

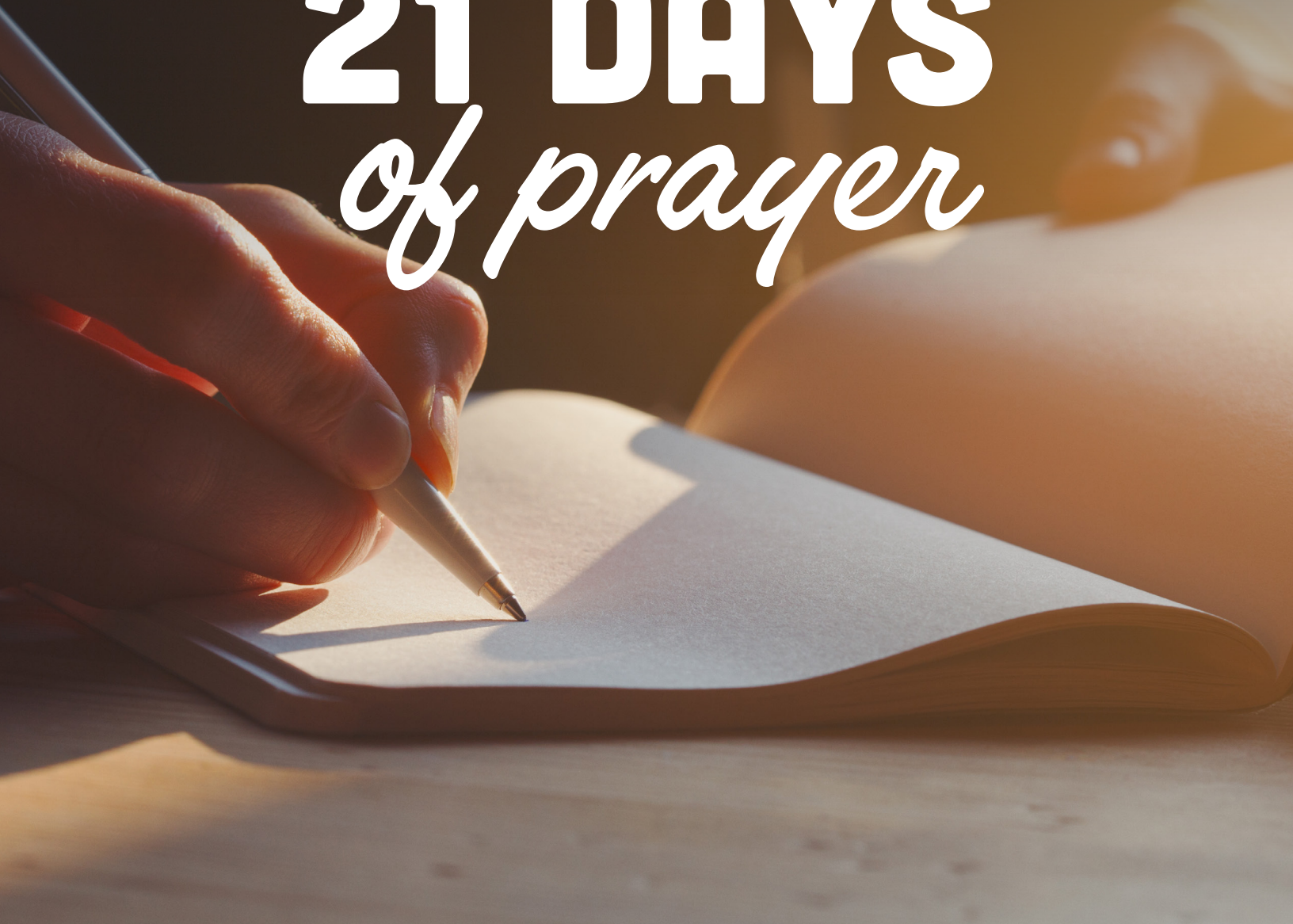


21 DAYS *of prayer*

EXPLORING THREE TYPES OF PRAYER:
THANKSGIVING, PETITION, AND INTERCESSION



21 DAYS *of prayer*



WEEK 1:
PRAYERS OF THANKSGIVING



WELCOME TO WEEK 1: THANKSGIVING

Being Grateful for Every Blessing

Oh give thanks to the LORD, for He is good, for His steadfast love endures forever! Let the redeemed of the LORD say so, whom He has redeemed from trouble and gathered in from the lands, from the east and from the west, from the north and from the south.

