

# 21 days of prayer



**capechristian**  
Love God • Love People

# welcome to the 21 days of prayer journey

Our prayer for you is that in these next few weeks you will begin to make prayer a lifestyle. In every situation, whether good or bad, trying to pray before we act is better for us and everyone around us. Our desire is that you will discover or deepen your relationship with Jesus in a personal way. This book will serve as a resource and guide on your own journey with God.

## we are all about jesus

Our personal relationship is the most important thing. Follow the example of Jesus:

*Very early in the morning, while it was still dark,  
Jesus got up, left the house and went off to a  
solitary place, where He prayed.  
Mark 1:35 NIV*

## a certain • time

Jesus got up very early in the morning to spend time with His Heavenly Father. In order for prayer to work, we should do the same. Make a daily appointment with God and keep it.

## a certain • place

Jesus had a prayer place. Your prayer place needs to be an undistracted environment where you can pray out loud and perhaps have some worship music playing in the background.

## a certain • plan

Go into your prayer time with a plan. If it changes, that's fine. When Jesus taught His disciples how to pray, He gave His disciples a prayer outline.

21 Days of Prayer is a simple plan to help you grow in your walk with Jesus. As followers of Christ, we need to hear from God daily through His Word. Even after finishing the New Testament, whether all, most, or just some, the enemy would love for us to feel like we have "arrived." But Jesus invites us to keep growing, to stay hungry for the truth, and to become more like Him.

When we read Scripture consistently, we begin to understand God's heart. Time with Jesus renews our minds, transforms our thinking, and shapes our lives. The S.O.A.P. method is an easy and effective way to capture what God is speaking to you and to reflect on it later.

Writing things down helps us remember the blessings and insights He gives. Journaling is personal, but it also gives you something meaningful to share with your community or loved ones. This can encourage deeper conversations and fresh perspective.

Grab your Bible, a pen, and this journal. **Let's go!**

### how to use the s.o.a.p. method

Go into your prayer time with a plan. If it changes, that's fine. When Jesus taught His disciples how to pray, He gave His disciples a prayer outline.

**Scripture:** Read the scripture(s) of the day.

**Observation:** Ask yourself, "What stuck out to me that is worth noting?"

**Application:** Think about how you can practically apply what you read today to your life and write it down.

**Prayer:** Ask God to change your heart and apply His word.

# day 1

## Scripture •

*But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves.*

**-James 1:22 NLT**

### **Additional Scriptures:**

Joshua 1:7-8 & Matthew 7:24-27

## Observation •



## application •

*Listening to the Word of God is good, but doing what it says is exponentially better. Actions and obedience matter. What are specific ways you can be more intentional to do what the Word is inviting you to do?*

## Prayer •

*Lord, I want to obey You. I also can be so foolish in the things I settle for. I do not just want to read Your Word or know Your Word. I want to DO what Your Word tells me to do. Please help me to want to obey You and to push through my will even when I don't want to. Amen.*

# day 2

## Scripture •

*Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.*

**- Romans 12:2 NLT**

### **Additional Scriptures:**

Psalm 19:14 & 2 Corinthians 10:5

## Observation •

## application •

*What are ways that you naturally conform to the world, but the Lord wants to invite you to be transformed?*

*What are some instinctive things you consider normal thoughts that He might want to renew?*

## Prayer •

*Lord, I need Your help. My mind can be a busy place. It does not always honor You or help me. I want to be intentional in noticing the effects of the world around me and also be intentional in sensing You drawing me to moments of transformation. Please keep shaping me into a more clear reflection of You, especially in my thoughts. Amen.*

# day 3

## Scripture •

*Jesus said to the people who believed in Him,  
"You are truly my disciples if you remain faithful to  
my teachings. And you will know the truth, and  
the truth will set you free."*

