

# Rise

**37 Days of Prayer**





# DEAR FRIEND,

We are so proud of you as you begin, or continue, this powerful journey of discovering your own personal prayer life. Learning what prayer is, how to pray, and how important prayer is to your everyday life is one of the most important things you can do as a believer in Jesus. From day one, our church has always set out to be a people of prayer. We want to pray first in every situation, good or bad. Jesus is always the answer, He is our best friend, and He is always ready to talk with us.

Praying with Jesus is not only something that we need in our lives—it should be something that we want to do. The more we learn about prayer, the easier it becomes. The easier it becomes, the more fun it is! Praying and talking with Jesus should be the best part of our day! We hope you will use this prayer journal to make your prayer life more personal. When you find out how to have real conversations with Jesus every day, then you will experience the presence of God, and that will change your life in the best way possible.

Once you learn how to pray, you can make it a part of your everyday life. You can pray:

- Before the day begins
- Before you go to school
- Before you hang out with your friends
- Before practice
- Before you play a big game
- Before you go to bed
- When something bad happens
- When something good happens
- In every situation – PRAY FIRST!

We pray blessings over your prayer life, because prayer changes everything.

# LIFESTYLE PRAYER

“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)

Here’s what we see:

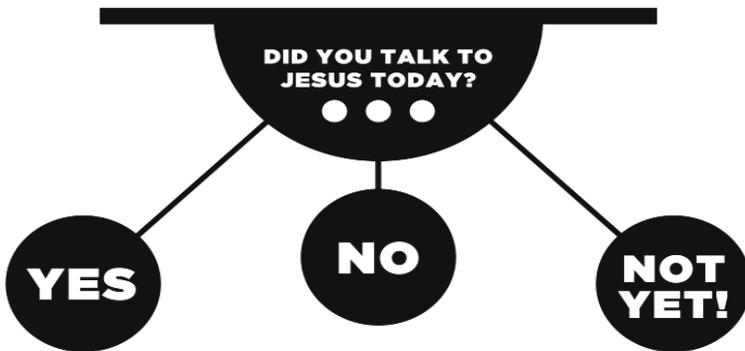
Jesus prayed every day.

Jesus prayed in a certain place.

Jesus prayed with a plan.

## TIME

We see that Jesus had a certain time that He prayed every day. The Bible says that Jesus got up very early in the morning to spend time with His Heavenly Father and pray. He had a specific time that He always knew was His prayer time. We should do the same.



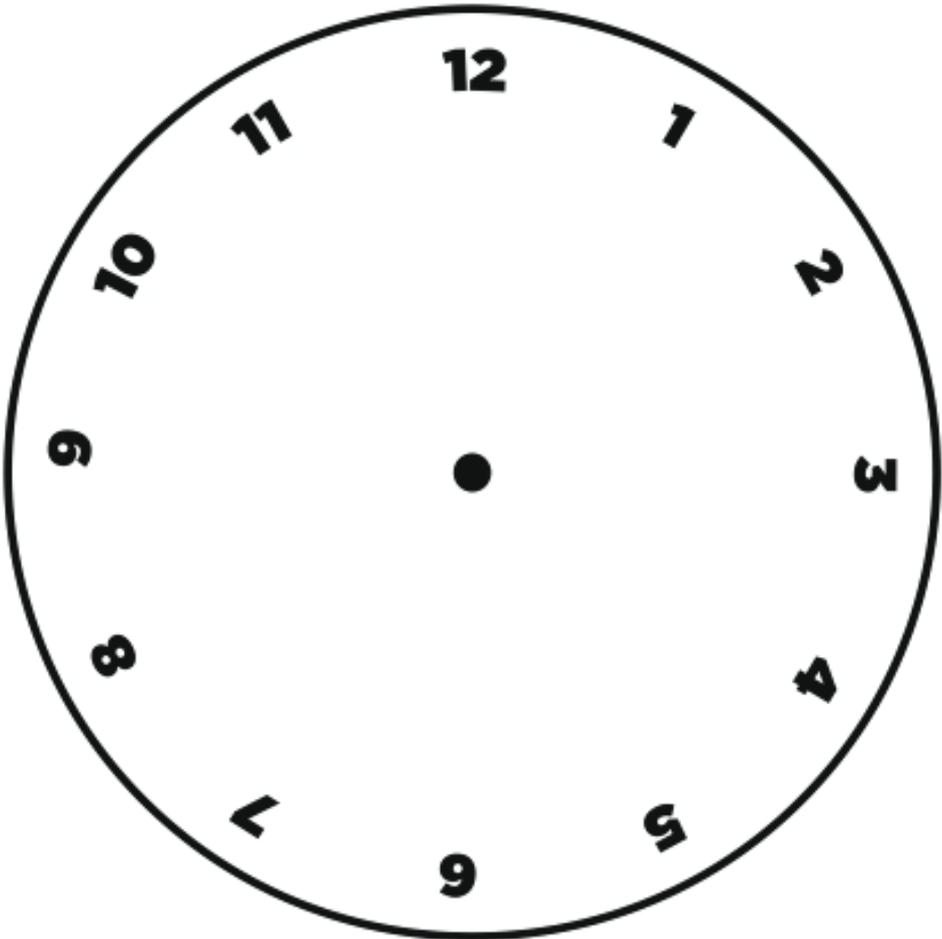
When will your prayer time be? Circle your answer below!

