

FRIENDSHIP-WEST



PRAYER JOURNAL

— THE —
REV  **LUTION**
— 2022 —



We are heirs to a liberating and overcoming faith. We stand on the shoulders of a people who were faithful and lived by faith with a faith that worked to create a better future than their present circumstances. By faith they made it through the hell, horrors and misery of the Middle Passage. By faith they rejected the oppressors manufactured Jesus and embraced the liberating Jesus of the Bible. By faith they birthed the Black Church as a prophetic protest movement and created alternative communities of empowering love. By faith they endured evil enslavement and conducted trains to freedom on the Underground Railroad.

By faith they stood for justice in the face of injustice. By faith they built prosperous and powerful economic centers. By faith they birthed black colleges and universities. By faith they transformed jails of shame into headquarters for freedom. By faith they sat in, prayed in and rode in until walls of segregation came tumbling down. By faith they marched with a determination that “We shall overcome.” By faith they organized and let their light shine in the darkest circumstances. By faith they dreamed of a beloved community in spite of the nightmare of white supremacy and hatred. By faith they transformed pain into power and trail-blazed paths and opened doors we are still walking through. By faith they used their genius of innovation and invention to ignite new eras of human advancement. By faith they “transformed dark yesterdays into bright tomorrows.” We are blessed with a rich inheritance of faith in a God who is faithful. Yes, our past may be dark but we are enlightened by the faith of our ancestors.

I pray that this journal will deepen your connection with God and inspire you. As you journal may you see the hand of God and hear the voice of God. As you document what God is up to may you be uplifted to discern God’s will and the call of God on your life. As you record your prayers and God’s answers may you be invigorated with faith that is “the substance of things hoped for and the evidence of things unseen.” With this faith may you be encouraged and empowered to “march on till victory is won.”

Peace and Power,

A handwritten signature in black ink, appearing to read 'Frederick Douglass Haynes, III'.

Frederick Douglass Haynes, III

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PRAYER FOR BLACK HISTORY MONTH

Spirit of Abundance, God of Grace, Mother of Hope,
We pause now to remember those stories that are all around us,
But so often passed over,
Those stories that when told are shared because
Of what someone is, not who they are.
This month in our nation's character
Is Black History month.
Help us to realize that Black history is
All our histories.
May the day come when these stories
Are so wildly taught that no month needs
Be separately divided.
We know this day will not come until we as a people
Make different choices.
We pray now for those new choices.
May we come to see a day where the prison system
Becomes redemptive, not punitive.
A day where the legal system learns to focus more squarely on the facts,
And not the color of our skin.
A day where our schools are as well funded, as the needs demand.
May our role models be allowed to excel when they thrive,
And not be taken down for their rich heritage.
We know this will require a shift in power.
And this can be scary for some.
Give those full of fear - hope.
May we come to know grace,
So that our hearts will not be hardened to the pain around us.
There are so many beautiful stories needing to be told.
And we need to get the chance to hear them.
Widen our vision so that the history that is shared this month,
And every month,
Come to be known as our history too.
We are most human when we see the humanity in others.

- *Author Unknown*

HOW TO USE THIS PRAYER GUIDE/JOURNAL

*Meditate on the Thematic Focus for 2022,
trimester themes, and related scriptures:*

Spiritual Formation, Self Empowerment, and Social Witness.

- Read and meditate on the daily focus scriptures and support scriptures.
- Open your bible and read the scripture in context. Use reference tools as needed to deepen your understanding.
- Spend time in prayer daily for The Church, The Church Leaders, Community, Nation and Family, Friends and Yourself.
- Write in your journal daily. Use a notebook or journal to detail your journey.
- Document how you feel. Write down how the scripture, prayer, and or theme is relevant to our church, or to you individually. Denote your personal commitment to the journey of the fast. You can reflect on it later to assess your progress.
- Listen to our Senior Pastor's Monday Morning Meditation. Each Monday Rev. Dr. Frederick D. Haynes, III, will offer a meditative word for the week that aligns with our prayer and fasting journey. You don't want to miss it! Dial 712-432-3900; Conference ID 122330, 6-6:21 am each Monday.
- Join the prayer line weekdays. We will reaffirm the scripture, prayer and theme for the month. You are encouraged to pray aloud or pray silently. Dial 712-432-3900; Conference ID 122330; 5-6 am Monday thru Friday.
- Stick to the journey. Remember this is your personal commitment to God. Consider an accountability partner or team to encourage you during the week of the fast each month

