# 100 DAYS OF PRAYER

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PRAYER GUIDE

10DAYS.NET



# TEACH US TO PRAY: Prelude to 10 DAYS

# What is Adoration prayer and why do we pray this way?

It's been said that "A picture is worth a thousand words." When we are able to "taste and see" God (Psalm 34:8) our hearts are alive because we can both receive love from Him and give love to Him.

# In Adoration we:

- Praise His character.
- Acknowledge His attributes.
- Describe His beauty.
- Worship Him as Savior.

In the Father's redemptive plan it is His intention for Jesus, "the image of the invisible God" (Colossians 1:15) to be seen, known, and worshipped by every tribe and tongue throughout the nations of the earth. When we pray the Bible and worship Jesus for who He is we are joining with the prayer and worship in Heaven (Revelation 4) that continually worships Jesus in this way.

# What makes Adoration prayer unique?

- Adoration is "He" centered vs. "We" centered.
- Our focus is on who He is not how we are doing.
- Our focus in on His worth not our circumstances.

Adoration builds faith in who He is so we can have confidence when we make our requests and open hearts when He speaks. As we pray our hearts become positioned to "boldly come before the throne of Grace" (Hebrews 4:16) in intercession.

Adoration is agreement with who God is.

Intercession is agreement with what God has promised to do.

# Why do we anchor our prayer and intercession in the Bible?

- The Bible is God's language, the language of His heart and the language of Heaven.
- The Bible is positive in nature and encouraging to our spirit and renewal to our minds.
- The Bible is faith-filled and has no doubt or unbelief.
- The Bible creates unity in God's people as we pray and worship from it.

# **Ephesians 2:22**

"in whom you also are being built together for a dwelling place of God in the Spirit."



# DAY 1: UNITY

Matthew 6:9 - Our Father

# **Adoration**: You are the EVERLASTING FATHER

# Psalm 90:2

Even from everlasting to everlasting, you are God.

### Isaiah 26:4

Trust in the Lord, (commit yourself to Him, lean on Him, hope confidently in Him) forever; for the Lord God is an everlasting Rock (the Rock of Ages).

### Psalm 119:114

Your righteous testimonies are everlasting and Your decrees are binding to eternity.

# Repentance: 1 John 4:20

For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen.

Forgive us for our divisions, Oh God:

- Geographical
- Ethical
- Economical

Forgive us for not loving our neighbor and for tolerating walls of division.

# **Intercession:** Romans 15:5-7

Now may the God of patience and comfort GRANT YOU TO BE LIKE-MINDED toward one another, according to Christ Jesus, THAT YOU MAY WITH ONE MIND AND ONE MOUTH glorify the God and Father of our Lord Jesus.

Father, we ask you to bring unity to your Church. Bind us together in Your love that we may love each other as you have loved us.

Jesus, we ask you to make us like-minded as You, Your Father, and the Holy Spirit are like-minded. Give us one mind and one voice as your People.

# **Meditation:** Our Father

- Is it 'our' or 'my' Father?
- How does this change my view of community?
- How does having one and the same Father eliminate division in our city?



# DAY 2: RELATIONSHIP

Matthew 6:9 - Our Father

# **Adoration:** You are our GLORIOUS FATHER GOD

### Psalm 145:5

On the glorious splendor of Your majesty and on Your wondrous works will I meditate.

### **Ephesians 1:17**

I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.

### 1 Chronicles 24:13

Praise Your glorious name.

# **Repentance:** Romans 15:1

We who are strong ought to bear with the failings of the weak and not to please ourselves.

Forgive us for continuing to build our own strength and neglecting the weak that are in our lives.

Give us a heart to stay with the hurting and the broken during their journey to wholeness and healing. Help us to not quit on people.

# **Intercession:** Philippians 1:9-11

And this I pray, that YOUR LOVE MAY ABOUND still more and more in the knowledge and all discernment, that you may APPROVE THE THINGS THAT ARE EXCELLENT, that you may be sincere and without offense till the day of Christ, being FILLED WITH THE FRUITS OF RIGHTEOUSNESS which are by Jesus Christ, to the glory and praise of God.

