



42 DAYS OF
Prayer

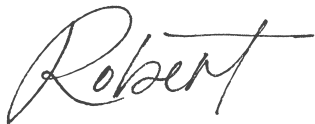
Thank You for Partnering with us in Prayer!

Thank you for joining us on this journey of prayer throughout this series. We believe that only through prayer can we fully experience here on earth the full power and resources of Heaven. It is encouraging for us to know you are taking a few minutes out of your day to pray for Arrows Church, others, and yourself.

We want to make this process as simple as possible. Pray whenever you can, wherever you can. There is no wrong amount of time or wrong location. In addition, don't feel like you need to pray for hours on end. Some will pray for thirty minutes or more, others might only be able to do a few minutes here and there. Rather than placing a time limit on it, try praying until you've covered all you need to pray for each day.

Each week will have a theme based around that week's sermon. Then each day of that week will have a different prayer prompt.

Lastly, as you are praying, know that we are also praying for you!

A handwritten signature in black ink that reads "Robert". The script is fluid and cursive, with a long horizontal stroke extending from the end of the word.

Week 1 - What Is Prayer, Really?

Scripture: Ephesians 6:18; Colossians 4:2-4

Big Idea: We must pray, we must pray powerfully, and we must pray precisely

DAY 1: Reflect on Ephesians 6:18. What does it mean to pray “on all occasions” and with “all kinds of prayers and requests”? Ask God to make prayer a constant part of your life.

Day 2: Think about any crisis prayers you’ve prayed in the past. Thank God for His faithfulness and ask Him to help you seek Him in times of crisis and daily.

Day 3: Pray for the strength to intercede for others with precision. Who in your life needs your prayers today? And what precisely do they need praying for?

Day 4: Reflect on Colossians 4:2-4. Ask God to help you devote yourself to prayer with a watchful and thankful heart.

Day 5: Seek God’s guidance in praying powerfully for His will to be done in your life and community.

Day 6: Meditate on the idea that prayer is a privilege. Thank God for the opportunity to communicate with Him. Ask Him how He desires to communicate with you.

Day 7: Evaluate your week of prayer. How has your understanding of prayer deepened? Ask God for continued growth in this area.

Week 2 - Understanding The Lord’s Prayer

Scripture: Ephesians 6:18; Matthew 6:5-15

Big Idea: The Lord’s Prayer helps us focus on Relationships, Responsibilities, and Requests

DAY 1: Reflect on God as your Father (Matthew 6:9). How does this relationship shape the way you pray?

Day 2: Pray for God’s name to be honored in your life. Ask for wisdom to glorify Him in your actions.

Day 3: Meditate on “Your kingdom come, Your will be done” (Matthew 6:10). Pray for submission to God’s will in all areas of your life.

Day 4: Ask God to provide for your daily needs (Matthew 6:11). Reflect on His faithfulness in meeting them.

Day 5: Confess any sins and ask for a forgiving heart toward others (Matthew 6:12).

Day 6: Pray for deliverance from temptation and evil (Matthew 6:13). Trust in God's protection.

Day 7: Spend time reflecting on the Lord's Prayer as a guide for your daily prayers.

Week 3 - Moving from a Prayer List to a Prayer Life

Scripture: Ephesians 6:18; Acts 12:1-18

Big Idea: Moving from a Prayer List to a Prayer Life

DAY 1: Reflect on Peter's miraculous release from prison (Acts 12). Ask for faith to believe in God's power to work miracles.

Day 2: Pray boldly for an area in your life that seems impossible. Trust God for the outcome.

Day 3: Consider what it means to pray "through" struggles. Ask God for endurance in prayer during difficult times.

Day 4: Reflect on the difference between a prayer list and a prayer life. Ask God to help you deepen your daily communion with Him.

Day 5: Pray for boldness in asking for what aligns with God's will.

Day 6: Meditate on God's sovereignty in all circumstances. Surrender your plans to Him in prayer.

Day 7: Evaluate how you've grown in boldness and persistence in prayer this week.

Week 4 - Misconceptions & Obstacles to Prayer

Scripture: Ephesians 6:18; 1 Kings 18:36-38; Luke 11:11-13

Big Idea: Understanding the reasons we don't pray

DAY 1: Reflect on 1 Kings 18:36-38. Pray for faith like Elijah, trusting that God hears and responds to prayer.

Day 2: Identify any misconceptions you have about prayer. Ask God to correct them with His truth.

Day 3: Pray for patience and trust in God's timing, even when answers seem delayed.

Day 4: Reflect on obstacles to prayer in your life (e.g., distractions, doubt). Ask God to remove them.

Day 5: Meditate on Luke 11:11-13. Thank God for His goodness and generosity in answering prayer.

Day 6: Pray for God's promises to be fulfilled in your life and the lives of others.

Day 7: Reflect on how this week has challenged or reshaped your approach to prayer.

Week 5 - Examining Your Prayer Life

Scripture: Ephesians 6:18; 3:14-21

Big Idea: Am I praying? Why am I praying? And how am I praying?

DAY 1: Reflect on your current prayer habits. Are you satisfied with them? Why or why not? Ask God to reveal to you how you need to pray differently.

Day 2: Pray Ephesians 3:14-21 for yourself, asking for strength, faith, and knowledge of Christ's love.

Day 3: Examine your motives in prayer. Ask God to align your desires with His will.

Day 4: Reflect on your prayer posture—physically and spiritually. What does it reveal about your heart?

Day 5: Spend time thanking God for the privilege of prayer and how it shapes your relationship with Him.

Day 6: Ask God to help you approach prayer with humility and expectancy.

Day 7: Evaluate how examining your prayer life has deepened your connection with God this week.

Week 6 - What Actually Happens When We Pray?

Scripture: Ephesians 6:18; Ezekiel 22:30; Isaiah 40:28-31

Big Idea: What really happens when we Pray?

DAY 1: Reflect on Ezekiel 22:30. Pray for God to use you as an intercessor for your family, church, and community.

Day 2: Meditate on Isaiah 40:28-31. Pray for renewed strength and perseverance in your prayer life.

Day 3: Thank God for His faithfulness in responding to prayer, even when you cannot see the results immediately.

Day 4: Reflect on the spiritual transformation that happens when you pray. Ask God to help you see His work clearly.

Day 5: Pray for patience and trust in seasons of waiting. Reflect on how waiting can deepen your faith.

Day 6: Spend time interceding for others, believing in God's power to bring change and healing.

Day 7: Reflect on the impact of your prayers. Thank God for allowing you to partner with Him through prayer.