HOW TO FAST SUCCESSFULLY

Isaiah 58

Fast – a religious discipline; abstinence from food or drink; to afflict the soul

Reasons for Fasts

1. For repentance to ward off present or future destruction and to supply a discipline of fasting and prayer (Jonah 3:4-10)
2. To humble ourselves (Psalm 35:13) NKJV
3. For protection of self, family, personal property (Ezra 8:21,23)
4. To draw closer to God (James 4:8)
5. To resist the power of the devil (James 4:7)
6. For deliverance from demonic possession (Matthew 17:20-21) NKJV
7. Healing (II Chronicles 7:14) NKJV of nations, individual, relationships etc...
8. To get extra help and blessings from God (James 4:6)
9. For direction from God (Ezra 8:21) NKJV
10. To Gain control of yourself (II Chronicles 7:14) Humble, seek, pray, and then you can TURN!

Different Types of Fasts

1. Partial (Daniel 10:2-3) No meat, certain items but not all 21 days
2. Complete/Total (Esther 4:16, Jonah 3:7)
3. Corporate (Jonah 3)
4. Personal (Matthew 4:1-2)

Hindrances to an Effective Fast

1. Wrong motives (Matthew 6:16), Adoration from others, trying to impress God (Isaiah 58:3)
2. Unforgiveness (Matthew 6:14-15)
3. Selfishness (Isaiah 58:3)
4. Continued Sin (Isaiah 58:4)
5. It becomes religious instead of relationship oriented (Isaiah 58:5)
6. Inconsistency (Matthew 7:7) NLT
7. Not having a goal

What Happens During a Fast?

1. The devil comes to tempt you and attack you (Matthew 4:3)
2. You lose weight; your stomach shrinks
3. You may get depressed, lonely, etc.....

Suggestions for Fasting

1. Set a goal (Daniel 9:3) NKJV
2. Don't make it obvious (Matthew 6:16)
3. Write down the date you start and the date you plan to end and journal results (Habakkuk 2:2)
4. Be patient (Habakkuk 2:3)

HOW TO FAST SUCCESSFULLY *(continue)*

5. Start with something you can do
6. Pray when your head or stomach hurts
7. See your doctor before you begin a fast and don't over eat when your fast is over
8. Pray the last 30 minutes of your fast
9. Read the bible or a devotional when you are supposed to eat
10. Resist
11. Children can choose to fast from: sweets; games; phones; television (for a time or in moderation)

Why am I fasting?

What will I give up, for God, during my fast?

Consider joining or creating a fasting team of up to 10 people to encourage each other during this journey. List who will be on your team. Denote how and when you will communicate with one another?

FASTING GUIDELINES

by Dr. Cindy Trim, The 40 Day Soul Fast Handbook

Prior to beginning any type of fast, each participant should consult with his or her doctor.

As wonderful of a tool as fasting is for health and cleansing and detoxification purposes, there are some individuals who have certain conditions where fasting is contraindicated or prohibited.

Please keep the following in mind if you are considering the pursuit of a fast: • Do not fast if you are pregnant or nursing.

- Do not fast if you have a serious illness like cancer, AIDS, Anorexia Nervosa, Leukemia, severe anemia, or if you are emaciated or malnourished as the result of another illness.

- Do not fast if you are a Type I Diabetic or Insulin-Dependent Diabetic.

- All Type II Diabetics (and some Type II Diabetics on insulin) should especially inquire of his or her physician about the feasibility of fasting and about any possible adjustments to the insulin/blood sugar-lowering medication regimen during the fasting period since the blood sugars tend to be lower during a fast. If diabetics receive medical clearance to do the fast, they should continue home monitoring of blood sugars throughout the fast as directed by their physician. Note: Of the options listed, The Daniel Fast is the most suitable option for Type II Diabetics, who have received medical clearance.