**- John 8:31-32 NLT**

### **Additional Scriptures:**

Deuteronomy 30:19 & Philippians 4:8-9

## Observation •

## application •

*You are reading this because you are a disciple. Jesus consistently draws us away from things we held as true and towards things that actually are true. What is a truth about God or yourself that can provide you some (perhaps unexpected) freedom today?*

## Prayer •

*Lord, thank You so much for bringing me to the place of believing in You. I want to grow in You. I want to obey. I want to know the truth in all things. Show me where I am wrong, distracted, deceived, and off in any way. I want truth. I want You, Jesus. Amen.*



# day4

## Scripture •

*"When you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you."*

**- Matthew 6:16-18 ESV**

### **Additional Scriptures:**

Joel 2:12-13 & Matthew 4:4

## Observation •

## application •

*What is something you like or value, and are willing to give up (fast) in favor of additional time with Jesus?*

*Saying “no” to that thing is only part of the process.*

*Saying “yes” to Jesus in place of that thing is where the reward is!*

## Prayer •

*Lord, please help me to learn to say “no” to my own desires more often than I do, and to say “yes” to Your desires for me. My own desires do not lead to the blessings that obedience to You leads to, but doing my own thing and feeling control and comfort is always SO hard for me to give up. Please help me surrender to You today more than I did yesterday. Amen.*

# day 5

## Scripture •

*This means that anyone who belongs to Christ  
has become a new person. The old life is gone;  
a new life has begun!*

**- 2 Corinthians 5:17 NLT**

### **Additional Scriptures:**

Isaiah 43:18-19 & Galatians 2:20

## Observation •

## application •

*When we chose to give control of our lives to Jesus, we started a process of becoming “new.” What is something “old” that Jesus may be inviting you to consider giving up in favor of becoming more new in Him?*

## Prayer •

*Lord, thank You for inviting me to trust You and to help me know You more and more. There are thoughts and desires I have that I did not have before I knew You. Thank You! But I do not want to settle for where I am. I want to continue to become more new in You. Please show me how I can walk away from the old and toward the newness You have for me. Amen.*

# day6

## Scripture •

*Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? Thank God! The answer is in Jesus Christ our Lord.*

**- Romans 7:24-25 NLT**

### **Additional Scriptures:**

Isaiah 40:31 & Romans 8:31

## Observation •



## application •

*The struggle is constant and real... and miserable too. What is a battle you have been fighting, but have not been trusting the Lord to help you in your struggle?*

## Prayer •

*Lord, I can easily get overwhelmed, discouraged, and downcast. Please help me to see the obvious ground You have helped me gain in my journey with You. Please help me to look over my shoulder to see mountains that used to be in front of me that now are behind me. I trust that the mountain(s) in my way now will soon also be in my rear view mirror. Please continue to free me, Jesus. Amen.*

# day 7

## Scripture •

*Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit.*

**- Galatians 5:24-25 NIV**

### **Additional Scriptures:**

Isaiah 30:21 & Hebrews 12:1-2

## Observation •

## application •

*“Keep in step with the Spirit.” This means I can be IN step and I can be OUT of step with the Spirit. How can you be more “in step” with the Spirit? What is something in your life that seems like it may be “out of step” with the Spirit?*

## Prayer •

*Lord, I belong to You! I want to walk in Your Spirit, but I find it so easy to get distracted and sometimes to even refuse to do Your will. Thank You for helping me to identify my own wrong passions and desires. Please help me to do all I can to eliminate them from my life. I cannot do this without You! Amen.*

# day8

## Scripture •

*You say you have faith, for you believe that there is one God. Good for you! Even the demons believe this and they tremble in terror. How foolish! Can't you see that faith without good deeds is useless?*

**- James 2:19-20 NLT**

### **Additional Scriptures:**

Joshua 24:15 & 1 Corinthians 13:1-3

## Observation •

## application •

*Our actions reveal  
where our faith is  
and what we value.  
What is a way that  
your actions could  
better align with  
what you believe?*

