



21 DAYS OF PRAYER

Love God Love People

DAY 1

The Deeply Formed Life: “As long as we remain enslaved to a culture of speed, superficiality, and destruction, we will not be the people God longs for us to be.” (Page 6)

Scripture: “Search for the Lord and for his strength; continually seek Him.” (1 Chronicles 16:11)

Additional References: Proverbs 8:17 and Jeremiah 29:13

Observation:

Application: Our pace is up to us. Our focus is up to us. How do you sense the Lord inviting you to adjust your pace and your focus?

Prayer: Lord, my current relationship with You has a pace and a frequency that is completely determined by me. Please help me to sense Your constant drawing of my heart towards You and to lean in more and more. Help me to grow in the number of moments I have with You. Amen.

DAY 2

The Deeply Formed Life: “ N.T. Wright said, ‘It is only when we slow down our lives that we can catch up to God’ and Dallas Willard said, ‘Hurry is the great enemy of spiritual life in our day.’” (Page 7)

Scripture: “Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need.” (Matthew 6:33)

Additional References: Psalm 27:4 and Psalm 63:1

Observation:

Application: Since God is always available He seems to be the easiest One to put off and even neglect. He does not want to guilt you into being with Him, but He does want you to know He is always available and listening. How can you adjust your life to lean into His listening posture towards you?

Prayer: Jesus, I know you are always with me and always listening. I not only take those facts for granted, but I also struggle to believe You want whatever scraps of my time I want to give You. Please help me develop a deeper trust in Your deep love for me. More than anything or anyone else, I need You. Amen.

DAY 3

The Deeply Formed Life: “The way of following Jesus requires a steadfast refusal to get caught up in the pace, power, and priorities of the world around us...It’s only when we leave the world that we can truly be at home in it.” (Pages 16-17)

Scripture: “This is what the Lord says: ‘Cursed are those who put their trust in mere humans, who rely on human strength and turn their hearts away from the Lord.’” (Jeremiah 17:5)

Additional References: Proverbs 28:13
and I Corinthians 10:13

Observation:

Application: There are things that naturally get (and even demand) my attention and energy. The key word today is refuse. What is the Lord prompting you to consider refusing in your life? If He brings it to your mind He will also help you follow through in the process.

Prayer: Lord, there are obvious things in my life that I need to choose to refuse. Please help me to be consistent and steadfast in refusing these influences. When I get overwhelmed please help that trigger my awareness of Your presence and Your power. Amen.

DAY 4

The Deeply Formed Life: “God is committed to our transformation. He is not in the business of simply improving our lives; He wants to infuse them with His life.” (Page 19)

Scripture: “So I say, let the Holy Spirit guide your lives. Then you won’t be doing what your sinful nature craves.” (Galatians 5:16)

Additional References: Romans 12:2 and Colossians 3:9-10

Observation:

Application: I have cravings and wants. I think I know how to fulfill those appetites, but I (perhaps hesitantly) admit that You know what is best for me. I want my wants to be submitted to You because You know me better than I know myself. What cravings do You want me to trust You to help me change?

Prayer: Lord, please help me to be committed to a deep transformation to not only improve my life, but to fully submit to You and the life You have for me. This is unknown and a bit frightening to me. Please help me grow in my trust and obedience of You. Amen.

DAY 5

The Deeply Formed Life: “At the core of silent prayer is the commitment to establish relationship with God based on friendship rather than demands...Silent prayer is the practice of focusing our attention upon God through the simplicity of shared presence.” (Page 23)

Scripture: “Be still, and know that I am God!”
(Psalm 46:10)

Additional References: Psalm 4:1 and
Romans 8:26

Observation:

Application: Any meaningful relationship is built on trust and honesty. How can your relationship (and communication) with God grow in your trust of Him and in your honesty with Him?

Prayer: Jesus, I want to know You and I want You to really know me. Sometimes I feel like I am always underachieving and failing so I am hesitant to be completely present with You. Please help me to learn to take time to be fully aware of Your presence, silent, and aware of Your goodness. Period. Help me to be still and know! Amen.

