

28 DAYS OF PRAYER

A 28-Day Guide for Seeking God's Heart



Day 1

Pursued By The Shepherd - Luke 15:1-7

Reflection: Jesus leaves the 99 to pursue the one.

Whether you realize it or not, at one point in your life, you were the one who was lost. Jesus used someone to help seek after you and bring you to a place where you could know Him. Before you had someone to pray for, you were His one.

Prayer: Father, thank you for seeking after me when I was lost. Thank you for being willing to value me enough that you would leave the 99 to rescue me, protect me, and bring me back into a relationship with you. Lord help me to have that same heart for those who are lost, those you are seeking to bring back home.

Action Step: Write the name of the person you'll pray for daily these 28 days.



Day 2

Found By Grace - Luke 15:8-10

Reflection: Have you ever lost something that was of value to you? What lengths did you go to find that item? Now imagine it was something you created, one of a kind, something you loved and valued deeply. This is how God views you, his created, valued, and loved masterpiece. Even in our sin, He pursues us by His grace.

Prayer: God, thank you for your grace. Thank you for your love and for not giving up your search for my heart, and the fact that when I was found, all of heaven rejoiced.

Action Step: Spend 5 minutes praying with someone, thanking God together for finding you.



Day 3

A Father's Love - Luke 15:11-32

Reflection: The prodigal's return was met with celebration, not shame. The father had every right to turn his son away due to his disobedience and to refuse his request to return home. But his father looked past his actions and, with love, compassion, and grace, celebrated his homecoming. Just like the prodigal's father, God's love restores, rebuilds, and protects those who have wandered but return home.

Prayer: Father, thank You for welcoming me home. Thank you for not turning me away because of my wandering and sinful actions. Because I am human, I know I will wander again. Help me run back quickly when I do.

Action Step: Reach out today with forgiveness or encouragement to someone who has drifted.



Day 4

The Unexpected One - John 4:1-26

Reflection: Jesus went out of his way to position himself to meet the Samaritan woman—a surprising choice. It was not the cultural norm for a Jew to sit with a Samaritan, let alone talk. Thank God that the King of Kings and the Lord of Lords, Jesus Christ, didn't follow the cultural norm. Because of His love for all people, we now have an opportunity for a relationship with him. God's grace reaches unlikely people.

Prayer: Lord, I am one of those unlikely people that you intentionally sought after. As I follow your lead, help me open my eyes to the unlikely people who are in my life that you might be pursuing.

Action Step: Be kind to someone you'd usually overlook. Intentionally speak encouragement and, if possible, ask how you can pray for them right then and there.



Day 5

Abide In The Vine - John 15:1-8

Reflection: Knowing where our strength and life come from is critical. Jesus tells us that when we stay connected to Him, we will bear fruit that honors him and fruit that will last. Each of us wants our lives to matter and to do something that makes a difference. Staying connected to the vine (Jesus) will ensure that our lives are connected to true life and purpose. Our identity is found in Christ, and only when we are connected to him will the fruit we bear be good fruit.

Prayer: Jesus, week to week, day to day, moment to moment, help me stay connected to you. Direct my thoughts and keep them focused on you. Guide my life so that I might honor you in all I say and do. I want my life to yield good and lasting things that honor you.

Action Step: Choose one distraction to set aside today to spend more time in prayer and stay connected to Jesus, the true vine.



Day 6

Remembering Your Rescue - Eph 2:1-10

Reflection: You and I were once dead in our sin, meaning that because of our sin, we were enemies of God, and for eternity, we would be separated from Him. But because of his undeserving grace and relentless love, God made a way for us to be alive in Christ. Remembering our rescue fuels our gratitude and reminds us of His compassion and love for us.

Prayer: Father, because of my sin, I am undeserving of your love. But you love me anyway, you showed me grace that I didn't deserve, and you met me where I was and showed me a life with you. Thank you.

