

# PRAY FIRST

INSPIRING A LIFE OF PRAYER

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**Welcome!** Thanks for joining us on this adventure in prayer! We hope that in using this prayer guide three things will happen. We'll –

1. Get to know God better through prayer
2. Be transformed through prayer
3. Blanket (cover) everything with prayer

## *So where do we start?*

No one knows how to pray better than Jesus. Three years isn't much time to save the world and yet he was always making time to be alone with his Father, enjoying his company and asking for his help. This guide can help us take steps to pray like him.

Each week will focus on one key character trait about God. And each day there's a short Scripture to read about that attribute. We'll also suggest a prayer to start a conversation with God.

This guide will refer to the Lord's Prayer (Matthew 6:9-13) and to a more modern pattern known as ACTS to help us pray.

**ACTS** refers to-

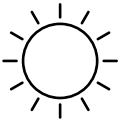
**A**doration- expressing awe for who God is.  
For example, 'God, You're good'

**C**onfession- admitting where you've messed up and asking for forgiveness

**T**hanksgiving- acknowledging God for his gifts to you

**S**upplication- asking for help and for the world to be what he wants it to be

*We suggest that you pray at-*



**MORNING TIME**  
*When you wake up*



**DRIVE TIME**  
*On the way*



**MEAL TIME**  
*When you fuel up*



**EVENING TIME**  
*Before you go to bed*

For more great resources on prayer, visit  
[www.cornwallchurch.com/prayfirst](http://www.cornwallchurch.com/prayfirst)

# WEEK 1

## CREATOR

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*You weren't an accident. You weren't mass produced. You aren't an assembly-line product. You were deliberately planned, specifically gifted, and lovingly positioned on the earth by the Master Craftsman.*

*-Max Lucado*

### DAY 1

*I praise you because I am fearfully and wonderfully made;  
your works are wonderful, I know that full well.*  
*Psalm 139:14*

Knowing that you are “fearfully and wonderfully made”, think about your body and your mind, and thank God for making you just the way you are.

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## DAY 2

*For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him.*  
*Colossians 1:16*

Ask the Holy Spirit to help you focus on your sense of hearing and smell today. Let these senses inspire your prayers.

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## DAY 3

*You alone are the Lord. You made the heavens, even the highest heavens, and all their starry host, the earth and all that is on it, the seas and all that is in them. You give life to everything, and the multitudes of heaven worship you.*  
*Nehemiah 9:6*

All of creation acknowledges God in its own way. Pray that the Holy Spirit will reveal the best way you connect with God (by singing, reading, serving, walking in nature etc.), and then meet with him that way.

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**DAY 4**

*28 Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. 29 He gives strength to the weary and increases the power of the weak.*  
*Isaiah 40:28-29*

Talk to God about the things that wear you out.  
Ask him to give you strength to overcome weakness.

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**DAY 5**

*“You are worthy, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they were created and have their being.”*  
*Revelation 4:11*

Thank God for the plans and the purpose he has for your life and that it pleases him for you to be alive.

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## DAY 6

*<sup>1</sup> Now faith is confidence in what we hope for and assurance about what we do not see. <sup>2</sup> This is what the ancients were commended for. Hebrews 11:1-2*

Are you an “I’ll believe it when I see it” type of person? Is faith something you struggle with? Talk to God about this and ask him to increase your faith, giving you confidence and hope in his unseen power.

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## DAY 7

*<sup>1</sup> Praise the Lord. Praise the Lord from the heavens; praise him in the heights above. <sup>2</sup> Praise him, all his angels; praise him, all his heavenly hosts. <sup>3</sup> Praise him, sun and moon; praise him, all you shining stars. <sup>4</sup> Praise him, you highest heavens and you waters above the skies. <sup>5</sup> Let them praise the name of the Lord, for at his command they were created. Psalms 148:1-5*

Tonight (or one clear night this week), go outside. Pray to the only one who makes the moon reflect the sun. Go through the ACTS process, acknowledge God’s awesome creation; confess how you fail to give him due respect, or recognition. Thank him that you are a part of his awe-inspiring plan; and bring your requests so that his will may be done through you.

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# WEEK 2

## HOLY

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*Holiness means “unique, set apart.” When we say God is holy we mean He is uniquely and overwhelmingly powerful, pure, and beautiful. He’s the source of all that’s good. God invites all people into His purifying holiness so we can experience true life. This happens through Jesus, the Holy One of God. Living with Him drives out the darkness, overpowers chaos and brings new beauty and purity.*

*-Tim Mackie*

### DAY 1

*“There is no one holy like the Lord; there is no one besides you; there is no Rock like our God.  
1 Samuel 2:2*

Tell the Lord there’s no one like him anywhere. Thank him that he’s your rock and that he holds your life together.