- Do not fast if you are taking a diuretic (or “water pill”). Diuretics precipitate loss of water and electrolytes like potassium. Do not fast if you have liver or kidney disease; the liver is the detoxifying organ of the body and the kidneys aid in the elimination of waste via the urine. If either of these organs is impaired, it will be difficult to obtain the usual benefits from fasting, and you may exacerbate your medical condition.

- Do not fast if you have congestive heart failure or a diagnosed cardiac arrhythmia.

- Do not fast if you are on certain medications like prednisone, narcotics, antidepressants, or diuretics. You should refrain from fasting if you are taking any of these medications. However, there are other medications that can be safely taken during a fast. Please consult your health care provider when considering a fast to determine if fasting is right for you.

- Medications should not be discontinued abruptly. If a fasting participant is on medicine, he or she should consult his or her physician regarding possible adjustments to the medication regimen during the fasting regimen.

- If the participant develops exacerbation of an existing medical illness or begins to develop adverse reactions or worrisome symptoms of any kind, he or she should discontinue the fast immediately and consult his or her physician immediately.

FASTING GUIDELINES *(continue)*

- Distilled water is used for the Master Cleanser recipe; otherwise, if the faster is consuming water for hydration purposes with the other fasting options, spring or filtered water may be consumed.
- Organic produce should be used whenever possible where fruits and vegetables are listed in the fasting options.
- Fasters should be compassionate and gentle with themselves. During the fast, if they fall off the wagon and consume a restricted food or dietary item, they should acknowledge the detour (and enjoy it) and get back on the fast as soon as possible.
- How you end a fast is just as important as how you start and conduct one. A typical post-fasting regimen, for breaking a fast, would look like the following. Starting with the first day after the fast:
Different Types of Fasting

THE DISCIPLES' FAST:

Fasting to break addictions. Matt 17:20, 21

Abstain from meats and sweets. Focus: Fasting to break addictions and every yoke.

THE EZRA FAST:

Fasting to solve problems and seek protection. Ezra 8:21-23

Abstain from sodas and sweets (desserts, pies, cookies, cake, candy, etc.); Natural sweeteners and fruits are okay.

THE SAMUEL FAST:

Fasting to win people to Christ and to get God to pour Himself out on Mankind. 1 Samuel 7:1-8

Abstain from all types of fried foods and breads Focus: Fasting to win people to Christ and to get God to pour Himself out on mankind; Fasting so that others' needs will be met; and Fasting for a stronger testimony and influence.

THE ELIJAH FAST:

Fasting to break every yoke. 1 King 19:2-18

Abstain from meats and sweets. Focus: Fasting to break addictions and every yoke.

THE WIDOW'S FAST:

Fasting so that others needs will be met. 1 Kings 17:12

Abstain from all types of fried foods and breads Focus: Fasting to win people to Christ and to get God to pour Himself out on mankind; Fasting so that others' needs will be met; and Fasting for a stronger testimony and influence.

FASTING GUIDELINES *(continue)*

THE SAINT PAUL FAST:

Fasting for wisdom and insight from God. ACTS 9:9-19

Abstain from all foods and drinks. Focus: Fasting for wisdom and insight from God.

THE DANIEL FAST:

Fasting for good health and obedience towards God. Daniel 1:12-20

Fruits and vegetables only. Focus: Fasting for good health and obedience towards God.

THE JOHN THE BAPTIST FAST:

Fasting for a stronger testimony and influence. Matthew 3:4, Luke 1:15

Abstain from all types of fried foods and breads Focus: Fasting to win people to Christ and to get God to pour Himself out on mankind; Fasting so that others' needs will be met; and Fasting for a stronger testimony and influence.

THE ESTHER FAST:

Fasting for protection from the evil one. Esther 4:16

Abstain from sodas and sweets (desserts, pies, cookies, cake, candy, etc.); Natural sweeteners and fruits are okay.

DAY 1

The Importance of Vision: Vision Maintains Order, Vision Boosts Growth, Vision Protects Unity, Vision Create Momentum

Friendship-West will be a game changing Christian movement, connecting people to Jesus Christ and fighting for justice, while creating the beloved community.