Action Step: Write a short version of your testimony and thank God for it.



Day 7

Heaven's Celebration - Luke 15:7-10

Reflection: Every life matters eternally, so much so that scripture tells us that heaven rejoices over even one person who repents and turns from a life of sin to Jesus, life itself. Much like the prodigal son who returned to a celebration in his father's house, the celebration in heaven is every angel praising God the Father because one was found.

Prayer: Father, Your word says that you and heaven rejoiced when I came home to you. Thank you for loving me this way and for celebrating with me and for me. Lord, I want to celebrate life too. Please fill me with joy for what brings joy to heaven.

Action Step: Pray specifically that heaven will rejoice over the person you're lifting up.



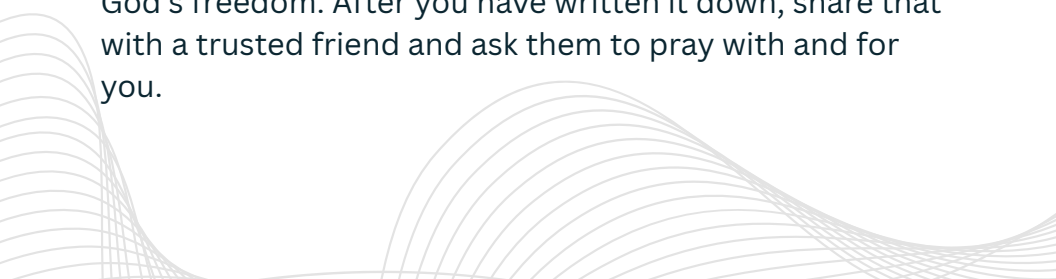
Day 8

Chains Broken - Acts 16:25-34

Reflection: God delivers in different ways: freeing, sustaining, or using trials to reach others. How did he get your attention? Do you remember? Each experience is a little different for each person. But because God knows each of us in great detail, He knows exactly what things are keeping us from following Him. He alone has the power to break the chains that keep us in bondage to sin and separated from Him. Just like Paul and Silas, God can free each person from their own personal prisons if we call on His name.

Prayer: Father, even if I can't see them, I know there are things in my life that keep me from doing what you have called me to do, what you have gifted me to do. Would you please break the chains in my life that keep me from fully following You?

Action Step: Write down one area in which you want God's freedom. After you have written it down, share that with a trusted friend and ask them to pray with and for you.



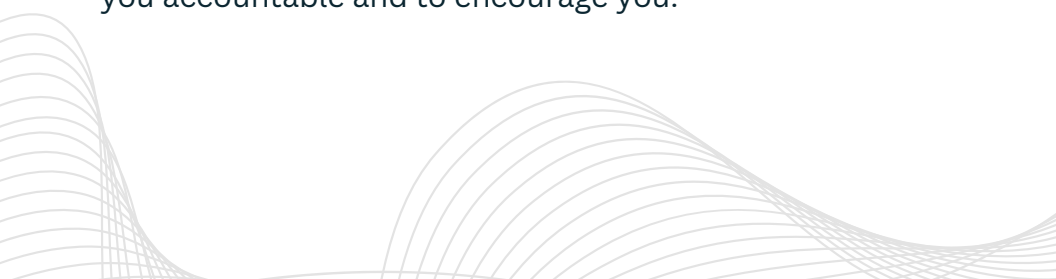
Day 9

Naming The Shadow - Psalm 139:23-24

Reflection: We often spend energy hiding our shadows —those fears, sins, or struggles we’d rather keep buried. But God already sees them, and His desire is not to condemn but to heal. When we name what weighs us down, we strip it of its hidden power. Confession is not about shame; it is about freedom. By bringing our shadow into God’s light, we open the door for His grace to transform us and for trusted friends to walk with us in encouragement.

