p. 512). We have received so much love from our Savior, and we have the privilege of sharing that love with friends, neighbors, and strangers in need.

Ask God how you and your church can serve others after Ten Days of Prayer. As you work to organize service activities, avoid letting the arrangements distract you from praying. “Personal effort for others should be preceded by much secret prayer; for it requires great wisdom to understand the science of saving souls. Before communicating with men, commune with Christ. At the throne of heavenly grace obtain a preparation for ministering to the people” (*Prayer*, p. 313).

In the online Ten Days of Prayer resources, you’ll find a document with dozens of outreach ideas. Jesus invites you to be His hands and feet to a world in need!

## About the Author

Pavel Goia, DMin, is an ordained minister, public speaker, and editor. He started his path to the ministry in his home country of Romania. Pavel and his lovely wife, Daniela, moved with their two sons to the United States to continue Pavel’s education for the ministry. He found fulfillment in being a pastor of several congregations in Romania and the United States, and has traveled the world speaking on prayer and other topics. He was the subject of one book, *One Miracle After Another: The Pavel Goia Story* and is author of many articles and a book, *In the Spirit and Power*. Pavel is currently an associate ministerial secretary for the General Conference of Seventh-day Adventists and lead editor for *Ministry*, *International Journal for Pastors*. He loves spending as much time as possible with his dear wife, Daniela, their two sons, four grandchildren, and his devoted dog.

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Unless otherwise marked, texts in Introduction and Leader’s Guide are taken from the New King James Version.

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## Night of Prayer

Consider holding an all-night prayer service as part of Ten Days of Prayer. For example, you could begin at 6:00 p.m. and finish at 6:00 a.m. Choose a schedule that's suitable for your group.

### **Why a Night of Prayer?**

There is nothing "holy" in staying awake and praying all night. However, night might be the only time when people are not busy or in a rush. We believe that your purpose should not be to stay up the whole night but to pray as long as necessary and until you have prayed for everything you feel God wants you to pray for.

We suggest that several people lead out during the night. Be sure to have some breaks. As a leader, you can sense the atmosphere and know when a break is needed and when you need to move on to the next section of prayer. You can also incorporate the reading of Bible passages into your prayer time. You may want to do all of the suggested items or only some of them, depending on what is best for your group. Feel free to change the order.

### **Possible Format for Night of Prayer**

**Start with a session of praise.** Praise God in your prayers and also through songs.

**Take some time for confession,** making sure that nothing is hindering God from hearing you. Give people time for private confession and have a time of corporate confession. Encourage the people to confess private sins privately and to confess publicly only the public sins. In Daniel 9:1-19 we read about Daniel, who interceded and publicly confessed the sins of God's people.

**Pray for the needs of people who are at the prayer meeting.** So many people are hurting or in need of prayer, or know someone else who is in desperate need of prayer. Make a circle, put a chair in the middle, and invite those who have a special prayer request to come one by one and share their requests. Then gather around the person and have two or three people pray for the person's specific need and claim God's promises.

**Divide the group in two.** Have the females pray in one room (with a female leader) and the males in another room (with a male leader). Many personal needs cannot and should not be shared with everyone. It is easier to share with those of the same gender.

After you come back together, **pray for needs in your community and church.** Also take time for **world church prayer requests** (listed in a separate document in the Ten Days of Prayer materials). Don't feel that you must rush through the entire list. You may want to divide into small groups and have each group pray for part of the list.

**Pray for the list of five to seven people** you have been praying for during these ten days.

**Choose a Bible passage and pray through it.**

**Close the prayer time with another session of praise and thanksgiving.**

## Outreach Challenge for Ten Days of Prayer

Jesus calls us not only to pray but also to serve the spiritual and physical needs of those around us. "For I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me" (Matthew 25:35, 36).

In *The Ministry of Healing* we read, "We must live a twofold life—a life of thought and action, of silent prayer and earnest work" (p. 512). We have received so much love from our Savior, and we have the privilege of sharing that love with friends, neighbors, and strangers in need.

Ask God how you and your church can serve others after the Ten Days of Prayer. As you work to organize the service activities, avoid letting the arrangements distract you from praying. "Personal effort for others should be preceded by much secret prayer; for it requires great wisdom to understand the science of saving souls. Before communicating with men, commune with Christ. At the throne of heavenly grace obtain a preparation for ministering to the people" (*Prayer*, p. 313).

Here are some ways of helping others. Choose whatever fits the needs of your community, and feel free to add your own ideas.

- Cook a meal for someone who has been sick.
- Invite a neighbor/co-worker to a social gathering.
- Give food to a homeless person.
- Donate clothing that you would want donated to you.
- "Adopt" an elderly person. Visit the person on a regular basis and help with chores, shopping, cooking, or garden work.
- Bake some bread and share a loaf with a neighbor.
- Help with neighborhood projects.
- Offer to stay with a sick or disabled person so their caretakers can run an errand.
- Participate in neighborhood projects.
- Introduce yourself to a new neighbor by taking them a meal. Make them feel welcome in the neighborhood.
- Buy groceries and deliver them to a needy family.
- Donate your old eyeglasses.
- Offer to give a Bible study.
- Visit people in nursing homes.
- Give some "food" money to a student.
- Collect clothing for the needy. You might start a clothes closet at your church for sharing with others.
- Donate your old laptop or other electronics.
- Donate a used car.
- Organize a "Health Expo."
- Send a card to a shut-in.
- Organize an evangelistic series.
- Call your neighbors and ask how they're doing.
- Give someone a book you think they'd like.
- Pass out GLOW tracts (available to order here: <http://www.glowonline.org/>).
- Invite someone to accept Jesus.
- Hold a cooking school.
- Give away sharing books about biblical topics.
- Take some food to someone who has lost a loved one.
- Visit someone in the hospital to encourage them or help them in some way.

- Read to an elderly person.
- Visit a children's home and offer your help to the staff.
- Start a sewing/knitting/crocheting group to make clothes to give away.
- Read the Bible aloud for someone who can't see or read.
- Host a youth night at your home.
- Volunteer at a shelter for abused persons.
- Donate some books to a children's home or shelter.
- Take children from your church to visit a home for elderly people. Present a program for them.
- Plan and host a fun day for special-needs kids and their families.
- Have a community clean-up day.
- Start a healthy living club in your church. Invite friends and neighbors.
- Ask someone if they would like to join you in watching a DVD with a spiritual message. As you watch together, pray that the Holy Spirit will speak to the person's heart.
- Design your own project.

For more resources about sharing your faith, visit [www.revivalandreformation.org/resources/witnessing](http://www.revivalandreformation.org/resources/witnessing).

## Bible Promises to Claim in Prayer

*All Scripture quoted from NKJV*

### **Promises for the Holy Spirit**

"Ask the Lord for rain in the time of the latter rain. The Lord will make flashing clouds; He will give them showers of rain, grass in the field for everyone." Zech. 10:1

"If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him!" Luke 11:13

"But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you. . . . And when He has come, He will convict the world of sin, and of righteousness, and of judgment." John 14:26; 16:8

"Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father. And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. If you ask anything in My name, I will do it." John 14:12-14

"So he answered and said to me: This is the word of the Lord to Zerubbabel: 'Not by might nor by power, but by My Spirit,' says the Lord of hosts." Zech. 4:6

### **Promises that God Answers Prayers**

"If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you." John 15:7

"Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need." Heb. 4:16

"Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them." Mark 11:24

"Call upon Me in the day of trouble; I will deliver you, and you shall glorify Me." Ps. 50:15

"Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven." Matt. 18:19

"And whatever things you ask in prayer, believing, you will receive." Matt. 21:22

"And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. If you ask anything in My name, I will do it." John 14:13, 14

"And in that day you will ask Me nothing. Most assuredly, I say to you, whatever you ask the Father in My name He will give you. Until now you have asked nothing in My name. Ask, and you will receive, that your joy may be full." John 16:23, 24

"Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we asked of Him." 1 John 5:14, 15

### **Promises About God's Power**

"Is anything too hard for the Lord? At the appointed time I will return to you, according to the time of life, and Sarah shall have a son." Gen. 18:14

"The Lord will fight for you, and you shall hold your peace." Ex. 14:14

"But Jesus looked at them and said, 'With men it is impossible, but not with God; for with God all things are possible.'" Mark 10:27

"He who calls you is faithful, who also will do it." 1 Thess. 5:24

"I know that You can do everything, and that no purpose of Yours can be withheld from You." Job 42:2

"What then shall we say to these things? If God is for us, who can be against us? He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?" Rom. 8:31, 32

"God is not a man, that He should lie, nor a son of man, that He should repent. Has He said, and will He not do? Or has He spoken, and will He not make it good?" Num. 23:19

"Have you not known? Have you not heard? The everlasting God, the Lord, the Creator of the ends of the earth, neither faints nor is weary. His understanding is unsearchable. He gives power to the weak, and to those who have no might He increases strength. Even the youths shall faint and be weary, and the young men shall utterly fall, but those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint." Isa. 40:28-31

### **Promises for God's Guidance**

"Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go." Josh. 1:9

"Behold, I am with you and will keep you wherever you go, and will bring you back to this land; for I will not leave you until I have done what I have spoken to you." Gen. 28:15

"Behold, I send an Angel before you to keep you in the way and to bring you into the place which I have prepared." Ex. 23:20

"But from there you will seek the Lord your God, and you will find Him if you seek Him with all your heart and with all your soul." Deut. 4:29

"Call to Me, and I will answer you, and show you great and mighty things, which you do not know." Jer. 33:3

"Every valley shall be exalted and every mountain and hill brought low; the crooked places shall be made straight and the rough places smooth; the glory of the Lord shall be revealed, and all flesh shall see it together; for the mouth of the Lord has spoken." Isa. 40:4, 5

"I will instruct you and teach you in the way you should go; I will guide you with My eye." Ps. 32:8

"And the Lord, He is the One who goes before you. He will be with you, He will not leave you nor forsake you; do not fear nor be dismayed." Deut. 31:8

"Who is the man that fears the Lord? Him shall He teach in the way He chooses." Ps. 25:12

"Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths." Prov. 3:5, 6

"If you extend your soul to the hungry and satisfy the afflicted soul, then your light shall dawn in the darkness, and your darkness shall be as the noonday. The Lord will guide you continually, and satisfy your soul in drought, and strengthen your bones; you shall be like a watered garden, and like a spring of water, whose waters do not fail." Isa. 58:10, 11

"It shall come to pass that before they call, I will answer; and while they are still speaking, I will hear." Isa. 65:24

**Promises for a Changed Heart**

"Then I will give them a heart to know Me, that I am the Lord; and they shall be My people, and I will be their God, for they shall return to Me with their whole heart." Jer. 24:7

"And the Lord your God will circumcise your heart and the heart of your descendants, to love the Lord your God with all your heart and with all your soul, that you may live." Deut. 30:6

"I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh." Ezek. 36:26

"Being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ." Phil. 1:6

"Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new." 2 Cor. 5:17

"I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me." Gal. 2:20

"Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ. He who calls you is faithful, who also will do it." 1 Thess. 5:23, 24

**Promises for Forgiveness**

"If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land." 2 Chr. 7:14

"For You, Lord, are good, and ready to forgive, and abundant in mercy to all those who call upon You." Ps. 86:5

"And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses." Mark 11:25

"And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you." Eph. 4:32

"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." 1 John 1:9

"Come now, and let us reason together, says the Lord, though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall be as wool." Isa. 1:18

"I, even I, am He who blots out your transgressions for My own sake; and I will not remember your sins." Isa. 43:25

"For I will forgive their iniquity, and their sin I will remember no more." Jer. 31:34

"In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace." Eph. 1:7

**Promises for Victory Over Sin**

"For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith." 1 John 5:4

"Yet in all these things we are more than conquerors through Him who loved us." Rom. 8:37

"But thanks be to God, who gives us the victory through our Lord Jesus Christ." 1 Cor. 15:57

"Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand." Isa. 41:10

"Above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one." Eph. 6:16

"I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me." Gal. 2:20

"For it is God who works in you both to will and to do for His good pleasure." Phil. 2:13

"I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh." Gal. 5:16

"And the God of peace will crush Satan under your feet shortly. The grace of our Lord Jesus Christ be with you. Amen." Rom. 16:20

"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God." Rom. 12:2

"Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him." 1 John 2:15

### **Promises for Healing**

"If you diligently heed the voice of the Lord your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For I am the Lord who heals you." Ex. 15:26

"Your sandals shall be iron and bronze; as your days, so shall your strength be." Deut. 33:25

"Bless the Lord, O my soul, and forget not all His benefits: who forgives all your iniquities, who heals all your diseases, who redeems your life from destruction, who crowns you with lovingkindness and tender mercies, who satisfies your mouth with good things, so that your youth is renewed like the eagle's." Ps. 103:2-5

"Do not be wise in your own eyes; fear the Lord and depart from evil. It will be health to your flesh and strength to your bones." Prov. 3:7, 8

