

**FIRST THINGS
FIRST**

21 DAYS OF PRAYER

+eastridge church



FIRST THINGS FIRST

PRAYER TIPS

Prayer is the most powerful when it's not just an after-thought but a consistent lifestyle. To learn how to live a life of prayer, we can follow the example Jesus set during His time on earth.

FIND A TIME

Jesus started His day early to spend time with His Heavenly Father. Set a daily time to connect with God, whether morning, midday, or evening, and consistently keep that commitment.

FIND A PLACE

Jesus often chose a secluded spot for prayer. Having a dedicated place to pray minimizes distractions and frees us to worship and pray out loud.

MAKE A PLAN

When Jesus taught His disciples to pray, He shared a model we know as "The Lord's Prayer." His words give us a foundation for meaningful prayer. Use Jesus' example and this booklet as a guide for your time with God. Consider adding worship music, reading the Bible, or journaling to deepen your connection with Him as you pray each day. Everyone's approach may look different, but having a plan will help us prioritize what matters most as we put *first things first*.

DAY 1

PERSONAL SURRENDER

HE MUST BECOME
GREATER AND
GREATER, AND I
MUST BECOME
LESS AND LESS.

JOHN 3:30

PRAYER PROMPT:

Focus your time of prayer around inviting the presence of God into every part of your life. Surrender every part to Him.

NOTES:

DAY 2

PEACE

I AM LEAVING YOU WITH A GIFT
—PEACE OF MIND AND HEART.
AND THE PEACE I GIVE IS A GIFT
THE WORLD CANNOT GIVE. SO
DON'T BE TROUBLED OR AFRAID.

JOHN 14:27

PRAYER PROMPT:

Invite God to fill your heart and mind with His perfect peace and carve out a few moments to sit and receive from Him.

NOTES:

DAY 3

OUR CHURCH

ALL THE BELIEVERS DEVOTED THEMSELVES TO THE APOSTLES' TEACHING, AND TO FELLOWSHIP, AND TO SHARING IN MEALS (INCLUDING THE LORD'S SUPPER), AND TO PRAYER. A DEEP SENSE OF AWE CAME OVER THEM ALL, AND THE APOSTLES PERFORMED MANY MIRACULOUS SIGNS AND WONDERS. AND ALL THE BELIEVERS MET TOGETHER IN ONE PLACE AND SHARED EVERYTHING THEY HAD. THEY SOLD THEIR PROPERTY AND POSSESSIONS AND SHARED THE MONEY WITH THOSE IN NEED. THEY WORSHIPED TOGETHER AT THE TEMPLE EACH DAY, MET IN HOMES FOR THE LORD'S SUPPER, AND SHARED THEIR MEALS WITH GREAT JOY AND GENEROSITY— ALL THE WHILE PRAISING GOD AND ENJOYING THE GOODWILL OF ALL THE PEOPLE. AND EACH DAY THE LORD ADDED TO THEIR FELLOWSHIP THOSE WHO WERE BEING SAVED.

ACTS 2:42-47

PRAYER PROMPT:

Pray over Eastridge, that God would protect us, empower us, and guide us on our mission to reach lost people.

NOTES:

DAY 4

WORRY

DON'T WORRY ABOUT ANYTHING; INSTEAD, PRAY ABOUT EVERYTHING. TELL GOD WHAT YOU NEED, AND THANK HIM FOR ALL HE HAS DONE. THEN YOU WILL EXPERIENCE GOD'S PEACE, WHICH EXCEEDS ANYTHING WE CAN UNDERSTAND. HIS PEACE WILL GUARD YOUR HEARTS AND MINDS AS YOU LIVE IN CHRIST JESUS.

PHILIPPIANS 4:6-7

PRAYER PROMPT:

Take a moment to name your worries and give them to God one at a time. Ask Him to replace your worry with peace and confidence.

NOTES:

DAY 5 THE LOST

FOR THE SON OF
MAN CAME TO
SEEK AND SAVE
THOSE WHO ARE
LOST.