Prayer: For today’s prayer, read this Psalm, but make it your own. “Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

Action Step: Journal one shadow (fear, shame, habit) and bring it before God. Writing it down, bringing it into the light, is an excellent step in letting go and letting God release you from it. Share it with a trusted friend to hold you accountable and to encourage you.



Day 10

No Condemnation - Romans 8:1

Reflection: The enemy whispers shame over our past and fear over our future. But Paul declares a new reality: if you belong to Christ, the verdict is already in —no condemnation, not guilty. That doesn't mean we'll never stumble, but it does mean we never stand condemned. Grace has spoken a louder word than guilt, and mercy has overruled judgment.

Prayer: Jesus, thank You that my past does not define who I am and that it doesn't define my future. Thank you for forgiving me and giving me a new identity in you.

Action Step: Speak Romans 8:1 aloud over yourself today, or anytime you feel the enemy whispering doubt.



Day 11

Detours That Lead Home - Gen 37:23-28

Reflection: Sometimes in life, things don't go the way we were expecting them to, let's call them detours. I'm sure Joseph wasn't expecting this detour in his life. By checking on his brothers, he was doing what his father instructed him to do, and I'm sure he didn't expect to find himself at the bottom of a well left for dead.

Joseph's detour wasn't a mistake but a setup for God's plan in his life and for his people. God can use the bad or unexpected in our lives to create something that brings Him glory, and in the process blesses us.

Prayer: Abba Father, when life takes an unexpected turn, help me to trust that you have a plan. Even if I can't see what's around the corner, help me to follow you as you reroute my life to the path you have for me.

Action Step: Identify one detour in your life and thank God for how He used it. Maybe you're in the middle of a detour, write it down so you can see how God moves.



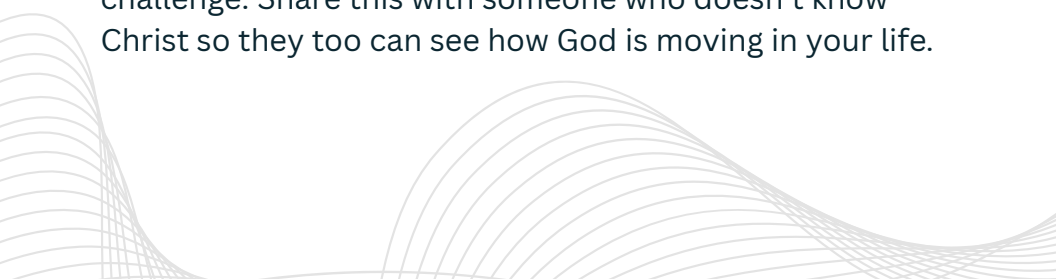
Day 12

From Setback To Setup - Gen 50:20

Reflection: Nothing catches God off guard. The truth is, there are evil people in the world, and their hearts are intent on doing evil. Even in the midst of such things, God can take the worst situation and bring good from it. This is the same God who commanded the Red Sea to split as the Israelites fled from the Egyptians. The same God who protected Daniel as he was thrown into the lion's den, and the same God who protected Jonah even in the midst of his own rebellion. Nothing can stop God's plan.

Prayer: Lord, when there are setbacks, when evil tries to ruin what you are doing, take and turn these moments into moments of glory for your name's sake, for yours is the Kingdom and power and glory forever.

Action Step: To encourage someone, share a past detour story of your own with someone. Share with them how God used that setback or detour for His glory. Additional challenge: Share this with someone who doesn't know Christ so they too can see how God is moving in your life.