"He is despised and rejected by men, a Man of sorrows and acquainted with grief. And we hid, as it were, our faces from Him; He was despised, and we did not esteem Him. Surely He has borne our griefs and carried our sorrows; yet we esteemed Him stricken, smitten by God, and afflicted. But He was wounded for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed." Isa. 53:3-5

"Heal me, O Lord, and I shall be healed; save me, and I shall be saved, for You are my praise." Jer. 17:14

"'For I will restore health to you and heal you of your wounds,' says the Lord, 'because they called you an outcast saying: This is Zion; no one seeks her.'" Jer. 30:17

"Behold, I will bring it health and healing; I will heal them and reveal to them the abundance of peace and truth." Jer. 33:6

"But to you who fear My name the Sun of Righteousness shall arise with healing in His wings; and you shall go out and grow fat like stall-fed calves." Mal. 4:2

"Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven." James 5:14, 15



**Promises for Strength to Do God's Will**

"Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal." 2 Cor. 4:16-18

"And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart." Gal. 6:9

"I can do all things through Christ who strengthens me." Phil. 4:13

"For it is God who works in you both to will and to do for His good pleasure." Phil. 2:13

"And He said to me, 'My grace is sufficient for you, for My strength is made perfect in weakness.' Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me." 2 Cor. 12:9

**Promises About Being God's Witnesses**

"Do not fear, nor be afraid; have I not told you from that time, and declared it? You are My witnesses. Is there a God besides Me? Indeed there is no other Rock; I know not one." Isa. 44:8

"Arise, shine; for your light has come! And the glory of the Lord is risen upon you." Isa. 60:1

"Now all things are of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation." 2 Cor. 5:18

"But the Lord said to me: Do not say, 'I am a youth,' for you shall go to all to whom I send you, and whatever I command you, you shall speak." Jer. 1:7

"But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth." Acts 1:8

"But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light." 1 Peter 2:9

"But sanctify the Lord God in your hearts, and always be ready to give a defense to everyone who asks you a reason for the hope that is in you, with meekness and fear." 1 Peter 3:15

## Sabbath Celebration

Design the final Sabbath of Ten Days of Prayer to celebrate God's goodness and mighty power. Tell how you have experienced the power of prayer and share the valuable spiritual insights gained during the past ten days. Rejoice in what God has done, is doing, and will do.

The needs of each congregation are unique, so please work with local leaders to develop a specific plan for your church. Here are some possible items to include in your final Sabbath church service.

### **2025 Theme:**

But When You Pray . . . (Prayer Principles from Jesus)

### **Theme Verses:**

"Lord, teach us to pray." (Luke 11:1, NKJV)

Our Father in heaven, hallowed be Your name.

Your kingdom come. Your will be done on earth as it is in heaven.

Give us this day our daily bread. And forgive us our debts, as we forgive our debtors.

And do not lead us into temptation, but deliver us from the evil one.

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

(Matt. 6:9-13, NKJV)

### **Possible Hymns:**

Turn Your Eyes Upon Jesus (#290)

Standing on the Promises (#518)

It Is Well With My Soul (#530)

Live Out Thy Life Within Me (#316)

He Lives (#251)

### **Sermon Ideas:**

Single Sermon: Have a pastor, elder, or prayer leader preach a sermon about how we can live out the principles of the Lord's Prayer.

**[OR]**

Short Summaries: Have the Ten Days of Prayer participants take turns offering short summaries (1-2 minutes) for each of the 10 daily prayer guides. Share the title, the main verse, and a key thought. (Plan ahead so summaries stay within 1-2 minutes. For most people, one minute is 125-150 spoken words.)

**[OR]**

Short Talks on a Related Theme: Enlist three members of different ages to give short talks (5-7 minutes) on a chosen theme, such as the Lord's Prayer or prayer stories from the Bible.

### **Other Program Ideas:**

Member testimonies of answered prayer, small-group prayer time, announcement of future prayer or service activities, children's story, special music selections, etc.

## World Church Prayer Requests

- Lord, please let a mighty revival of primitive godliness sweep Your church in the final days. May we stand for truth though the heavens fall. Let this revival start with me.
- Lord, show us how to be consistent in daily worship, individually and as a family.
- Lord, open our eyes to the distractions in our lives. The things that keep us from being able to focus entirely on You. Give us undivided hearts of worship.
- Lord, help us to allow You to wake us up each morning, no matter how early, so that we can have sweet, unrushed time in Your Word and prayer.
- We pray that You would help us to come to You as we are, with all our feelings, our imperfections, our sins, and our needs, and allow You to love us, change us, and remake us into the person You long for us to be.
- Lord, teach us how to plead for a daily baptism of the Holy Spirit.
- We pray for the latter rain of the Holy Spirit to empower our witness and enable us to engage in the work You have given us to do before Your return.
- Show us how to love our families sacrificially and how to make disciples for the Kingdom, starting with our own children and loved ones.
- We pray for wisdom to search, understand, and follow God's Word. Teach us to rightly divide the words of truth and faithfully share them with others.
- Lord, please renew our appreciation for the instructions found in the inspired writings of Ellen White.
- We pray for religious liberty and freedom of conscience throughout the world. Lord, please open doors for the proclamation of Your Word in closed territories.
- Lord, may Your world church accept the call to widely proclaim the Three Angels' messages to every nation and tongue. Show us how to center all these teachings on the love and righteousness of Christ.
- Lord, help us model to our youth and young people what living the Three Angels' messages looks like.
- Lord, may Adventists worldwide declare "I Will Go" and take up the call to serve You and proclaim the good news of salvation.
- We pray for medical professionals, scientists, government leaders, and public health officials to have wisdom for the many decisions they make.
- We pray that Adventists around the world will offer practical aid and encouragement to those who are suffering. Give us courage, creativity, and an unselfish spirit when our neighbors need us most.
- We pray for those financially affected by job losses due to the changing economy.
- Lord, please show church members how to help those struggling with mental health issues or isolation.
- We pray for pastors and churches to find ways of keeping church members actively praying together. Lord, please draw Your church together in worship and service.
- We pray for a spiritual revival among Seventh-day Adventist young people attending colleges and universities worldwide. May they become vibrant ambassadors for Christ.
- We pray for the 69 percent of the earth's population who have not received an unclouded presentation of Jesus.
- We pray for the 62 million people in the 28 least-reached cities of the former Soviet Union (Euro-Asia Division).
- We pray for God to raise up brave missionaries willing to work among the 746 people groups in the 20 countries of the Middle East.
- Lord, please raise up modern-day Waldensian-type students willing to serve You in difficult places.
- We pray for Adventist members facing persecution or imprisonment because of their beliefs.
- We pray for the 202 million people in the 41 least-reached cities of the Southern Asia-Pacific Division to know Jesus.
- We pray for the Sabbath School/Personal Ministries Department of each local church as they seek God's plan and reach out to their communities with loving service, Bible study, and personal witnessing.
- We pray for Adventist Development and Relief Agency (ADRA) as they meet practical needs worldwide.

- We pray for the 16 million people in the 6 least-reached cities of the South Pacific Division.
- We pray for the Holy Spirit to help us know how to reach the 406 million people in the 105 least-reached cities of the Northern Asia-Pacific Division.
- Lord, please bless as Adventist Chaplaincy Ministries mobilizes chaplains and interested members to minister to those in prison.
- Lord, we pray for our Sabbath School teachers. Please let them know how important their work is for our children.
- Lord, we seek your guidance for the many Centers of Influence, health and family programs, and Pathfinder clubs worldwide.
- Lord, please show us how to send more truth-filled literature (printed and electronic) into our communities. We pray that people will read it and that the Holy Spirit will convict them of Bible truth.
- Lord, we ask for Your protection over missionaries working in dangerous places.
- Please raise up literature evangelists, student volunteers, authors, media specialists, and financial supporters to spread words of hope and life.
- We pray for Adventist schools, students, and teachers worldwide. May these schools faithfully teach Bible truth and lead young people into mission, service, and a saving relationship with Christ.
- Lord, give us wisdom to reach secular cultures without interest in religion. Let Your Holy Spirit break down the walls that surround secular hearts.
- Bless us as we reach out to people enslaved by spirit worship, idolatry, and animistic beliefs. Help us to understand their worldview and introduce them to a personal Saviour.
- Lord, please inspire Seventh-day Adventists worldwide to pray as never before. Teach us to claim Your promises and expect You to move mountains when we pray.
- We pray for the 541 people groups in the 18 countries of the Southern Africa-Indian Ocean Division. Please lead them to biblical truth.
- Show us how to meet the practical and spiritual needs of refugees. May our church be known for our love of all people, no matter who they are or where they come from.
- We ask You to raise up urban missionaries to plant churches for the 806 people groups in the 20 countries of the Inter-European Division.
- Please raise up an army of workers to plant churches for the 948 people groups in the 38 countries of the Inter-American Division.
- Please teach us to proclaim our fundamental church beliefs with clarity, creativity, and biblical authenticity. May the love of Jesus be at the core of everything we believe.
- Lord, please prepare young people to plant churches for the 789 people groups in the 9 countries of the North American Division.
- We ask You to prepare volunteers to serve the 70 people groups in the Israel Field.
- We ask You to raise up medical missionaries to plant churches among the 830 people groups in the 11 countries of the East-Central Africa Division.
- We ask You to raise up prayer warriors to intercede for the 2,568 people groups in the 4 countries of the Southern Asia Division.
- Please let our families reveal Your love in our homes and communities. We ask You to bring harmony into homes, heal broken relationships, protect the vulnerable from abuse, and reveal Your sanctifying power in seemingly hopeless situations.
- We ask You to raise up nurses and doctors to plant new churches among the 1,978 people groups in the 22 countries in West-Central Africa Division.
- We pray for the 49 million people in the 19 least-reached cities of the Trans-European Division.
- We pray for our children. Please empower them to stand boldly for You when facing obstacles and pressure. Help them to make wise choices and stand for truth.
- Teach us to follow Christ's selfless example by meeting the daily needs of people close to us. Equip us to serve as medical missionaries, community volunteers, and friends to the needy.

## But when you pray . . .

### DAY 1—ABIDE IN ME

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing" (John 15:5, NIV).

#### **Continually Connected—the Vital Condition for Producing Fruit**

After graduation I was called to a district that had three small churches. It was winter. One of the churches had a mostly elderly membership. On a very good Sabbath, like for the Christmas program, we had maybe 40 people. On a bad Sabbath, about 10.

One Sabbath it was very cold, around -32°F, and nine people showed up: my family of four and another five. I wondered, *Should I even preach?* The head elder, a lady who was about 90 years old, said, "We pay tithe, so you need to preach." So I did.

I preached from John 15:4–8. In four verses Jesus repeats "Abide in Me" three times. In Hebrew culture, something repeated three times is very important, even essential. I emphasized that it is not so much what we *do* in the Christian life. While we are called to serve, we will never have results by ourselves. However, Jesus gave His word that if we remain in Him, whatever we ask, it will be done. There is no ambiguity; it's 100 percent assurance for success.

"So," I told the listeners, "it is not what *we* can do, but what *God* can do that makes the real difference."

Author Ellen G. White states, "It is not the capabilities you now possess, or ever will have, that will give you success. It is that which the Lord can do for you. We need to have far less confidence in what man can do, and far more confidence in what God can do for every believing soul" (*Christian Service*, p. 262).

I told my little congregation that prayer "is the secret of spiritual power" (*Prayer*, p. 12). It connects us with the "Source of strength" (*Prayer*, p. 272). Prayer gives us access to God's "boundless resources" (*Steps to Christ*, p. 95). It is the most efficient weapon against Satan's attacks (*Testimonies for the Church*, vol. 1 pp. 295, 296, 345, 346).

I told them about the promise Jesus gave in Matthew 18:19, 20. "Truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. For where two or three gather in my name, there am I with them" (NIV). It doesn't say "If 200 or 300 ask" but "If 2 or 3 ask" for something in agreement, in unity. And it is not "I might do it" but a very clear "I *will* do it."

I told my few listeners, "It's not an option to do nothing. We must pray and work, and God will give the results as He promised." It was a strong sermon on the power of prayer.

As my wife and I drove home, I told her, "We need to move. There is no hope of growth or in fact of anything in this church." She repeated back to me my sermon, with Jesus' promise, and she asked me, "Why don't you call them to prayer?" I hesitantly did so. Those few ladies came every morning at 6:30 a.m. to pray together for the Holy Spirit, church growth, families, the city, God's plan for our church, and clarity on what we needed to do. Three months later the church had an attendance of about 120.

God is calling you to continually remain in Him, pray without ceasing, never disconnect, and walk with Him. He invites you to abide in Him, and you must daily invite Him to abide in you. That's your only source of true power. That's your

safety. As long as you are connected to God, Satan has no power over you. Christ in you and you in Him is the single way to growth and success.

Let's pray together.