– Psalm 107:1-3

If ever there were a question about the power of prayer, we need only look to Jesus. Throughout his ministry—and even with his final breath on the cross—he turned to prayer, showing us just how essential it truly is through every circumstance we encounter.

This week, we take time to recognize and give thanks to God for the blessings in our lives. While it is easy to be grateful when things are going well, it can be difficult to have a posture of gratitude when facing challenges. However, even Jesus offered up prayers of thanks to God in moments of uncertainty. In Matthew 14:13-21, Jesus looked up to heaven and “gave thanks” despite only having five loaves of bread and two fish to pass around to a crowd of 5,000. He also thanked the Father before raising Lazarus from the dead. And most notably, he gave thanks when he was breaking the bread and passing the cup at the Last Supper... even though he was fully aware of the painful path those elements pointed to.

In these moments, Jesus reminds us to trust God with what lies ahead and to continue giving thanks. No matter what is happening in our lives, every breath we take is a gift from Him. Whether we are walking through joy or experiencing a season of struggle, we can be confident that God is not only working through every circumstance but is faithfully carrying out His plan of restoration in and through it. And that’s something our hearts can always be grateful for.

How to Pray:

- Find a quiet place where you can be away from distractions for a brief time
- If possible, try to commit to the same time each day to be in this quiet moment with God
- The length of time is dependent upon individual circumstance but try to set aside at least 15 minutes each day
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21 DAYS
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DAY 1

Prayer Prompt:

Take a moment to offer up praise and thanks for Jesus—how he took your place on the cross, paid the price for your sins, conquered death on your behalf, and tore down every barrier between you and God.

Action Steps:

- In your prayer journal, write down at least three ways that Jesus has changed your life.
- If you have a social media account, post a message that lets your friends and followers know how Jesus has made a difference in who you are today.

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21 DAYS of prayer



DAY 2

Prayer Prompt:

Thank God for the talents He has gifted to you. Pray that He will continue to help you grow in these areas and to help you find ways to use them to reveal God's Kingdom to others.

Action Steps:

- Write down five skills that you have. Maybe it's the gift of cooking, maybe it's the ability to lead, maybe it's simply to be a good listener. Whatever it is, give thanks to God for blessing you with these unique abilities.
- Send an email or text to a friend or loved one letting them know how grateful you are for one of their gifts or talents.

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21 DAYS of prayer



DAY 3

Prayer Prompt:

Take a moment to reflect on provisions, like food, that are so easily accessible to us. Thank God for the gift of plants and animals that grow and nourish us. Thank Him for the many people whose work brings food to our tables; the farm workers, the truck drivers, the grocery store employees, and the person who made the meal for you.

Action Steps:

- Next time you are at the grocery store, make eye contact and smile to an employee, and if you feel led, thank him or her for the work they do.
- Go to [WCSG's Prayer Wall](#) and pray over two prayer requests that are posted. Indicate that you prayed for them on their post.

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DAY 4

Prayer Prompt:

Pick up your Bible. Feel the weight of it in your hands and the way the pages feel between your fingers. Take a moment to thank God for giving us this treasured source of revelation that makes Himself known to us, reveals our history and purpose, teaches us how to live, and shows how we can be reconciled with Him through Jesus.

Action Steps:

- Pick a verse or chapter from the Bible that you are unfamiliar with (some possibilities: Nahum, Habakkuk, James, Jude). Read it over a couple times, noting what jumps out at you. Use a resource like the Blue Letter Bible, Bible Gateway, or your favorite commentary to dive deeper to learn more about what God is showing us through the story.

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DAY 5

Prayer Prompt:

Notice the created world around you. Give a word of thanks to God for the many gifts and wonders He's provided to us through nature and the changing seasons.