WHEN I WAKE UP

IN THE AFTERNOON

BEFORE I SLEEP

**USE A PENCIL AND FILL IN THE TIME  
THAT YOU PRAYED TODAY**



# PLACE

We see that Jesus had a certain place that He would go to pray. We need to have a place that doesn't have any distractions, noises, or things that would keep us from focusing on Jesus.

My favorite place to pray is:

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**COLOR IN THE PLACE BELOW  
WHERE YOU LIKE TO PRAY TO JESUS**



# PLAN

We also see in the Bible that whenever Jesus prayed, He always had a plan. He had things on His heart that He wanted to pray for, and knew how He wanted to pray for them.

**WRITE DOWN OR DRAW A PICTURE OF THE PEOPLE  
AND THINGS YOU CAN PRAY FOR TODAY**

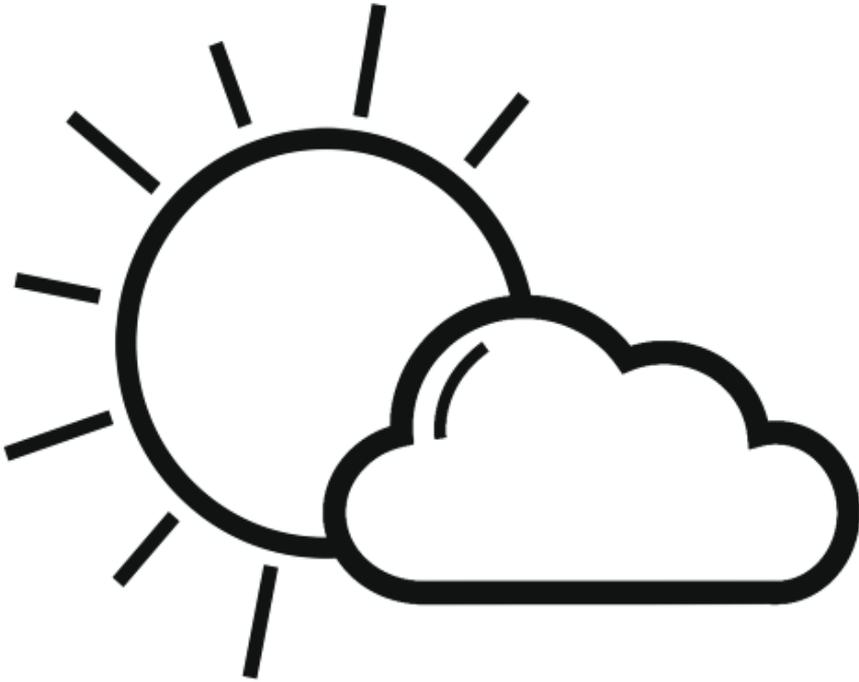
# THE LORD'S PRAYER

One day Jesus was praying in a certain place. When He finished, one of his disciples said to him "Lord teach us to pray..."  
(Luke 11:1)

"Our Father in heaven,  
hallowed be Your name.  
Your kingdom come  
Your will be done  
on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our debts  
as we forgive our debtors.  
And lead us not into temptation,  
but deliver us from the evil one.  
For Yours is the kingdom and the power  
and the glory forever.  
Amen."

(Matthew 6:9-13)

# “OUR FATHER IN HEAVEN”



Connect with God. He is our loving Father.

# LIST SOME DIFFERENT WAYS YOU CAN BEGIN YOUR PRAYER TO GOD:

Examples: "Dear God," "Hey, Pappa!" or "Heavenly Father"

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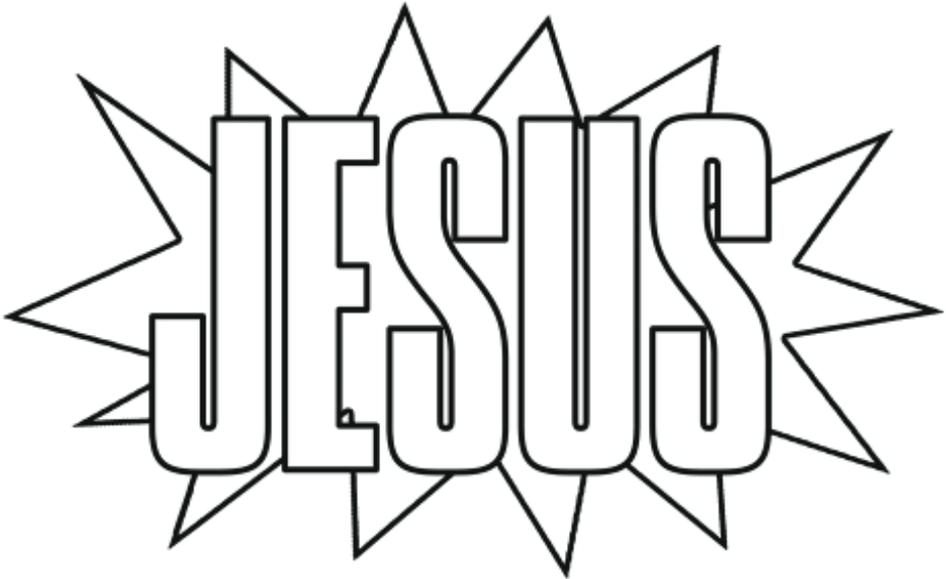
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**“HALLOWED BE YOUR NAME”**



Worship His name.  
God's name is a place of protection - good people can run there  
and be safe. (Proverbs 18:10 MSG)