DAY 6

The Deeply Formed Life: “If your mind gets distracted ten thousand times in twenty minutes of prayer, it’s ten thousand opportunities to return to God.” (Page 26)

Scripture: “Then Jesus said, ‘Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest. Take My yoke upon you. Let Me teach you, because I am humble and gentle at heart, and you will find rest for your souls.’” (Matthew 11:28-29)

Additional References: Romans 12:12 and Psalm 66:19

Observation:

Application: We all know the difference between feeling wanted and feeling tolerated. What can you do to align with the truth about how genuinely Jesus wants to spend time with you? The phrase “opportunities to return to God” can be a game changer to feel invited ten thousand times to come back to your awareness of Jesus and His desire to be with you. How does that concept affect you?

Prayer: You said, “Come unto Me” and I need You desperately all the time! Please help me to come to You for any sliver of time and for any reason. I want to focus on how wonderful it is to be with You as opposed to the constant struggles and distractions. I want to be with You, Jesus. Amen.

DAY 7

The Deeply Formed Life: “In our fallen state, work very easily becomes a powerful force that crowds out any kind of connection with God (which is arguably at the heart of the original sin: independence from God).” (Page 32)

Scripture: “This is what the Lord says: ‘Cursed are those who put their trust in mere humans who rely on human strength and turn their hearts away from the Lord.’” (Jeremiah 17:5)

Additional References: Proverbs 3:5-6 and Psalm 73:26

Observation:

Application: When God refers to something as “cursed” we should sit up and listen. He says we should not trust in our own abilities and strength because that will “turn our hearts away” from Him. He will not use this verse to condemn you, but He will use it to invite you to a better way of living. What is He saying to you?

Prayer: Jesus, I don't think I ever intentionally push You away, but I do get really busy with stuff. I want to depend upon You more and not rely on my own strength and abilities. Thank You for the strength and abilities You have given me, but please help me to learn to depend upon You more and more. Amen.

DAY 8

The Deeply Formed Life: “On the sixth day, He created Adam and Eve. Their first day was the seventh day which was the day God created rest. They began with the Sabbath, out of which they worked.” (Page 33)

Scripture: “Then Jesus got into the boat and started across the lake with his disciples. Suddenly, a fierce storm struck the lake, with waves breaking into the boat. But Jesus was sleeping. The disciples went and woke Him up, shouting, ‘Lord, save us!’” (Matthew 8:23-25)

Additional References: Matthew 11:28-30 and Hebrews 4:9-11

Observation:

Application: Jesus did miracles out of His rest. We often rest when we finally collapse out of exhaustion, but in Genesis God modeled working out of rest. Rest is the priority and the source of energy to work. That is not what most of us do. What does God want you to consider changing about rest in your life?

Prayer: Lord, thank You for blessing my rest when I actually take time to stop my activity. Please help me to develop a healthier routine that includes resting and then working from rest and not working and then collapsing into rest. Everything and everyone around me seems to be working in the opposite direction. Please help me, Lord. Amen.

DAY 9

The Deeply Formed Life: “Sabbath is not just rest from making things. It’s rest from the need to make something of ourselves...The way to experiencing this kind of rest is not found in something we do; it’s found in something God has done.” (Pages 35-36)

Scripture: “God showed His great love for us by sending Christ to die for us while we were still sinners.” (Romans 5:8)

Additional References: Isaiah 26:3 and Philippians 4:6-7

Observation:

Application: God needs nothing from you. Nothing. He wants each of His kids to choose to trust Him and to be with Him. Parents understand this in terms of how we just want to be with our kids and want them to be secure in our love for them. How do you think God wants you to be able to rest in Him and stop trying to do things for Him that He does not require of you?

Prayer: Lord, I constantly want to strive to earn what You tell me I already have - Your love and Your approval. Please help me to refuse my tendencies to strive in favor of resting in You and what You have done for me. Thank You so much Jesus! Amen.