Habakkuk 2:2-3

“And the Lord answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it. For the vision is yet for an appointed time, but at the end, it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry.”

Dear God, we desire as a church to grasp the vision You have for us and pray that You will lead and guide us to take a united step of faith in the direction You would have us to go. Lord, help us understand the church vision that You have for us, and may we be sensitive to Your leading and guidance. Jesus, I ask that You prevent us from seeking to implement our inferior ideas or mandate our notions for Your plans and purposes concerning our relationship with You, fighting for justice, and creating a beloved community. Heavenly Father, help us not to hinder Your vision. Draw us closer to each other and You as we seek Your face together in prayer. We pray for Your covering over our Senior Pastor Frederick D. Haynes and Sister Debra Peek-Haynes. Cover the staff Pastors, staff, leaders, members, and friends and family of Friendship-West Baptist Church. May You strengthen our inner man to carry out Your plan and vision. In Jesus' name, Amen.

PRAYER JOURNAL NOTES

[illegible]

DAY 2

PRAYER BY MARTIN LUTHER KING, JR.

We thank you for your church, founded upon your Word, that challenges us to do more than sing and pray, but go out and work as though the very answer to our prayers depended on us and not upon you. Help us to realize that humanity was created to shine like the stars and live on through all eternity. Keep us, we pray, in perfect peace. Help us to walk together, pray together, sing together, and live together until that day when all God's children -- Black, White, Red, Brown and Yellow -- will rejoice in one common band of humanity in the reign of our Lord and of our God, we pray. Amen.

PRAYER JOURNAL NOTES

[illegible]

DAY 3

When the disciples watched Jesus pray, they felt He was getting through. They were so moved by His prayer habits they asked Him to teach them. What Jesus gave them was a model to steer us into prayers that God hears.

The Model Prayer

Luke 11:1-4 KJV

“Now it came to pass, as He was praying in a certain place, when He ceased, that one of His disciples said to Him, “Lord, teach us to pray, as John also taught his disciples.”

So, He said to them, “When you pray, say:

Our Father in heaven,
Hallowed be Your name.
Your kingdom come.
Your will be done
On earth as it is in heaven.
Give us day by day our daily bread.
And forgive us our sins,
For we also forgive everyone who is indebted to us.
And do not lead us into temptation,
But deliver us from the evil one.”

Heavenly Father, we lift in prayer Your people who desire to learn how to pray and have had trouble communicating to You. We thank you for leaving a model prayer to follow. I pray that You will restore the connection intended for Your children. In the name of Jesus, Amen.

PRAYER JOURNAL NOTES

[illegible]

DAY 4

Holy Spirit teaches, reveals, and gives believers the power to live like Jesus.

John 14:26 KJV

“But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.”

Holy Spirit, today we ask for Godly counsel and direction. Your word tells us to delight ourselves in the Lord, so we boldly seek to do so today. Following the will and heart of the Father is our greatest desire, for we know His plans are best for us and, in the end, glorify the kingdom. Holy Spirit, please lead us by Your wisdom, discernment, and kindness throughout our lives. Holy Spirit, we praise and thank you for love lavished upon us. Holy Spirit, we seek and so earnestly crave to be in Your presence, to feel the inner work of You in our hearts and minds. You so graciously give comfort, truth, and love. Holy Spirit, we welcome You in our lives this very day. In the Name of Christ Jesus, Amen.

PRAYER JOURNAL NOTES

[illegible]

DAY 5

Although we are connected to the True Vine at times we can feel like a broken branch, not permanently rooted.

John 15:5 KJV

“I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.”

Creator God, You made us, and You love us. Our circumstances do not define us or our identity as Your child. Your word says that, although people plan their course in their hearts, it is You who establishes our steps. Jesus, we desire to bring forth Your fruit. Whatever we do today, your loving eye is on us, and You have promised to guide us. We abide in You. We can do nothing without You giving us the strength to do it. The desires of our hearts can only be satisfied in You. Guide our steps, Lord, to follow and be permanently rooted in You. Through Jesus Christ, our Lord. Amen.