Action Steps:

- Take a walk or look out the window and be intentional about seeing the small delights God places before you. For example, notice the color of the sky, the shape of the clouds, the flight or song of a bird, or the intricacies of a tree.
- Read the blog post, [“Seeing God in Every Season”](#) on WCSG’s [Good News blog](#) and write down a way you see God speaking a message to you through nature.

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21 DAYS of prayer



DAY 6

Prayer Prompt:

Think of someone in your life who you genuinely enjoy spending time with. This might be your before friend, your spouse, a sibling, or even a coworker. Thank God for bringing this person into your life.

Action Steps:

- Write down at least one person you are grateful for and why.
- Send a card to this person just to let them know that you are thinking about and praying for them.

[illegible]

Use the space below as you see fit. You might jot down Bible verses, create art with Scripture, or track God's responses to your prayers.

21 DAYS of prayer



DAY 7

Prayer Prompt:

As believers, Jesus sends the Holy Spirit—The Helper—to dwell within us. Thank God for the gift of having the Holy Spirit walk with you every day while empowering you to live out God’s Kingdom so that others can experience His goodness through you.

Action Steps:

- Read John 14:15-27 to learn the promise Jesus gave to us about the Holy Spirit.
- Think of a way God's Kingdom can be revealed through you this week. It might be something simple, like holding the door open for a stranger, or something more profound, like sharing your testimony with someone during a conversation. Trust that even small acts of love can reflect His Kingdom in meaningful ways.

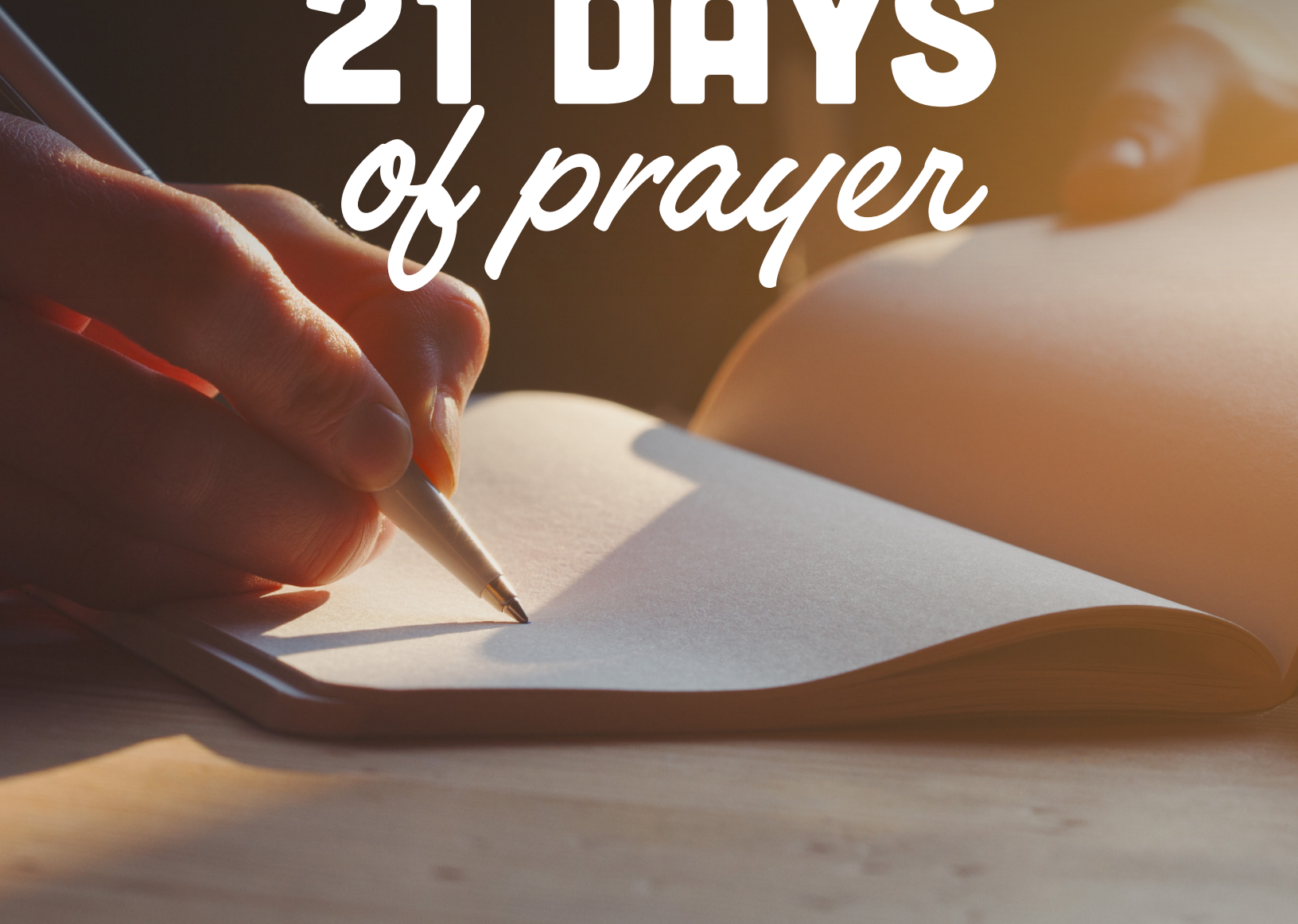
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WEEK 2
PRAYERS OF PETITION



