



capechristian

Love God • Love People

DAYS OF 21 *Prayer*

**INSPIRED BY:
WINNING
THE WAR
IN YOUR
MIND**



Welcome to 21 Days of Prayer. My prayer for you is that in these next few days you will begin to make prayer a lifestyle. In every situation, whether good or bad, we try to pray before we act. My desire is that you would discover or deepen your relationship with Jesus in a personal way. This book will serve as a resource and guide on your own journey with God.

Cory Demmel

WE ARE ALL ABOUT JESUS

Our personal relationship is the most important thing. Follow the example of Jesus: "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

• A CERTAIN TIME

Jesus got up very early in the morning to spend time with His Heavenly Father. In order for prayer to work, we should do the same. Make a daily appointment with God and keep it.

• A CERTAIN PLACE

Jesus had a prayer place. Your prayer place needs to be an undistracted environment where you can pray out loud and perhaps have some worship music playing in the background.

• A CERTAIN PLAN

Go into your prayer time with a plan. If it changes, that's fine. When Jesus taught His disciples how to pray, He gave His disciples a prayer outline.

The 21 Days of Prayer is a plan provided by Cape Christian,
Inspired by the book **Winning the War in Your Mind**.

We will be following the S.O.A.P. method.

What is S.O.A.P?

Scripture

Observation

Application

Prayers

To enrich our lives as Christians, it's important to hear from God daily through His Word! As we read the Bible, we begin to see how God responds to things. Doing daily devotions renews the way we think, transforms the spirit of our mind, and helps us become more like Jesus! The S.O.A.P. method is a simple and excellent way to both record and process what God has spoken to you. It's also a useful tool to use at a later time when you want to reflect on and review some of the 'gems' that you have received.

Without writing them down, you may forget those blessings and important revelations. Furthermore, while journaling is a very personal time with the Lord, you may want to share some of your daily journaling with your community or spouse, so having a written record becomes very important. Through discussion, you may be able to look deeper into what God is speaking to you, gain new insight, and even encourage others. All you need to begin is a Bible, pen, and journal!

How we use S.O.A.P.

Scripture - Read the scriptures of the day.

Observation - What stuck out to me that is worth noting?

Application - How can I practically apply what I read today to my life?

Prayers - Ask God to change our hearts and apply His word as we live.

DAY 1 **11** *January*

Scripture The serpent was the shrewdest of all the wild animals the LORD God had made. One day he asked the woman, "Did God really say you must not eat the fruit from any of the trees in the garden?"

-Genesis 3:1

Observation



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Application

What is God speaking to your heart today about Himself and about you?

What is the enemy of your soul subtly trying to get you to question about God and about yourself?

Prayer Lord, today I quiet my heart and listen to your voice. Please help me to learn to hear your voice and to trust what you say about me and about yourself.



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DAY 2 *January* 12

Scripture “Who told you that you were naked?” the LORD God asked. “Have you eaten from the tree whose fruit I commanded you not to eat?”

-Genesis 3:11

Observation



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Application

We have all done lots of bad things and eaten from the wrong tree. That is true. God meets us in the middle of our sin and invites us to see ourselves as He sees us. How do you see yourself when you look through the lens God looks through which is the pure, perfect blood of His Son Jesus Christ?

Prayer Lord, please forgive me for being distracted by my obvious sins and shortcomings. Your grace and love often seem too good to be true, but thankfully they are absolutely true for me. Help me believe what's true about You and also what's true about my salvation through you. I love you and I trust you.



DAY 3 *January* 13

Scripture Then I said, "It's all over! I am doomed, for I am a sinful man. I have filthy lips, and I live among a people with filthy lips. Yet I have seen the King, the LORD of Heaven's Armies." Then one of the seraphim flew to me with a burning coal he had taken from the altar with a pair of tongs. He touched my lips with it and said, "See, this coal has touched your lips. Now your guilt is removed, and your sins are forgiven."

-Isaiah 6:5-7

Observation



Application

When our lives are touched by the purity and the power of God's forgiveness, we have the choice to look backwards at our sins and regrets or to look forward with the freedom we have thanks to our loving God. What do you need to let go of so you can move forward in the reality of your sins being forgiven?