# MATCH WHO HE IS WITH WHAT HE CAN DO

HEALER

God is on my side and will fight for me

FRIEND

God is in charge and wants the best for me

PEACE

I will choose joy because God is my joy

FORGIVENESS

He is my hope for every situation

LOVE

He forgives me for anything I have done and will do

HOPE

Jesus loves me the most

JOY

He brings me peace no matter what I go through

KING

He is always with me

PROTECTOR

God heals all our diseases

**“YOUR KINGDOM COME, YOUR WILL BE DONE ON  
EARTH AS IT IS IN HEAVEN...”**



Pray for what He wants (pray His agenda first).  
He will always give you all you need from day to day if you will  
make the Kingdom of God your primary concern. (Luke 12:31 TLB)

# THE BEST THING WE COULD EVER WANT IS WHAT GOD WANTS.

He will take care of everything else we need! Write the things God wants for the world and for you, and pray through them today.

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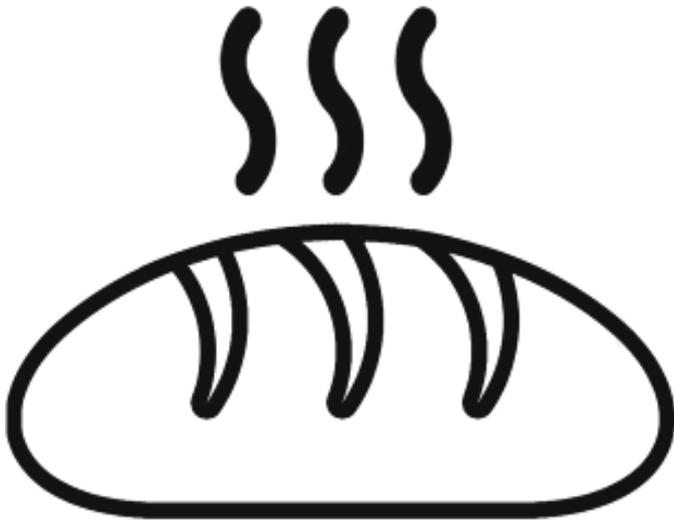
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**“GIVE US THIS DAY OUR DAILY BREAD...”**



Ask God for what you want and need, then trust Him to provide it!  
I look up to the mountains—does my help come from there? My  
help comes from the Lord, who made heaven and earth!  
(Psalm 121:1-2 NLT)

# WHAT ARE YOU TRUSTING GOD FOR?

Write your answers below.

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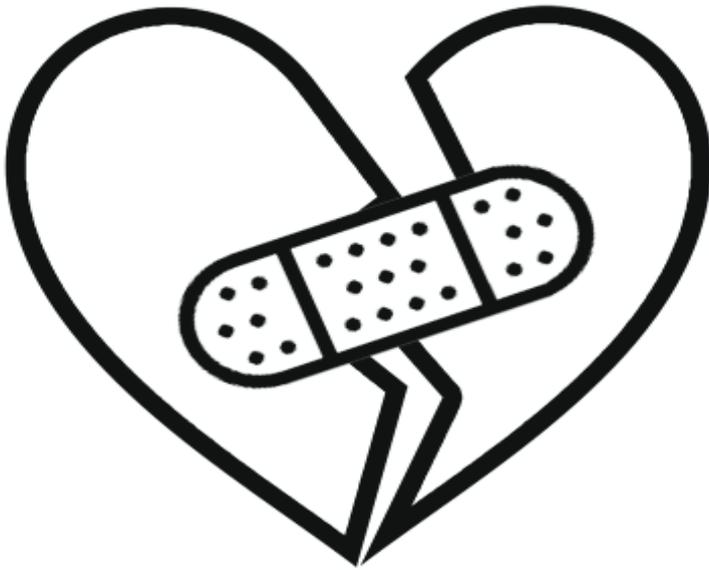
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**“AND FORGIVE US OUR DEBTS, AS WE  
FORGIVE OUR DEBTORS...”**



Make sure your heart is right with God and with people.  
If we confess our sins, He is faithful and just and will forgive us our  
sins and purify us from all unrighteousness. (1 John 1:9)

# ASK JESUS TO LOOK INSIDE YOUR HEART

1. What do you need to ask forgiveness for?
2. What do you need to forgive someone for?

Once you have prayed, color in the sentence below.

I AM FORGIVEN  
I CAN FORGIVE

**“AND DO NOT LEAD US INTO TEMPTATION, BUT  
DELIVER US FROM THE EVIL ONE...”**



Replace any lie the enemy has told you with the truth of God's Word.

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

(Ephesians 6:12)

# GOD'S WORD IS TRUTH

Replace the lies you may have heard with what God says is true

## LIE I HAVE HEARD

## WHAT GOD SAYS IS TRUE

"I am mean"

I can be a friend like Jesus

"I am ugly"

I am fearfully and wonderfully made

"I don't have friends"

Jesus loves me and I'm never alone

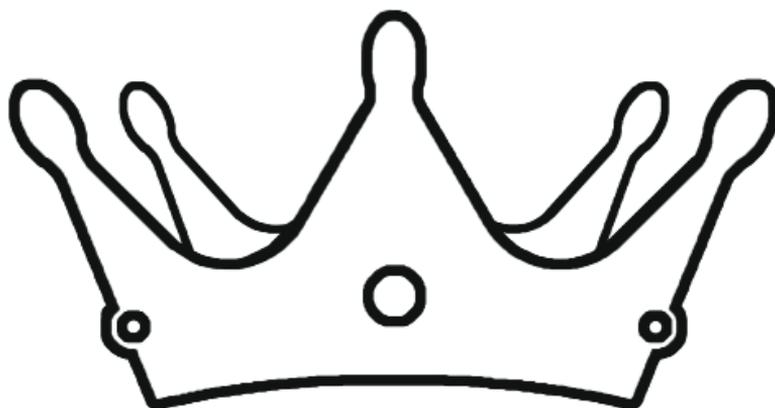
"If I lie, I won't get in trouble"

