



these prayers are between God and

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# 40 DAYS OF PRAYER

Over these 40 days we are believing by faith that God is going to do a miraculous work in each of our hearts as we strip away the distractions of this world and lean into the holy presence of God. We are trusting that the God of revival will set our community on fire as we lead in repentance and earnestly

seek him. We will be using the Lord's prayer as our guide, since Jesus himself used it as a template for how to pray. Each week will be focused on a different phrase from this prayer.

Here's how you can get the most out of the 40 days of prayer:

## WORSHIP & FAST ON MONDAYS

Each Monday (except April 3) we are challenging you to fast from sunup to sun-down (specifically from food, but you can modify it to fit your needs). Then, we will come hungry (physically and spiritually) to meet with the Lord together in worship at 6pm in the Worship Center.

## PRAY & JOURNAL EACH DAY

In this journal, you'll find a scripture and a prayer prompt each day. We pray these will lead you into deeper communion with your Father. Lent consists of the 40 days leading up to Easter; however, following tradition, Sundays are not included in these 40 days. That will be reflected in this journal. If you'd like to continue the habit on Sundays, feel free to read and reflect on the longer description of the focus of the week.

#### SIGN UP FOR DAILY PRAYER TEXTS

We believe there is power in the unity of believers. For that reason we'll be sending out a prayer reminder each day at noon. Text "Prayer" to 805-979-2003 to receive the daily texts.

#### ISIT THE PRAYER WALK

Feel free to utilize our Prayer Walk space as a location to meet with God. The prayer prompts will also follow along with the Lord's Prayer.





This. then is how you should pray:

Our Father in Heaven, hallowed be your name, your kingdom come, your will be done, On earth as it is in Heaven. Give us today our daily bread. AND FORGIVE US, OUR DEBTS, AS WE AISO HAVE FORGIVEN OUR DEBTORS.

And lead us not into temptation, but deliver us from the evil one. For yours is the kingdom, and the power,





Forgiveness is about freedom.

Forgiveness is about letting go of that which you were never meant to carry.

Have you ever experienced that in your physical life? Have you ever been hiking, or walking around Disneyland all day carrying a heavy backpack? And then, you finally have a chance to take it off and set it down for a few moments?

Oh the sweet relief!

This is what Jesus offers us.

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

Jesus wants us to live freely, and lightly...and HE is the key to that sort of life. It all starts with repentance. Ultimately, repentance is about REALIGNING our lives with the heart of God and the good news of His Kingdom. It is a daily, moment by moment process.

In order to live in the freedom of forgiveness, we need to experience forgiveness for our own actions and we also need to learn to forgive others...one of the truly hardest spiritual practices.

You were never meant to carry the burdens of your own sin, LET ALONE the sins of others. It's too much. It's time to release it.

This week, we will spend some time of honest confession before our Heavenly Father who responds with compassion and grace. We will also use a few of our prayer times to release others from our grip of unforgiveness...NOT for their sake...but for the sake of our freedom and peace of mind.

Forgive us our debts ... / 23 SEARCH MY HEART, O GOD

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life. Powlen (39:23-24)

today, spend a few
MINUTES OF HONEST
REFLECTION. AS GOD POINTS
OUT AN AREA THAT DOESN'T
MATCH HIS HEART, HUMBLY
CONFESS IT BEFORE HIM.



The sacrifice you desire is a broken spirit. You will not reject a broken and repentant heart, O God. *Poalm 51:16-17*  March 21

I will give them hearts that recognize me as the Lord. They will be my people, and I will be their God, for they will return to me wholeheartedly.

REMEMBER THE TENDER AND RESPONSIVE HEART GOD GAVE YOU. RETURN WHOLEHEARTEDLY TO YOUR LOVING FATHER AND REALIGN WITH HIS HEART. March 22 Vorgive up our debts ... ACCEPTING GOD'S FORGIVEN This includes you who were once far away from God. You were his enemies, separated from him by your evil thoughts and actions. Yet now he has reconciled you to himself through the death of Christ in his physical body. As a result, he has brought you into his own presence, and you are holy and blameless as you stand before him without a single fault. Galatians 1:24-25 YOU HAVE BEEN RECONCILED. MADE NEW. RESTORED. IT IS FINISHED. TAKE TIME TO ALLOW THAT SEEP INTO YOUR SOUL ASK GOD TO GIVE YOU A GLIMPSE OF

HOW HE SEES YOU



Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through

Christ has forgiven you. Ephesians 3:31-32

WE ARE NOT PEOPLE OF BITTERNESS, BUT OF TENDERHEARTED MERCY. WHO DO YOU NEED TO RELEASE (MAYBE FOR THE 70TH TIME) IN ORDER TO EXPERIENCE FREEDOM?



Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.