## Prayer •

*Lord, it is easy and almost a no-brainer to believe in You, even demons do that. But putting my faith in You means that I get to prioritize You and others in ways that are becoming a natural overflow of my commitment to You. Please take me deeper past words and belief to sacrificial faithfulness to You. I want to grow in my faithfulness to You. Amen.*



# day9

## Scripture •

*Then the disciples came to Jesus privately and said, "Why could we not cast it out?" So Jesus said to them, "Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. However, this kind does not go out except by prayer and fasting."*

**- Matthew 17:19-21 NKJV**

### **Additional Scriptures:**

Ezra 8:23 & Acts 14:23

## Observation •

## application •

*Rather than try to figure out if we can harness the power of God, we are invited to learn how to surrender more to Jesus. What is a way that you can actively depend more on Jesus? What are some things that you might see happen as a result of more prayer and fasting?*

## Prayer •

*Lord, I do not like to admit this, but I want to understand You and sometimes I even want to control You. I want to know what I need to do so that You will do what I think You should do. I confess this is not ok. I surrender my understanding and temptation to control You while also surrendering my faith and trust fully to You. I have much room to grow. Please help me, Jesus. Amen.*

# day 10

## Scripture •

*But the fruit of the Spirit is love, joy, peace, forbearance (patience), kindness, goodness, faithfulness, gentleness and self-control.*

**- Galatians 5:22-23 NIV**

### **Additional Scriptures:**

Psalm 1:3-4 & John 15:4

## Observation •

## application •

*This kind of fruit does not grow due to our effort. It grows due to our own surrender to all the Holy Spirit wants to do inside of us. Which fruit do you need the Lord's help with most to have in life?*

## Prayer •

*Lord, I feel the growth pains between who I am naturally and who You are working to help me become. I want to grow Your fruit. You and I both know the fruit of Your Spirit that barely exists in my life. I want people to see You in me. As I allow You to help me grow that fruit, please give me opportunities to point to You as the Source of all good in me! Amen.*

# day 11

## Scripture •

*Throw off your old sinful nature and your former way of life, which is corrupted by lust and deception.*

*Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy.*

**- Ephesians 4:22-24 NLT**

### **Additional Scriptures:**

Psalm 51:10 & Colossians 3:10

## Observation •



## application •

*God does His part,  
but He also invites  
us to do our part.  
What do you think  
you might need  
to “throw off?”  
What is an area you  
can “let the Spirit  
renew?”*

## Prayer •

*Lord, please show me the truth about my thoughts and attitudes that are displeasing to You. I want to be renewed in the deepest areas. Show me where I’ve been corrupted by appetites that are dishonoring to You and unfulfilling to me. I want to be more like You for Your glory, but also for my benefit. Thank You for Your help. Amen.*

# day 12

## Scripture •

*O God, You are my God;  
I earnestly search for You.  
My soul thirsts for You;  
my whole body longs for You  
in this parched and weary land  
where there is no water.*

**- Psalm 63:1 NLT**

### **Additional Scriptures:**

2 Chronicles 7:14 & Hebrews 11:6

## Observation •

## application •

*We satisfy our thirst based on what we believe or hope will satisfy. Your soul wants God. We were made to thirst for Him. What are some things that may provide limited satisfaction that you feel like Jesus may want you to put aside in favor of more dependence on Him? How could you seek Him more “earnestly?”*

## Prayer •

*Lord, to be satisfied by You is still somewhat of a mystery to me. Please help me learn how to stay in Your presence and experience deeper peace and satisfaction from You. I long to be satisfied, but I struggle to stay focused and quiet. The more I taste of You, the more I want of You. Please help that desire to continue to grow. I want to be more and more satisfied by You! Amen.*

# day 13

## Scripture •

*"Then the Kingdom of Heaven will be like ten bridesmaids who took their lamps and went to meet the bridegroom. Five of them were foolish, and five were wise. The five who were foolish didn't take enough olive oil for their lamps, but the other five were wise enough to take along extra oil."*