I can tell the truth and not be afraid

"If I do what's wrong, I'll fit in"

My identity comes from Jesus

**“FOR YOURS IS THE KINGDOM AND THE POWER  
AND THE GLORY FOREVER. AMEN.”**



God can do anything (believe it)!  
Ah, Sovereign Lord, You have made the heavens and the earth by  
Your great power and outstretched arm. Nothing is too hard for  
You. (Jeremiah 32:17)

# PRAYER AND SCRIPTURE FOR EVERY DAY

## MY PRAYER LIST

Make a list of things you want to pray for every day.

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# TELL JESUS HOW GREAT HE IS

A jump start to praying this way is below. Fill in the blanks and add your own praise and worship as you talk to Jesus about how great He is!

Look through Scripture as you walk through the outline.

Hi, Jesus! I love You so much!

1. Thank You \_\_\_\_\_ (Psalm 100:4, 118:24)

2. I love that You created \_\_\_\_\_

3. When I'm outside, I notice \_\_\_\_\_ in Your beautiful creation!

4. God, You made me. Thank You for my ability to \_\_\_\_\_  
\_\_\_\_\_ (Mark 12:30)

You love me for who I am, no matter what.

Thank You for being my God and my friend. I love You!

In Jesus' name, amen.

# GIVE THANKS EVERY DAY

Having a thankful heart is something that Jesus loves. Giving thanks to God makes even bad days good. A jump start to praying this way is below. Fill in the blanks and add your own words of thanksgiving to God!

Hi, Dad!

I am so thankful for You and all that You have given me.

Today, I thank You for my family!

I pray that, for my family, You would \_\_\_\_\_.

I thank You that I get to wake up and have a new day!

I pray today for \_\_\_\_\_.

Thank You for the food I get to eat, the clothes I get to wear, and the house I get to live in.

Thank You for \_\_\_\_\_.

Thank You for dying for me and saving me.

Help me be more like You, Jesus.

I am so thankful for You! I love You! (Psalm 96:1-2)

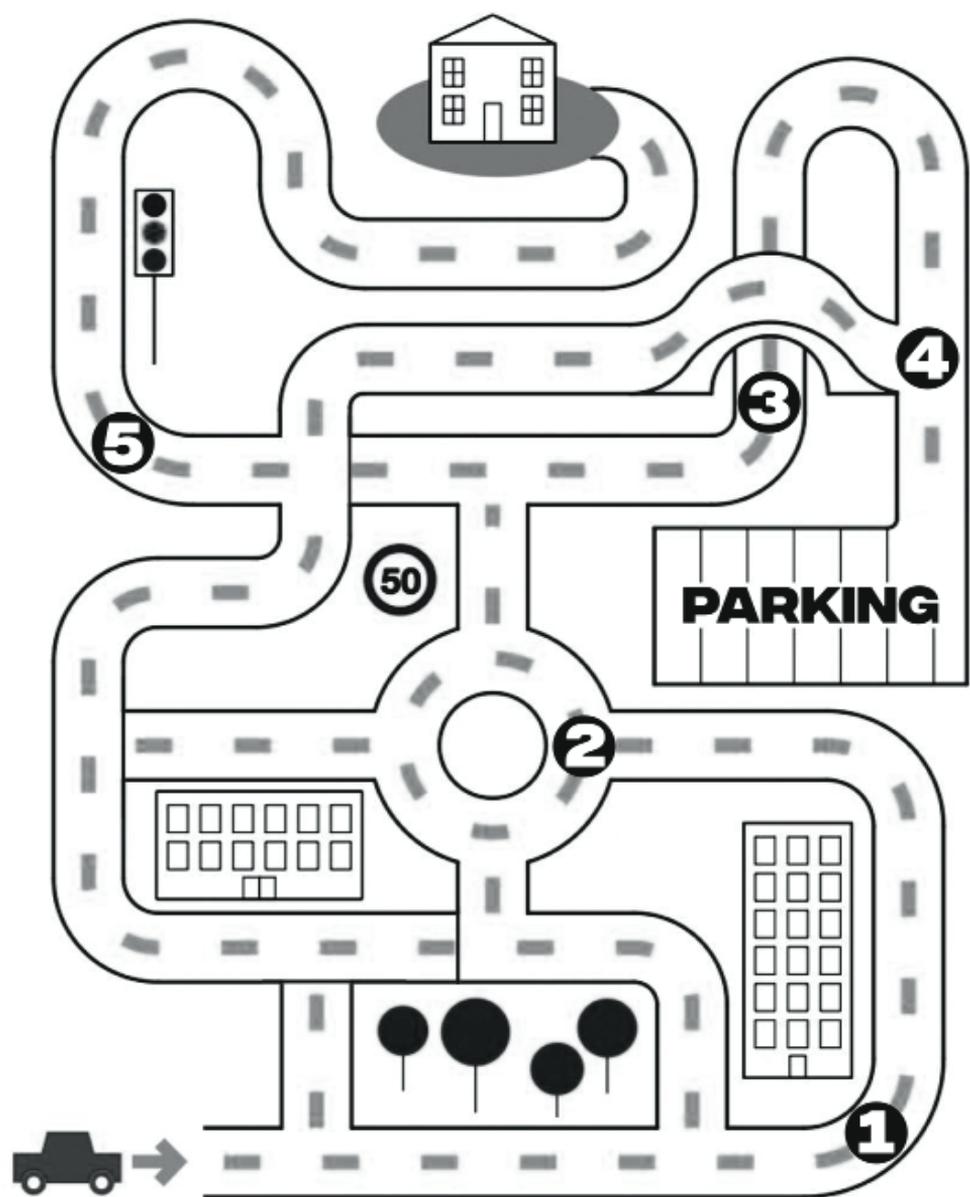
In Jesus' name, amen.