LUKE 19:10

PRAYER PROMPT:

Intercede on behalf of the lost people in your life and in our community; that God would soften their hearts and give us open doors of opportunity to share the Gospel with them.

NOTES:

DAY 6

FREEDOM

THE TEMPTATIONS IN YOUR LIFE ARE NO DIFFERENT FROM WHAT OTHERS EXPERIENCE. AND GOD IS FAITHFUL. HE WILL NOT ALLOW THE TEMPTATION TO BE MORE THAN YOU CAN STAND. WHEN YOU ARE TEMPTED, HE WILL SHOW YOU A WAY OUT SO THAT YOU CAN ENDURE.

1 CORINTHIANS 10:13

PRAYER PROMPT:

Ask the Holy Spirit to help you identify areas in your life where you repeatedly struggle. Ask God for real breakthrough and His help to defeat the strongholds of the enemy in your life.

NOTES:

DAY 7

GOVERNMENT

I URGE YOU, FIRST OF ALL, TO PRAY FOR ALL PEOPLE. ASK GOD TO HELP THEM; INTERCEDE ON THEIR BEHALF, AND GIVE THANKS FOR THEM. PRAY THIS WAY FOR KINGS AND ALL WHO ARE IN AUTHORITY SO THAT WE CAN LIVE PEACEFUL AND QUIET LIVES MARKED BY GODLINESS AND DIGNITY. THIS IS GOOD AND PLEASES GOD OUR SAVIOR, WHO WANTS EVERYONE TO BE SAVED AND TO UNDERSTAND THE TRUTH.

1 TIMOTHY 2:1-4

PRAYER PROMPT:

Pray for our government leaders, national and local, that God would speak to their hearts and help them lead our land in a direction that pleases and honors God.

NOTES:

DAY 8

WISDOM FOR LEADERSHIP

IF YOU NEED WISDOM,
ASK OUR GENEROUS
GOD, AND HE WILL
GIVE IT TO YOU. HE
WILL NOT REBUKE
YOU FOR ASKING.

JAMES 1:5

PRAYER PROMPT:

Ask God to lead and guide our pastoral team. Pray for protection over their families and anointing to do the work of ministry He has called our church to do.

NOTES:



DAY 9

POWER OVER THE ENEMY

**FOR WE ARE NOT FIGHTING AGAINST
FLESH-AND-BLOOD ENEMIES, BUT
AGAINST EVIL RULERS AND AUTHORITIES
OF THE UNSEEN WORLD, AGAINST
MIGHTY POWERS IN THIS DARK WORLD,
AND AGAINST EVIL SPIRITS IN THE
HEAVENLY PLACES.**

EPHESIANS 6:12

PRAYER PROMPT:

Pray that God would give you power to walk in daily victory over the plans and temptations of the enemy in your life.

NOTES:

DAY 10 UNITY

I PRAY THAT THEY WILL ALL BE ONE, JUST AS YOU AND I ARE ONE—AS YOU ARE IN ME, FATHER, AND I AM IN YOU. AND MAY THEY BE IN US SO THAT THE WORLD WILL BELIEVE YOU SENT ME.

I HAVE GIVEN THEM THE GLORY YOU GAVE ME, SO THEY MAY BE ONE AS WE ARE ONE. I AM IN THEM AND YOU ARE IN ME. MAY THEY EXPERIENCE SUCH PERFECT UNITY THAT THE WORLD WILL KNOW THAT YOU SENT ME AND THAT YOU LOVE THEM AS MUCH AS YOU LOVE ME.

JOHN 17:21-23

PRAYER PROMPT:

Ask God to give us a spirit of oneness and unity in our church. That, together, we would be able to accomplish great things for God!

NOTES:

DAY 11

PURPOSE

FOR WE ARE GOD'S
MASTERPIECE. HE HAS
CREATED US ANEW IN
CHRIST JESUS, SO WE CAN
DO THE GOOD THINGS HE
PLANNED FOR US LONG AGO.