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## DAY 2

*The fear of the Lord is the beginning of wisdom,  
and knowledge of the Holy One is understanding.  
Proverbs 9:10*

Tell God that you want him to be the King of your life  
and that you want to know him better.

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## DAY 3

*<sup>1</sup> In the year that King Uzziah died, I saw the Lord, high and exalted, seated on a throne; and the train of his robe filled the temple. <sup>2</sup> Above him were seraphim, each with six wings: With two wings they covered their faces, with two they covered their feet, and with two they were flying. <sup>3</sup> And they were calling to one another: "Holy, holy, holy is the Lord Almighty; the whole earth is full of his glory."  
Isaiah 6:1-3*

God's holiness is what we'll be in awe of when we see him.  
Start practicing for eternity today. Drop to your knees, lift  
your hands, and sing a song of praise to God.

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**DAY 4**

*<sup>4</sup> At the sound of their voices the doorposts and thresholds shook and the temple was filled with smoke. <sup>5</sup> “Woe to me!” I cried. “I am ruined! For I am a man of unclean lips, and I live among a people of unclean lips, and my eyes have seen the King, the Lord Almighty.” <sup>6</sup> Then one of the seraphim flew to me with a live coal in his hand, which he had taken with tongs from the altar. <sup>7</sup> With it he touched my mouth and said, “See, this has touched your lips; your guilt is taken away and your sin atoned for.”*  
*Isaiah 6:4-7*

Think about how pure and perfect God is and yet- he loves you with all your faults. Place the sin that so easily entangles you at the cross today. Ask him to steer you away from that.

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**DAY 5**

*Then I heard the voice of the Lord saying, “Whom shall I send? And who will go for us?” And I said, “Here am I. Send me!”*  
*Isaiah 6:8*

God’s looking for modern day, imperfect Isaiah’s. Ask him where you should go or if you should stay put. Commit to representing him intentionally.

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**DAY 6**

*12 Lord, are you not from everlasting? My God, my Holy One, you will never die. You, Lord, have appointed them to execute judgment; you, my Rock, have ordained them to punish. 13 Your eyes are too pure to look on evil; you cannot tolerate wrongdoing. Why then do you tolerate the treacherous? Why are you silent while the wicked swallow up those more righteous than themselves?*

*Habakkuk 1:12-13*

*But just as he who called you is holy, so be holy in all you do; for it is written: "Be holy, because I am holy."*

*1 Peter 1:15-16*

Tell your Father you want to be like him and live out His values in every area of your life. Be holy? Oh yes. Weird? Not so much.

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**DAY 7**

*Day and night they never stop saying: " 'Holy, holy, holy is the Lord God Almighty,' who was, and is, and is to come."*

*Revelation 4:8b*

Ask God to give you greater awe for who he is and a "day and night heart of worship" that will never end.

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# WEEK 3

## LOVE

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*It occurs to me, thinking about prayer, that most of the time I get the direction wrong, starting 'downstream' with me. When I shift direction, I realize God already loves me, and cares about my concerns – my uncle's cancer, world peace, a broken family – more than I do. When I begin with God, I realize He is sovereign over all that happens, and invites everyone to know Him, and His love that knows no bounds. This new starting point not only re-centers my prayer, but refocuses my life, and then I ask what part I can play in extending God's love here on earth.*

### DAY 1

*-Philip Yancey*

*<sup>21</sup> Yet this I call to mind and therefore I have hope: <sup>22</sup> Because of the Lord's great love we are not consumed, for his compassions never fail. <sup>23</sup> They are new every morning; great is your faithfulness. <sup>24</sup> I say to myself, "The Lord is my portion; therefore I will wait for him."  
Lamentations 3:21-24*

How are his compassions and love for you 'new' this morning? Take a couple of minutes to thank him for each one that comes to mind.

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## DAY 2

*11 For as high as the heavens are above the earth, so great is his love for those who fear him; 12 as far as the east is from the west, so far has he removed our transgressions from us. 13 As a father has compassion on his children, so the Lord has compassion on those who fear him.*

*Psalm 103:11-13*

After reading the passage, note the various ways God demonstrates his love to you. Spend a few minutes telling him what each one means to you.