# ASK GOD TO LEAD YOU EVERY DAY

Have you ever been lost and not known where you were going? It's not a fun feeling. The easiest way to avoid this is to ask for directions from someone with a map. Jesus has the map to life, and has the best plan for our lives.

Follow the numbers 1-5 and color in the road map on the next page as you ask Jesus to lead you today!

1. Thank you, Jesus, for the plan You have for me!
2. Today I choose Your plan for my life, because I know it's the best plan there is!
3. Lead me. Give me words to say. Help me think good thoughts.
4. Help me to be kind to people, be wise, and make good choices.
5. Jesus, please make me more like You every day. In Jesus' name, Amen!



# PRAYERS FOR WHEN I NEED HELP

Pray through the armor of God.

Read Ephesians 6:11-18 and then say a prayer to God like the one on the next page to put on your armor!

“Put on the full armor of God, so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.”

(Ephesians 6:11-18 NIV)

# PRAYING THROUGH THE ARMOR OF GOD

Lord,

Today I put on the full armor of God. I am protected.

I put on the **belt of truth** to speak and walk honestly.

I will put into place the **breastplate of righteousness** to do what is morally right.

I will strap onto my feet and be ready with the **Gospel of peace**.

On my arm I will carry the **shield of faith** and block the attacks from the evil one. I know God is with me.

On my head I will wear the **helmet of salvation**. Jesus loves me and I will belong to Him!

With my shield in one hand, I will carry the **sword of the Spirit** with me in the other. It is the Word of God.

I will pray on all occasions, every day, for anything. I will be alert and never stop praying daily for those around me.

In Jesus' name, amen.

# THE ARMOR OF GOD

## ARMOR OF GOD

**SHIELD OF FAITH**



**BELT OF TRUTH**



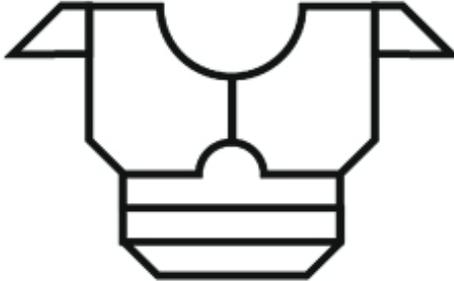
**SWORD OF THE SPIRIT**



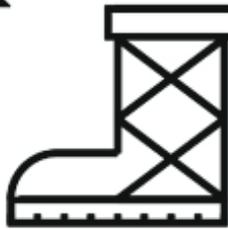
**HELMET OF SALVATION**



**BREASTPLATE OF RIGHTEOUSNESS**



**SHOES OF THE GOSPEL OF PEACE**



# PRAYERS FOR MY FAMILY

“Honor your father and mother so that you may live long in the land the Lord your God is giving you.” (Exodus 20:12)

Jesus,

Today I thank You for my family.

I thank You that You love us and want the best for us.

I pray You would give \_\_\_\_\_ and me wisdom today to make good choices and do the things You would want us to do.

I pray that You will bless us so that we can be a blessing to others.

I pray You will give us favor and influence.

I pray You would lead us and guide us through the whole day and I pray that You will watch over everything we do.

I pray that You would cover us, protect us, and keep us far from any harm so that we can do good things for You.

In Jesus' name, amen.

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# PRAYERS FOR WHEN I FEEL ALONE

"I will never leave you or let you be alone." (Hebrews 13:5b NLV)

"I am with you always." (Matthew 28:20)

Jesus,

Thank You that You are my best friend.

Thank You that You never leave me, and that I never have to feel alone.

As You are with me today, help me to follow You and make good choices.

Help me forgive anyone who has hurt me.

Thank You for the comfort that Your Spirit brings me.

Help me be like You and choose to love people the way You would love people.

In Jesus' name, amen.

# PRAYERS FOR WHEN I FEEL AFRAID

For God has not given us a spirit of fear, but of power and of love and of a sound mind. (2 Timothy 1:7 NKJV)

Jesus,

Today I pray against the spirit of fear.

I command it to go by the authority that You have given me by Your name.

I ask that You would give me peace, perfect love that casts out fear, and complete confidence in You.

