

A 7-Day Summer Prayer Guide

Day 1 - Affirming Who God Is

Read: Exodus 34:6-7, Psalms 146-150

Pray: Ask God to help you bring your focus into who He is, praise God for His many attributes, recognize that God is your helper in times of need.

Act: Write an attribute of God on a note card to serve as a reminder of who He is. Place the card in your Bible, next to the computer, by the kitchen sink, or somewhere you will see it throughout the week.

Day 2 - Overflowing with Thanksgiving

Read: Psalms 9:1, 95:2-3, 100:4, 1 Thessalonians 5:18

Pray: Thank the Lord for the blessings in your life. Start small and grow from there. Ask the Lord to give you a heart that overflows with thanksgiving in all things, both in seasons of plenty and seasons of scarcity.

Act: Write a list of things you are thankful for in your prayer journal. When you need a reminder of how God is working in your life, look at the list and say a prayer of thanksgiving.

Day 3 - Walking in Forgiveness

Read: James 5:16, 1 John 1:9, Matthew 5:22, Hebrews 10:23, Romans 6:23, Romans 5:8

Pray: Pray that the Lord would fill you with His forgiveness so you might release the things you are holding onto. Ask the Lord to help you forgive those who have wronged you, accept forgiveness in your own heart, and allow forgiveness to become a balm for your hurt.

Act: Take a walk today and ask the Lord to show you the areas in your life where you need to walk in forgiveness.

Day 4 - Loving Others

Read: 1 Corinthians 13, Matthew 7:12, John 13:34, Deuteronomy 6:4-9, John 15:13

Pray: Praise the Lord for making others different from you. Ask God to fill you with His love. Pray for opportunities to allow God's love to overflow from your life and ask God to help you love even when it is difficult.

Act: Make time to show someone love today—whether through word, card, or text, speak love into someone's life today.

Day 5 - Living with Purpose

Read: Matthew 5:14-16, John 14:6, Philippians 2:5-11, Matthew 28:16-20

Pray: As believers, our purpose is to share the good news of salvation. Pray that God would help you see opportunities for sharing your faith with others. Ask God to continue to work in your life and help you live like Jesus.

Act: Make time to write your story of the ways God has worked in your life. If you feel led, share your testimony (story of faith) with someone this week.

Day 6 - Releasing Fear

Read: Philippians 4:6-7, 1 John 4:18, Isaiah 41:10, Matthew 6:34

Pray: Share your fears and anxieties with God today. Ask Him to help you release these fears to Him and replace them with His peace. Pray for the Lord to strengthen and help you so you might feel His presence in the midst of trouble.

Act: Choose a verse from today's list to memorize. When you feel fear and anxiety take over, recite this verse to your heart.

Day 7 - Finding Rest

Read: Matthew 11:28-30, Psalm 121, Mark 6:31, Isaiah 26:3

Pray: Ask the Lord to help you find daily rest in Him; delighting in communion with God and other believers. Ask God to meet you, to calm your heart, and allow you to find your quiet place in Him.

Act: Make time for rest this week, find Sabbath in a way that you focus on God as your ultimate source for strength and renewal.