**- Matthew 25:1-4 NLT**

### **Additional Scriptures:**

Isaiah 44:3 & 2 Corinthians 3:17

## Observation •

## application •

*Life is draining. God does not want us to live on fumes. He invites us to take time to “fill up” on Him. What are ways you can fill up more at the start of your day? What are ways you can get quick a “top-off” for your tank during a day that is draining you?*

## Prayer •

*Lord, life has a way of draining me of my patience, hope, and peace. Please help me to regularly become aware of Your presence and receive fill-ups of Your goodness. I don't want to run on fumes. Please remind me of how life feels when I am lacking in Your presence. I don't want that. Then, help me take a moment to allow You to refill me with Your Spirit. Amen.*

# day 14

## Scripture •

*He took some bread and gave thanks to God for it. Then He broke it in pieces and gave it to the disciples, saying, "This is My body, which is given for you. Do this in remembrance of Me." After supper He took another cup of wine and said, "This cup is the new covenant between God and His people—an agreement confirmed with My blood, which is poured out as a sacrifice for you."*

**- Luke 22:19-20 NLT**

### **Additional Scriptures:**

Isaiah 53:5 & Revelation 12:11

## Observation •

## application •

*We all forget things. Our urgent concerns drown out the truth of Who Jesus is and what He has done. Jesus tells us to remember what He did for us. How does the power of Jesus' broken body affect you today? How does the power of His perfect and sacrificed blood affect you today?*

## Prayer •

*Lord, please help me take a moment to reflect on the extraordinary price You paid for my salvation from my sins. I am tremendously grateful for Your broken body and the blood You willingly shed for me and all humanity. Please help me remember and to overflow with gratitude today. Please make me aware of others who may not yet know the incredible value their soul has to You. Thank You for loving all humanity enough to die for us. Amen.*

# day 15

## Scripture •

*Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.*

**- 1 Thessalonians 5:16-18 NLT**

### **Additional Scriptures:**

Psalm 73:26 & Romans 8:8-9

## Observation •



## application •

*God's will for us CANNOT be accomplished without His help. Joyful always?! Never stop praying?! The more we depend on Him, the better our results will be. Yes please! How can you depend on Jesus today for Him to upgrade your attitude, perspective, words, and focus?*

## Prayer •

*Lord, I belong to You, but there are so many areas of my life that do not yet accurately reflect You. I have joy, but I want to be full of joy. I am thankful, but I want to be thankful in all circumstances. Please show me how I can surrender more and more to You. I need Your help. Amen.*

# day 16

## Scripture •

*So you have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when He adopted you as His own children. Now we call Him, Abba, Father." For his Spirit joins with our spirit to affirm that we are God's children.*

**- Romans 8:15-16 NLT**

### **Additional Scriptures:**

Isaiah 43:5-6 & Galatians 4:6

## Observation •

## application •

*Life is different when we are part of a family. In the family of God we belong because God has chosen to adopt us. Take a moment to ponder the fact that God chose you and adopted you into His family. How does that change your understanding of His love for you? When you can call God, Abba (or Father) how does that change your prayers?*

## Prayer •

*Lord, Your love for me is unlike any love I have ever known. Sometimes it is hard for me to trust and simply accept Your love. Please help me confidently rest in the security you provide. Please help me take a deep breath (inhale...) and bask in the comfort and safeness provided by Your adoption of me as Your child (exhale...). I love you, Abba. Amen.*

# day 17

## Scripture •

*"What do you want Me to do for you?" Jesus asked.  
"My Rabbi," the blind man said, "I want to see!"*  
- **Mark 10:51 NLT**

**Additional Scriptures:**  
Isaiah 65:24 & Matthew 7:7-11

## Observation •

## application •

*Your Heavenly Father knows what you want. God knows what you need. What is something you need today that Your Father would like to hear you express your trust in Him to provide? What do you need, but don't have the faith to ask or feel it is not important or that you are not even worthy to ask for?*