DAY 10

The Deeply Formed Life: “Reconciliation is an ongoing spiritual process involving forgiveness, repentance, and justice that restores broken relationships and systems to reflect God’s original intention for all creation to flourish.” (Page 53)

Scripture: “And all of this is a gift from God, Who brought us back to himself through Christ. And God has given us this task of reconciling people to Him.” (II Corinthians 5:18)

Additional References: Matthew 18:15-17 and Colossians 3:13

Observation:

Application: God has reconciled us to Himself. He wants us to lead others to also experience that kind of reconciliation with Him and also with each other. We are to not only receive love, peace, and healing, but we are to be active agents in promoting those vital traits in our world. How can you do this in your world today?

Prayer: Lord, the negativity, unkindness, and hate in our world can be crushing. Please help me to constantly be aware of Your love towards me so that I can survive. Please also help me to lavishly share that love with others so that my relationships with them are more of a reflection of Your love. I need Your help. Amen.

DAY 11

The Deeply Formed Life: “Our level of offendability often reveals the level of our maturity. (Page 71)

Scripture: “For God called you to do good, even if it means suffering, just as Christ suffered for you. He is your example and you must follow in His steps. He did not retaliate when He was insulted, nor threaten revenge when He suffered. He left His case in the hands of God who always judges fairly.” (1 Peter 2:21 & 23)

Additional References: Isaiah 26:3 and Philippians 4:6-7

Observation:

Application: What current relationship or situation is the Lord inviting you to place and leave in His hands? To obediently do this shows a deep level of trust and strength in Jesus. He knows exactly how hard this is for us to do. Are there some specific steps He is urging you to take?

Prayer: Jesus, You were mistreated and maligned more than I could ever possibly imagine. Please help me to acknowledge the fact that every time I am offended I only feel it because there is something there You can teach me. Ugh! I give You permission to use everything to make me more like You, but please be gentle and don't leave me alone. Ever! Amen.

DAY 12

The Deeply Formed Life: “You get the sense that David was keenly aware that, although God knew everything about him, David didn’t know everything about himself.” (Page 97-98)

Scripture: “Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends You and lead me along the path of everlasting life.” (Psalm 139: 23-24)

Additional References: Romans 12:3 and Galatians 6:7

Observation:

Application: We all have so many blind spots and so much to learn about ourselves. Most of us are fearful of discovering even more areas of weakness in ourselves that we avoid any deep internal examination. This is completely normal, but it is also where the Lord gently beckons us to trust Him. What do you think He is gently wanting to show you about yourself today?

Prayer: Lord, I can readily admit that I am a sinner and that I need to grow, but to dig into the specifics is uncomfortable and often even terrifying. Please gently lead me to the truth about myself and the truth about You. I want to trust You more and I want to grow. Please help me, Jesus. Amen.

DAY 13

The Deeply Formed Life: “Socrates, said, ‘The unexamined life is not worth living.’ Saint Augustine said, ‘Oh God, let me know myself, let me know You.’ Ice Cube, said, ‘You better check yo-self before you wreck yo-self.’” (Page 98-99)

Scripture: “That is why you should examine yourself before eating the bread and drinking the cup. (1 Corinthians 11:28)

Additional References: Job 13:23 and Psalm 26:2

Observation:

Application: We must allow the Holy Spirit to help us honestly evaluate ourselves and then immediately remember what Jesus has done for us to pay for every one of our shortcomings. What does He want you to see about yourself today? What does He want you to remember about His love for you today?

Prayer: The most difficult person for me to lead is myself! Please help me to allow You to show me the truth about myself and to then also actively accept the forgiveness You have lavished upon me. Help me forgive myself! Then help me to generously give that kindness to those around me. Amen.

DAY 14

The Deeply Formed Life: “Our reactions are a source of important revelation for our lives. They tell us more about ourselves than about other people...As we make sense of our reactions, we position ourselves to experience greater freedom.” (Page 122-123)

Scripture: “Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry.” (James 1:19)

Additional References: Galatians 5:22-23 and I John 4:11

Observation:

Application: Relationships can be super tricky. God wants us to learn about Him and ourselves. Here are some questions for you to consider in terms of your relationships: Why do I react the way I do? What is causing me to feel angst? What triggers me?