PRAYER JOURNAL NOTES

[illegible]

DAY 6

Prayer by Howard Thurman, from "Meditations of the Heart"

Lord, Lord, Open Unto Me
Open unto me, light for my darkness
Open unto me, courage for my fear
Open unto me, hope for my despair
Open unto me, peace for my turmoil
Open unto me, joy for my sorrow
Open unto me, strength for my weakness
Open unto me, wisdom for my confusion
Open unto me, forgiveness for my sins
Open unto me, tenderness for my toughness
Open unto me, love for my hates
Open unto me, Thy Self for myself
Lord, Lord, open unto me!

PRAYER JOURNAL NOTES

[illegible]

DAY 7

To truly follow Christ means He has become everything to us. Everyone follows something: friends, family, selfish aspirations, or God.

Luke 9:57 HCSB

“As they were traveling on the road someone said to him, “I will follow you wherever you go.”

Jesus, I choose You with my life and soul. Lord, help me to remove anything that hinders me from following You. Increase my faith like never before. Remind me that I am safe with You. If You take care of the birds of the air, then indeed, You will care for me, my family, and anyone else. I pray to keep trusting You even when it seems dark. Help me and others to remember that You are the Light to follow no matter what may come our way. Lead us, God! In Jesus' Name, Amen.

PRAYER JOURNAL NOTES

[illegible]

DAY 8

"Voting should be as easy and accessible as possible, and in many cases it is. But in recent years, more than 400 anti-voter bills have been introduced in 48 states. These bills erect unnecessary barriers for people to register to vote, vote by mail, or vote in person. The result is a severely compromised democracy that doesn't reflect the will of the people. Our democracy works best when all eligible voters can participate and have their voices heard."

John 14:16 NLT

And I will ask the Father, and he will give you another Advocate, who will never leave you.

Father, in the name of Jesus, we call on You to be our Lawyer and defend us against politicians trying to steal our ballot and block our vote. Their plots to take away our ability to vote and force an outcome are unjust. We know they may try to silence our voice, but we also know You will champion for us. May Your voice be amplified over the unfair and illegal restrictions and bring about a favorable outcome for Your people. Jesus, bring hope to those who may feel discouraged because of this process, for we know that You are still in control. In the name of Jesus, Amen.

PRAYER JOURNAL NOTES

[illegible]

DAY 9

The Spirit of God will give you power and boldness to preach and speak.

Luke 4:18 ESV

“The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed.”

Dear Lord, give us the audacity, confidence, and righteousness to be bearers of change. Jesus, fill us with radical and unconditional passion. Please supply us with conviction and boldness to speak against local and global injustices. Let us not only love with words but also through our actions. In Jesus' Name, Amen.

PRAYER JOURNAL NOTES

[illegible]

DAY 10

**"You can pray until you faint, but unless you get up and try to do something, God is not going to put it in your lap."
~ Fannie Lou Hammer**

James 2:26 KJV

"For as the body without the spirit is dead, so faith without works is dead also."

Father in the name of Jesus, give us the wisdom to not only pray but to put feet on our prayers as we are connected to the Holy Spirit to fulfill Your purpose and plan. In the name of our Liberating Jesus, Amen.

PRAYER JOURNAL NOTES

[illegible]

DAY 11

The prayer of agreement is one of the most powerful tools God has given us. It is a prayer that Jesus Himself guaranteed would bring results every time.

Matthew 18:19-20 MSG

“Take this most seriously: A yes on earth is yes in heaven; a no on earth is no in heaven. What you say to one another is eternal. I mean this. When two of you get together on anything at all on earth and make a prayer of it, my Father in heaven goes into action. And when two or three of you are together because of me, you can be sure that I’ll be there.”

Jehovah, Elohim, Agape, Jesus, forgive us when we don’t pray. Many of us don’t realize that prayer is communing with You. Forgive us for not realizing that prayer does not mean we have to ask for something. Still, it also means we can thank you for what we have, we can thank you for what You kept us from, and we can thank you that we did not get what we truly deserved for our sins. Thank you for what we’ve seen others come through, yet You did not send us down that same path. Father, I pray for Your encouragement to pray for and with others. Again Daddy, thank You for communing with us through prayer. Thank you, Lord, for the Word that will never come back void and gives us strength daily if we only continue to seek thy Face. In Jesus’ Name, Amen.