## Prayer •

*Lord, I struggle to ask you for things especially when I don't even know if they are the right things to be asking for. Please help me to bring all of my needs and wants to You and to trust You will sift through them and do what is best for me. Please help me to feel safe and free to come to You with whatever matters to me in the moment. Amen.*

# day 18

## Scripture •

*"But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth."*

**- Acts 1:8 NLT**

*Saul was one of the witnesses and he agreed completely with the killing of Stephen. A great wave of persecution began that day, sweeping over the church in Jerusalem; and all the believers except the apostles were scattered through the regions of Judea and Samaria.*

**- Acts 8:1 NLT**

### **Additional Scriptures:**

Isaiah 61:1 & 1 Thessalonians 1:5-6

## Observation •

## application •

*God has given us power to use for what matters to Him - people. He gave His Spirit for those everywhere, including Samaria.*

*Who is someone that you naturally would not reach with the love of God, but the Holy Spirit is offering you power to do what you cannot do on your own? What are other ways that the power of the Holy Spirit can help you today?*

## Prayer •

*Lord, I love to be comfortable and I am not looking for more excitement in my life. But I also do not want to limit what You can do through my life. I have limits and boundaries, but You want everyone to know You and Your love. Today I want to be open to ways You can work through me. I need boldness, courage, willingness, and power. Amen.*

# day 19

## Scripture •

*And everyone present was filled with the Holy Spirit and began speaking in other languages, as the Holy Spirit gave them this ability.*

**- Acts 2:4 NLT**

### **Additional Scriptures:**

Esther 4:14 & 1 Corinthians 1:27

## Observation •



## application •

*We can make ourselves available to God so He can make us aware of specific needs and help us speak the exact “language” people need to know they are seen, valuable, and not alone. How might the Lord give you the “ability” to speak the language of those who need something from Him today? How can you be more attuned to how the Spirit wants to flow through you?*

## Prayer •

*Lord, You know exactly what’s going on in each person around me and You have everything they need. Please supply me with an awareness and obedience to be used by You to speak the language of whatever they need. I want them to see You, Your provision, and Your love through how I obey You today. I am excited to see what You are going to do today! Amen.*

# day20

## Scripture •

*"I have loved you even as the Father has loved me. Remain in my love. When you obey my commandments, you remain in my love, just as I obey my Father's commandments and remain in his love."*

**- John 15:9-10 NLT**

### **Additional Scriptures:**

Psalm 91:1-2 & 1 John 4:16

## Observation •

## application •

*Remain. Take time to remain. With all that you have demanding your attention, what can you do to improve how you r-e-m-a-i-n with the Lord? Your pace matters. Remaining matters. What can you do today to demand that the urgency bows to your commitment to remain in Him?*

## Prayer •

*Lord, Your love is far beyond what I have ever experienced. I do not want to just know about Your love. I want to experience it and remain in it. My mind and my accuser both keep me from that place of security in Your love. I want to accept the truth of Your love for me. Please help me. Amen.*

# day 21

## Scripture •

*"Therefore, go and make disciples of all the nations,  
baptizing them in the name of the Father and the Son  
and the Holy Spirit."*

**- Matthew 28:19 NLT**

### **Additional Scriptures:**

Micah 6:8, Proverbs 27:17 & John 13:34-35

## Observation •

## application •

*Making disciples is not the same as making converts. Jesus lived closely with His disciples and calls us to do the same. How can you help someone grow in their walk with the Lord today? How might insecurity hold you back? Jesus already knew our humanity when He called us. Be free today to make disciples!*

## Prayer •

*Lord, I am thankful for the opportunity I have to know You. Please help me grow in my own obedience and surrender to You. I want to allow You to use me to sharpen those around me and please use them to also sharpen me. I want to surrender my own limitations and develop others around me despite my own need for further growth. Please help me, Lord. Amen.*

how has this journey been for you? •

**write down any closing thoughts you have. •**





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