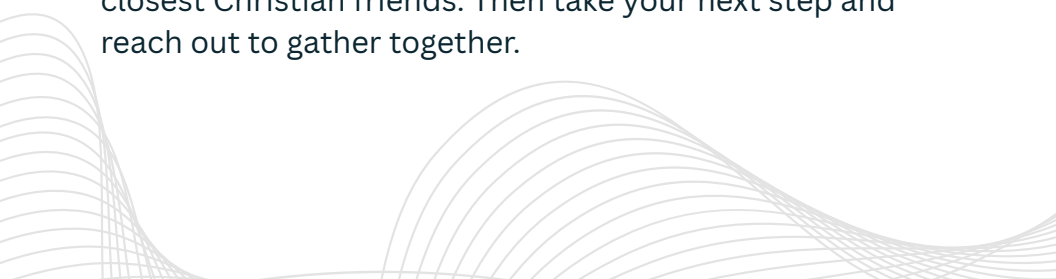
Day 13

Strength In Community - Acts 2:42-47

Reflection: The lives of the disciples show us that life in a life-on-life community and discipleship help shape who we are, how we respond to others, and bring encouragement and support in life as we walk together. We were never designed to walk through this life alone. As a matter of fact, God said in Genesis that it was not good for man to be alone. When we live in relationship with other believers, we are encouraged, supported, held accountable, and sharpened to become the church that God called us to be. Transformation happens in the context of life together.

Prayer: God help me to find my people. Those that I can do life with, encourage, and sharpen with words of scripture and wisdom. Those who will do the same for me. I don't want to do life alone, so Father, please show me who you want me to be in community with.

Action Step: Pray for the people in your small group or closest Christian friends. Then take your next step and reach out to gather together.



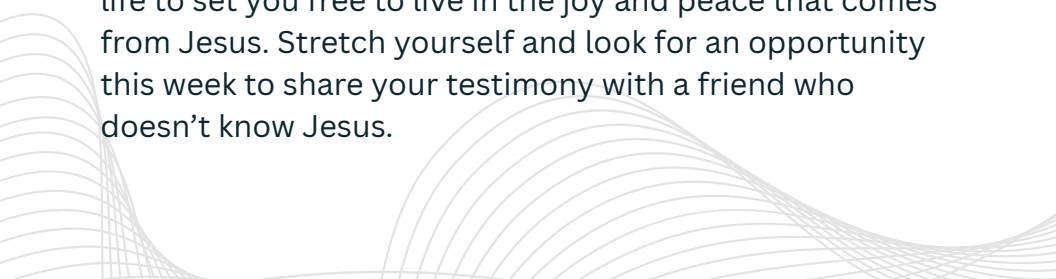
Day 14

Testimony of Freedom - Romans 8:1-4

Reflection: Christ died on the cross so that we might be released from the death of sin and the chains that held us in bondage to a sinful life. Now that He has been raised from the dead and sits at the right hand of God the Father, those who believe in him and have surrendered their lives to him no longer walk in condemnation or judgment. We have been released and set free from those chains of sin and death. The past life no longer has a hold on us, and we can now walk free in the joy of Jesus.

Prayer: Jesus, your death on the cross and your resurrection brought me the freedom that I so desperately needed. I am not defined by my past but by what you did on the cross for me. Thank you for loving me enough to set me free.

Action Step: Share your testimony (short or long) with someone this week. Let them see how God worked in your life to set you free to live in the joy and peace that comes from Jesus. Stretch yourself and look for an opportunity this week to share your testimony with a friend who doesn't know Jesus.



Day 15

More Than Enough - Mark 12:41-44

Reflection: Can you imagine being so poor that even giving everything you had didn't meet the minimum given for the temple offering? Yet this widow did just that. She brought everything and gave it to the Lord. The widow's offering was small, but surrendered. She likely knew it was an insignificant amount of money, but she brought more than just a monetary offering; she brought her heart, and God values the heart over the amount.

Prayer: Father, help me give you my all, and not just out of my plenty or excess. I know you want my heart. So help me to bring you the surrendered offering of my life.

Action Step: Surrender requires action. Find a way to bless someone today with a small act of generosity. Do it anonymously so only God sees it.