PRAYER JOURNAL NOTES

[illegible]

DAY 12

Jesus desires to bring life to the mind.

John 10:10 KJV

“The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life and that they might have it more abundantly.”

Lord Jesus, I ask that you shower Your peace and love on Your children. Jesus, please rebuke any forces of darkness that seek to harm them in any way or have tried to keep them locked in any prison of mental trauma. I thank you, Lord, that You have not given us a spirit of fear but of power, love, and a sound mind. Now, I ask You, Lord, to be a poultice, and draw from us all the pain, trauma, guilt, shock, fear, terror, distress, and shame, bringing it all to death on the cross. You suffered and died for us, Your children, and for this, we will forever be grateful and give You all the glory, honor, and praise. In Jesus' Name, Amen.

PRAYER JOURNAL NOTES

[illegible]

DAY 13

People will inevitably reveal what they value most by their actions. A person's heart is tied to what they value most in life.

Matthew 6:21 NIV

“For where your treasure is, there your heart will be also.”

Dear Heavenly Father, we thank you for giving us everything by sending Your son Jesus. May we love You enough by showing thanks, by being obedient to You, and by never putting anything above You. Let us not worship idol things, such as cars, money, homes, jobs, people, and the like. God, we know there isn't anyone that will love us like You. In the precious name of Jesus, Amen.

PRAYER JOURNAL NOTES

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DAY 14

A prayer by Martin Luther King Jr.

Thou Eternal God, out of whose absolute power and infinite intelligence the whole universe has come into being, we humbly confess that we have not loved thee with our hearts, souls and minds, and we have not loved our neighbors as Christ loved us. We have all too often lived by our own selfish impulses rather than by the life of sacrificial love as revealed by Christ. We often give in order to receive. We love our friends and hate our enemies. We go the first mile but dare not travel the second. We forgive but dare not forget. And so, as we look within ourselves, we are confronted with the appalling fact that the history of our lives is the history of an eternal revolt against you. But thou, O God, have mercy upon us. Forgive us for what we could have been but failed to be. Give us the intelligence to know your will. Give us the courage to do your will. Give us the devotion to love your will. In the name and spirit of Jesus, we pray. Amen.

PRAYER JOURNAL NOTES

[illegible]

DAY 15

A Prayer of Healing for the Land

2 Chronicles 7:14 NIV

“If my people who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven, and will forgive their sin and will heal their land.”

Dear God, the times we're in right now feel so uncertain. We're battling fear, worry, sickness, confusion, and death at every turn. We don't know what the future holds, but we believe You're holding us and won't let go. We want to feel Your presence surrounding us. We humble ourselves before you, aware of our need for You and believing in Your great healing power. Thank you that no matter what we face, we know You are still greater. We offer praise to You and gratefulness for the life that You have given us. Forgive us, God, for the times we've missed the mark. Help us live strong and walk wisely, filled by the power of Holy Spirit within us.

We ask that You be with Your people, extend Your grace, cover us with Your healing, provide Your protection, and empower us with Your strength.

We pray that many would come to know you as Lord and Savior, that people would see your Light. Open blind eyes and bring Your healing and freedom to the prisoners in every nation.

We pray for unity among Your people for the glory of Your Great name, that all believers would humble themselves and pray, turning from sin, and seek Your face as never before.

Wake us up Lord! Remind us to live aware of who You are, to redeem the time, to listen to Your words, and to be willing to make a difference in this world.

We pray for Your significant restoration in our land. Shine Your face on us, dear God. We need you now, more than ever before. Our lives are in Your hands.

Thank you for Your mercy and grace. Thank you for Your forgiveness and love. Thank you that You are strong and mighty, and that You fight for us still today. Bring honor to Your name, Lord. In Jesus' Name, Amen.