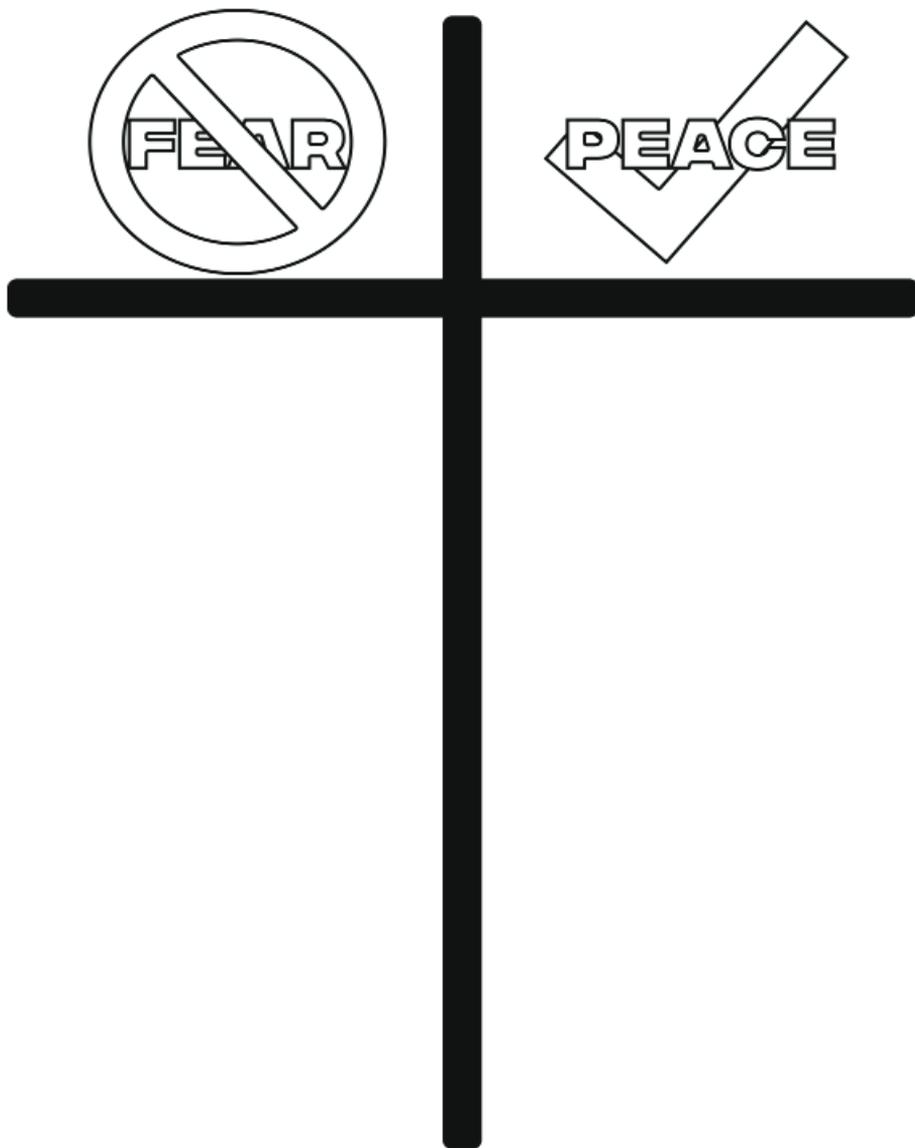
Thank You that I don't have to be afraid.

Thank You that You are in control.

Thank You that You love me.

In Jesus' name, amen.

**LIST BELOW WHAT YOU DON'T NEED TO BE AFRAID  
OF AND THE THINGS YOU CAN HAVE PEACE ABOUT**



# PRAYERS FOR PROTECTION

Jesus always wants to keep us safe because He loves us. There are three great things we can use to protect ourselves.

## 1. THE NAME OF JESUS

Jesus tells us that He will protect us and keep us. He will cover us with His wings. The Bible says that the name of the Lord is a strong tower that we can run to so we can be kept safe.

## 2. THE COVERING OF THE BLOOD OF JESUS

When Jesus died on the cross for us, His precious blood was shed. And that blood saves us, washes our sin away, and it protects us.

## 3. THE WORD OF GOD (THE BIBLE)

The Bible is full of prayers of protection. It is such a powerful weapon against the enemy. We can pray God's Word over us and our family. Psalm 91 is one of those great prayers of protection.

# THANK THE LORD FOR HIS PROTECTION

Jesus,

Thank You that I am important to You.

Thank You that You are always watching over me and protecting me.

I pray that You will cover me with the protection of Your blood, and surround me with Your angels.

I run to the name of Jesus, my strong tower.

Thank You for being my rock and strong defender.

Please protect my family and me from every evil attack.

In Jesus' name, amen.

Read Psalm 91 out loud when you are finished praying

# PRAYERS FOR OTHERS

I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth. (1 Timothy 2:1-4 NIV)

Fill in the list below with the names of those in each category that you can be praying for.

MY GOVERNMENT \_\_\_\_\_  
\_\_\_\_\_

MY CHURCH \_\_\_\_\_  
\_\_\_\_\_

MY SCHOOL \_\_\_\_\_  
\_\_\_\_\_

MY FAMILY \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

MY FRIENDS \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

PEOPLE WHO DON'T KNOW JESUS \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# PRAYERS FOR ME

## MY PRAYER NEEDS

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# PRAYERS FOR ME

## MY PRAYER JOURNAL

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**COLOR A PICTURE OF SOMETHING YOU ARE  
BELIEVING GOD FOR**

**COLOR A PICTURE OF AN ANSWERED PRAYER**

# OUR CHURCH VALUES

As a church, we have values. A value is something you believe is important, and they help us achieve our goals as a church. We want to be the best we can at helping others know Jesus and live the life He has called them to live.

1. KNOW GOD
2. FIND FREEDOM
3. DISCOVER PURPOSE
4. MAKE A DIFFERENCE

Let's learn more about what these values look like in our lives!