Prayer: Lord, I want my relationship with You to be my primary relationship. Please show me how I can understand You and myself better by learning from those around me. I can learn from things that go well and also from things that go poorly. Please help my heart to be strong and moldable. I need You, Lord. Amen.

DAY 15

The Deeply Formed Life: “We find it hard to speak honestly about our addiction because we have fixated ourselves on the act and not on the pain the addiction is seeking to soothe. Addiction is our attempt to relieve ourselves from the unbearable pain of the moment.” (Pages 154-155)

Scripture: “The Lord is close to the brokenhearted; He rescues those whose spirits are crushed.” (Psalms 34:18)

Additional References: Jeremiah 29:11 and Revelation 21:4

Observation:

Application: None of us like pain. We naturally either avoid it or seek to relieve it in any way possible. Since pain is inevitable we get to choose how we respond. There is a wide spectrum of what we can do in response. The best response is to go to God for relief, but that is not what most of us do. What are your natural responses to distract yourself from pain or to medicate it?

Prayer: Lord, thank You for often helping me to choose less bad solutions to deal with pain in my life. I have to admit, however, that less bad is still not what is best for me. Help me to have the strength to identify how I justify anything less than full dependence upon You for relief. Help me to celebrate my victories and to also quickly turn to You when I don't get it right. Amen.

DAY 16

The Deeply Formed Life: “He has taught me to see Him in the eyes of the one before me. This translates into trying to be truly present to people, to live lovingly, to not use people, but to serve them for His sake...I want to be available for whoever or whatever He sets before me.” (Page 159)

Scripture: “Don’t look out only for your own interests, but take an interest in others too.” (Philippians 2:4)

Additional References: Micah 6:8 and Matthew 25:37-40

Observation:

Application: We are often focused (and even can be fixated) on our own reality to the neglect of those in close proximity to us. A vital part of how God wants to bless us is to use us to be conduits of His blessings to those around us. How do you think Jesus wants to adjust what you notice and who you focus on today? What do you need to look away from and what/who do you need to look towards?

Prayer: Lord, You have given me the ability to see and to notice people and things around me. Today I give You my ability to see and notice. Please help me to see and notice what You want me to see and notice. When I get distracted from what You want me to notice please nudge me. I need Your help. I want to grow in my ability to lift my eyes beyond myself and what I naturally notice. Thank You for Your gracious help. Amen.

DAY 17

The Deeply Formed Life: “Christians have seen people as projects to fix instead of relationships to nurture...Some Christians have been formed to engage the world through guilt and fear, as opposed to grace and mercy. When our lives are fixated on a particular outcome, we lose our ability to be truly present.” (Page 183)

Scripture: “He told her, ‘Go, call your husband and come back.’ ‘I have no husband,’ she replied. Jesus said to her, ‘You are right when you say you have no husband. The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true.’ ‘Sir,’ the woman said, ‘I can see that You are a prophet.’” (John 4:16-19)

Additional References: Romans 2:4 and Luke 5:31-32

Observation:

Application: Jesus engaged the Woman at the Well in conversation and kindness. He got to her real thirst and was able to lead her to real Life. May we listen to people and gently allow Jesus to help us guide them to kindness and Life. How do you think the Lord wants you to improve in the way you relate to people? Is there a specific person you sense Him leading you to engage with?

Prayer: Jesus, You have been so patient, so kind, so merciful, and so gracious with me. Thank You! Please help me to see others the way You see them. I need Your help to not judge and to allow Your pure love to flow through me into those around me. I know I won't always get it right, but please help me to reflect You more and more. Amen.