WELCOME TO WEEK 2: PETITION

Ask and You Shall Receive

Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.

– Matthew 7:7–8

At times life can feel heavy, and there are moments when we feel powerless in the face of challenging circumstances. Yet, Jesus lovingly reminds us that we can come to God with our needs and trust He hears us when we ask. Scripture tells us that God's ways are "higher than our ways" (Isaiah 55:9), so His answers may unfold differently than we expect. But they are always guided by His wisdom and love.

When we're in the midst of struggle, it's natural to want relief right away. Still, we can take comfort in knowing that seemingly unanswered prayers or ongoing challenges do not mean God is distant or ignoring His promises. Often, He is working in ways we cannot yet see, shaping our hearts and strengthening our faith. Just as steel is refined and strengthened by heat, God may be using these moments to deepen us and draw us closer to Him.

As we lift our needs to the Lord this week, may we do so with open hands and trusting hearts—confident that He is present, attentive, and that His goodness is always at work.

How to Pray:

- Find a quiet place where you can be away from distractions for a brief time
- If possible, try to commit to the same time each day to be in this quiet moment with God
- The length of time is dependent upon individual circumstance but try to set aside at least 15 minutes each day
- Posture during prayer is based on individual preference; it may laying down, kneeling, sitting with your eyes closed or open – all that matters is you are comfortable and have a heart open to a conversation with God



DAY 8

Prayer Prompt:

Ask the Lord to strengthen your faith and for the perseverance to remain faithful, obedient, and steadfast when the walk is difficult. Pray that He will bring people into your life who support your faith, give you courage to live out your convictions, and lovingly support you when you stumble.

Action Steps:

- In your prayer journal, write down at least one person you know who is struggling with their faith journey (this might even be you!). Lift that name up to God, and ask that He would draw near and make His presence known in a way that's hard to miss.
- Call, email, or text that person and ask how you can be praying for him or her this week.

Use the space below as you see fit. You might jot down Bible verses, create art with Scripture, or track God's responses to your prayers.



DAY 9

Prayer Prompt:

Acknowledge a recent mistake you may have made with a spouse, family member, coworker, friend, or even a stranger. Bring it to the Lord with a repentant heart and ask for forgiveness. Pray that He would guide your thoughts, words, and actions so they reflect Christ in every interaction you have with others.

Action Steps:

- If you feel comfortable or ready, tell the person you hurt that you're sorry. If talking feels too intimidating, a hand-written card works too!

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21 DAYS of prayer



DAY 10

Prayer Prompt:

Take a moment to reflect on what you need most right now. It may be provision for an unexpected expense, wisdom for a situation at work, or rest if you're feeling overwhelmed by life's demands. Whatever it is, lay it at the foot of the cross and give it to God in prayer.