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## DAY 3

*35 Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? 37 No, in all these things we are more than conquerors through him who loved us. 38 For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, 39 neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*

*Romans 8:35, 37-39*

Share with God things you are anxious/concerned/fearful about. Then reread Rom. 8:38,39 multiple times. How does the power of God's love affect your fears?

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**DAY 4**

*<sup>1</sup> Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions.  
<sup>2</sup> Wash away all my iniquity and cleanse me from my sin.  
<sup>10</sup> Create in me a pure heart, O God, and renew a steadfast spirit within me.  
Psalm 51:1-2, 10*

Confess to God whatever comes to mind. Ask him not only for forgiveness, but to create in you a ‘clean heart’.

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**DAY 5**

*<sup>14</sup>For this reason I kneel before the Father, <sup>15</sup>from whom every family in heaven and on earth derives its name. <sup>16</sup>I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, <sup>17</sup>so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, <sup>18</sup>may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, <sup>19</sup>and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.  
Ephesians 3:14-19*

Ask him to reveal a greater depth of his love to you today. As you go through your day, thank him for what He reveals to you.

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**DAY 6**

*14 Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. 15 I have set you an example that you should do as I have done for you.*  
*John 13:14-15*

After reading the passage, close your eyes and imagine Jesus washing your feet. What are you feeling? Then take a few minutes to pray for people in your life, starting with your family, then friends, and beyond. Ask God to show you ways you might serve them today.

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**DAY 7**

*7 I will tell of the kindnesses of the Lord, the deeds for which he is to be praised, according to all the Lord has done for us—yes, the many good things he has done for Israel, according to his compassion and many kindnesses. 8 He said, "Surely they are my people, children who will be true to me"; and so he became their Savior. 9 In all their distress he too was distressed, and the angel of his presence saved them. In his love and mercy he redeemed them; he lifted them up and carried them all the days of old.*  
*Isaiah 63:7-9*

Reflect back on at least 3-4 ways God has, in his love and mercy, 'carried you and lifted you' in the past? Thank him for those times. Remember those throughout your day, asking him to 'lift' the challenges you face today.

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# WEEK 4

## TRUSTWORTHY

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*Prayer forces me to catch sight of my true state. To pray is to walk in the full light of God, and to say simply, without holding back, 'I am human and you are God'. At that moment, conversion occurs, the restoration of the true relationship. Prayer is the declaration of dependence on God, who is trustworthy, consistent, and faithful.*

*-Henri Nouwen*

### DAY 1

*Jesus Christ is the same yesterday and today and forever.*

*Hebrews 13:8*

*I saw heaven standing open and there before me was a white horse, whose rider is called Faithful and True. With justice he judges and wages war.*

*Revelation 19:11*

Share with God the areas of your life you are most concerned about: relationships, work, addictions, finances, etc. After each one say out loud, 'Jesus, you are the same yesterday, today, and forever. You are Faithful and True'.

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**DAY 2**

*Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life.*  
*Psalm 143:8*

*The one who calls you is faithful, and he will do it.*  
*1 Thessalonians 5:24*

Make a list of the ways God has shown you his unfailing love and thank him for each one. How can this affect you as you walk with him throughout your day?

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**DAY 3**

*<sup>5</sup> Trust in the Lord with all your heart and lean not on your own understanding; <sup>6</sup> in all your ways submit to him, and he will make your paths straight.*  
*Proverbs 3:5-6*

With these verses in mind, share with God what is on your heart. Ask him to speak to your heart now, and throughout the day. What do you hear him say? How might this affect ‘your paths’ today?

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**DAY 4**

*Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments.  
Deuteronomy 7:9*

Pray for your family and friends. Reflecting on the qualities of God revealed in this passage, ask God to reveal His love and faithfulness to them.

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**DAY 5**

*No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.  
I Corinthians 10:13*

Ask God to show you today areas he wants to transform in you. Confess those things to him when they are revealed. Trust in his faithfulness throughout the day. As you encounter temptation, pause and pray as you look for the 'way out'.

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**DAY 6**

*<sup>5</sup> Blessed are those whose help is the God of Jacob, whose hope is in the Lord their God. <sup>6</sup> He is the Maker of heaven and earth, the sea, and everything in them— he remains faithful forever.*  
*Psalm 146:5-6*

Read all of Psalm 146 slowly 3 times. Praise God for his qualities listed here. Ask him to pour his heart into yours. Look for opportunities today to do the things he does.