Prayer Jesus, I live in a sin stained world and make poor choices regularly. I could blame the world around me, but I own my own choices. I choose to walk away from my familiar sins while trusting you for undeserved forgiveness. Thank you for your amazing love and incredible forgiveness.



DAY 4

14

January

Scripture Guard your heart above all else, for it determines the course of your life.

-Proverbs 4:23

Observation



Application

Your heart is the epicenter of your life. When we invite Jesus into our hearts He begins a process of aligning our emotions and values according to what He knows is best for you. Invite God into that vulnerable and vital area of your life. What do you need to guard your hearts from? What lies, insecurities, or fears are trying to worm their way into your heart?

P**ayer** Jesus, my heart can be such a complicated, wounded, and sick place. You know that. Yet, you love me and want to help direct me to truth, stability, and all things good. Please lead me Lord. I need you. I trust you!



DAY 5
January
15

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.

-Psalms 139:23-24

Observation



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Application

God knows everything about you. God adores you. The things that God sees that are wrong offend Him only because they are robbing us of the life that He wants us to have. When you invite Him to search, you allow Him to point out the deep areas that you are anxious about so He can lead you to freedom.

Prayers Lord, sometimes I am embarrassed or scared to allow you to see everything about me. I know that is foolish, but it is a real struggle. I choose to give you access to every area of my heart. Show me what is true about you and about me.



DAY 6 *January* 16

Scripture So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death.

-Romans 8:1-2

Observation



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Application

Condemnation can often sound like God because we always know that we should do better. God does not condemn. One more time, God does not condemn. Which accusations or condemnation do you contend? What does God have to say about that?

Prayer Jesus, the enemy of our souls is so good at sounding like you. Please help me to learn your voice and help me to learn to discern what you are saying and what my enemy is trying to say to me while sounding like you. This will be a game changer for me, Lord. Please help me.



DAY 7 **17** *January*

Scripture

Since we have been united with him in his death, we will also be raised to life as he was. We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin. For when we died with Christ we were set free from the power of sin. And since we died with Christ, we know we will also live with him.

-Romans 6:5-8

Observation



Application

Jesus came to provide us freedom from sin. What needs to happen in your life so that “sin might lose its power?”

Prayer Jesus, thank you for the victory that you provided for me on the cross. Please help me learn how to walk in that victory moment by moment throughout the day. I am so grateful for the things that no longer enslave me, and I am committed to walk away from any hindrances in my life. My victory is in you, Lord!



DAY 8 *January* 18

Scripture And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

-Philippians 4:8

Observation



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Application

Since this verse says what we need to “fix our thoughts” on, what are the most frequent distractions that want to take up space in your head? What are some “excellent and worthy of praise” things that you can focus on today?

Prayer Lord, my thoughts truly are a battleground. I constantly dwell and focus on things that do not lead to peace. Please help me focus on what is true. I give you my mind and ask that you would help me continue giving it to you every time I get off track.



DAY 9 *January* 19

Scripture Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

-Romans 12:2

Observation



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Application

Prayer Lord, I invite you to show me the truth about how my mind needs to change. Please help me change the way I think. My will power is almost always pathetic, but I know you will help renew my mind as I surrender to you.

Notice how the Scripture says that if we learn how to think differently we will literally become a different person. What parts of you would you like to change and how would different thinking help to move you towards those changes? Also notice that the Scripture says that God is the One who transforms us. He will reveal the necessary changes, wait for us to choose to do our part, and then He will help do what only He can do.



DAY 10

20
January

Scripture

Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.

-Proverbs 3:5-6

Observation



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Application

What are things in your life that you currently do not understand, or do not understand fully, where the Lord is inviting you to trust Him? It is not human nature to take steps down a path that we do not understand, but that is the life of trust we have been invited to take. What steps do you feel led to take?

Prayer Lord, I am grateful for the trust I have in you, but I want to trust you so much more. Please show me the step I can take today to increase my trust in you. Please forgive me for how desperately I want to understand everything. I trust you and ask for your grace to help me trust you more.