We pray for love to abound for the widow, the orphan, and the fatherless. Reveal yourself as a Perfect Father to those that are hurting and broken.

We ask for the love of God to increase in families and marriages and that your people would be filled with right actions so our homes would be filled with an abundance of good fruit.

Lord we praise you that You have Your eye on every difficult family situation and You are working things out for our good and for Your glory. We trust You with our lives and our families.

# **Meditation:** Our Father

- Do I enjoy, know, and trust Him as my intimate Father?
- Does our experience of His deep Love propel us to love each other?



# DAY 3: VISION

Matthew 6:9 - Who is in heaven

# **Adoration**: You are the NAME ABOVE ALL NAMES GOD Psalm 148:13

Let them praise the Name of The Lord, for His Name alone is exalted: His splendor is above the earth and the heavens.

### Psalm 138:2

I will bow down toward Your holy temple and will praise Your name for Your love and Your faithfulness, for You have exalted above all things Your name and Your word.

# Philippians 2:9

God exalted Him to the highest place and gave Him the name that is above every name.

# **Repentance:** Colossians 3:1,2

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things.

Forgive us for having our minds and our hearts on temporal things that will fade instead of on Heavenly things which will not fade.

Give us eyes to see the world like You see the world, and give us to grace to order our priorities in a way that pleases You.

# Intercession: Colossians 1:9-12

We... do not cease to pray for you, and to ask that you may be filled with the KNOWLEDGE OF HIS WILL in all wisdom and spiritual understanding; that you may have a WALK WORTHY OF THE LORD, fully pleasing Him, BEING FRUITFUL in every good work and increasing in the knowledge of God; STRENGTHENED WITH ALL MIGHT, according to His glorious power, for all patience and longsuffering with joy; giving thanks to the Father who has qualified us to be partakers of the inheritance of the saints in the light.

Father, we ask You to give every student the knowledge of Your will that they might live in a way that is pleasing to You.

Give educators and school leadership strength as they teach and lead the next generation. Give them patience and joy as they serve others.

# **Meditation:** In Heaven

- Is my earthly perspective being transformed with Heaven's vision?
- Do I see Heaven's Dream and Mindset for my city?



# DAY 4: SANCTIFICATION

Matthew 6:9 - Holy be Your Name

# **Adoration**: You are the HOLY ONE

1 Samuel 2:2

There is none holy like the Lord, there is none besides You; there is no Rock like our God.

### Leviticus 11:44

For I am the Lord your God; so consecrate yourselves and be holy, for I am holy;

### Isaiah 6:3

Holy, Holy, Holy is the Lord God almighty; the whole earth is full of His Glory.

# **Repentance:** 1 Thessalonians 3:13

So that He may ESTABLISH YOUR HEARTS BLAMELESS IN HOLINESS before our God and Father at the coming of our Lord Jesus Christ with all His saints.

Jesus, we want to love You in a pure and holy way. Forgive us for having affections for impure things that create distance between Your heart and ours.

Father, we thank you that You have covered us in the righteousness of Your Son Jesus. Thank you for access to Your throne where we can find mercy in our time of need.

# Intercession: Philippians 2:8,9

And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross! Therefore God exalted him to the highest place and gave him the name that is above every name.

Jesus, You are the King of all the nations, and all power belongs to You. We pray for those in positions of leadership as Government Officials, Judges and Law Enforcement Officers, that they would have hearts that are humble and surrendered to You and Your leadership.

We pray for those in prison, and we ask that You would reveal Your love to them during their incarceration. You have a plan and a purpose for their lives, show them the future and the hope that You have made available to them.

# **Meditation:** Holy be Your Name

- Do I live for my glory or God's Glory?
- What has been the impact of our impurity and self-centeredness on our comuinty?



# **DAY 5: LORDSHIP**

Matthew 6:10 - Your Kingdom come

**Adoration**: You are the KING forever

Psalm 29:10

The Lord sits as King forever.

### Psalm 10:16

You are King forever and ever.