HAVE YOU WRONGED
 SOMEONE? THERE IS HEALING
IN CONFESSING TO ONE
ANOTHER. IF NECESSARY,
 MAKE A PHONE CALL OR
 SEND A TEXT TO EXPRESS
YOUR REMORSE.

James 5:16



Live in harmony with each other. Don't be too proud to enjoy the company of ordinary people. And don't think you know it all! Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. Do all that you can to live in peace with everyone. Remark 12:16-18

BROKEN RELATIONSHIPS ARE HARD. GOD KNOWS IF A RELATIONSHIP CAN BE RESTORED TO HEALTH. TRUST HIM TO HEAL YOU, AND IF IT'S HIS WILL, TO REVIVE THE RELATIONSHIP.





This. then is how you should pray:

Our Father in heaven, hallowed be your name. your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us, our debts, as we also have forgiven our debtors. AND LEAD US NOT

## INTO TEMPTATION, BUT DELIVER US FROM THE EVIL ONE.

For yours is the kingdom, and the power, and the glory forever. amen.





#### LEAD US NOT INTO TEMPTATION, BUT DELIVER US FROM EVIL

Jesus, as he taught us what to pray for and how to pray, recognized that there was a spiritual battle happening for our very souls.



Yikes.

The truth is, we have an enemy. One who would like to see our lives to destruction...or at least see us live boring, mundane lives of little consequence.

Sometimes our enemy is our own complacency and selfish desires. Sometimes our enemies are the messages of the world that surround us. Messages that love to tell us that the world revolves around us, while simultaneously declaring that we will never be enough or measure up. Confusing, I know. And sometimes, our enemy is the evil one, the great deceiver. This enemy loves to amplify the voices of our other enemies (the world and our flesh). He loves to see us give into temptation so that he can make us feel shame and a sense of defeat.

Lucky for us, Jesus knew the antidote to the schemes of the enemy.

#### Prayer.

Prayer, and time spent in God's presence is the most powerful tool we have against all of our enemies.

#### A final word: Be strong in the Lord and in his mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil.

Spend some time now in that battle. Armor up for today and in the weeks to come. Jesus has given you the power to overcome sin and temptation. Boldly ask your Heavenly Father to deliver you from the clutches of the evil one.

lead up not into temptation ... DELIVERANCE FROM LIES OF THE EN

I'm not asking you to take them out of the world, but to keep them safe from the evil one. They do not belong to this world any more than I do. Make them holy by your truth; teach them your word, which is truth. Just as you sent me into the world, I am sending them into the world. And I give myself as a holy sacrifice for them so they can be made holy by your truth.

J	-kn 11:10-1)
	JESUS, THANK YOU FOR
	OVERCOMING SATAN'S LIES,
	FIRST IN THE WILDERNESS,
	AND THEN ON THE CROSS.
	HELP ME TO LIVE, WALK, AND
	BREATHE IN TRUTH TODAY.



I prayed to the Lord, and he answered me. He freed me from all my fears. Those who look to him for help will be radiant with joy; no shadow of shame will darken their faces. In my desperation I prayed, and the Lord listened; he saved me from all my troubles. For the angel of the Lord is a guard; he surrounds and defends all who fear him.

Poalm 34:4-7

SPEND TIME PRAYING FOR YOURSELF OR SOMEONE YOU KNOW TO BE RELEASED FROM THE GRIP OF FEAR AND ANXIETY. PRAY FOR VICTORY IN THIS AREA!



So humble yourselves before God. Resist the devil, and he will flee from you. Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world. Humble yourselves before the Lord, and he will lift you up in honor.

James 4:7-8.10

LORD, WE REPENT FOR THINKING WE KNOW IT ALL AND CAN DO IT ALL. HELP US TO SIMPLY THINK OF OURSELVES LESS. REDIRECT OUR ATTENTION TO YOU AND OTHERS.



lead up not into temptation ... 1 37 DELIVERANCE FROM DIVISION

Are your hearts tender and compassionate? Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose. Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too.

Philippians 2:1-4

LORD, PROTECT US FROM THE DIVISION AND PETTY DISAGREEMENTS THAT CREEP IN. MAY OUR UNEXPECTED UNITY BEAR WITNESS TO YOUR INCLUSIVE SPIRIT.





Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—my Savior and my God! Now I am deeply discouraged, but I will remember you—. Powlen 42:5-6

I DON'T ALWAYS UNDERSTAND
 MY EMOTIONS OR MY GRIEF
BUT YOU DO, LORD. HELP ME,
AND THOSE I LOVE, PUT OUR
HOPE IN YOU. MAY YOUR PAST
 FAITHFULNESS CARRY US NOW.



"But blessed are those who trust in the Lord and have made the Lord their hope and confidence. They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they never stop producing fruit.