PRAYER JOURNAL NOTES

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DAY 16

A prayer against suicide: National Suicide Prevention Lifeline 1-800-273-8255

Matthew 4:24 TPT

“His fame spread throughout all Syria! Many people who were in pain and suffering with every kind of illness were brought to Jesus for their healing—epileptics, paralytics, and those tormented by demonic powers were all set free. Everyone who was brought to Jesus was healed!”

Father, in the name of Jesus, I silence every voice telling me that there is no hope for me, but death, in the name of Jesus. Suicidal thoughts, I command you to leave me now, in the name of Jesus. The will of God for me is to live to proclaim His name. I will not die, in the name of Jesus. I remove my name from the list of suicide, in the name of Jesus. Evil arrows of suicide in my head, jump out now, in the name of Jesus. Satanic powers that want to manipulate me to use my own hands to destroy myself, die in the name of Jesus. I decree the peace of God upon my life, in the name of Jesus. Powers causing me to see suicide as the only best solution die now, in the name of Jesus. I take back my life from the spirit of suicide, in the name of Jesus. God of Restoration, restore all the things I have lost, in the name of Jesus. Holy Michael, arise and fight the principalities tormenting me with suicide, in the name of Jesus. I destroy every yoke of heaviness and sorrow upon my head and neck, in the name of Jesus. Spirit of hope arise now, in the name of Jesus. May my spirit be strengthened by the fire of God, in the name of Jesus. God has taken control of everything troubling me, in the name of Jesus, Amen.

PRAYER JOURNAL NOTES

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DAY 17

A Prayer by Maya Angelou

Father, Mother God,
Thank you for your presence
during the hard and mean days.
For then we have you to lean upon.

Thank you for your presence
during the bright and sunny days,
for then we can share that which we
have
with those who have less.

And thank you for your presence
during the Holy Days, for then we
are able
to celebrate you and our families
and our friends.

For those who have no voice,
we ask you to speak.

For those who feel unworthy,
we ask you to pour your love out
in waterfalls of tenderness.

For those who live in pain,
we ask you to bathe them
in the river of your healing.

For those who are lonely, we ask
you to keep them company.

For those who are depressed,
we ask you to shower upon them
the light of hope.

Dear Creator, You, the borderless
sea of substance, we ask you to give
all the
world that which we need most --
Peace.

PRAYER JOURNAL NOTES

[illegible]

DAY 18

A prayer for children

Psalm 127:3

“Children are a gift from the Lord; they are a reward from him.”
Oh Gracious God,

We thank you and praise you for Your love and faithfulness. We thank you for Your protection and how You watch over each of us, our families, and our children. Almighty God, we commit to You, our children. We come placing our most precious cargo in your mighty and loving hands. Children are a reward from you and we desire for our children to live full lives. Grant us peace, knowing You are right by their side as they go to school and come back home. Let no accidents come near them while they are away. In the name of Jesus, we pray our children do not fear, for you are with them.

Thank you for replacing their fears with the strength and courage to face whatever the day may bring. Give our children a real sense of who You are as they face challenges and obstacles that may come their way, calming all of their anxious thoughts. Enlighten with Your wisdom, those who teach our children; rejoicing in the knowledge of Your truth, that they may worship You and serve You from generation to generation; through Jesus Christ our Lord.

We thank you for Your protection and care over our families. Thank you that You give us the power to love well; the wisdom to lead and teach our children as You command. Oh Father, we rejoice in knowing You are for us; no matter how challenging the obstacle, or frustrating the task, You will fight battles just for our children today.

Help our children come to know You as their Redeemer, Restorer, and Friend. We truly believe You have only good things in store for us. Father, We confess, some days, are tough. Many days we can feel anxious or overwhelmed, as do our children. We ask that You help our children be aware of Your constant Presence in their lives. Help us to release our children to You, so that You are free to fully accomplish all that You desire in them and through them. Fill our families with Your truth and cover us with Your blood.

PRAYER JOURNAL NOTES

[illegible]

DAY 19

A prayer for men

Just like women, there are many men who are burdened by societal expectations and pressures. Men who have been told many unhealthy things about what it means to be a ‘man’ and how they should live their lives. Men are less likely to talk about their feelings because of the multiple obstacles standing in their way of opening up.