### **Prayer Time (30–45 Minutes)**

*All prayer groups have different ways of praying together. We encourage you to spend the next 30-45 minutes in united prayer, in whatever way the Holy Spirit leads. We encourage short conversational prayers (1-3 sentences). This allows for more people to pray multiple times. Below are some examples of praying through Scripture based on the theme. You may pray through other passages also and include other subjects in your prayer time. See the Leader's Guide and World Church Prayer Requests for prayer ideas.*

### **Praying God's Word — John 15:5**

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

#### **"Remain in Me and I in you"**

*Jesus, teach us how to abide in You every day. Without You, we are like dead branches separated from the life-giving vine. Walk with us, work in us, speak through us. Please dwell in our hearts and love the world through us.*

#### **"You will bear much fruit"**

*Lord, we know that all righteousness comes from You. Grow the fruit of the Spirit in our lives. Fill us with Your love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Let our lives reflect Your spotless character to everyone we meet.*

#### **"Apart from Me you can do nothing"**

*Lord, our own righteousness is like filthy rags. We break our promises, offend our enemies, and betray those we love. Apart from You, we are helpless and lost. We need Your love, Your patience, and Your grace in our hearts every day. Keep us close to Your side.*

### **More Prayer Suggestions**

**Thanks and Praise:** Give thanks for specific blessings and praise God for His goodness.

**Confession:** Take a few minutes for private confession and thank God for His forgiveness.

**Guidance:** Ask God to grant wisdom for current challenges and decisions.

**Our Church:** Pray for regional and world church needs (see separate sheet with requests).

**Local Requests:** Pray for current needs of church members, family, and neighbors.

**Listen and Respond:** Take time to listen for God's voice and respond in praise or song.

### **Song Suggestions**

*SDA Hymnal:* Abide With Me (#50); Draw Me Nearer (#306); In the Garden (#487)

*Other Songs:* Into My Heart; As the Deer; Open My Eyes, Lord; Unto Thee, O Lord

## But when you pray . . .

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### DAY 2—TEACH US HOW TO PRAY

“One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, ‘Lord, teach us to pray’ ” (Luke 11:1, NIV).

#### The Heart of the Christian Life

Prayer is essential, even vital.

“Every morning take time to begin your work with prayer. Do not think this wasted time; it is time that will live through eternal ages. By this means success and spiritual victory will be brought in” (*Testimonies for the Church*, vol. 7, p. 194).

The disciples often witnessed Jesus praying. They noticed that He had a prayer life different from theirs. The disciples were good spiritual people. They had dedicated hearts and wanted to serve God. They went to church, kept Sabbath, returned tithe faithfully, and ate clean foods. Everybody in Israel, especially the disciples, knew how to pray, right?

We think we know how to pray. Even children know how to pray. But when the disciples watched Jesus praying—and compared their prayers with His—they realized that they *didn't* know how to pray. That's the reason they said, “Teach us to pray” (Luke 11:1).

We assume that prayer is so simple. And yes, God would listen to the simplest prayer. But we must continually improve our prayer life.

The disciples noticed that they would preach, but nobody was impressed. They would try to heal or cast out demons, but they had no power. They asked Jesus, “How do You do that?” Jesus said, “By prayer and fasting.”

Jesus basically says that you can't do things in your own wisdom; it's only in God's power. For you to succeed, you need to pray seriously. In the book of Romans, Paul says that Holy Spirit must intercede for us because we don't even know how to pray (Rom. 8:26).

“Prayer is the breath of the soul. It is the secret of spiritual power. . . . Neglect the exercise of prayer, or engage in prayer spasmodically, now and then, as seems convenient, and you lose your hold on God” (*Prayer*, pp. 12, 13).

Jesus had a powerful prayer life and would often spend the whole night in prayer. “Jesus Himself, while He dwelt among men, was often in prayer. . . . He is our example in all things. . . . His humanity made prayer a necessity and a privilege. He found comfort and joy in communion with His Father. And if the Savior of men, the Son of God, felt the need of prayer, how much more should feeble, sinful mortals feel the necessity of fervent, constant prayer” (*Steps to Christ*, pp. 93, 94).

Jesus made prayer His priority, the first thing before the day started. “Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed” (Mark 1:35, NKJV). Jesus had a time and a place for prayer.

When the disciples said, “Teach us how to pray,” Jesus didn't tell them, “Pray with these words,” like a mantra. In fact, He clearly told them not to repeat the same words every time they prayed (Matt. 6:7). Jesus Himself prayed a different kind of prayer in John 17, according to the needs of the situation.



“Prayer is the opening of the heart to God as to a friend” (*Steps to Christ*, p. 93). In prayer we open our heart to God in honest conversation, like a dialogue. If you repeat the same words every time you pray, it will become routine and you will not even think about what you say.

Prayer and study of the Word should always go together. Through prayer we talk to God; through the Word God talks to us.

Jesus lived a life of prayer. He prayed early in the morning, He went to a specific place for prayer, and He openly conversed with God. He is our example. He is calling us to pray just like Him.

Let’s pray together.

### **Prayer Time (30–45 Minutes)**

*All prayer groups have different ways of praying together. We encourage you to spend the next 30-45 minutes in united prayer, in whatever way the Holy Spirit leads. We encourage short conversational prayers (1-3 sentences). This allows for more people to pray multiple times. Below are some examples of praying through Scripture based on the theme. You may pray through other passages also and include other subjects in your prayer time. See the Leader’s Guide and World Church Prayer Requests for prayer ideas.*

#### **Praying God’s Word — Luke 11:1**

“One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, ‘Lord, teach us to pray.’”

#### **“Jesus was praying in a certain place”**

*Father, teach us to pray like Jesus. We confess to making excuses and getting distracted and busy. Help us to choose the best time and place for meeting with You every day. Change our priorities and form new habits that lead us into Your presence.*

#### **“Lord, teach us to pray”**

*Yes, Lord, show us how to pray just as You showed the disciples. Thank You for the beautiful example of the Lord’s Prayer. Show us how to model our prayers and our lives after You. Fill us with the Holy Spirit, and use our prayers to transform our homes, our church, our community, and Your kingdom.*

### **More Prayer Suggestions**

**Thanks and Praise:** Give thanks for specific blessings and praise God for His goodness.

**Confession:** Take a few minutes for private confession and thank God for His forgiveness.

**Guidance:** Ask God to grant wisdom for current challenges and decisions.

**Our Church:** Pray for regional and world church needs (see separate sheet with requests).

**Local Requests:** Pray for current needs of church members, family, and neighbors.

**Listen and Respond:** Take time to listen for God’s voice and respond in praise or song.

### **Song Suggestions**

*SDA Hymnal:* Sweet Hour of Prayer (#478); Hear Our Prayer, O Lord (#684); What a Friend We Have in Jesus (#499)

*Other Songs:* Seek Ye First; Turn Your Eyes Upon Jesus; In Moments Like These

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## But when you pray . . .

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### DAY 3—BE SPECIFIC

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“And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words. Therefore do not be like them. For your Father knows the things you have need of before you ask Him” (Matt. 6:7, 8, NKJV).

#### Pray Specifically

Our son, Ovidiu, purchased a house at an extremely low price, but the house was in poor shape and quite small. He had to remodel and expand it to accommodate his family’s needs. However, prices had gone up considerably. He mentioned repeatedly that he would most likely not be able to complete the work due to lack of finances.

I asked Ovidiu to present his needs before God because He cares for them. He responded that he had prayed about the house, in general.

I then asked him to be very specific in prayer, to present one need at a time, not to pray today for what he would need next month or tomorrow, but to pray today for the need of today. God answers specifically to specific requests. God does not answer generic prayers.

Do not go to God and say, “Lord, save my neighbors.” Instead, you might say, “My Father, I intercede for my neighbor John. Please touch his heart. Also, please give me wisdom and opportunities to build a friendship with him and reach him with the good news of the gospel.”

Mark 10:47 presents Bartimaeus asking Jesus for help. He cries out, “Jesus, Son of David, have mercy on me!” That is a generic request. In verse 51 Jesus asks him to be specific: “What do you want Me to do for you?” Bartimaeus responds, “Rabboni, that I may receive my sight” (NKJV).

Back to my story—our son started praying specifically. He asked God to help him find a team that would dig the hole for the foundation of the house. Then he began searching. However, all teams he contacted were scheduled months in advance, and they all charged somewhere between \$18,000 and \$22,000. Eventually he managed to negotiate with one team to lower the price to \$16,000 and come the following week to dig.

The leader of the team came, but the heavy machinery did not show up. After waiting all morning, the leader lost his patience, said he couldn’t come back for three months, and left. Our son was devastated. He didn’t have any solution.

Finally, Ovidiu asked God specifically for a team to dig a hole fast, and at a good price. As he finished his prayer, his next-door neighbor approached.

Neighbor: “How are you doing?”

Ovidiu: “I’m OK. Just looking for a team to dig the hole for my foundation.”

Neighbor: “Well, I have a team digging the hole for my house right now. Ask them. Maybe they can do yours too.”

Ovidiu instantly ran next door and asked.

The team leader responded: “Well, since we’re already here with our heavy equipment, as soon as we finish here, we can come and do your job.”

Ovidiu: “Can you come and give me an estimate?”

Upon looking, the team leader said, "I will do it for \$2,500."

What joy! Ovidiu saw that God had already prepared an answer, and He was waiting for Ovidiu to ask for it.

"Prayer is the opening of the heart to God as to a friend" (*Steps to Christ*, p. 93). God is calling you to have an open conversation with Him, to present your needs in a clear and specific way. He wants you to have faith in Him, to expect an answer based on His love, wisdom, and promises. He will answer in His time and way, but if you wait upon Him in faith, you will know that His answer is the best answer.

Let's pray together.

### **Prayer Time (30–45 Minutes)**

*All prayer groups have different ways of praying together. We encourage you to spend the next 30-45 minutes in united prayer, in whatever way the Holy Spirit leads. We encourage short conversational prayers (1-3 sentences). This allows for more people to pray multiple times. Below are some examples of praying through Scripture based on the theme. You may pray through other passages also and include other subjects in your prayer time. See the Leader's Guide and World Church Prayer Requests for prayer ideas.*

#### **Praying God's Word — Matt. 6:7, 8**

"And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words. Therefore do not be like them. For your Father knows the things you have need of before you ask Him."

#### **"Do not use vain repetitions"**

*God, teach us to talk to You as a Friend. Sometimes our prayers fall into monotonous patterns, and it seems that our words go no higher than the ceiling. Wake us up spiritually! Help us to sense the reality of Your presence right beside us.*

#### **"Your Father knows the things you have need of"**

*Dear Lord, You already know everything about us. You know our fears, our hopes, our strengths, and our weaknesses. We often ask for simple desires like food or money or success, but You know our deepest needs. Thank You that the Spirit intercedes for us with groans that our words cannot express. We trust You to answer in ways that we cannot imagine!*

### **More Prayer Suggestions**

**Thanks and Praise:** Give thanks for specific blessings and praise God for His goodness.

**Confession:** Take a few minutes for private confession and thank God for His forgiveness.

**Guidance:** Ask God to grant wisdom for current challenges and decisions.

**Our Church:** Pray for regional and world church needs (see separate sheet with requests).

**Local Requests:** Pray for current needs of church members, family, and neighbors.

**Listen and Respond:** Take time to listen for God's voice and respond in praise or song.

### **Song Suggestions**

*SDA Hymnal:* Standing on the Promises (#518); I Know Whom I Have Believed (#511)

*Other Songs:* Give Thanks; Thank You, Lord, for Saving My Soul; Count Your Blessings; He's Able

## But when you pray . . .

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### DAY 4—UNANSWERED PRAYERS (AND FAITH)

“But those who wait on the Lord shall renew their strength” (Isa. 40:31a, NKJV).

#### Waiting . . .

Waiting is not fun. Who likes waiting? Waiting at the doctor’s office, waiting in line, waiting for a delayed plane at the airport, waiting for someone who is late for a meeting.

Abraham had to wait 25 years to get an answer to his prayer. Moses waited 40 years for God to finally intervene. Joseph was a slave for several years and then sat in prison a few years—not a fun place to wait for God’s intervention! There are many examples of waiting for help in the Bible.

Though waiting challenges our patience, the Bible says that one characteristic of God’s people is patience. The same in prayer. Often, we may have to wait for an answer.

“To every sincere prayer an answer will come. It may not come just as you desire, or at the time you look for it; but it will come in the way and at the time that will best meet your need. The prayers you offer in loneliness, in weariness, in trial, God answers, not always according to your expectations, but always for your good” (*Messages to Young People*, p. 250).

When we humble ourselves and present our need, in a clear, specific way, acknowledging our total dependence on God, He answers. However, often we must wait. We often need to use up all our resources and options before God intervenes, so we can know with certainty that it was Him. If He answered instantly, we might take credit for ourselves.

When we see no possible way to solve a crisis, God says a word, and something that we never could have imagined happens. “Call to Me, and I will answer you, and show you great and mighty things, which you do not know” (Jer. 33:3, NKJV).

However, if God doesn’t answer at the time and in the way we ask, we may think He didn’t answer at all. God answers honest, humble prayers, and His answer is the best possible answer.

You are called to know the love of God (Eph. 3:19). That’s all you need. The more you know Him, the more you trust Him, the more peace you have, and the more you are willing to wait for His leading and intervention. Fix your eyes on Him, His love, His promises, and the way He has led in past challenges.