Jeremiah 17:7-8

LORD, WHEN APATHY REARS ITS UGLY HEAD, REMIND ME OF YOUR PURPOSES. WHEN YOU SEEM DISTANT AND QUIET, RENEW ME WITH YOUR FAITHFUL PRESENCE.





This. then is how you should pray:

Our Father in heaven, hallowed be your name. your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us, our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.

FOR YOURS IS THE KINGDOM, AND THE POWER, AND THE GIQRY FOREVER. AMEN.







This phrase, is (most likely) not actually in the original text of Jesus' prayer.

It has been added throughout Christian tradition as a finality and conclusion to the Lord's Prayer, the same way we might conclude a prayer, "In Jesus' name, Amen."

This phrase, while not explicitly scripture, carries an important reminder for us.

After we have just placed before our Heavenly Father all of our requests for provision, protection, and forgiveness, concluding our prayers with the acknowledgment that it's not about us or our wants and desires...it is about God's will. This phrase helps us to yield once more to God's kingdom, power and glory...in our world, and in our lives. He has the power to accomplish all we have prayed for, and we humbly submit ourselves before him.

This phrase is also a great reminder that we know how the story ends. While we may be consumed with worry over the schemes of the evil one or our lack of daily bread...this ending doxology puts into perspective the reality of what's to come. Jesus is seated on the throne and every knee will bow and every tongue will confess that HIS IS THE KINGDOM AND THE POWER AND THE GLORY FOREVER AND EVER AND EVER AND EVER. AMEN.

We will conclude our 40 days of prayer during Holy Week with some time in reverent worship before the King of kings. We will yield to God's will once more and declare who is on the throne of our lives receiving all the glory He deserves!

April 3





You rule the oceans. You subdue their storm-tossed waves. You crushed the great sea monster. You scattered your enemies with your mighty arm. The heavens are yours, and the earth is yours; everything in the world is yours - you created it all.  $\mathcal{P}_{val} \mathcal{O} \mathcal{O} \mathcal{O} \mathcal{O} \mathcal{O}$ 

PRAISE GOD AS THE CREATOR AND OWNER OF ALL. VIEW YOURSELF THROUGH THIS LENS AS WELL. REMIND YOURSELF THAT YOU ARE HIS.. INVITE HIM TO HAVE HIS WAY.



As my vision continued that night, I saw someone like a son of man coming with the clouds of heaven. He approached the Ancient One and was led into his presence. He was given authority, honor, and sovereignty over all the nations of the world, so that people of every nation and language would obey him. His rule is eternal - it will never end. His kingdom will never be destroyed. Dar 13-14

WHATEVER YOU ARE FACING TODAY, TAKE HEART FOR JESUS HAS OVERCOME THE WORLD. HE'S STILL ON THE THRONE. ALLOW THIS TRUTH TO FORTIFY YOU TODAY.



April 4



I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same power that raised Christ from the dead and seated him in the place of honor at God's right hand in the heavenly realms. Now he is far above any ruler or authority or power or leader or anything else - not only in this world but also in the world to come.  $\mathcal{E}_{pherror} \mathcal{M} \mathcal{M} \mathcal{M} \mathcal{M}$ 

> ALL POWER BELONGS TO JESUS AND HE WIELDS IT GENEROUSLY. HIS POWER IS AVAILABLE TO YOU. PRAY TO SEE JESUS' POWER REVEALED IN A SPECIFIC AREA OF YOUR LIFE.

April 6

yours is the kingdom .... JESUS DESERVES THE GLORY

Not to us, O Lord, not to us, but to your name goes all the glory for your unfailing love and faithfulness.  $P_{ralm} = 105 \pm 100$ 

I am the Lord; that is my name! I will not give my glory to anyone else, nor share my praise with carved idols.

Jacab 42:8

HAVE YOU GIVEN GLORY TO ANYTHING OTHER THAN JESUS? IS THERE ANYTHING THAT HAS RISEN TO THE STATUS OF IDOL? LAY IT BEFORE HIS THRONE AS AN OFFERING TODAY.

April 7 or yours is the kingdom ... THE ETERNAL KING All honor and glory to God forever and ever! He is the eternal King, the unseen one who never dies: he alone is God. Amen. 1 Timothy 1:11 Those who use the things of this world should not become attached to them. For this world as we know it will soon pass away. 1 Counthians 7:31 ASK GOD TO GIVE YOU AN ETERNAL PERSPECTIVE TODAY HAVE YOU BECOME TOO PREOCCUPIED WITH THINGS THAT WON'T MATTER A YEAR FROM NOW OR IN **ETERNITY**?



And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ

Jesus returns. Philippians 1:6

SAY YES AND AMEN TO ALL GOD REVEALED TO YOU OVER THE LAST 40 DAYS. PRAY THAT HE WILL CONTINUE TO WORK IN YOU, DRAWING YOU EVER NEARER AND MAKING YOUR FAITH EVER STRONGER.

+ PRAYERS		

