

## 31 Prompts for Your Prayer Time

Arabah Joy

<http://arabahjoy.com>

Do you understand that the God of the universe wants a relationship with you? I ask because this is important. In fact, it's the key to bold, honest, fervent prayer.

- If you don't believe that you need God, you won't pray.
- If you don't hunger for a relationship with Him, prayer won't be important to you.
- If you hide in shame and think you're too far gone, prayer will seem unnecessary.

But the reality is this: *God wants to know you.*

He longs to listen to our quiet thoughts *and* bold requests. He delights in providing for us, protecting us, and hearing our cries. Even in our darkest moments, God loves to meet with us and nurture our hearts.

We – as His children – just have to step up, step in, and pray. We have to choose to get over the barriers of our idols, our weakness, and our guilt. We're told that we can "approach God's throne of grace with confidence." (Hebrews 4:16) So, why aren't we doing it?

For the next 31 days (but don't stop there!), I plead for you to meet with God through fervent prayer. When the promises of God become alive in our hearts & we're trusting in His infallible Word, the boldness mentioned in Hebrews 4 doesn't feel so unattainable.

I suggest you do three things as you pray...

### 1. Discover the promise.

Dig into the Scriptures and search for a promise about the daily topic. Read the verses before and after to ensure you understand the context of the Scripture. Some days this will more difficult than others, but I urge you to search for a promise daily anyway.

Great tools for this are [blueletterbible.org](http://blueletterbible.org) or [biblegateway.com](http://biblegateway.com).

### 2. Identify yourself.

Where do you see yourself in the verse? Is the Scripture pointing out a weakness, sin, or strength? How does this Scripture speak personally to your season of life or your current situation? Make your prayers personal by identifying yourself in the Scripture passage.

### 3. Pray honestly.

Simply come as you are – imperfections and all. God wants to meet with you, so present yourself daily to Him in love with honesty. He knows your heart already anyhow. So, choose to boldly approach the throne of grace.

## **31 Days of Prayer Prompts**

Pray for...

1. a transformed heart over the next 31 days.
2. wisdom and discernment.
3. deeper understanding of God's Word.
4. depth of community in your church.
5. protection over your marriage or significant relationship.
6. selflessness as you serve those around you.
7. peace to invade all your relationships.
8. your children/other children in your life to have a hunger for Truth.
9. the health of you and your family.
10. protection against the evil one.
11. the presence of The Beatitudes (Matthew 5) in your life.
12. a strong, wise mind.
13. an undivided heart that is devoted to the Lord.
14. your passion and purpose - your calling from God.
15. perseverance through life's difficulties.
16. a friend in need.
17. your pastor and church staff.
18. your neighborhood, city, and state.
19. the nation and its leadership.
20. your finances and wisdom in how to use your resources.
21. opportunities to learn more through reading, listening, and studying.
22. a heart of forgiveness in areas where you are harboring bitterness.
23. regular Sabbath rest for you and your family.
24. deeper trust in the Lord.
25. you would daily clothe yourself with the armor of God (Ephesians 6).
26. you would stand firm in moments of temptation.
27. your life will continually produce the fruit of the Spirit
28. a deeper understanding of who God is.
29. a deeper understanding of who you are in Christ.
30. unbelieving family members and friends.
31. a continual hunger for God's Word and communicating with Him.