“You will keep him in perfect peace, whose mind is stayed on You” (Isa. 26:3, NKJV).

God knows the future. He cares for you, but He also cares for others. He may not answer now because He has a better answer, or it’s not the best time, or you are not ready for His plan. He may have a different answer that addresses other needs, things you may not think about. He may also allow something in your life as the single way to reach someone that otherwise would not be reached. Many things happen that we will understand only in heaven.

Keep in mind, Jesus didn’t come and die to give us a comfortable life on earth. In fact, He said that in this world we will have trials (John 16:33). He often uses trials to teach us lessons necessary for character growth and salvation. “For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory” (2 Cor. 4:17, NKJV).

So instead of asking God to remove challenges, ask Him to help you grow and learn through them. Our greatest need is not the needs that we pray for, though most of the time they are real needs. Our greatest need is to know our God. The more you know Him, the more you trust Him, and the more you allow Him to work.

God is calling you to pray and seek Him, His presence, His plan, His leading. Seek to know Him before seeking answers and help, then cast upon Him all your worries and wait upon Him.

Let's pray together.

### **Prayer Time (30–45 Minutes)**

*All prayer groups have different ways of praying together. We encourage you to spend the next 30-45 minutes in united prayer, in whatever way the Holy Spirit leads. We encourage short conversational prayers (1-3 sentences). This allows for more people to pray multiple times. Below are some examples of praying through Scripture based on the theme. You may pray through other passages also and include other subjects in your prayer time. See the Leader's Guide and World Church Prayer Requests for prayer ideas.*

#### **Praying God's Word — Isa. 40:31a**

"But those who wait on the Lord shall renew their strength."

#### **"Those who wait on the Lord"**

*Father, we don't like to wait. Waiting makes us anxious and fearful, so we rush ahead and look for our own solutions. Teach us to rest in You as a child rests in his father's arms. Give us faith to know that You hold tomorrow in Your powerful hands. May we live by faith, not by sight.*

#### **"Shall renew their strength"**

*Lord, sometimes we grow weary of life in this broken world. We're worn out by illness, disagreements, poverty, injustice, and loneliness. Please lift our eyes to heaven and renew our strength. Teach us to lean on You and find strength in Your endless promises. When we are weak, connect us to Your power.*

### **More Prayer Suggestions**

**Thanks and Praise:** Give thanks for specific blessings and praise God for His goodness.

**Confession:** Take a few minutes for private confession and thank God for His forgiveness.

**Guidance:** Ask God to grant wisdom for current challenges and decisions.

**Our Church:** Pray for regional and world church needs (see separate sheet with requests).

**Local Requests:** Pray for current needs of church members, family, and neighbors.

**Listen and Respond:** Take time to listen for God's voice and respond in praise or song.

### **Song Suggestions**

*SDA Hymnal:* Leaning on the Everlasting Arms (#469); It Is Well with My Soul (#530); Be Still, My Soul (#461)

*Other Songs:* My Peace I Give unto You; I Cast All My Cares upon You; In God's Green Pastures

## But when you pray . . .

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### DAY 5—HALLOWED BE YOUR NAME

“Let your light so shine before men, that they may see your good works and glorify your Father in heaven” (Matt. 5:16, NKJV).

#### We Are an Open Letter

One time the members of a church, together with the pastor, tried to invite the neighbors to some events. Several refused. The pastor asked a few families that he knew about why they did not want to come. In different words they all said, “If Mr. \_\_\_\_ is a member there, we’d rather not come. He’s not kind or loving. He has no respect or sense of shame. He cheats, abuses his pets, and is always angry and rude.” Most church members could commiserate.

The Lord’s prayer starts with the words, “Our Father in heaven.” God is not only the God of the Universe but He also has a close, intimate relationship with us. Then it says, “hallowed be Your name.” The Greek word is not *hagios*—meaning “holy, sacred, worthy”—but *hagiazō*—meaning “to sanctify.” How can we sanctify or make God holy when He *is* holy?

Paul says that we are an open letter read by all people (2 Cor. 3:2). In 1 Corinthians 4:9 he writes, “For we have been made a spectacle to the world” (NKJV).

People don’t see God, they see us. Our daily behavior can glorify God and honor Him, or it can dishonor His name and misrepresent the church and negatively affect its work (Matt. 5:13–16).

Enter God’s presence with praises and then acknowledge Him as your loving Father. Instead of focusing on you and your needs, first focus on God, His name, and His honor. “God would have us seek for those things that will honor His name. In no case are we to glorify ourselves; we should seek God for grace and spiritual blessings, that we may glorify His name in our characters. God is glorified, His name is hallowed, when His children give in their lives a representation of Christ’s character” (Manuscript 34, 1903, par. 15).

Pray something like this: “Father, help me honor you in all I do today. Help me properly represent you and carry your Name so that when people see me they will praise You. Let me behave in a way that allows people to see Jesus’ character through my every action and word.”

Also, in your prayer seek only things that would honor and serve God. 1 John 5:14 says that “if we ask anything according to His will, He hears us” (NKJV).

We must pray in Jesus’ Name, but that means more than merely saying “in Your Name.” In Bible times, a name represented character. To pray in Jesus’ name is to pray within His will, to ask the things that would represent Him and His character. James 4:3 says, “You ask and do not receive, because you ask amiss” (NKJV). “To pray in Christ’s name means much. It means that we are to accept His character, manifest His spirit, and work His works” (*The Desire of Ages*, p. 668).

Jesus promised to answer our prayers if we ask in His Name, within His will, and for something that will glorify and honor God (John 14:13, 14; 1 John 5:14).

And when God answers, make sure that you praise and honor Him. We must not take any credit for ourselves. Satan tries to take God’s glory for himself. In humility, thankfully acknowledge and glorify God through your words, actions, and prayers.

When we complain we give the wrong message about our God. In a way we say that God is not good, He doesn't care, He doesn't keep His promises. Rejoice always (1 Thess. 5:16; Phil. 4:4). Pray, talk, and behave in a way that would honor God. How can you inspire faith when you doubt? How can you ask others to praise God when you complain?

Our heartfelt prayer should be, "My heavenly, loving Father, help me today to talk and act in a way that properly represents You before others. Give me only those things that will honor You, and help me use them in a way that serves You. Let me glorify Your name today."

Let's pray together.

### **Prayer Time (30–45 Minutes)**

*All prayer groups have different ways of praying together. We encourage you to spend the next 30-45 minutes in united prayer, in whatever way the Holy Spirit leads. We encourage short conversational prayers (1-3 sentences). This allows for more people to pray multiple times. Below are some examples of praying through Scripture based on the theme. You may pray through other passages also and include other subjects in your prayer time. See the Leader's Guide and World Church Prayer Requests for prayer ideas.*

#### **Praying God's Word — Matt. 5:16**

"Let your light so shine before men, that they may see your good works and glorify your Father in heaven."

##### **"Let your light so shine"**

*Lord, You are the Source of all light. Shine through us so others can see the beauty of Your character. Help us to shine brightly and boldly so others are attracted to Your kingdom through our love.*

##### **"That they may see your good works"**

*God, sometimes we forget that others are watching everything we do. Help them to see love, not hate in our lives. Help them to see generosity, not selfishness. Work in our lives to bless our children, our neighbors, and even our enemies.*

##### **"And glorify your Father in heaven"**

*God, You must increase and we must decrease. Humble us and help our neighbors to glimpse Your power and compassion in our loving actions.*

### **More Prayer Suggestions**

**Thanks and Praise:** Give thanks for specific blessings and praise God for His goodness.

**Confession:** Take a few minutes for private confession and thank God for His forgiveness.

**Guidance:** Ask God to grant wisdom for current challenges and decisions.

**Our Church:** Pray for regional and world church needs (see separate sheet with requests).

**Local Requests:** Pray for current needs of church members, family, and neighbors.

**Listen and Respond:** Take time to listen for God's voice and respond in praise or song.

### **Song Suggestions**

*SDA Hymnal:* How Great Thou Art (#86); Praise to the Lord (#1); Praise Him, Praise Him (#249)

*Other Songs:* I Will Enter His Gates; Shine, Jesus, Shine; Majesty; His Name is Wonderful



## But when you pray . . .

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### DAY 6—YOUR KINGDOM COME

“The kingdom of God is within you” (Luke 17:21b, NKJV).

#### Salvation Has Entered

In Luke 19 Jesus offers to enter Zacchaeus’ house. Then Jesus says, “Today salvation has come to this house” (verse 9). When Jesus lives in your place, heaven is there. And before you can enter God’s kingdom, God’s kingdom must enter your heart. In John 17 Jesus prayed not that His followers would be separated physically *from* the world but that they would not be *of* the world (John 17:15, 16).

We must get used to already living here as we would live in heaven. If we focus on the things of the world, we will become like the world. “Where your treasure is, there your heart will be also” (Matt. 6:21, NKJV). But if we focus on God and on His kingdom, His kingdom will move in us and around us. “The faces of men and women who talk with God, to whom the invisible world is a reality, express the peace of God. They carry with them the soft and genial atmosphere of heaven” (*Medical Ministry*, p. 252).

On one of my evangelistic trips to Cuba, many children and their parents came to listen. I found out from the pastor that all these visitors came because of one lady. I asked her what she said to get them to come. She replied, “It is not what I said to them,” and then she invited us to visit her the next day and watch. So we went.

She had an extremely small house, like a tool shed. No furniture inside except two bunk beds, a small table, two small chairs, and a camping stove. Early in the afternoon she went out in front of her home. And then they came—almost two hundred children! She had them sit down on the dirt and show her a paper signed by their parents. Then the kids formed a line and she gave them all rice. They sat down and ate.

While they were eating, she explained to us that most of her neighbors didn’t have a job, but she was blessed to have one. Her salary wasn’t enough to buy a variety of food, but she could buy rice. And then she said, “We are called to be like Jesus, to show what God’s kingdom is like so people desire it. We are to use Jesus’ method. To feed them and build friendships. If I live for myself, how am I like Jesus? And if I just give people physical bread, how does it really help them? So I am using rice to show these children love. Then I also give them spiritual bread. But kids often get distracted. To make sure that the kids listen, they must go home and, as proof that they have paid attention, tell their parents the story and the song they learned today. In this way I also reach the parents. Now that I’ve been doing this for a while, they all love me, trust me, and are willing to listen.”

As soon as the kids finished eating, she started to teach them about Jonah and then taught them a song. Afterward, they gave her hugs and thanked her. I heard them saying, “We love you, Auntie!” She had a big grin on her face. She said, “It is not only that I am trying to show them God’s kingdom, but they also bless me and fill me with joy too. A greater joy is to see them coming to church and praying and learning about God. But my greatest joy will be to see them in heaven. So I want them to taste a little drop of heaven now.”

Jesus is coming soon! But for you to be ready to enter His kingdom when He comes, you must have His kingdom live within you *now*. You must daily pray, “Lord, please come with Your kingdom into my heart today.” God is calling you to make His kingdom a reality today. Through daily prayer, study of the Word, and joyful service, live here as you would in heaven. Let heaven live in you. Be God’s hands here, just as people of faith were His hands in the past.

God wants to move His kingdom into your heart and home today and every day. He wants you to get used to living in His presence as citizens of heaven. Daily invite heaven into your heart and let His love spill over to others through your actions.

Let's pray together.

### **Prayer Time (30–45 Minutes)**

*All prayer groups have different ways of praying together. We encourage you to spend the next 30-45 minutes in united prayer, in whatever way the Holy Spirit leads. We encourage short conversational prayers (1-3 sentences). This allows for more people to pray multiple times. Below are some examples of praying through Scripture based on the theme. You may pray through other passages also and include other subjects in your prayer time. See the Leader's Guide and World Church Prayer Requests for prayer ideas.*

#### **Praying God's Word — Luke 17:21b**

"The kingdom of God is within you."

#### **"The kingdom of God"**

*Lord, we know Your kingdom is not about worldly power or force. Give us wisdom to understand and live out Your humble kingdom in our lives today. Fit us to serve, to comfort, and to encourage Your earthly children.*

#### **"Is within you"**

*God, help us to live like citizens of heaven starting today. Turn our eyes from ourselves to others. Which person around us needs a listening ear right now? Who needs a warm meal or clothes for their children? Who needs to hear our testimony about the transforming power of Jesus? Speak to our hearts and plant Your kingdom in our lives today.*

### **More Prayer Suggestions**

**Thanks and Praise:** Give thanks for specific blessings and praise God for His goodness.

**Confession:** Take a few minutes for private confession and thank God for His forgiveness.

**Guidance:** Ask God to grant wisdom for current challenges and decisions.

**Our Church:** Pray for regional and world church needs (see separate sheet with requests).

**Local Requests:** Pray for current needs of church members, family, and neighbors.

**Listen and Respond:** Take time to listen for God's voice and respond in praise or song.

### **Song Suggestions**

*SDA Hymnal:* Live Out Thy Life Within Me (#316); He Lives (#251); So Send I You (#578)

*Other Songs:* We Are His Hands; Brighten the Corner, This Little Light of Mine

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## But when you pray . . .