# KNOW GOD

## WHO IS GOD?

God is our heavenly Father (think a super awesome dad who lives in the sky)! He loves us very much and has great plans for our lives. He is always with us and will never leave us. That's pretty cool!

Read these verses to help you learn more about who God is.

Psalm 84:11-12

Micah 7:18

2 Samuel 22:32-34



# KNOW GOD

How can I know God more? Just like your friends, you have to spend time with them to know them better. It is the same with God! The best way to know Him better is to spend time with Him.

Here's some ways you can spend time with God today.

## Read your Bible

God shows us who He is through His Word.

## Pray

God loves for us to talk to Him about everything.

## Worship

God loves for us to praise Him in songs or in actions.

God, I want to know You more. Help me take the time to do these things today, and thank You that You will teach me about who You are when I do them. I love You! In Jesus' name, amen.

Write down your favorite places do the things below

Read the Bible: \_\_\_\_\_

Pray: \_\_\_\_\_

Worship: \_\_\_\_\_

# KNOW GOD

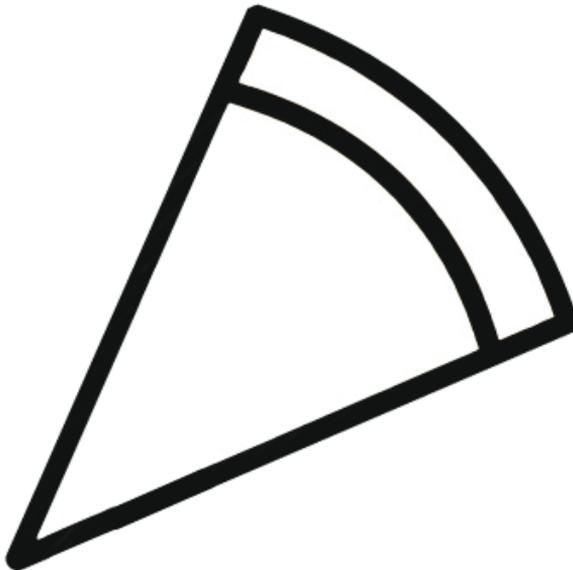
God is three-in-one. He is God, Jesus, and the Holy Spirit.

**God is our Father:** He created everything. He is full of power and love for us.

**Jesus is God's son:** He became human like us, so that we could follow His example. He died on the cross and rose again, that we could live with Him forever.

**The Holy Spirit:** He is our helper. God sent the Holy Spirit to be with us on earth and help us make good choices.

Decorate the pizza to help you remember that God, Jesus, and the Holy Spirit are different but the same.



# KNOW GOD

Where did God come from?

“Before You created the hills or brought the world into being, You were eternally God and will be God forever.” (Psalm 90:2)

God has always been and will always be. It is hard for us to imagine! God is not restricted by time like we are. You can think of Him as a super-duper best friend that will never, ever leave your side!

Draw a picture of what you think God looks like below.

# FIND FREEDOM

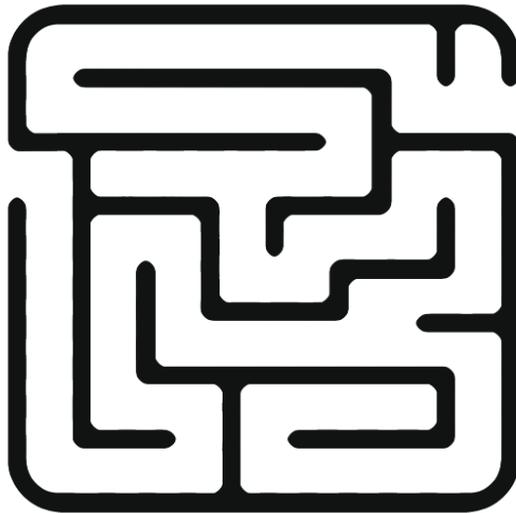
As Christians, we believe that freedom is living a life set free from the weight of our sins. God wants us to be free, and live the best life that we can.

Sin can be like a maze. It's hard to find a way out once you're in it. God wants us to be free from sin! He wants that so much that He sent Jesus to die on the cross for us. With God's help, we can find freedom.

**Dear God,**

Help me to have the type of freedom You want for me. I want to live free from sin, and follow You with my whole heart. In Jesus' name, amen.

Complete the maze and find your way out!



# FIND FREEDOM

God offers us freedom from sin through salvation.

Salvation is a big word that means, "To be saved." God sent Jesus to save us from our sins. He also gives us friendships that build us up and encourage us to do the right things. We can find even more freedom when we confess our sins (admitting our sinful behavior) to one another.

"Confess your sins to one another and pray for each other so that you may be healed." (James 5:16)

**Dear God,**

Thank you for sending Jesus to die for my sins. I want to live in freedom and have the kind of friends that make me better. In Jesus' name, amen.

# FIND FREEDOM

What is sin?

Sin is when I choose to disobey God. We can do that with our thoughts, our attitudes, our words, or our actions. We must ask God every day for help to avoid sin.

Dear God,

Please forgive me of my sins today. Help me to do the things that are right and that make You happy. Thank You for loving me, no matter what. I love You! In Jesus' name, amen.