Action Steps:

- Go to [WCSG's Prayer Wall](#) and invite others to pray for this need for you (it's okay to post anonymously).
- Grab your Bible and read Psalm 23 each day to receive a daily reminder that God is always with you through whatever valley you might face.

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DAY 11

Prayer Prompt:

God often places opportunities before us to share His Kingdom with others, but distractions may prevent us from seeing them. Pray that He will open your eyes to see the moments when you can shine the light of Christ to those around you this week.

Action Steps:

- Go to wcsq.org/goodnews and read the post titled, “[I Bet Jesus Would Have Driven a Minivan Too.](#)”
- Try to find three small acts of kindness you can do this week to shine Christ’s love to someone else.

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Use the space below as you see fit. You might jot down Bible verses, create art with Scripture, or track God's responses to your prayers.



DAY 12

Prayer Prompt:

Sit in a quiet place and examine your heart. What emotions do you feel toward God? Good or bad, acknowledge them to the Father! He already knows your heart, but bringing our feelings to God helps free us from barriers we may be struggling to let go of. Pray that, if needed, He will soften your heart and open it to His love, guiding you toward peace, understanding, and closer intimacy with Him.

Action Steps:

- Use the space in your prayer journal to honestly tell God how you're feeling. "God, I'm so sad," or "God, I'm so disappointed." He is ready to receive your genuine feelings and walk with you through them.

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21 DAYS of prayer



DAY 13

Prayer Prompt:

Think about any challenging relationships within your immediate and extended family. Where there is division, pray for reconciliation. Where there is distance, pray for closeness. Where there is hurt, pray for forgiveness. Invite the Holy Spirit to restore anything that has been broken and give thanks for where there is unity.

Action Steps:

- Write down in your journal one small step you can take to begin the process of reconciliation with someone. Pray that God gives you the courage—now or later—to take that step and bring healing.
- If you have time, listen to [episode 39](#) of WCSG’s Through Rough Waters podcast titled, “Loving through Disappointment” to discover practical ways to navigate challenging relationships with love and grace.

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21 DAYS of prayer



DAY 14

Prayer Prompt:

Think about the spiritual practices you participate in such as prayer, worship, Bible study, even listening to WCSG. Pray that the Lord will strengthen your relationship with Him through these moments. Pray that your heart will view these activities not as tasks to check off a list, but as opportunities to hear God's voice, feel His presence, and grow closer to Him.

Action Steps:

- Try a new spiritual habit! It might be as simple as praying five minutes longer than usual or reading a brief devotion before dinner. Write down some ideas in your journal.
- Go to the [WCSG Prayer Wall](#) and pray over two prayer requests that someone else posted. Indicate you prayed for them on their post.
- Bonus action! Listen to [episode 243](#) of WCSG's Hole in My Heart podcast to learn how you can add daily devotions to your family rhythm without it feeling too forced.