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### DAY 7—YOUR WILL BE DONE ON EARTH AS IT IS IN HEAVEN

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“For I know the plans I have for you. . . . plans to give you hope and a future” (Jer. 29:11, NIV).

#### He is the Master

We all have plans, long-term plans and daily plans. In prayer we usually seek God’s help and blessing for *our* plans instead of seeking *God’s* plans. God says, “I know the plans I have for you” (Jer. 29:11, NIV). To have God’s blessings and resources, you must follow His plan.

In prayer we tell God what to do as if we were the master and He the servant. Remember, He is God, He is the Master. He should tell *us* what to do. “Each morning consecrate yourself to God for that day. Surrender all your plans to Him, to be carried out or given up as His providence shall indicate. Thus day by day you may be giving your life into the hands of God” (*Steps to Christ*, p. 70).

Remember this phrase in the Lord’s prayer: “Your will be done on earth as it is in heaven.” In heaven angels serve God. He gives them an assignment, and they do it. Their answer is, “Yes, Lord,” and they are gone. None of them tell Him what to do; none negotiate or say, “I am busy” or “I will do it later.” None argue by saying, “I don’t have the resources” or “I have a better idea.” When He tells an angel to do something, they act, knowing He makes all the necessary resources available.

One day my wife and I were on an eleven-hour drive. As usual, we had sought God’s plan for that day and asked Him to show us opportunities to serve. About five hours into the trip, a good pastor friend called. “Pray for me,” he said. “I am supposed to go to Cuba for evangelism, but my car broke down, and the bus didn’t come.”

I knew he lived in the area we were driving through right at that moment, so I said, “Where exactly do you live?” He gave me the exit number. Just as he was telling me, we approached that exact exit. “We are at your exit!” I exclaimed. “How could that be?” he responded. “You live five hours north of me!” We took the exit, went to his place, picked him up, and drove him to airport. He caught the plane and went to Cuba!

Too often we stress continually and fail in our endeavors because we act on our own plans. Yet, we don’t know the big picture. We don’t know the future. God does, and He loves us.

“Too many, in planning for a brilliant future, make an utter failure. Let God plan for you. . . . God never leads His children otherwise than they would choose to be led, if they could see the end from the beginning and discern the glory of the purpose which they are fulfilling as co-workers with Him” (*The Ministry of Healing*, p. 479).

To do God’s will you must know it, so you should also listen in prayer. What He says to you is a lot more important than what you say to Him. We “need to have a personal experience in obtaining a knowledge of the will of God. We must individually hear Him speaking to the heart. When every other voice is hushed, and in quietness we wait before Him, the silence of the soul makes more distinct the voice of God” (*The Ministry of Healing*, p. 58).

Through prayer we speak to God, and through the Word He speaks to us. Prayer and study of the Word go always together; they should never be separated. “The Bible is God’s voice speaking to us, just as surely as though we could hear it with our ears” (*Testimonies for the Church*, vol. 6, p. 393).

We can certainly tell Him our needs. We are told to cast all our needs upon Him (1 Peter 5:7). There is nothing wrong in asking Him for help. However, you're not informing God of something He doesn't already know; rather, you're giving Him your consent to help. God gave us freedom of choice, and He respects our choice. He will never intervene by imposing His will on us. He waits for us to ask, to choose His help, and then He can intervene.

Pray, study the Word, think on it. Present your needs and plans, and ask for God's leading and guidance. Make God's plans your priority. Seek God first, then trust that He will take care of all your needs as He promised (Matt. 6:33). Make yourself available to serve Him and follow His will. Say, "Here I am Lord. Use me today. May Your will be done in my life today."

Let's pray together.

### **Prayer Time (30–45 Minutes)**

*All prayer groups have different ways of praying together. We encourage you to spend the next 30-45 minutes in united prayer, in whatever way the Holy Spirit leads. We encourage short conversational prayers (1-3 sentences). This allows for more people to pray multiple times. Below are some examples of praying through Scripture based on the theme. You may pray through other passages also and include other subjects in your prayer time. See the Leader's Guide and World Church Prayer Requests for prayer ideas.*

#### **Praying God's Word — Jeremiah 29:11**

"For I know the plans I have for you. . . . plans to give you hope and a future."

#### **"For I know the plans I have for you"**

*Lord, we get so busy with our own goals. Forgive us for ambition, greed, and self-centeredness. Instead, show us Your plans. Direct our eyes to see the needs around us. Make our hands and feet willing to serve.*

#### **"Plans to give you hope and a future"**

*God, our earthly plans will crumble and come to nothing, but Your plans stretch into eternity. Thank You that our failures are not permanent. Give us faith to glimpse Your kingdom today. Live out Your life in us.*

### **More Prayer Suggestions**

**Thanks and Praise:** Give thanks for specific blessings and praise God for His goodness.

**Confession:** Take a few minutes for private confession and thank God for His forgiveness.

**Guidance:** Ask God to grant wisdom for current challenges and decisions.

**Our Church:** Pray for regional and world church needs (see separate sheet with requests).

**Local Requests:** Pray for current needs of church members, family, and neighbors.

**Listen and Respond:** Take time to listen for God's voice and respond in praise or song.

### **Song Suggestions**

*SDA Hymnal:* I Surrender All (#309); Take My Life and Let It Be (#330); Give Me Jesus (#305); Be Thou My Vision (#547)

*Other Songs:* All in All; Create in Me a Clean Heart; Make Me a Servant

## But when you pray . . .

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### DAY 8—GIVE US THIS DAY OUR DAILY BREAD

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers” (Gal. 6:9, 10, NIV).

#### God Will Provide

One day I spent some time doing finances. After setting aside our tithe and a smaller percentage for missions and the needy, I paid all the bills, set aside some for our sons’ school tuition, and had a small portion left over for the rest of the month for food and other expenses. I got into our van to drive the tuition money over to the school and left. It was raining heavily.

Right before entering the school driveway, I saw a young lady visibly distressed. I stopped the van and noticed it was a young woman I had just baptized a few months before. She was crying.

“What’s the issue?” I inquired. She finally shared that she, together with many others, had lost her job when a nearby factory closed. Then she, with her two small children, was evicted from her apartment since she couldn’t pay the rent. And now they had no more food.

I took her to a grocery store and filled the cart with food, paying for it with part of the school tuition. In driving her back to school, I called the apartment landlord and barely managed to negotiate an agreement where I used the leftover tuition money to pay half of what she owed, while the landlord forgave the other half. I called church board members and they paid the electrical bill. “Also,” I said, “after you get back on your feet, help someone else in need.” She was so grateful.

When I got home and told my wife that I was concerned about how we would pay tuition, she joyfully said, “God will provide.” That afternoon when I checked the mailbox, I found an envelope with a check in it. It was the same amount that I spent helping the young lady.

God cares for us more than we care for our own children. He promises that our bread will be supplied (Isa. 33:16). But notice the word *us* in the verse: “Give *us* this day our daily bread.” Jesus clearly implies that we should not only ask for ourselves but also for those around us. In fact, the Bible is clear that we must love others just as much as we love ourselves (Mark 12:31), and we must pray for others (James 5:16). “Bear one another’s burdens, and so fulfill the law of Christ” (Gal. 6:2, NKJV). The first-century disciples did that. They were one in everything they did (Acts 4:32).

“Our prayers are not to be a selfish asking, merely for our own benefit. We are to ask that we may give. The principle of Christ’s life must be the principle of our lives. . . . We are to ask blessings from God that we may communicate to others. The capacity for receiving is preserved only by imparting. We cannot continue to receive heavenly treasure without communicating to those around us” (*Christ’s Object Lessons*, pp. 142, 143).

Note that the Lord’s prayer doesn’t talk about bread for tomorrow, only for today. Israel could collect manna only for one day at a time (Exod. 16:4). God doesn’t want you to worry for tomorrow (Matt. 6:34). Ask for today. Ask to share. Seek to bless. Before Christ’s followers preach, they should demonstrate their love for God by being a blessing to those around them.

At the judgment Jesus will not ask if you went to church or did other good things, although we should not miss our assemblies (Heb. 10:25). He will say, “I was naked and hungry and thirsty. The way you loved those around you shows the real way you loved Me” (see Matt. 25:31–45).

God is calling you to pray for your neighbor, love your neighbor, and be a blessing to all around you.

Let’s pray together.

### **Prayer Time (30–45 Minutes)**

*All prayer groups have different ways of praying together. We encourage you to spend the next 30-45 minutes in united prayer, in whatever way the Holy Spirit leads. We encourage short conversational prayers (1-3 sentences). This allows for more people to pray multiple times. Below are some examples of praying through Scripture based on the theme. You may pray through other passages also and include other subjects in your prayer time. See the Leader’s Guide and World Church Prayer Requests for prayer ideas.*

#### **Praying God’s Word — Galatians 6:9, 10**

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.”

#### **“Let us not become weary in doing good”**

*Father, sometimes ministry leaves us exhausted. We focus too much on plans and results and forget that You are the Source of all strength. Please turn our eyes toward You. Revive our spirits and fill us with Your inexhaustible love for a needy world.*

#### **“We will reap a harvest if we do not give up”**

*Lord, thank You for this promise that the day of harvest is coming. Make our hands faithful as we plant and water the seeds of faith in others. The results are up to You!*

#### **“Let us do good to all people”**

*God, give us Your eyes to see opportunities for service. Show us how we can demonstrate love to our children, our spouses, our neighbors, and our fellow church members. We’re so glad to be part of the family of God!*

### **More Prayer Suggestions**

**Thanks and Praise:** Give thanks for specific blessings and praise God for His goodness.

**Confession:** Take a few minutes for private confession and thank God for His forgiveness.

**Guidance:** Ask God to grant wisdom for current challenges and decisions.

**Our Church:** Pray for regional and world church needs (see separate sheet with requests).

**Local Requests:** Pray for current needs of church members, family, and neighbors.

**Listen and Respond:** Take time to listen for God’s voice and respond in praise or song.

### **Song Suggestions**

*SDA Hymnal:* Seeking the Lost (#373); Bringing in the Sheaves (#369); I’ll Go Where You Want Me to Go (#573)

*Other Songs:* We Are His Hands; They’ll Know We Are Christians; Pass It On

## But when you pray . . .

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### DAY 9—FORGIVE US OUR DEBTS AS WE FORGIVE OUR DEBTORS

“For if you forgive men their trespasses, your heavenly Father will also forgive you” (Matt. 6:14, NKJV).

#### “I Didn’t Feel It”

She was old and had been an elder in my church for many years. She was now in the hospital. When I visited her, she told me, “Do not pray for me, for I am lost.” “Why would you say that?” I responded. “Pastor, I have sinned. I committed a big sin when I was young.” “Did you ask God for forgiveness?” “Oh, every day of my life, but He never forgave me.” “How do you know?” “Well,” she said, “I didn’t feel it.” We talked it through, and at the end of our conversation she had peace and joy.

How do you “feel” forgiveness? Is it a warm feeling in your body, or something cold on your right hand, or a tickling behind your neck? Do you smell it?

The Bible is clear. “If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness” (1 John 1:9, NKJV). It doesn’t say He forgives only small sins or a limited number of sins. It plainly says that if we confess our sins, He forgives them ALL. The condition: you must confess. The promise: God forgives. Do your part, and God will do His.

Forgiveness is not something that you can feel or prove scientifically. It is by faith. You take God’s Word for it and believe that God doesn’t lie. You cannot explain it, you don’t deserve it, but you know that God promised and His promises are 100 percent secure because they are based on His character and Word. Nothing is more secure than God’s Word.

When you confess, in that instant you are forgiven. Jesus already paid the price for your sin at the cross. He is “the Lamb of God who takes away the sin of the world” (John 1:29, NKJV). His blood is sufficient, and in His blood you have redemption for all your sins (Eph. 1:7).

After you confess you need to exercise faith, to choose to believe that God does what He promised. “Abraham believed God, and it was credited to him as righteousness” (Rom. 4:3, NIV). Remember, “the righteous will live by faith” (Rom. 1:17, NIV). As you believe, God works, and you are forgiven. Don’t try to explain it or deserve it. “For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God” (Eph. 2:8, NIV).

“Through this simple act of believing God, the Holy Spirit has begotten a new life in your heart. You are as a child born into the family of God, and He loves you as He loves His Son” (*Steps to Christ*, p. 52). Forgiveness, righteousness, salvation—they are all received as a gift by faith.

“You are a sinner. You cannot atone for your past sins; you cannot change your heart and make yourself holy. But God promises to do all this for you through Christ. You *believe* that promise. . . . If you believe the promise . . . God supplies the fact. . . . Do not wait to *feel* that you are made whole, but say, “I believe it; it *is* so, not because I feel it, but because God has promised” (*Steps to Christ*, p. 51).

As you fix your eyes on Jesus’ cross, you get a glimpse of that extreme manifestation of love: Jesus, Creator, the One who speaks and it happens, the One that the angels cover themselves before, the God of the Universe who came down and took human form. He, the Holy One, took your sins, and died for you personally. God died for you.