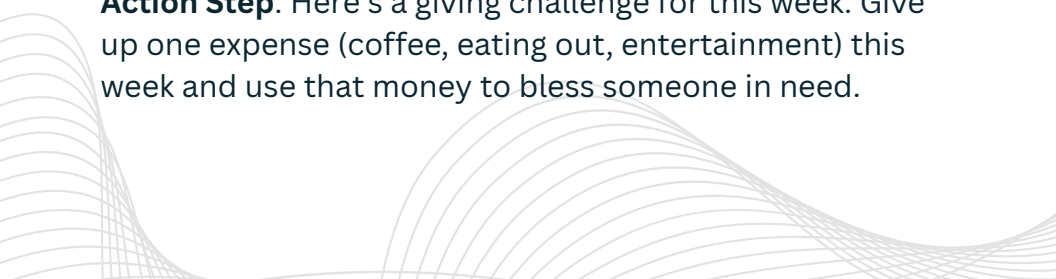
Day 16

Grace That Gives - 2 Corinthians 8:1-5

Reflection: The Macedonian church gave beyond their ability because grace filled them. They saw beyond the gift itself and realized that their generosity would allow them to be a part of what God was doing amongst His people. When we give generously and sacrificially, we mirror the kind of love and generosity that Christ showed us. His death on the cross was an act of grace, sacrifice, and generosity to a people that didn't deserve it. He calls us to love with that kind of love, so when we give as much as we are able, and at times beyond our ability, like the Macedonians did, we glorify Him.

Prayer: God help me to realize that everything I have belongs to you. You have gifted me with it to be a good steward of these resources, but ultimately, they are yours. Help me to be generous, to give sacrificially and with love and grace in my heart so that I might honor you.

Action Step: Here's a giving challenge for this week: Give up one expense (coffee, eating out, entertainment) this week and use that money to bless someone in need.



Day 17

When You Fast - Matthew 6:16-18

Reflection: Fasting is a challenging practice because it contradicts the natural, selfish desires we have as humans. Fasting can range from actions like refraining from eating a meal or drinking our favorite drink, to not watching TV or getting off social media. When we refrain from the things that are comforts to us (or even needs) we create space for us to focus on God, to pray, read scripture and spend time with the one who provides for us. Fasting and refraining from these things allow us to remind ourselves that real satisfaction comes from God's presence, not just His answers.

Prayer: Jesus, show me that thing I can refrain from and fast from that will allow me to spend more time with you, being reminded of your love for me, and allow that to draw me closer to you.

Action Step: Fast for 25 hours (food or media) and use that time to pray. Shut off your favorite TV or streaming show, skip your favorite restaurant, and spend that time seeking God through His word. Whatever you remove, fill that time and space with God.

Day 18

Fasting For Mission - Acts 13:1-3

Reflection: The early church prayed and fasted before sending Paul. They positioned themselves to be ready to hear from God and what He wanted them to do. When was the last time you intentionally sought to hear from God? If we are too busy hearing things from the world, how will we be able to hear what God is trying to tell us and speak into our lives? God speaks when we're hungry for Him.

Prayer: Father, as I fast, draw me to you. Please speak to me in the quiet stillness of our time together. Show me, Father, what you would have me do to propel your mission forward.

Action Step: As you fast and pray, ask God to reveal to you specific things he would want you to do. As you sense his voice, write down what you think He is saying to you, then take action.