Jesus, you are the source of all wisdom and knowledge. I pray that You pour out Your wisdom and grace on Your sons. Build them up in the knowledge and power of Your word. Give them the gift of discernment that they may be able to understand the times and seasons. Help them to remain open to Your voice. Father, we pray that Your sons will be acclimated to Your will. May they understand that their true worth, their completeness, and the purpose of their lives can only be found in You. Father, thank you for Your care and protection over Your men. We know many of them are burdened by the pressures and demands of life. They are struggling to do so much. Cover their minds as they cast their cares and burdens on You. I pray Your healing and restoration for Your sons. May they overcome by Your strength and power within them. I pray Your sons experience Your love and become love. Let Your love grow in their lives and help them to shine Your light wherever they go.

PRAYER JOURNAL NOTES

[illegible]

DAY 20

Our God is faithful to rebuild and restore.

Isaiah 40:31

“But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.”

Dear Lord, we have seen the damage firsthand that storms can cause in our lives. We know the destruction, aching, and devastation they cause. If we are being honest, at times it can seem impossible that anything beautiful or good can come from such sorrows. We know within our hearts that this isn't the end of the story, that You have something far greater to come.

Lord, we ask today for Your hand in our lives. We pray for the restoration of our lives by Your process. That process may not look like what we would think or plan, but we know that because You see all that is, was, and is to come...that ultimately, You will do what is most compassionate and best. Lord, today we come before Your Holy throne to ask for Your restoration in our lives. We submit ourselves to Your ever-loving Will and kindness throughout. In Jesus' name, Amen.

PRAYER JOURNAL NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 21

Psalm 139:7

Where can I go from Your Spirit? Or where can I flee from Your presence?

Holy Spirit, how beautiful it is to see You moving. You've poured out Your Spirit on every heart. You've sent forth Your word and it comes to pass. What our fathers and mothers could only foretaste is now in our lifetime - the order of day. Holy Spirit, I thank you that eyes are unveiling and hearts are aligning. Your Spirit is moving. Dead dreams are rising. He's breaking addiction and breaking religion. Your Spirit is Freedom and You're breaking tradition. You're breaking chains and shackles. If You said it You have done it. May we receive the freedom that You have for us. You're rebuilding ruined walls and reclaiming your design and we say, yes and amen! In Jesus' name.

PRAYER JOURNAL NOTES

[illegible]

CLOSING

“Life Goes On” A Meditation from Howard Thurman

During these turbulent times we must remind ourselves repeatedly that life goes on.

This we are apt to forget.

The wisdom of life transcends our wisdoms;

the purpose of life outlasts our purposes;

the process of life cushions our processes.

The mass attack of disillusion and despair,

distilled out of the collapse of hope,

has so invaded our thoughts that what we know to be true and valid seems unreal and ephemeral.

There seems to be little energy left for aught but futility.

This is the great deception.

By it whole peoples have gone down to oblivion

without the will to affirm the great and permanent strength of the clean and the commonplace.

Let us not be deceived.

It is just as important as ever to attend to the little graces

by which the dignity of our lives is maintained and sustained.

Birds still sing;

the stars continue to cast their gentle gleam over the desolation of the battlefields,

and the heart is still inspired by the kind word and the gracious deed.

There is no need to fear evil.

There is every need to understand what it does,

how it operates in the world,

what it draws upon to sustain itself.

We must not shrink from the knowledge of the evilness of evil.

Over and over we must know that the real target of evil is not destruction of the body,

the reduction to rubble of cities;

the real target of evil is to corrupt the spirit of man

and to give his soul the contagion of inner disintegration.

When this happens,
there is nothing left,
the very citadel of man is captured and laid waste.
Therefore the evil in the world around us must not be allowed to move from without to within.
This would be to be overcome by evil.
To drink in the beauty that is within reach,
to clothe one's life with simple deeds of kindness,
to keep alive a sensitiveness to the movement of the spirit of God
in the quietness of the human heart and in the workings of the human mind—
this is as always the ultimate answer to the great deception.

“May Thurman’s words remind us of the precious value of life, help us celebrate it, and protect our souls from the “contagion of inner disintegration” during these turbulent times.”



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