DAY 11

21

January

Scripture How foolish can you be? After starting your Christian lives in the Spirit, why are you now trying to become perfect by your own human effort?

-Galatians 3:3

Observation



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Application

Our relationship with God started by trusting Jesus for our salvation. Ever since that moment we often try to earn some part of that salvation through our effort. How are you “trying to become perfect by your own effort?” How do you try to impress God or to prove your commitment to Him?

Prayer Lord, it is so hard for me to believe that you did everything for me while asking me to simply believe and trust you. How can that be all you want me to do? I want to have a foundation of trust in my relationship with you. On that foundation I want to do whatever you lead me to do. Help me to trust first and then to obey second.



DAY 12

January 22

Scripture

Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think. Glory to him in the church and in Christ Jesus through all generations forever and ever! Amen.

-Ephesians 3:20-21

Observation



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Application

Notice in the Scripture where the power is coming from and where it is not coming from.

Hint- you are not the source of power. What can you do today to make sure that God receives glory through your life instead of you getting credit that you don't deserve?

Prayer Lord, I love the idea of you receiving glory from my life until I consider what that may cost me. I surrender the need to appear like I have it together. I want people to see that you are spectacular and that my dependence is completely on you.



DAY 13

23
January

Scripture

Whoever attacks you will go down in defeat. "I have created the blacksmith who fans the coals beneath the forge and makes the weapons of destruction. And I have created the armies that destroy. But in that coming day no weapon turned against you will succeed. You will silence every voice raised up to accuse you. These benefits are enjoyed by the servants of the LORD; their vindication will come from me. I, the LORD, have spoken!"

-Isaiah 54:15-17

Observation



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Application

What battles are you fighting in your life today? What role does God want to have in the battle? What does surrender and trust in God look like for you in this situation? What voices need to be silenced in your life? Vindication—what does that word mean to you?

Prayer Lord, my battles make me tired, scared, and sometimes even lead to despair. Please show me how to trust you for wisdom, victory, and vindication. Oh Lord, I need your help every moment of every day.



DAY 14

January 24

Scripture “My thoughts are nothing like your thoughts,” says the LORD. “And my ways are far beyond anything you could imagine. For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts.”

-Isaiah 55:8-9

Observation



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Application

How are God's thoughts totally different from yours? How has God helped you think differently than you used to? How do you sense the Lord is leading you to think differently today? What is one specific topic that He is leading you to think differently about?

Prayer Lord, I want you to teach me how to think so much differently than I naturally think. I want to focus on your faithfulness in my past and grow in my confidence that you see everything, know everything, and that you are working all things for my good. Forgive me for only trusting what I see and know. I want to trust you for things that are even beyond my imagination.



DAY 15

25

January

Scripture 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

Observation



Application

What are the top two fruits of the spirit visible in your life? What two fruits of the spirit are least visible in your life? What do you think the Lord wants you to do about that?

Prayer Lord, thank you that you are alive and working in my life. Please show me how I can more accurately reflect you to those around me. I also ask that you would please help me listen to you when you point out areas I have grown in. I don't just want to focus on what I need to do, but I also want to give you thanks for what you have already done in my life.



DAY 16

26

January

Scripture I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power that raised Christ from the dead and seated him in the place of honor at God's right hand in the heavenly realms.

-Ephesians 1:19-20

Observation



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Application

It is sometimes easier to realize that God's power is great, but not quite as easy to realize that His power is "for us." How do you think God wants to express His power in and through your life today? Since God's power is great, what do you do to limit His power being revealed in your life?

Prayer Lord, please be gentle and clear about how my choices cause a bottleneck of your power being shown through my life. I want to do everything I can to make you look great because you are spectacular. Help me get out of your way.



DAY 17

27

January

Scripture Come to me with your ears wide open. Listen,
and you will find life.

-Isaiah 55:3

Observation



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Application

Payer Lord, waiting for you to speak can be so difficult and even seem like a waste of time. Forgive me for how often I don't spend time with you and even when I do spend time with you, I do most of the talking. Please help me to learn how to listen and also help me to gain confidence in my ability to hear you clearly.