EPHESIANS 2:10

PRAYER PROMPT:

Invite God to speak to you about the purposes, plans, and dreams He has for your life. Ask Him to reveal the purpose behind the unique way He created you.

NOTES:

DAY 12

FRUIT OF THE SPIRIT

BUT THE HOLY SPIRIT PRODUCES
THIS KIND OF FRUIT IN OUR LIVES:
LOVE, JOY, PEACE, PATIENCE,
KINDNESS, GOODNESS,
FAITHFULNESS, GENTLENESS, AND
SELF-CONTROL. THERE IS NO LAW
AGAINST THESE THINGS!

GALATIANS 5:22-23

PRAYER PROMPT:

Pray that God would help you develop each of the fruit of the Spirit in your life and ask Him to reveal which areas need to grow in you.

NOTES:

DAY 13

OUR CITY

AND WORK FOR THE PEACE AND
PROSPERITY OF THE CITY WHERE
I SENT YOU INTO EXILE. PRAY TO
THE LORD FOR IT, FOR ITS
WELFARE WILL DETERMINE
YOUR WELFARE.

JEREMIAH 29:7

PRAYER PROMPT:

Pray that we would see God move in the Pacific Northwest and that our community would begin to experience a move of God that would reshape our culture.

NOTES:

DAY 14 REVIVAL

FOR I AM ABOUT TO DO SOMETHING
NEW. SEE, I HAVE ALREADY BEGUN!
DO YOU NOT SEE IT? I WILL MAKE
A PATHWAY THROUGH THE
WILDERNESS. I WILL CREATE
RIVERS IN THE DRY WASTELAND.

ISAIAH 43:19

PRAYER PROMPT:

Pray that God would pour out His Spirit on our church in power like we have never experienced before. We need an awakening, renewal and revival in our day!

NOTES:

DAY 15

PROTECTION

FOR HE WILL RESCUE YOU FROM EVERY TRAP AND PROTECT YOU FROM DEADLY DISEASE. HE WILL COVER YOU WITH HIS FEATHERS. HE WILL SHELTER YOU WITH HIS WINGS. HIS FAITHFUL PROMISES ARE YOUR ARMOR AND PROTECTION.

PSALMS 91:3-4

PRAYER PROMPT:

Pray God's hand of protection over you, your family, your resources, and your church. Rebuke the plans of the enemy to kill, steal, and destroy.

NOTES:

DAY 16

PROVISION

AND THIS SAME GOD WHO
TAKES CARE OF ME WILL
SUPPLY ALL YOUR NEEDS
FROM HIS GLORIOUS RICHES,
WHICH HAVE BEEN GIVEN TO
US IN CHRIST JESUS.

PHILIPPIANS 4:19

PRAYER PROMPT:

Ask for God to faithfully provide all of your needs. Pray that you would see Him as the source of everything you have.

NOTES:

DAY 17

GENERATIONAL IMPACT

AND YOU MUST LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, ALL YOUR SOUL, AND ALL YOUR STRENGTH. AND YOU MUST COMMIT YOURSELVES WHOLEHEARTEDLY TO THESE COMMANDS THAT I AM GIVING YOU TODAY. REPEAT THEM AGAIN AND AGAIN TO YOUR CHILDREN. TALK ABOUT THEM WHEN YOU ARE AT HOME AND WHEN YOU ARE ON THE ROAD, WHEN YOU ARE GOING TO BED AND WHEN YOU ARE GETTING UP. TIE THEM TO YOUR HANDS AND WEAR THEM ON YOUR FOREHEAD AS REMINDERS. WRITE THEM ON THE DOORPOSTS OF YOUR HOUSE AND ON YOUR GATES.

DEUTERONOMY 6:5-9

PRAYER PROMPT:

Pray that God would enable and empower you to pass the baton of faith on to the next generation. This might be through personal evangelism, serving, or raising your own children.