Fix your eyes on His cross. You will then notice that those who experience grace also share grace generously. Those who experience forgiveness, forgive. “The ground of all forgiveness is found in the unmerited love of God, but by our attitude toward others we show whether we have made that love our own” (*Christ’s Object Lessons*, p. 251).

Let’s pray together.

### **Prayer Time (30–45 Minutes)**

*All prayer groups have different ways of praying together. We encourage you to spend the next 30-45 minutes in united prayer, in whatever way the Holy Spirit leads. We encourage short conversational prayers (1-3 sentences). This allows for more people to pray multiple times. Below are some examples of praying through Scripture based on the theme. You may pray through other passages also and include other subjects in your prayer time. See the Leader’s Guide and World Church Prayer Requests for prayer ideas.*

#### **Praying God’s Word — Matthew 6:14**

“For if you forgive men their trespasses, your heavenly Father will also forgive you.”

##### **“If you forgive men their trespasses”**

*Father, we confess that sometimes we don’t want to forgive. Release us from bitterness and resentment. Change our hearts and let Your grace flow through us to others. Transform our enemies into friends and unite our hearts in service for Your kingdom.*

##### **“Your heavenly Father will also forgive you”**

*Thank You, Lord, for the undeserved gifts of repentance and redemption. Sometimes we struggle to accept Your forgiveness and try to earn Your favor. Teach us to receive Your forgiveness joyfully and extend that grace to others.*

### **More Prayer Suggestions**

**Thanks and Praise:** Give thanks for specific blessings and praise God for His goodness.

**Confession:** Take a few minutes for private confession and thank God for His forgiveness.

**Guidance:** Ask God to grant wisdom for current challenges and decisions.

**Our Church:** Pray for regional and world church needs (see separate sheet with requests).

**Local Requests:** Pray for current needs of church members, family, and neighbors.

**Listen and Respond:** Take time to listen for God’s voice and respond in praise or song.

### **Song Suggestions**

*SDA Hymnal:* Amazing Grace (#108); Old Rugged Cross (#159); Redeemed (#337); Blessed Assurance (#462)

*Other Songs:* Grace That Is Greater; Behold, What Manner of Love; For God So Loved the World



## But when you pray . . .

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### DAY 10—DO NOT LEAD US INTO TEMPTATION

“God cannot be tempted by evil, nor does He Himself tempt anyone” (James 1:13, NKJV).

#### Does God Really Do That?

God is Holy, He is love. He tempts no one, we tempt ourselves (James 1:14, 15). So then, have you ever wondered what Jesus meant when He said in the Lord’s Prayer, “Do not lead us into temptation”? Jesus was not implying that God tempts us into sin and we must beg Him not to push us there.

So, what does it mean? As in most, if not all, languages, words can have more than one meaning in Greek. So you must look at the original word and its context. The Greek word for “lead” is *eisphero*. This verse can be translated as “do not let us go, do not abandon us there, do not permit us to go.” It doesn’t mean to “entice.”

The Greek word for “temptation” is *peirasmon*. It can be translated as “trial, test, adversity,” etc. So the phrase “do not lead us into temptation” can mean, “Please do not abandon me because alone I will slip into sin, or stay in the sin I have already gotten into” or “If you test me, do not leave me alone or let me stay there for too long for fear of my slipping into sin.”

At times God allows or puts you in specific situations to help you understand your heart and spiritual condition, to open your eyes to see how you are and what you need. The Bible says that you “do not know that you are wretched, miserable, poor, blind, and naked” (Rev. 3:17, NKJV). When you know you are sick, you go to a doctor, but how can you address something that you don’t know about?

When we see how we are, we realize how sinful we are and know we need Jesus. “Those who live nearest to Jesus discern most clearly the frailty and sinfulness of humanity, and their only hope is in the merit of a crucified and risen Savior” (*The Great Controversy*, p. 471).

God tested King Zedekiah (2 Chron. 32:31). Proverbs 17:3 says that God is testing our hearts. David prayed, “Test me, Lord, and try me” (Ps. 26:2, NIV). Peter says that the fiery trials are sometimes meant to test us (1 Peter 4:12).

“A view of our sinfulness drives us to Him who can pardon; when the soul, realizing its helplessness, reaches out after Christ, He will reveal Himself in power” (*Steps to Christ*, p. 65).

Therefore, “Our great adversary is constantly seeking to keep the troubled soul away from God” (*Prayer*, p. 270). He knows that if we separate from God, we will slip into sin.

In the last part of the Lord’s Prayer, Jesus is trying to underline the secret of power and victory. He says that our single hope is to always be in Jesus and have Jesus in us, to never separate, never depart. “Christ in you, the hope of glory” (Col. 1:27, NKJV).

Alone we don’t have the power to change and develop a new heart. But the promise is clear and secure: “[He who is in Christ] is a new creation” (2 Cor. 5:17, NKJV).

So how do you check yourself to see where you are in your spiritual journey? Jesus says we can know by our fruit (Matt. 7:16). How do you produce fruit? By being continually connected with Christ (John 15:1–5) and being filled with His Spirit (Gal. 5:22, 23).

“A profession of religion places men in the church, but the character and conduct show whether they are in continual connection with Christ” (*The Desire of Ages*, p. 676). And if you remain continually in Him, you don’t need to understand how He works; you just need to trust Him. He saves all those who come to Him (Heb. 7:25).

“The only defense against evil is the indwelling of Christ in the heart” (*The Desire of Ages*, p. 324).

God is calling you to pray without ceasing, to constantly call on the Name of the Lord, to walk with Him, and, in continual awareness of His presence and total dependance on Him, to never separate from Him. That is your only strength. And He promises that if you draw near to God, “He will draw near to you” (James 4:8, NKJV).

Let’s pray together.

### **Prayer Time (30–45 Minutes)**

*All prayer groups have different ways of praying together. We encourage you to spend the next 30-45 minutes in united prayer, in whatever way the Holy Spirit leads. We encourage short conversational prayers (1-3 sentences). This allows for more people to pray multiple times. Below are some examples of praying through Scripture based on the theme. You may pray through other passages also and include other subjects in your prayer time. See the Leader’s Guide and World Church Prayer Requests for prayer ideas.*

#### **Praying God’s Word — James 1:13**

“God cannot be tempted by evil, nor does He Himself tempt anyone.”

##### **“God cannot be tempted by evil”**

*Father, we thank You for sending Jesus to resist and overcome evil in our place. With You there is no darkness at all, only goodness and light. We know that You have already defeated sin and death and that You are transforming us into Your likeness. Keep our eyes fixed on You!*

##### **“Nor does He Himself tempt anyone”**

*Lord, please keep us far from temptations that could separate us from You. Teach us to flee from the selfish desires that entice us, and turn our eyes to Your spotless character. Help us to hate what you hate and love what you love.*

### **More Prayer Suggestions**

**Thanks and Praise:** Give thanks for specific blessings and praise God for His goodness.

**Confession:** Take a few minutes for private confession and thank God for His forgiveness.

**Guidance:** Ask God to grant wisdom for current challenges and decisions.

**Our Church:** Pray for regional and world church needs (see separate sheet with requests).

**Local Requests:** Pray for current needs of church members, family, and neighbors.

**Listen and Respond:** Take time to listen for God’s voice and respond in praise or song.

### **Song Suggestions**

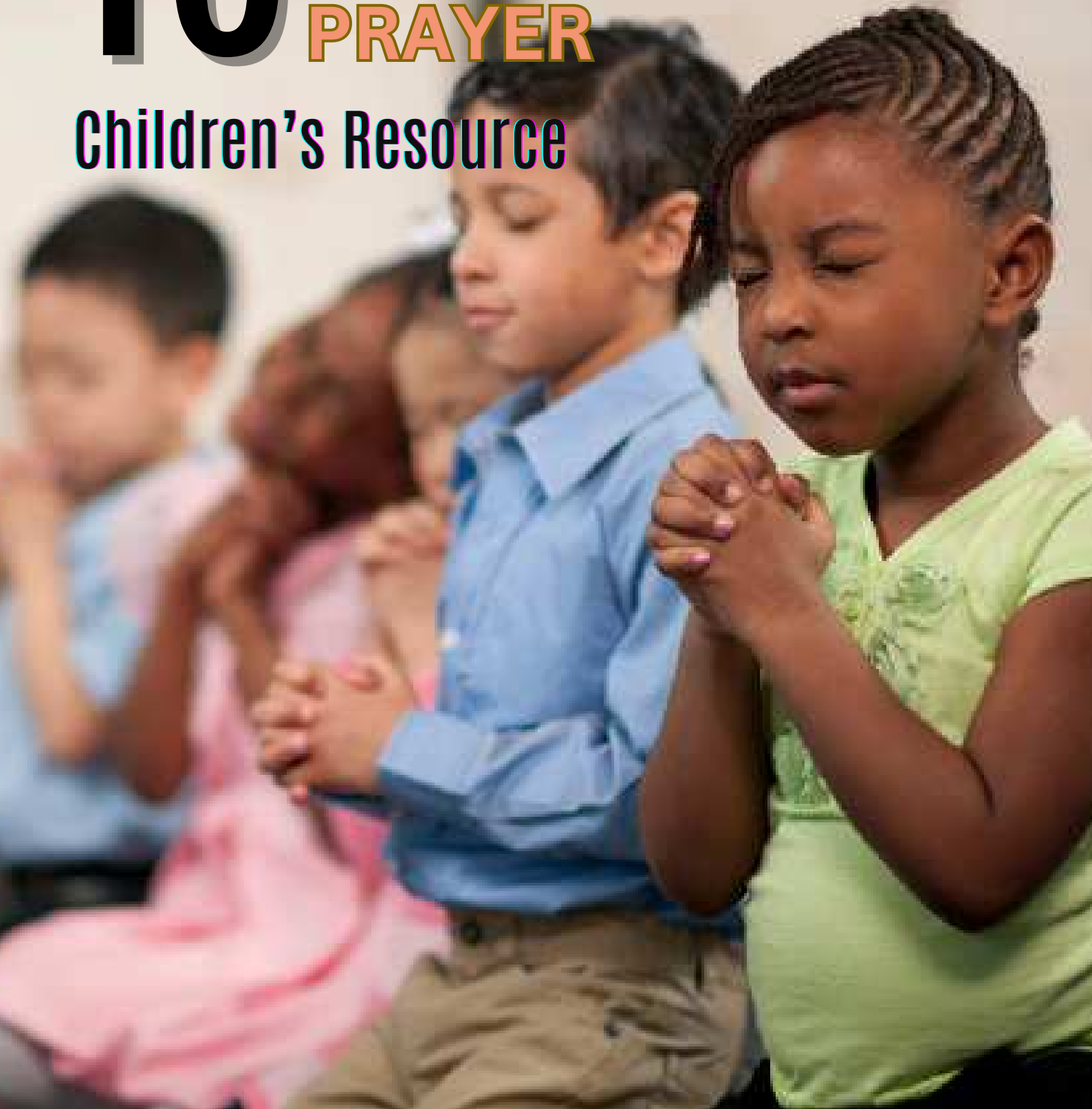
*SDA Hymnal:* Day by Day (#532); Trust and Obey (#590); Draw Me Nearer (#306)

*Other Songs:* You Are My Hiding Place; Into My Heart; Change My Heart, O God

January 8 - 18, 2025

# 10 DAYS OF PRAYER

Children's Resource



Adventist  
Children's Ministries

*The Lord's Prayer*

# Day 1

## *Talking to Daddy*



Daddy sat in his favorite armchair. He smiled at Katie and Kenny and held out his arms. They raced towards him, laughing with love and joy! Daddy caught them in his big arms as they climbed onto his lap. Katie and Kenny were twins, and every evening, after dinner, they had worship together. They loved this cosy time when they hugged, laughed, chatted about their day, and prayed together. Daddy was teaching them about the special prayer that Jesus taught His disciples. “

I love you, Katie! I love you, Kenny! I’m so glad I’m your Daddy!” Daddy kissed their curly heads.

“I love you, Daddy!” Katie kissed his cheek.

“I’m glad you’re my Daddy, too!” Kenny whispered into his ear.

They told daddy their exciting news! Their grades in school, and an invitation to Sammy’s party.

“What’s the saddest thing that happened today?” asked Daddy. Kenny told him about a boy who was mean to him. “Oh, Kenny, I’m so sorry that happened. What can I do to help you feel better?” Kenny wasn’t sure, but it felt good to tell Daddy about it.

Katie was sad because she had lost her favorite teddy bear. “I’ll help you look for teddy before bedtime!” Daddy comforted her.

Daddy hugged them as they prayed. “You know how we hug and talk together every day? That’s like our special time with God! He loves us and He enjoys it when we talk to Him. He comforts us when we’re sad, and He’s happy when we’re happy!” Katie and Kenny smiled. How wonderful to be loved by their Father in heaven!