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**DAY 7**

*<sup>1</sup> My heart, O God, is steadfast; I will sing and make music with all my soul. <sup>2</sup> Awake, harp and lyre! I will awaken the dawn. <sup>3</sup> I will praise you, Lord, among the nations; I will sing of you among the peoples. <sup>4</sup> For great is your love, higher than the heavens; your faithfulness reaches to the skies. <sup>5</sup> Be exalted, O God, above the heavens; let your glory be over all the earth.*  
*Psalm 108:1-5*

Throughout the day look all around and reflect on various aspects of God’s creation, almost like a child seeing them for the first time. Later, take a walk or a drive, taking time to thank God for what he shows you.

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# WEEK 5

## A GOOD, GOOD FATHER

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*Our heavenly Father understands our disappointment, suffering, pain, fear, and doubt. He is always there to encourage our hearts and help us understand that He's sufficient for all of our needs. When I accepted this as an absolute truth in my life, I found that my worrying stopped.*

*-Charles Stanley*

### DAY 1

*You are good, and what you do is good;  
teach me your decrees.  
Psalm 119:68*

Reflect on God's goodness and what it means to you. Throughout the day say, "God, You are good, God, You are good." At the end of the day, thank him for the ways he was good to you.

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**DAY 2**

*<sup>3</sup> Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. <sup>4</sup> For he chose us in him before the creation of the world to be holy and blameless in his sight.  
Ephesians 1:3-4*

Start your day by inviting the Holy Spirit to guide your thoughts, actions and prayers. While making decisions throughout the day, invite God into the moment and ask for wisdom.

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**DAY 3**

*Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.  
James 1:17*

Use your sense of vision to guide your prayers today. Thank God for his good creation and that he gives us sight to see the world in all its beauty.

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**DAY 4**

*<sup>5</sup> A father to the fatherless, a defender of widows,  
is God in his holy dwelling. <sup>6</sup> God sets the lonely in families,  
he leads out the prisoners with singing; but the rebellious live in  
a sun-scorched land.  
Psalm 68:5-6*

Pray for orphans, widows, homeless, and the marginalized in our community and world. If possible, pray for people by name.

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**DAY 5**

*<sup>3</sup> Praise be to the God and Father of our Lord Jesus Christ, the  
Father of compassion and the God of all comfort, <sup>4</sup> who  
comforts us in all our troubles, so that we can comfort those in  
any trouble with the comfort we ourselves receive from God.  
2 Corinthians 1:3-4*

Write out your prayer to God, thanking him for being a God of comfort and compassion. List the specific ways he has comforted you in times of trouble. Ask the Spirit to show you who you can comfort this week.

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**DAY 6**

*The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father."  
Romans 8:15*

Write your heavenly Father a letter. Cry out to the one who created you and loves you unconditionally. Talk to him about everything that is on your heart and mind, knowing that he cares for you and hears your prayers. Cuddle into him as if you were sitting on his warm and comfy lap. Rest in His care and let all your fears slip away.

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**DAY 7**

*If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!  
Matthew 7:11*

Use the ACTS method to acknowledge God as the good and generous Father. Confess where you have taken for granted the good things he has given you. Thank him for those things and the ones still to come. Ask the Holy Spirit to reveal the good things God is doing in your life today.

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# WEEK 6

## PROVIDER

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*The size of a challenge should never be measured by what we have to offer. It will never be enough. Furthermore, provision is God's responsibility, not ours. We are merely to commit what we have – even if it's no more than a sack lunch.*

*-Charles Swindoll*

### DAY 1

*And my God will meet all your needs according to the riches of his glory in Christ Jesus.  
Philippians 4:19*

Start your day asking the Holy Spirit to supply you with everything you need according to Christ's riches and God's will. At night, remember what He provided and thank him for it.

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**DAY 2**

*The Lord your God has blessed you in all the work of your hands. He has watched over your journey through this vast wilderness. These forty years the Lord your God has been with you, and you have not lacked anything.*  
*Deuteronomy 2:7*

Write out a prayer to God about the many ways he has blessed your life and work. Looking back, recount several specific ways he has provided for you.

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**DAY 3**

*<sup>26</sup> Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? <sup>27</sup> Can any one of you by worrying add a single hour to your life?*  
*Matthew 6:26-27*

Today (or when the weather allows) take a walk outside. Use your sense of hearing to focus on the sounds of nature. Talk to God about what you hear. Listen for God's gentle whisper telling you that you are valuable to him; you need not worry. Sing your praise along with the birds, even if people look at you funny!