Take 60 seconds to listen to what the Lord has to say to you today. What truth is He speaking to you right now? It is normal to be tempted to dismiss what He is saying or to seek for something far more profound, but He will give you a nugget that can impact you deeply. Stop again and listen for a couple more moments. Time waiting for Him to speak is never wasted.



DAY 18

28

January

Scripture I pray that your hearts will be flooded with light so that you can understand the confident hope he has given to those he called—his holy people who are his rich and glorious inheritance.

-Ephesians 1:18

Observation



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Application

What do you think of the concept of your heart being “flooded with light,” and what does that light reveal to you today? What does it mean to you to be a part of God’s “rich and glorious inheritance?”

Prayer Lord, I spend so much of my time and energy trying to understand my circumstances. I want to focus my desire to understand towards you and the many blessings you have for me. Please help me reflect on my past to see your faithfulness. Please help me to apply the truth about who you have been to the realities I am facing now and in my future. I am thankful you do not change. Help me to get to know you so much better.



DAY 19

29

January

Scripture People may be right in their own eyes, but the LORD examines their heart.

-Proverbs 21:2

Observation



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Application

Prayer Lord, I do not like to be wrong. I want to humble myself, ask you to look deeply into my heart, and accept your correction. Please be gentle. I know you will. I want to become like you in every possible way and at any expense.

Being right in our own eyes, or even in the eyes of other people, does not matter if we are not right in the eyes of God. When you allow the Lord to examine your heart today what is He showing you? Have you ever found yourself gently arguing or disagreeing with God? Do not accept shame for being human in this regard, but invite the Lord to help you trust Him more and more.



DAY 20

30

January

Scripture The members of the council were amazed when they saw the boldness of Peter and John, for they could see that they were ordinary men with no special training in the Scriptures. They also recognized them as men who had been with Jesus.

-Acts 4:13

Observation



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Application

Prayer Lord, I am sure I miss far more opportunities than I realize. Please help me to forgive myself, but to also learn from every missed opportunity. I want to be available to you in every moment of every day in any situation. Today is yours. May people recognize you in me.

What do you think it means to be recognized as someone who has “been with Jesus?” Was there a moment in the last day when you know God helped you reflect Him accurately? Was there a time in the past day when you know He wanted you to reflect through, but you chose to do things differently? What can you learn from these two examples?



DAY 21

31

January

Scripture But Peter said, "I don't have any silver or gold for you. But I'll give you what I have. In the name of Jesus Christ the Nazarene, get up and walk!"

-Acts 3:6

Observation



Application

Prayer Lord, I want to be used by you in any way possible. Sometimes I get scared, fearful of what people think, or find hundreds of other reasons/excuses which limit what you can do through my life. Please forgive me. I want to live a radical life of obedience and surrender to you. Today give me courage to obey you, and may others be blessed as a result of what you do through me.

It is natural to notice what we do not have instead of what we do have. The power of God lives inside of you. The power is desperately needed by those around you. Can you think of an opportunity recently when you did not allow God's power to flow through you? What can you learn from this example?



Notes



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CHURCH CODE

We are all about Jesus.

Our personal relationship with Jesus is the most important thing.

We believe everyone matters.

We accept people where they are, how they are, and encourage them to grow into who God has created them to be.

We will do anything short of sin to reach people who don't know Jesus.

To reach people no one is reaching, we'll have to do things no one is doing.

We are all works in progress.

We are committed to growing and believe that Jesus is never done with us.

We add value everywhere.

Every interaction matters and we leave things better than we found them.

We always bring our best.

Excellence honors God and inspires people.

We are spiritual contributors not spiritual consumers.

The church does not merely exist for us. We are the church and we exist for the world.

We are passionate givers of our time, money, and energy.

We are blessed so we can be a blessing.

We give up things we love for things we love even more.

We will say NO to a lot of good things, so we can say YES to a few great things.

We are faith-filled, big thinkers.

We dream big, celebrate big, and take big risks because we serve a big God.

We speak life.

We are encouragers, truth speakers, grace givers, and gossip intolerant in a "help me understand" community.



We HAVE FUN.

We unapologetically have fun serving Jesus with people we love.



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