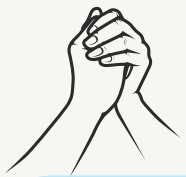
# Day 1

## Talking to Daddy

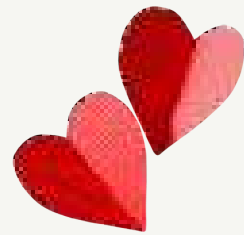


### Let's do this!

- Make something to remind you that God loves you. He is smiling over you, and He is always with you, ready to hear your prayers!
- Wrap your arms around your chest and give yourself a hug from God! You can do this any time you need to remember how much He loves you.
- Read **Psalm 23, 103, 145, 1 Corinthians 13**, and **1 John 4:7-21** and make a list of all the ways that God loves you! Cut out a large paper heart and write your list on this big heart. Keep adding new ideas! We will learn more and more about God's love throughout eternity.
- Tutorial for paper hearts <https://artfulparent.com/how-to-cut-out-hearts/>



### Let's Pray



- Thank God for the amazing gift of prayer! We can talk to our loving Father any time, and He hears us and loves us.
- Thank God for His love! Pray through the alphabet, praising God for the different ways that He loves you, beginning with each letter.
- Be still and listen to God's love for you. What would He say to you today, to let you know how much He loves you?



# Day 2

## *Our Father in Heaven*



Daddy sat in his special chair with Katie and Kenny. He looked very sad. This afternoon he had forgotten to pick them up from school! Katie had cried and Kenny was sad too. Daddy had never forgotten to pick them before.

Miss Peterson, their teacher, called Daddy's cell-phone. She reminded Daddy that Katie and Kenny were waiting for him. Daddy felt so bad! He left his work as soon as he could and came to pick them up. On their way home Daddy bought them both an ice cream, to show how sorry he was. Daddy hugged Katie and Kenny close.

"I love you and I am so glad you are my special children!" A tear rolled down his cheek.

"I am so sorry that I forgot to pick you up from school today. I hope I never do that ever again!"

"We love you, Daddy!" Katie snuggled into his chest. "We know you love us and that you didn't mean to make us scared and sad."

"I love you very much but I'm just a human Daddy. I make mistakes. I need to say sorry to you and to God when I hurt you like that."

"And we'll always forgive you, Daddy!" said Kenny, "Just like God always forgives us when we say sorry."

"Thank you, Kenny!" smiled Daddy. "Jesus taught His disciples how to pray to their perfectly loving Father in heaven. He is the Father who never forgets us. He's the Father who is always ready to forgive us. Remember that even though I make many mistakes as a parent, God loves you more perfectly than you can every imagine! And Jesus taught us how to pray, so we can talk to our heavenly Father at any time, about anything! That's amazing!"

# Day 2

## Our Father in Heaven



### Let's do this!

- How do you picture your Father in heaven when you pray to Him? We all imagine Him in different ways, and that's fine! Draw a picture of how you see God.
- God has been described as "Love – loving". "We love because He first loved us!" 1 John 4:19. Talk with your family about the times when you have experienced God's loving care.



### Let's Pray

- We have an amazing Father who is also the God of the universe!
- We don't need special words to pray. God understands anything we want to tell Him. When you pray, imagine you are sitting on God's lap, and talking to Him about your day, as you would talk to the most kind and loving parent ever.
- God is the Best Parent we will ever have! Thank Him for the ways that He cares for you even better than your earthly parents!



# Day 3

## *Hallowed be Your Name*



Daddy sat in his comfy chair and held out his arms for Katie and Kenny. They ran to sit on his lap! It was a very special day because mommy and their new baby brother had just come home from the hospital! Mommy wrapped him up in a blanket and laid him gently on Daddy's chest! Daddy held him carefully. Katie let the baby hold one of her fingers in his tight little hands. Kenny gently stroked his cheek.

"He's beautiful!" said Kenny!

"What shall we call him?" asked Katie.

"Well, we called Katie after Grandma Baker," said Mommy, "because she was the kindest person we ever met! And we called Kenny after Grandpa Johnson because he was a doctor who cared for poor people who couldn't pay him back. We wanted you to be inspired by the kindness of your grandparents!"

"We thought we'd call your new brother, Kristopher, after your great-grandfather Christopher. Every week he taught English to migrant children, so they could catch up at school." said Daddy. "But we'll write his name with a 'K' to match your names!"

"All your names are special," said Mommy. "They describe our hopes that you will grow up to be kind and loving, like Jesus." Kristopher wriggled. Daddy gently stroked his head and whispered soothing words in his tiny ears.

"God has lots of very special names!" said Daddy. "Each one of them describes something wonderful about His kind and loving character! He even has a special name that was given to Him by Hagar, Abraham and Sarah's Egyptian slave. She called Him El Roi, the God who sees me."

"I love that!" Katie smiled. "El Roi! He's the God who sees us too!"

"Jesus taught us to pray 'Hallowed be Your name!'" said Daddy. "Because God's name is special and holy, and we show Him our love by speaking His name with love and wonder."



# Day 3

## *Hallowed be Your Name*

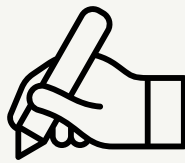


### Let's do this!



Make a list of God's many different names. Discover more about His names and what they tell you about His loving character.

- If you were to give God a name that describes your experience of Him, like Hagar, what would you call Him?



- Saviour
- Redeemer
- Yahweh



### Let's Pray

- Choose one of the names of God, find out what it means and use this name to inspire a short prayer of praise.
- Choose one of your favorite names for God. Write it in the middle of a piece of paper and write short phrases of worship around His name.
- Yahweh is one of God's names. We breathe in when we say "Yah" and out when we say "Weh". Try saying "Yahweh", worshipfully, as you breathe in and out. Every breath we take praises God's holy name.



# Day 4

## *Your Kingdom Come*



Daddy was telling Katie and Kenny a Bible story about King David. He explained that David was kind to his best friend's son, Mephibosheth, who couldn't walk. King David invited Mephibosheth to live in his palace and eat at his table (2 Samuel 9). "That was such a kind thing for King David to do!" exclaimed Kenny.

"God taught David how to be a kind king, because God is a King of kindness," said Daddy.

"I'd love to live in a kingdom where everyone was kind," said Katie.

"Well, when we know how much God loves us, we love Him, and we love other people too! Then God is our King, and we live in His kingdom right here and now!" said Mommy. "When God is the King of your heart, you are living in His kingdom wherever you are! Jesus taught His disciples to pray for God's kingdom to be lived in their lives. What an amazing prayer!"

"But some kings are mean and greedy, and they start wars to take other people's land," Katie looked sad.

"Yes, that's because they want to be king over their own lives, and they want to have power and control and land and wealth," explained Daddy. "But God is love, and He doesn't want to control us, and He isn't greedy and selfish. When God is our King we live peacefully with others, we share our things with them, and we are patient and thoughtful. It's a much happier way to live! And when we live like that, other people can see how good it is to live in God's kingdom!"

"That's amazing!" Kenny was excited! "I want to live in God's kingdom right now! It sounds like the best place to be!"

"Yes, it is, Kenny!" smiled Mommy. "And we are living in God's kingdom in our home, and in our church and in our community! Whenever we live by God's loving values, His kingdom is grown on earth. One day we will all live together in the earth made new, and we will live in God's perfect kingdom forever and ever!"

# Day 4

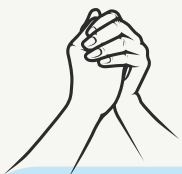
## Your Kingdom Come



**Let's do this!**



- Talk about how God's kingdom of love is different from earthly kingdoms.
- Make a crown out of paper or cardstock. Before you stick the ends together, lay it flat on the table and write some of God's kingdom values on the crown, such as love, peace, joy, patience, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:22-23)
- Paper crown template : <https://superstarworksheets.com/wp-content/uploads/2024/02/KingCrownTemplate.pdf>



**Let's Pray**

- Invite God to be the loving King of your life.
- Ask Him to help you grow your kingdom values so that you can show others what God's kingdom is like.



# Day 5

## *Your will be done, on earth as it is in heaven*



Daddy was reading the Lord's Prayer to Katie and Kenny. Kenny was puzzled. "What does it mean about God's will being done on earth like in heaven?"

"That's a good question, Kenny," said Daddy. "Discovering how to do God's will is one of the most important things for us to learn!"

"But how can we know His will? Does He tell us what He wants us to do?" asked Katie.

"Well, sometimes when I pray, God gives me a good idea of what to do. When I prayed about marrying your Mommy, I felt a strong sense from God that it was the right thing to do! And it was!"

"Wow! God helped you to choose Mommy! That's special!" Katie gave Mommy a gentle hug because baby Kristopher was sleeping in her arms.

"Jesus came to show us what God is like, and Jesus always did God's will," explained Mommy. "Can you think of some things that Jesus did?"

"Yes! He was always kind and helpful!" exclaimed Kenny. "He made people happy! He was friends with everyone, even strangers, and lepers, and children, and people who were sad and lonely!"

"That's absolutely right, Kenny!" smiled Daddy. "It is always God's will that we are kind and welcoming to others. Whenever we do kind things, we're not only doing God's will, we're helping other people to experience God's love, too!"

"Hey! I have a great idea!" cried Katie. "It's our birthday soon! We'll be ten! Why don't we celebrate the day by doing ten kind things together, for sad and lonely people!"

Kenny agreed. "Yes! Let's do it! It will be the best birthday ever!"

"That's a beautiful way to do God's will on earth!" agreed Mommy. "You'll really be putting the Lord's Prayer into action when you do that!"

# Day 5

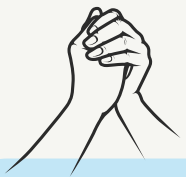
*Your will be done,  
on earth as it is in heaven*



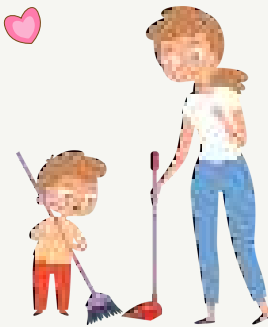
**Let's do this!**



- Whenever we are kind, we are doing God's will on earth as it is done in heaven. Do something kind for each person in your family. Cut paper hearts and write "Kindness was here!" on each one. Leave a kindness heart in the places where you were kind.
- Offer to help an adult in your family for 15 or 20 minutes. Listen carefully to their instructions and cheerfully do whatever they ask you to do.



**Let's Pray**



- Prayer is not just about talking to God. It is also about listening to God. Say the Lord's Prayer together and then spend some time in quietness, listening for what God would like you to do today.
- Throughout the day stop and pray, "Help me to know Your will and be kind to others." God will help you to make good choices.



# Day 6

## *Give us this day our daily bread*



Soon it would be Katie and Kenny's birthday! They planned ten kind things they could do for other people. Then they wrote a list of gifts they wanted for themselves. They climbed into Daddy's lap and showed him their kindness plan and their wish lists.

Daddy grinned. "Oh, what long lists! Let me see...toys, more toys, and even more toys!" He read their lists out loud. "Which of these things do you really need?" Kenny needed to have a new watch so he knew when it was time to come home for dinner. Katie needed a new bicycle because her old one was too small for her. Daddy nodded "You've both made good choices! Let's see what happens on your birthday!"

"When I was your age, my family was very poor," Mommy said. "All I had for my birthday was a warm sweater. At first I was disappointed. But it was a very cold winter, and I was very glad to have a good sweater for school, because I could play outside with my friends."

Daddy opened his Bible to the Lord's Prayer. "Jesus taught us to pray, 'Give us this day our daily bread.' God gives us all the basic things we need to keep us alive and well for one day at a time. And that's enough. He already knows everything we need and every good gift we have comes from Him, because He loves us."

"Even bicycles and watches?" asked Kenny.

"Yes, everything that we give you comes from God! He gives me the energy to work and earn money to look after you!" Daddy smiled.

"That's why we thank God for our food when we sit down to eat," said Mommy. "It reminds us that God cares for us every single day." She picked up a box. "Who wants to help me fill this box with food for the new family in our church? Their daddy doesn't have any work yet. Perhaps we'll be an answer to their prayers today!"

# Day 6

*Give us this day our daily bread*



## Let's do this!



- Create a set of placemats or cards for your dinner table. Write on them your favorite prayers of thanks for the food.
- Make a food parcel to take to a family who might need food today. Be an answer to their prayer for daily bread.



## Let's Pray

- Discover different prayers of thanks for food from around the world.
- Make a list of all the things God has done today to keep you alive and healthy. Think about every minute you slept, every breath you took, and every beat of your heart. Then thank Him for everything you have listed. Each one of them is a gift of love from our Father God.





# Day 7

## *Forgive us our sins*



"Let's play hide and seek!" Kenny was excited!

"That sounds fun!" said Katie. She counted to 20 as Kenny ran and hid. Katie found him hiding under Mommy and Daddy's bed. She was so excited that she jumped on the bed. "Hey, Katie!" Kenny frowned. "Daddy told us not to jump on their bed. It belonged to our grandparents, remember."

"But it's so much fun!" squealed Katie. Kenny jumped on the bed. They laughed and bounced together. Suddenly there was a big cracking noise, and the bed sagged in the middle. "Oh no, Katie! Now what shall we do?" Katie was scared. "Let's hide!" They crawled under Kenny's bed.