NOTES:

DAY 18

KINGDOM WORKERS

THE HARVEST IS GREAT, BUT
THE WORKERS ARE FEW. SO
PRAY TO THE LORD WHO IS IN
CHARGE OF THE HARVEST; ASK
HIM TO SEND MORE WORKERS
INTO HIS FIELDS.

LUKE 10:2

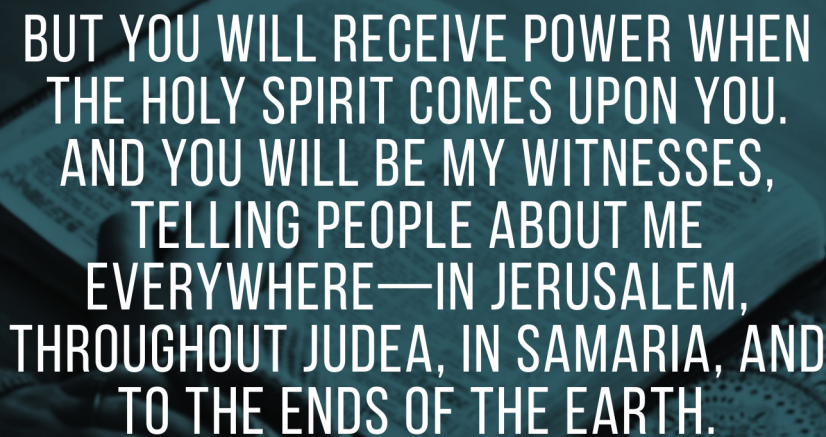
PRAYER PROMPT:

Ask God to reveal the place in the church He is calling you to serve. Then ask God to give you the courage to say "yes" to His call!

NOTES:

DAY 19

BOLDNESS



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

PRAYER PROMPT:

Pray that God would help you move beyond fear and begin to operate in faith and boldness everywhere you go.

NOTES:

DAY 20

SPIRIT BAPTISM

ON THE DAY OF PENTECOST ALL THE BELIEVERS WERE MEETING TOGETHER IN ONE PLACE. SUDDENLY, THERE WAS A SOUND FROM HEAVEN LIKE THE ROARING OF A MIGHTY WINDSTORM, AND IT FILLED THE HOUSE WHERE THEY WERE SITTING. THEN, WHAT LOOKED LIKE FLAMES OR TONGUES OF FIRE APPEARED AND SETTLED ON EACH OF THEM. AND EVERYONE PRESENT WAS FILLED WITH THE HOLY SPIRIT AND BEGAN SPEAKING IN OTHER LANGUAGES, AS THE HOLY SPIRIT GAVE THEM THIS ABILITY.

ACTS 2:1-4

PRAYER PROMPT:

Invite the Holy Spirit to fill you. Take steps of faith to activate your heart and mind to the move of the Spirit that may even be outside of your comfort zone.

NOTES:

DAY 21 HEALING

ARE ANY OF YOU SUFFERING HARDSHIPS? YOU SHOULD PRAY. ARE ANY OF YOU HAPPY? YOU SHOULD SING PRAISES. ARE ANY OF YOU SICK? YOU SHOULD CALL FOR THE ELDERS OF THE CHURCH TO COME AND PRAY OVER YOU, ANOINTING YOU WITH OIL IN THE NAME OF THE LORD. SUCH A PRAYER OFFERED IN FAITH WILL HEAL THE SICK, AND THE LORD WILL MAKE YOU WELL. AND IF YOU HAVE COMMITTED ANY SINS, YOU WILL BE FORGIVEN. CONFESS YOUR SINS TO EACH OTHER AND PRAY FOR EACH OTHER SO THAT YOU MAY BE HEALED. THE EARNEST PRAYER OF A RIGHTEOUS PERSON HAS GREAT POWER AND PRODUCES WONDERFUL RESULTS.

JAMES 5:13-16

PRAYER PROMPT:

Believe in faith for big miracles; including the healing of our body, mind and spirit. Ask God to restore, renew, and redeem all that is broken.

NOTES:

+eastridge church