DAY 18

The Deeply Formed Life: "When we're doing without being, we're liable to serve in order to gain approval of others, lead to mask a deep sense of insecurity, volunteer to get God to love us more, start new things to prove our worth, and over-function, not giving adequate space for our own health...Sooner or later the consequences of doing without being catch up to us, whether in the form of sickness, resentment, duplicity, or fatigue. Our engagement in the world becomes marked by a kind of stale obligation rather than joyful participation." (Pages 174-175)

Scripture: "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)

Additional References: John 15:4 and Titus 3:4-6

Observation:

Application: Who you are matters SO much more than anything you may do for Jesus. People will often applaud those who do great things and for many of us that is really motivating. We must all take an honest look into our motives to see what is truly driving our actions. When you look at the fruit of the Spirit which ones does God want to increase in you due to His presence through your life? Without our continual surrender to Him we will all lack in some of the fruits being evident.

Prayer: Lord, I want to invite You to expose my true motives in all I do. I do not want to settle for the approval of people and I do not want to settle for just doing the right stuff. I want to do the right things for the right reasons. Please gently show me how I can allow You to deeply form me into Your image. Amen.

DAY 19

The Deeply Formed Life: “Hospitality is a holy act because it mirrors the God who welcomes and receives all. As people deeply formed by this God, we are called to extend that grace to others...Hospitality is not to change people, but to offer them space where change can take place.” (Pages 195-196)

Scripture: “Share your food with the hungry and give shelter to the homeless. Give clothes to those who need them and do not hide from relatives who need your help. Then your salvation will come like the dawn and your wounds will quickly heal.” (Isaiah 58:7-8a)

Additional References: I Timothy 5:10 and I Peter 4:8-9

Observation:

Application: Most of us are not even willing to consider working on our spiritual needs until our present physical needs are remedied. What are some ways you can be aware of the needs around you so that the Lord can help you represent Him through your hospitality and kindness? When you offer any help be careful to not attach expectations of how they should then also make a spiritual change. Do your part and trust the Holy Spirit to do His part.

Prayer: Lord, please help me to trust You when I notice a need and sense You leading me to do something about it that You will help me to do my part and that I can trust You to do Your part. I don't want to live in my own lane to the neglect of those around me. Help me to notice what You want me to notice and to do what You want me to do. Amen.

DAY 20

The Deeply Formed Life: “The gospel is not just for the large Christian gathering; it is for the encounters we have with people on a day-to-day basis.” (Page 211)

Scripture: “And whoever gives one of these little ones even a cup of cold water because he is a disciple, truly, I say to you, he will by no means lose his reward.” (Matthew 10:42)

Additional References: Proverbs 11:25 and Matthew 10:8

Observation:

Application: When we realize how much God lavishes upon us it should change how we engage with others. We are all takers by nature, but when we surrender to Jesus our taker tendencies should change to become giver tendencies. How does the Lord want to help you move from being a taker to being a giver?

Prayer: Lord, I do not want to only take from You. I want to be a conduit that You can love others through me. Please help me to notice people and to allow You to express Yourself through me. Amen.

DAY 21

The Deeply Formed Life: “As we offer our presence, lovingly and patiently listening to others, we will find ourselves in a better space to noncoercively offer words of hope, announcing that Christ is present and worthy of trust...We are called to open ourselves to joining the journeys of others.” (Page 213)

Scripture: “Do to others as you would like them to do to you.” (Luke 6:31)

Additional References: Proverbs 16:23-24 and Galatians 6:9

Observation:

Application: The Golden Rule is something that everyone knows we should live by. We appreciate it when others live by it and we certainly notice when they do not. We can do virtually nothing about what others do and we are fully responsible for what we do. Regardless of what others say or do to you today how can you be best prepared to offer hope, kindness and your gentle presence to those you encounter today? People will be rude, unkind, and perhaps shock you with their behavior. How can you prepare for anything that may come your way today?

Prayer: Lord, I do not want to respond to what is going on around me today. Rather I want to change the temperature of every room I am in. I need Your help! Please help me to raise the level of kindness and love in every situation today regardless of what others say or do. Amen.

LOVE GOD

LOVE PEOPLE