"Katie! Kenny! I'm home! Where are you?" Daddy went into his bedroom to get changed. He called again. "Katie! Kenny! Where are you?" He sounded worried. Daddy came into their room. He saw Katie's toe sticking out.

"Katie and Kenny," he said gently. "Please tell me what happened to our bed." Daddy's voice was kind.

Katie crept out. A tear rolled down her cheek. "I'm sorry, Daddy," she sniffed. "We were playing hide and seek. We got excited and bounced on your bed. We didn't know it would break."

"Come here," said Daddy with a kind smile. "Thank you for being honest, Katie. I'm sorry you disobeyed. I don't want you to be afraid of telling me when something has gone wrong. We will always forgive you! Come and help me fix the bed. I'll fetch my tools."

That evening the twins climbed into Daddy's lap. "You know, our Father in heaven is always ready to forgive us when we disobey Him," explained Daddy. "He doesn't want us to run and hide! He wants us to come close to Him and feel forgiven and loved! We can always tell Him what we've done wrong and ask for forgiveness. He is more than happy to wipe away all our mistakes forever!"

"That's wonderful!" said Kenny. "I'm glad our Father in heaven is so kind and forgiving!"





# Day 7

## *Forgive us our sins*



### Let's do this!



- Blow some bubbles. Watch them pop. Can you find them again? Can you return them to the pot of bubble mixture? No! they are gone forever, just like our forgiven sins!
- Sprinkle a tray with fine sand. Write something you have done wrong in the sand. Shake the tray gently as you pray for forgiveness and watch your mistakes disappear forever.



### Let's Pray



- Find white clay or play dough, or make a stiff dough from flour, salt, and water. Make a shape that reminds you of something you have done wrong. Hold it as you pray for forgiveness. Then shape the dough into a white heart. God has forgiven you and made your heart clean again!



# Day 8

## *As we forgive others*



Katie and Kenny ran to Daddy. Katie was crying and Kenny looked sad too. "Oh dear! Whatever happened at school today?" Daddy hugged them.

"Let's get some ice cream and talk about it."

Katie took a huge mouthful of ice cream. It was so cold it hurt! "Katie, slow down!" laughed Daddy! "Are you starving?"

"I am!" said Katie. "Peter got so upset he threw my lunch on the floor!" She took a smaller spoon of ice cream. "I wasn't annoying him. I was just the nearest person. Miss Peterson gave me her apple to eat."

"Oh, Katie! I'm sorry your lunch was spoiled!" Daddy comforted her.

"Mommy's made your favorite dish for dinner! And what about you, Kenny? What's making you so sad?"

"Peter tripped me up! I fell over and cut my knee!"

"Oh Kenny! I'm sorry you were hurt!"

"Daddy, why is Peter being mean?" asked Katie. "He was our friend!"

"Peter is going through a sad time," explained Daddy. "His daddy is working overseas, and he misses him. And his grandmother, who was helping his mommy, is in the hospital."

"But he still shouldn't hurt us!" cried Kenny.

"I know," said Daddy. "But when we understand how sad he is, then we can forgive him, and find ways to comfort him. Jesus prayed for us to forgive others, as our Father in heaven forgives us."

"You mean we should forgive Peter?" said Katie.

"Forgiving people doesn't always mean we have to be friends with them. It's best to stay away from people when we don't feel safe," said Daddy. "But I'll call his mommy and see how we can help. Let's invite him for ice-cream after school tomorrow."

"I didn't know Peter was so sad," said Kenny quietly. "Let's pray that God will help us to forgive him and be kind to him."

# Day 8

## *As we forgive others*



### Let's do this!



- Think of someone who has hurt you. Maybe you could also think of a way to be kind to them.
- Put an edible treat in a paper bag with "Forgiveness" written on it. Sit in a circle. Give this gift of "Forgiveness" to the person on your left. Ask them to take out the treat and give a piece to you. Then ask them to pass the gift to the next person and receive a piece of treat from them. Repeat this activity, so that every person receives the gift of "forgiveness" and gives a piece back to the giver. Discuss how this illustrates forgiveness.



### Let's Pray

- Pray for the people who have hurt you. Pray that God will bless them, as Jesus taught us to do.
- Remember that God loves the other person as much as He loves you!



# Day 9

*Lead us not into temptation,  
but deliver us from evil*



Kenny was playing football on his own. Suddenly Peter ran and kicked Peter's ball into the bushes! Last night everyone had prayed for Peter. Kenny wanted to be kind to him. But Peter was annoying him again. Kenny prayed. "Please God, help me be kind to Peter. Help me to love him and not hurt him." By the time Kenny found his football, Katie was talking to Peter. She remembered what Jesus said about being kind to those who hurt you. "Hey Peter! I brought some cookies to share with you! I thought you might be hungry." Peter hesitated. He remembered how mean he was to Katie and Kenny yesterday. He didn't want to hurt them. He was just mixed up and sad inside. And he was really hungry because mommy didn't have time to make breakfast. "Thanks, Katie!" Peter took a cookie. He ate it quickly and Katie offered him another. "Katie and Kenny, I'm sorry I was mean to you yesterday. Please forgive me," he said shyly.

"Of course we will!" said Katie. We're sorry that your daddy had to go away and your grandma is sick. We care about you! Daddy sometimes takes us for ice cream after school. Would you like to join us today?"

Peter smiled. "Yes, please!"

Kenny smiled too. God had helped them to be kind to Peter and resist the temptation of being mean. "Hey Peter! Come and play football! It's much better with two of us!" Katie and Kenny were happy that Peter joined them for ice-cream. Daddy had helped Peter's mom fix her car. And Mommy had packed a box of food for them.

That evening Katie and Kenny sat on Daddy's lap for worship. He read them the story of Jesus being tempted by Satan. Each time Jesus resisted Satan's temptation by putting God first and quoting scripture. Then Daddy said, "I'm so proud of you both for resisting the temptation to be mean to Peter, and for asking God to help you be kind. That's just what Jesus meant when He taught us how to pray!"

# Day 9

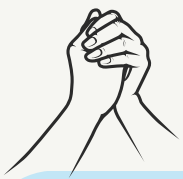
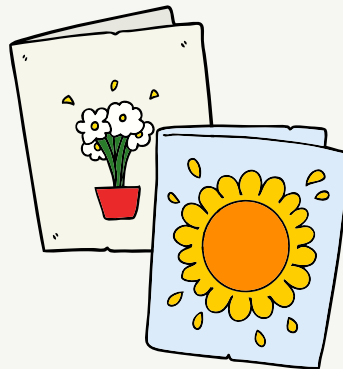
*Lead us not into temptation,  
but deliver us from evil*



## Let's do this!



- What are you tempted to do. Choose a “resisting temptation” Bible verse to help you be strong with God.
- Write your “resisting temptation” Bible verse on a small card and decorate it. Keep it as a special prayer reminder.

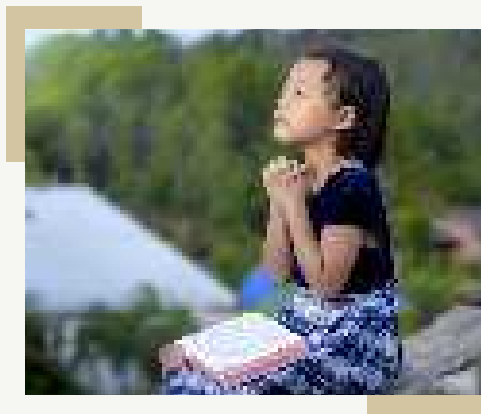


## Let's Pray

- Draw around the hand of an adult.
- Write your temptations on the hand. Imagine it is the hand of God. You can put all your temptations into His hands and ask Him to help you resist them.
- Remember you can pray at any time. Imagine you are holding God's hand and He's lovingly helping you to make a good choice.

# Day 10

## *My prayer too!*



Katie and Kenny loved Friday nights! They always had a special worship time together. Katie and Kenny took turns making a special dessert with Mommy. Katie and Kenny usually decorated the table, sometimes with flowers from the yard, or with things they had made at school. Friday nights were filled with laughter, hugs, sharing good news, comforting sadness, and spending time together with God. Daddy was busy...There was a long string trailing through the rooms and into the yard. Katie and Kenny were excited and curious! After dinner they gathered for worship. "We've been exploring different parts Jesus' special prayer. So now we're going on a treasure hunt to find them all!"

Katie and Kenny loved Daddy's treasure hunts! Daddy gave them the string and told them to follow it. It led them to his chair where he gave them a big hug! "Just imagine this is a hug from your Father in heaven!" Then they found a poster with a big heart. "Write your favorite names for God to remember His name is holy," said Mommy. The string led them to a crown, then to a Bible with a heart on the cover to remind them of God's loving will for us. They followed the trail to the kitchen and found a loaf of bread, and then to a bucket in the garden, where they washed muddy stones and talked about forgiveness. They passed some tempting cookies with a sign "Save these for Sabbath lunch!"

Finally, they found a key tied to the string, and a real treasure chest! When they opened the box they found two beautiful prayer journals, with things to color, and write!

Mommy taught them some beautiful actions for the Lord's Prayer that she learnt as a child! Then they all had a big hug!

"I'm so glad that Jesus gave us a special prayer!" said Kenny.

"Me too!" said Katie. "And thank you Mommy and Daddy for making a special way for us to learn it."

# Day 10

## My prayer too!



### Let's do this!



- Find objects in your home that illustrate the phrases of the Lord's Prayer, like the ones Katie and Kenny found. Arrange them in order and say the prayer together.
- Draw pictures to illustrate each phrase of the Lord's Prayer.
- Write each phrase on a paper footprint, make a trail, and walk along it. Repeat the walk several times, turning some footprints over each time, to hide the words as you memorize them.



### Let's Pray



- Make up some actions for The Lord's Prayer – actions help our brains to remember better.
- Choose a familiar tune and turn the Lord's Prayer into a beautiful song.
- Use the different themes of the Lord's Prayer and write your own version that expresses similar thoughts in your own words.







# The Lord's Prayer

(with hand motions)

Use the actions described below as you say the words of the Lord's Prayer.

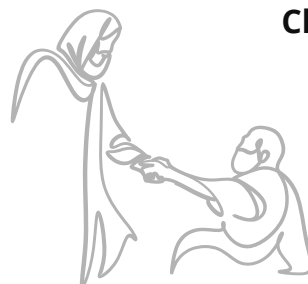
- **Our** (point both hands to the chest)
- **Father** (hug own body)
- **Who art in heaven** (raise both hands upwards)
- **Hallowed be thy name** (place hands together in prayer)
- **Thy kingdom come** ('pull' heaven down out of the sky to your chest with both hands)
- **Thy will be done** (with elbows into your side, touch your shoulders with both hands at the same time – left hand to left shoulder, right to right – then lower both hands down, as if offering them, stopping when your hands at a 90 degree angle out in front of the body)
- **On earth** (spread hands down towards ground and around, indicating the earth)
- **As it is in heaven** (spread hands up and around to indicate heaven)
- **Give us this day** (start with hands out in a receiving position, then draw them inwards and close the hands at the same time)
- **Our daily bread** (using left hand as a piece of bread, use right index and middle fingers together to perform the action of spreading butter back and forth across the left hand)
- **And forgive us our trespasses** (use both hands in a motion of flinging something away)
- **As we** (point to self with both hands)
- **Forgive those** (repeat forgiving action above)
- **Who trespass against us** (clench both fists, and bang the right one down on top of the left one, as if hammering it once)
- **And lead us not into temptation** (Keeping fists closed, cross wrists as if they are tied together)
- **But deliver us from evil** (pull wrists apart as if being suddenly freed)
- **For Thine is the Kingdom** (place both hands on your head, with fingers pointing upwards, to make a crown)
- **The Power** (use both hands to show biceps in a power action)
- **And the Glory** (lift arms together over head, and bring them down and out to each side to form a glorious circle)
- **Forever and ever** (arms move in two steps out to each side, simultaneously, as if drawing a rounded sort of M-shape)
- **Amen** (hands come together in prayer)



## Karen Holford

TED Children's Ministries

*Karen Holford is the Children's Ministries Director for the Trans-European Division. She loves to pray and to help other people experience how much God loves them!*



Click the link below for the hand motions

[Youtube](#)








Fill in the blanks

# *The Lord's Prayer*



*Matthew 6:9-14 (KJV)*

Our  \_\_\_\_\_ who art in  \_\_\_\_\_

Hallowed be thy name


Thy  \_\_\_\_\_ come

Thy will be  \_\_\_\_\_



On  \_\_\_\_\_ as it is in  \_\_\_\_\_


Give us this day



Our daily  \_\_\_\_\_

and  \_\_\_\_\_ us our trespasses

As we forgive those who trespass us

And  \_\_\_\_\_ us not into  \_\_\_\_\_

but  \_\_\_\_\_ us from evil

for Thine is the  \_\_\_\_\_ and the  \_\_\_\_\_

and the  \_\_\_\_\_ .

Forever and ever. Amen