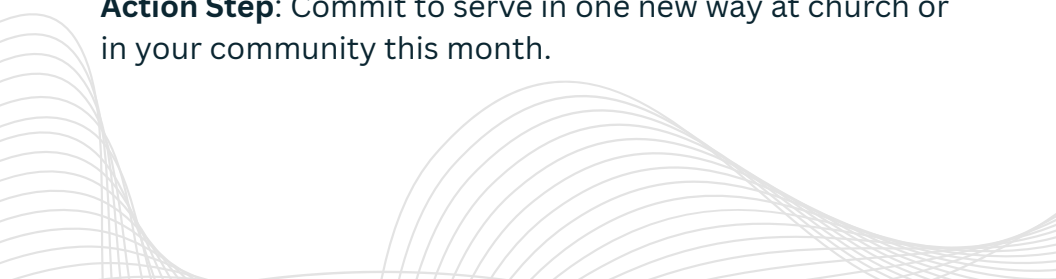
Day 19

Building The Wall Together-Generosity Nehemiah 3:1-12

Reflection: I've stood before the walls of Jerusalem and taken in the grander and sheer size of this location. I can't even begin to imagine how it must have felt to return from 70 years of captivity and have a project like rebuilding the walls on my hands. Yet as we read in Nehemiah, each family did their part. They took a monumental project and broke it down into smaller, bite-sized pieces. Each family did their part and quickly rebuilt the broken-down walls. In the church, there is so much work that needs to be done, but it will only get done when each person steps up and does their part. This is why God created each of us differently and uniquely. We each have a part to play in God's plan, and what a blessing it is to be invited into His work.

Prayer: Father, show me the section of the wall You've called me to build. Show me how my gifts and abilities can be used to fulfill your plan here on earth.

Action Step: Commit to serve in one new way at church or in your community this month.



Day 20

Living Sacrifice - Romans 12:1

Reflection: When you think of worship, what's the first thing that comes to mind? Music right? Singing and praising are forms of worship, but they are not worship in and of themselves. A heart surrendered to God is worship; walking in obedience to what God calls you to do is worship. Worship is more than singing—it's surrendering your life to God.

Prayer: Lord, here I am, all of me. I want to honor you with my life, all of it. Use me for your purposes, lead me where you want me to go, and help me to be obedient to what you call me to do.

Action Step: Write a prayer of surrender in your journal, then work hard to surrender yourself each day to Him. Share your prayer of surrender with your group/friend and invite accountability.



Day 21

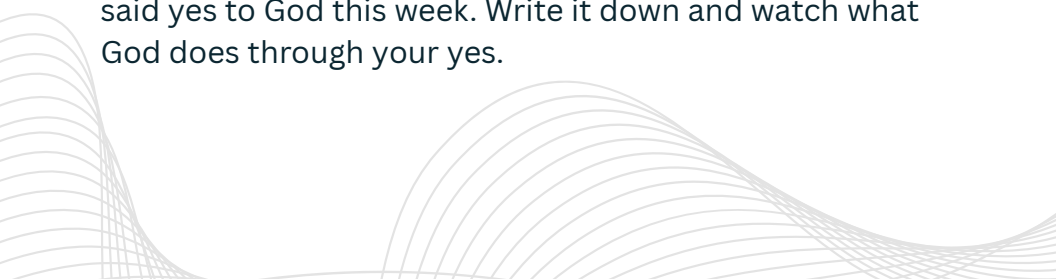
Saying Yes - Isaiah 6:8

Reflection: When Isaiah heard God ask, “Whom shall I send?” he answered, “Here am I. Send me.” Centuries later, a young man named Dwight L. Moody said the same to God. Born in Massachusetts with little education, Moody simply wanted to tell others about Jesus. He began by sharing the gospel with children in a small Sunday school class, and his faithfulness grew into a ministry that reached thousands through preaching, publishing, and the founding of schools. His “yes” to God helped spark a revival that touched lives across America and beyond.

Moody’s story reminds us that God isn’t waiting for perfect qualifications—He’s looking for a willing heart. A single “yes” to His call can inspire movements, transform communities, and bring countless people closer to Christ.

Prayer: God, I say yes to Your call—even if I’m afraid.

Action Step: Tell someone one area in your life, you’ve said yes to God this week. Write it down and watch what God does through your yes.