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## DAY 4

*<sup>7</sup> He led them by a straight way to a city where they could settle.  
<sup>8</sup> Let them give thanks to the Lord for his unfailing love  
and his wonderful deeds for mankind, <sup>9</sup> for he satisfies the  
thirsty and fills the hungry with good things.  
Psalm 107:7-9*

Today, fast from one meal so that you can use that time to pray and seek God's will. Let your hunger be a reminder of God's faithful provision, that he is your ultimate sustainer.

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## DAY 5

*<sup>26</sup> I will make them and the places surrounding my hill a blessing. I will send down showers in season; there will be showers of blessing. <sup>27</sup> The trees will yield their fruit and the ground will yield its crops; the people will be secure in their land. They will know that I am the Lord, when I break the bars of their yoke and rescue them from the hands of those who enslaved them.  
Ezekiel 34:26-27*

Today, as you enjoy eating the good food God has provided let your sense of taste inspire your prayers and praises. Consider the blessings the Lord showers on you each day, and how he sustains you physically and spiritually.

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## DAY 6

*<sup>12</sup> Wealth and honor come from you; you are the ruler of all things. In your hands are strength and power to exalt and give strength to all.  
<sup>13</sup> Now, our God, we give you thanks, and praise your glorious name.  
1 Chronicles 29:12-13*

Thank the Lord for giving you spiritual (if not physical) wealth and strength. Acknowledge him for being the ruler of all by proclaiming his many names. Optional: Do a Google search of the names of God and be wowed by his greatness!

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## DAY 7

*<sup>13</sup> Your kingdom is an everlasting kingdom, and your dominion endures through all generations. The Lord is trustworthy in all he promises and faithful in all he does. <sup>14</sup> The Lord upholds all who fall and lifts up all who are bowed down.  
Psalm 145:13-14*

Pray for global justice and governmental responsibility. Then narrow your focus to our nation, community, family and self. Pray that God would be near the broken hearted and set captives free. Then pray for opportunities to promote justice in your own sphere of influence.

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# WEEK 7

## ON MISSION

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*God is the great engineer, creating circumstances to bring about moments in our lives of divine importance, leading us to divine appointments.*

*-Oswald Chambers*

### DAY 1

*I will bless those who bless you, and whoever curses you I will curse; and all peoples on earth will be blessed through you.*  
*Genesis 12:3*

*And this gospel of the kingdom will be preached in the whole world as a testimony to all nations, and then the end will come.*  
*Matthew 24:14*

Rest in the fact that God has a plan for the world. Think about his plan for you to be a blessing. As you begin this new week of prayer, tell God you'd like to join him in what he's already doing and see what happens.

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## DAY 2

*He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.*

*Micah 6:8*

Ask the Holy Spirit to reveal ways to act justly. Look for opportunities to show mercy and meet needs you see throughout the day. Remind yourself, "It's not all about me".

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## DAY 3

*<sup>14</sup> "You are the light of the world. A town built on a hill cannot be hidden. <sup>15</sup> Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. <sup>16</sup> In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.*

*Matthew 5:14-16*

Thank the Lord for a congregation that cares for people. Pray that the Holy Spirit will guide our Go and Be ministries, Small Groups and Serve Teams to those in need.

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**DAY 4**

*But seek first his kingdom and his righteousness, and all these things will be given to you as well.  
Matthew 6:33*

Reflect for a moment on which kingdom ranks highest, yours or God's? Think about the following question. Which of these things causes more anxiety in you: Not having enough money? Or, not fulfilling God's purpose for your life?

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**DAY 5**

<sup>36</sup> "Teacher, which is the greatest commandment in the Law?"  
<sup>37</sup> Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind." <sup>38</sup> This is the first and greatest commandment. <sup>39</sup> And the second is like it:  
'Love your neighbor as yourself.'  
Matthew 22:36-39

Invite God to make knowing and loving Him the greatest passion of your life. Ask Him to expand the way you go about loving others.

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**DAY 6**

*16 Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. 17 When they saw him, they worshiped him; but some doubted. 18 Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. 19 Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."*  
*Matthew 28:16-20*

Pray that God will use Cornwall to alter the spiritual landscape and give us opportunities to 'show and tell' the gospel. Pray for 5 people you'd love to see trust Jesus.

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**DAY 7**

*1 You then, my son, be strong in the grace that is in Christ Jesus. 2 And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others.*  
*2 Timothy 2:1-2*

Think back and thank God for those who've influenced your life for Jesus. Call or text them. Recall how they've helped you and pray that God will grow their influence. Ask the Lord to show you who you can disciple now and how to go about it in this season of life.

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For more great resources on prayer, visit  
[www.cornwallchurch.com/prayfirst](http://www.cornwallchurch.com/prayfirst)