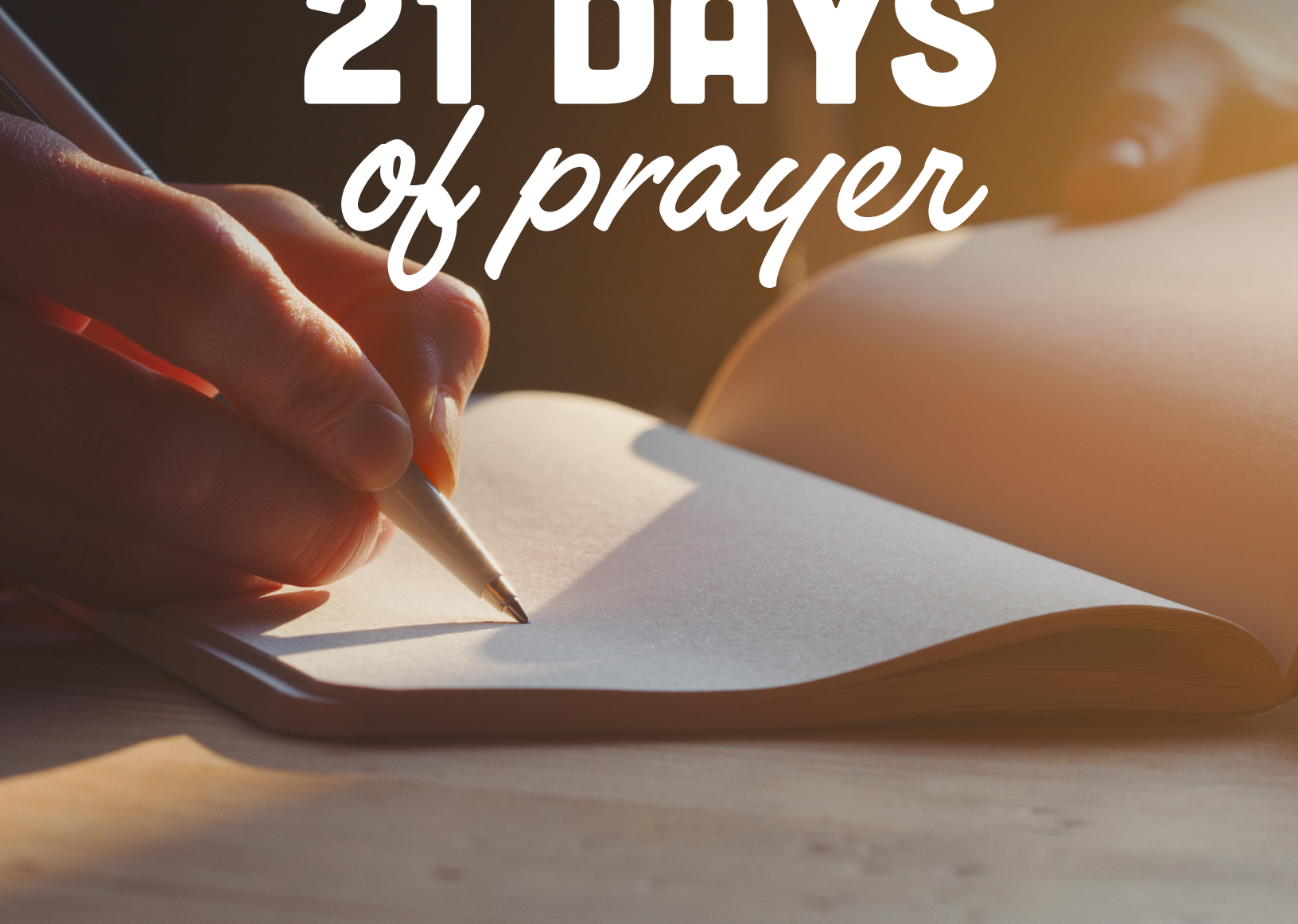
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21 DAYS of prayer



21 DAYS *of prayer*



WEEK 3

PRAYERS OF INTERCESSION



WELCOME TO WEEK 3: INTERCESSION

Pray for All People

First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. This is good, and it is pleasing in the sight of God our Savior, who desires all people to be saved and to come to the knowledge of the truth.

– 1 Timothy 2:1-4

“I’m praying for you.” When someone says this, it often brings a deep sense of comfort—reminding us that we don’t need to carry our needs alone, but that others can lift them up to God on our behalf. However, our prayers aren’t limited to other believers; we can also intercede for those who may not yet know Christ, or who are walking through life without the hope we’ve found in Him. When we pray for friends, neighbors, coworkers, or even strangers, we are participating in God’s work of love and grace, trusting that He hears every prayer and moves in ways we may not always see.

In this final week of 21 Days of Prayer, we’re turning our eyes to the people around us and noticing the challenges they carry. Even in times of disagreement or opposition, prayer gives us a way to love our neighbor through Jesus, the source of hope and healing for all.