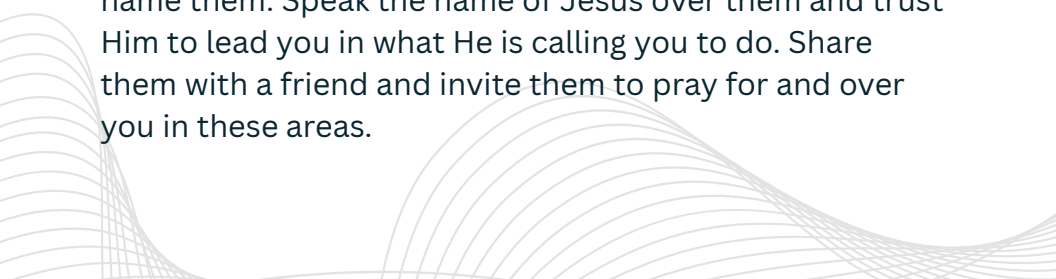
Day 22

Peace In Fear - John 20:19

Reflection: The disciples were rattled. The Rabbi they had been following for 3.5 years was dead. What was it all for? What now? Behind the locked door, they huddled in fear, not knowing how to move forward or what the next step was. How would they move forward without him? Yet in the midst of their doubt and fear, Jesus stepped in and said, “Peace be with you”. In other words, don’t be afraid, have no fear. Jesus still does this for us today. Jesus steps into the locked spaces of our lives and speaks peace before He sends us out to do His work.

Prayer: Jesus, I know you have called me to be your hands and feet, but I am afraid. In those areas where I have doubt and fear about how to do this, would you please step in and go before me? Remove my hesitation as I continue to follow you?

Action Step: Write down one or more of your fears, and name them. Speak the name of Jesus over them and trust Him to lead you in what He is calling you to do. Share them with a friend and invite them to pray for and over you in these areas.



Day 23

Sent By Jesus - John 20:21

Reflection: As the Father sent Jesus into the world to speak truth through grace and love, He now sends us. He never intended us to simply consume the good news; he expected and commanded us to share that good news with the rest of the world. That's the mission, it was the mission then, and it's still the mission now; those are our marching orders. Yes, the mission is difficult, yes, the mission can bring us some hardship. The mission is costly, but worth it. As we share His good news and redemptive story with others, they have the opportunity to accept Him as their savior and surrender their lives to glorify and honor Him.

Prayer: Father, send me with courage and compassion into my sphere of influence. I know the good news I bring, some might not want to hear it, and I might even be rejected. Give me the strength to love the way you loved me and give me the words to speak as I surrender to your plan.

Action Step: Look for one opportunity today to be intentional as you live as someone sent (serve, share, encourage). Look for one way today to serve or share your faith with a stranger, not just someone you know.

Day 24

Spirit Empowered - John 20:22

Reflection: Jesus breathed His Spirit on the disciples; This is so important to understand. The mission can feel overwhelming, and we can often make the mistake in thinking that we need to do this in our own power, but the truth is, we don't go alone. The Holy Spirit will be our guide. He will remind us of what Jesus taught us and will go before us as we live as obedient and sent people.

Prayer: Holy Spirit, empower me with boldness and love. Remind me when things get hard that it's worth it, You Father are worth it!

Action Step: Each day as you wake up, pray that God will open your eyes to the people he wants you to interact with that day. Ask God to give you a journal to record how those interactions go, and watch God work as you walk in faithful obedience.



Day 25

Follow Me Anyway - Mark 2:13-17

Reflection: Jesus calls Levi (Matthew) right where he is. He isn't schooled or gifted; as a matter of fact, he hadn't even bought into what Jesus was doing. He was stealing from his fellow Jews and had no standing in which he might be able to influence anyone for Jesus. But Jesus saw in Mathew what no one else could, and the grace of Jesus preceded the transformation of Matthew. Jesus doesn't need you to be qualified or gifted, he needs you to be willing and surrendered. He will do the work in you to prepare you for the calling. When Jesus called Matthew, he immediately left behind all the excuses and followed the Rabbi, and in the process, he was transformed.