Today we want our lives to bring joy to God



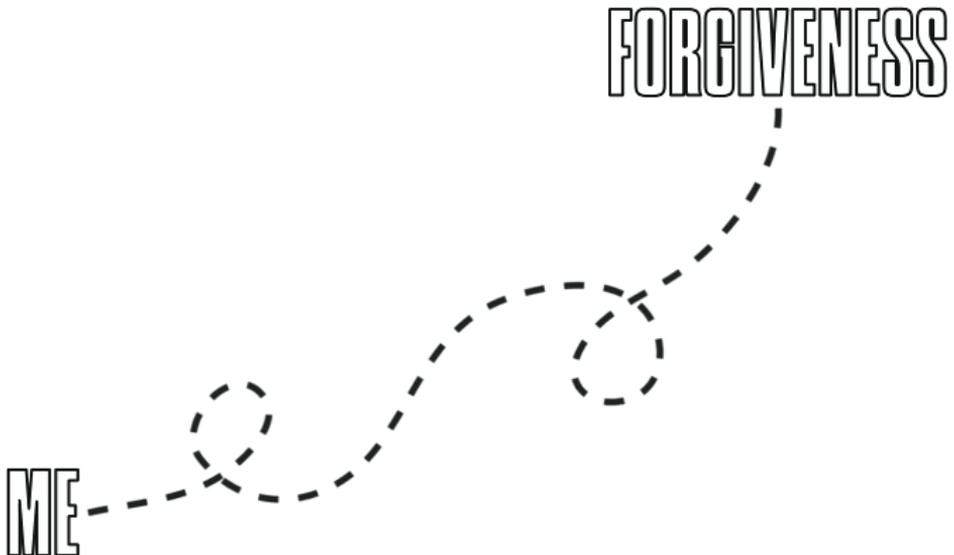
# FIND FREEDOM

What happens if I sin again?

The world we live in is not perfect, which means there will always be sin. Some days, we'll be really good; other days, we'll struggle to make the right choices. This doesn't change God's love for us! God loves us no matter how many times we sin. We are still accepted and saved by our heavenly Father. So, when we sin, we can ask for forgiveness and for help to do better.

Dear God,

Sometimes I mess up. I thank You that You forgive me every time and offer me help when I need it.



# DISCOVER PURPOSE

God has big plans for your life! He wants to use you to help change the world. That is what purpose is all about.

“For I know the plans I have for you,” says the Lord. “They are plans for good and not for disaster, to give you a future and a hope.” (Jeremiah 29:11)

Has the Lord given you dreams for your life?  
Draw a picture of them below

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# DISCOVER PURPOSE

How do I discover God's plan for me?

God talks to us through the Bible and through prayer. If you want to know what plans God has for your life, pray for Him to show you, or read His Word for help.

"You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever."  
(Psalm 16:11 NLT)

Dear God,

I want to know the plans that You have for my life. I want You to use me to help change the world. Help me to listen to Your voice, in Jesus' name. Amen!



# DISCOVER PURPOSE

“You created every part of me; You put me together in my mother’s womb.” (Psalm 139:13 NLT)

God created you and planned out your life before you were ever born. If you ever feel like your life is not important, remember how much God loves you. If you’re having trouble remembering, as an adult you trust for help!

**Dear God,**

I know You love me more than I could ever imagine. I thank You that You created me for a purpose. Help me to always remember that my life matters.

God loves me because...

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# DISCOVER PURPOSE

Give God all of the glory!

No matter where you go in life, or how successful you become, God will always deserve all of the glory and praise. To give someone glory means to give them attention, and thanks. God created our lives. He has given everyone different strengths and talents, and we use these to glorify Him.

**Dear God,**

Help me to use my gifts and talents to give You glory in everything. My life would be nothing without You. Thank You for creating me and making me unique. In Jesus' name, amen.

Write a "thank you" note to God for the gifts and talents He has given you.

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# MAKE A DIFFERENCE

Do I have to grow up before I can make a difference?

There is no age too young or too old that God cannot use to make a difference in the world. God can use anyone to help Him! He wants to use you at school, at home, or with your friends and family. All you need to do is ask Him, then be ready to do what He says.

Dear God,

I want to be a part of Your team! Help me to be a difference maker.

Write down how you can make a difference in each one of these places:

School

Home

Church

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# MAKE A DIFFERENCE

“God has given each of you a gift. Use it to help each other.”  
(1 Peter 4:10)

God wants to use our gifts to serve those around us. We can do all kinds of things to serve. Any place and any time is the right time to serve.

Draw a picture of how you can serve those around you.

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# MAKE A DIFFERENCE

God wants to use me!

You—yes, you—are the person that God wants to use. No matter what you feel like, look like, or dress like, God has chosen you as His helper to change the world. Even when life gets hard, remember that you can be used by God.

Dear God,

Thank You that you want to use me to be a part of Your story!  
Thank You that my life can be used to help change the world.

God will use me to make a difference!



# MAKE A DIFFERENCE

I was made for this!

"... Yet who knows whether you have come to the kingdom for such a time as this?" (Esther 4:14)

God put you on the earth at this very time and in this very place for a reason. He needs you to help change your friends' and families' lives. You can trust that God will always give you everything you need to do what He has asked you to do. You get to wake up every day and bless those around you!

Dear God,

Thank You that You will always give me everything I need. Help me to remember that I was made for this!



I WAS MADE  
FOR THIS

A life of prayer doesn't stop here. We challenge you to keep praying and never quit. God loves you and wants to talk to you. He is your best friend and wants to spend time with you every day!

**“... always pray, and never give up.” (Luke 18:1)**

We are proud of you for making prayer a daily part of your life, and so is God!