How to Pray:

- Find a quiet place where you can be away from distractions for a brief time
- If possible, try to commit to the same time each day to be in this quiet moment with God
- The length of time is dependent upon individual circumstance but try to set aside at least 15 minutes each day
- Posture during prayer is based on individual preference; it may be laying down, kneeling, sitting with your eyes closed or open – all that matters is you are comfortable and have a heart open to a conversation with God



DAY 15

Prayer Prompt:

As you settle into prayer with God today, ask Him to bring to mind someone in your life who is facing health challenges—whether physical, emotional, or spiritual. Pray that he or she will experience the presence of Jesus in a tangible way. Lift up their caregivers, asking God to grant them wisdom, discernment, and compassion as they guide this person on the path to healing and wholeness.

Action Steps:

- Go to [WCSG's Prayer Wall](#) and invite others to pray for this person (please don't post identifying information – a first name, initials, or just naming them as “a friend” will work!).
- Call, email, or text that person and let him or her know you prayed for them today.

[illegible]

Use the space below as you see fit. You might jot down Bible verses, create art with Scripture, or track God's responses to your prayers.

21 DAYS of prayer



DAY 16

Prayer Prompt:

Think about the children in your life—your own, those in your church or small group, or the kids you see playing in the neighborhood. Pray that the Lord would protect their hearts and minds, and that He will guide them to experience the fullness of His love and the life-changing truth of the Gospel.

Action Steps:

- Listen to [episode 239](#) of WCSG’s Hole in My Heart podcast titled, “How to Form a Gospel-Identity in the Next Generation” to discover how parents and disciple-makers can help young people find who they are in Christ.

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Use the space below as you see fit. You might jot down Bible verses, create art with Scripture, or track God's responses to your prayers.

21 DAYS of prayer



DAY 17

Prayer Prompt:

Bring to God someone who is grieving in some way. It may be over a loss of a child, loved one, or friend, or perhaps they are processing the ending of a job or relationship. Pray that the Lord will carry them through these feelings, and that they will turn to Him for strength and comfort.

Action Steps:

- Record in your prayer journal the name of the person you prayed for and your prayer for them.
- Consider ways you might encourage the person you just prayed for. It may be sending them a message, bringing them a meal, inviting them for coffee, or even requesting a song on their behalf.

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21 DAYS of prayer



DAY 18

Prayer Prompt:

Think about the leaders of your city, state, and nation, and the complex and challenging decisions they must face. Pray that God guides their hearts and minds to carry out His good purposes so that their actions bring hope, redemption, and restoration to the world.

Action Steps:

- Go to your city, township, or county website. Find the page where area leaders are listed. Take a moment to pray over each of them by name.
- Send an email to one (two, three, or even all of them!) to let them know you prayed for them today, no matter what their political affiliation.

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DAY 19

Prayer Prompt:

Take a walk or drive around your neighborhood and lift up your neighbors in prayer. Ask God to meet their needs and give them strength in any struggles they may be facing. Thank God for placing them in your community and pray that they may experience Christ through you.

Action Steps:

- Be intentional about waving to a neighbor as you drive by this week.
- Go to the [WCSG Prayer Wall](#) and pray over two prayer requests that someone else posted. Indicate you prayed for them on their post.

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Use the space below as you see fit. You might jot down Bible verses, create art with Scripture, or track God's responses to your prayers.

21 DAYS of prayer



DAY 20

Prayer Prompt:

Take a moment to reflect on the leaders, staff, and volunteers of your church—from pastors and elders to secretaries, maintenance workers, and lay ministry leaders. Ask God to bless and protect each of them, granting wisdom and discernment as they make decisions for the well-being of your church family.

Action Steps:

- Send a card to your church team to let them know how much you appreciate their dedication in shepherding your community of faith.
- If you do not belong to a faith community, consider attending a church that sparks your curiosity this Sunday. Visit wcsq.org/church.

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21 DAYS of prayer



DAY 21

Prayer Prompt:

On this last day of our prayer journey, invite God to bless everyone who has walked through this guide—both today and in the days to come. Pray that He gently reveals the joy and power of staying in regular, heartfelt communication with Him, and that each person experiences His presence in a fresh and meaningful way.

Action Steps:

- Consider exploring another prayer journal or devotional book so you can continue building a daily prayer habit you can't live without.
- Let us know how WCSG can pray for you! Email your prayer request to: wcsq@wcsq.org

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