Prayer: Lord, help me leave behind what holds me back. Help me drop the excuses of inadequacy and lack of ability. Help me to trust that the one who created me knows me better than I do.

Action Step: Share a meal or coffee with someone far from God. Pray that God will give you the words to say and allow the Spirit to lead you in your time together. Maybe take it a step further and invite them to come to church with you.

Day 26

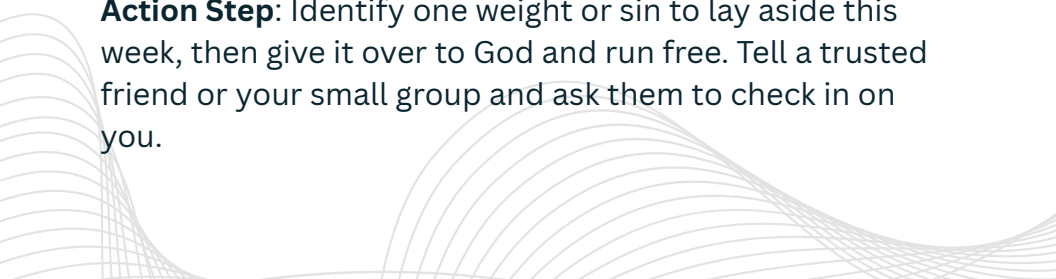
Running The Race - Hebrews 12:1-3

Reflection: Imagine you just signed up for a race that has some of the most challenging obstacles you could imagine built into it. Barriers are designed to slow you down, frustrate you, and cause you to lose sight of the finish line, leading you to doubt that it's possible. But then imagine that the judge of the race pulls you aside before it starts, and tells you: “Don’t worry about the obstacles or the problematic portions of the race, just keep your eyes on me. I will be standing at the finish line. If you keep your eyes on me, you will win the race, and all these other things won’t matter. Just keep your eyes on me, you can’t lose.

The writer of Hebrews tells us to “fix our eyes on Jesus, the pioneer and perfecter of faith. Throw off what hinders, fix your eyes on Jesus, and run your race. You can’t lose!

Prayer: Keep me focused on You, Jesus, and faithful in my race. Don’t allow me to get distracted or sidetracked from the finish line.

Action Step: Identify one weight or sin to lay aside this week, then give it over to God and run free. Tell a trusted friend or your small group and ask them to check in on you.



Day 27

More Than We Ask - Ephesians 3:20-21

Reflection: I often forget that I can do more through the power of Christ than I could ever do on my own. When we try to do things in our own strength, we will always fall short. We will get tired and lose our joy and passion, but when we rely on the power of Christ that works within and through us, there is no limitation to what God can do. He can do immeasurably more than all we ask or imagine.

Prayer: Lord, grow my faith to believe for more than I can see. There is nothing too big for you, nothing too complicated or impossible for you. Help me believe with all my heart that you are able, and that through you, all things are possible.

Action Step: Write a big, bold prayer for your life and for the person you've been lifting up.



Day 28

Sent With Purpose - Matthew 28:18-20

Reflection: Have you ever asked or wondered what God's plan is for your life? I think most of us have. I know that has been a question in my life, one I have asked many, many times. I'm even pretty sure the Disciples asked this as well. In Matthew, we read that Jesus sent them out into the world to make disciples of all nations. Starting close to those around them, then moving further and further out to the ends of the earth. Our purpose in life is to glorify and honor God the Father, and we do that by being obedient to what He has called us to do, which is to make disciples of all nations, baptizing them in the name of the Father, Son, and Holy Spirit.

He invites us into this meaningful mission and asks us to join Him, and in the process, He promises to be with us always.

Prayer: Here am I, Lord. Send me to live and love on mission. Show me those you would have me engage with your Good News of redemption and restoration. Give me the courage to be one willing to go and proclaim through my life, your mercy and grace.

Action Step: Pray for and intentionally connect with the person God has placed on your heart. Take a step to invite them to church, encourage, or share your faith.