# 1 Timothy 1:17

Now to the King of eternity, incorruptible and immortal, invisible, the only God, be honor and glory forever and ever. Amen

# **Repentance:** Ephesians 3:20,21

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

We repent for settling for what is possible with man, instead of having faith for what is possible with You. Forgive us for choosing what is safe instead of dreaming with You.

# Intercession: Acts 4:29,30

Now, Lord, consider their threats and enable your servants to speak your word with great boldness. Stretch out your hand to heal and perform signs and wonders through the name of your holy servant Jesus.

Pray that the realities of Heaven would be established here on earth. As there is healing, redemption, worship (etc.) in Heaven, let it be here on the earth.

Pray that we would humble ourselves at the majesty of God, the perfection of His eternal plan, and embrace Kingdom values in our lifestyle everyday.

- Ask for your heart to desire Him to come and be King.
- Ask God for righteous leadership to be exalted in every sphere of influence (i.e. government, business, media, education, etc.).

# **Meditation:** Your Kingdom come

- Who is really in charge of my life?
- What would a city under the complete Lordship of Christ look like?



# DAY 6: OBEDIENCE

Matthew 6:10 - Your will be done on earth as it is in heaven

# **Adoration:** You are the FAITHFUL GOD

# Psalm 117:2

The faithfulness of the Lord endures forever and forever.

### **Psalm 33:4**

For the word of the Lord is right and true; He is faithful in all He does.

### Psalm 10:16

You are King forever and ever.

### 1 Thessalonians 5:24

He who calls you is faithful, who also will do it.

# **Repentance:** Psalm 86:11

Teach me your way, Lord, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name.

Father, forgive us for our lack of trust in Your faithfulness towards us. We repent for walking in disobedience with a heart that is divided, and we ask You to give us a faithful heart like Yours.

# **Intercession:** Ephesians 1:17,18

I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people.

Jesus, we thank You for those who have responded to You and Your call to go to the ends of the earth and preach the gospel. Give every missionary a spirit of wisdom that they might know You better.

Enlighten the eyes of the Church in our city, give our leaders clarity and wisdom from heaven, and increase hope in the hearts of Your people.

# **Meditation:** Your will be done On earth as it is in heaven

- Do I anticipate Heaven for later, or seek it now?
- What could we do to promote Christ-like mindsets and behaviors in our city?



# DAY 7: PROVISION

Matthew 6:11 - Give us this day our daily bread

# **Adoration**: You are the PROVIDER GOD

# Philippians 4:19

My God will meet all of your needs according to his glorious riches in Christ Jesus.

### **Psalm 33:4**

For the word of the Lord is right and true; He is faithful in all He does.

### **Psalm 111:5**

He provides food for those who fear Him.

### 2 Corinthians 9:10

And [God] Who provides seed for the sower and bread for eating will also provide and multiply your sowing and increase the fruits of your righteousness.

# **Repentance:** Philippians 4:19

And my God will meet all your needs according to the riches of his glory in Christ Jesus.

Father, forgive us for not trusting You as our provider in all things.

Jesus, we thank You that we have a secure future in You.

# Intercession: 2 Thessalonians 3:5

May the Lord direct your hearts into God's love and Christ's perseverance.

- Pray for the homeless and those in poverty, that God would provide for all their needs.
- Ask for grace and perseverance for those in financial difficulty, and grace and perseverance as we serve those in financial difficulty.
- Praise God that He is providing for everything you need.
- Thank God for all that He has given to you.
- Ask God for eyes to see opportunities to be a blessing to others.

# **Meditation:** Give us this day our daily bread

- Do I trust God with my daily needs?
- What are the physical needs of our community and how can we respond?



# DAY 8: RECONCILIATION

Matthew 6:12 - Forgive us our trespasses, as we forgive those who trespass against us...

# **Adoration**: You are the FORGIVING GOD

# **Psalm 68:5**

You are forgiving and good, O Lord; abounding in love to all who call to you.

### **Psalm 32:5**

I will confess my transgressions to the Lord, and You forgave the guilt of my sin.

### Micah 7:18

Who is a God like You, Who forgives iniquity and passes over the transgression of the remnant of His heritage? He retains not His anger forever, because He delights in mercy and loving-kindness.

# **Repentance:** Philippians 4:19

Love your enemies and pray for those who persecute you.

Father, forgive us for not loving our enemies and praying for those who are against us.

Jesus, forgive us our blindness toward our neighbor, our self-preoccupation, our racism, our sexism. Forgive us our capacity for blindness, for believing the lies about progress, and for adopting a self-centered consumer lifestyle.

- Ask God to show you the condition of your heart that you might be clean and pure before Him.

Help us to forgive those who take advantage of us. Help us to forgive human imperfection; that we would have a Christ-like attitude towards the people and the systems of this world that wound and oppress us and others.

- Ask for the grace to forgive and love like you've never been hurt.
- Pray that the body of Christ may be one, just as Jesus is in the Father, and the Father is in Him (John 17:21).

# **Meditation:** And forgive us our debts, as we forgive our debtors.

- Is there anyone I need to forgive or be reconciled to? (Matthew 5:23,24)
- How can we forgive each other in our community and show love to our world?



# **DAY 9: DELIVERANCE**

Matthew 6:13 - Lead us not into temptation, but deliver us from evil

# **Adoration**: You are the DELIVERER GOD

2 Samuel 22:2

The Lord is my Rock and my Fortress and my Deliverer.

### **Psalm 3:8**

From the Lord comes deliverance.

### **Psalm 41:1**

Blessed is He who has regard for the weak the Lord delivers him in times of trouble, the Lord will protect him and preserve his life.

# **Intercession:** Psalm 107:13-15

Then they cried to the Lord in their trouble, and he saved them from their distress. He brought them out of darkness, the utter darkness, and broke away their chains. Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind.

Father, we ask for grace to keep our hearts away from the arena of temptation, that we would be wise to the devil's schemes.

- Ask for humility in every area of your life.
- Ask God to reveal areas of your heart where you are depending on yourself and not on God's grace.
- Ask the Lord for the grace to resist temptation and pursue His will, His way and His heart.

Jesus, we ask for you to make the wrong things right and that your authority would be established on the earth. Set captives free from every ungodly stronghold, and break the chains of darkness in people's lives.

- Pray for those that are contending with depression and anxiety.
- Pray for those that are bound in addiction.
- Pray healing and deliverance for those being tempted by thoughts of suicide.

# **Meditation:** Do not lead us into temptation, but deliver us from the evil.

- Where have we been led to go seeking for that we can only find in Him?
- How can we present the satisfying arms of Christ to a community searching for peace?



DAY 10: WORSHIP

Matthew 6:13 - For yours is the Kingdom, the Power, and the Glory, forever.

**Adoration**: You are the MIGHTY GOD

**Psalm 24:8** 

Who is this King of Glory, the Lord strong and mighty, the Lord mighty in battle.

### Job 36:5

Behold! God is mighty, and yet despises no one nor regards anything as trivial; He is mighty in power of understanding and heart...

# **Deuteronomy 3:24**

O Lord God, You have only begun to show Your servant Your greatness and Your mighty hand...

# **Thanksgiving:** Psalm 107:13-15

Jesus, we thank You that prayer and worship is being raised up in our city. We ask You to increase prayer in our generation.

- Thank the Lord that He is teaching you how to pray, how to agree, how to trust.
- Thank the Lord for wisdom and revelation of His will and His heart.
- Thank the Lord that He is revealing how to walk in His will.

Jesus, You rule and reign, and You have the power to accomplish Your will. All Your ways are true and right, every decision You make is the right decision. You deserve to be praised night and day for how great and mighty You are.

- Praise God for how amazing He is.
- Thank God for the grace to see His wondrous and amazing ways.

# **Meditation:** For yours is the Kingdom, the Power, and the Glory, forever.

- What has God done in your life?
- Give thanks and praise to Him for what He's done.
- What is God doing in your community?
- Praise Him for what He's doing in our city.



PRAYER GUIDE  NOTES	