

# 7-Day Prayer Journal

by **Andrea Nicole Rhodes** aka Drea Nicole

[facebook.com/groups/DreaNicolesEmpoweredToPrayGroup/](https://facebook.com/groups/DreaNicolesEmpoweredToPrayGroup/)

## Intro:

Prayer is an opportunity to walk in direct fellowship with the Trinity. We must put on an attitude of prayer in all situations, in all circumstances and in every season.

## We are never called to not be praying.

I have created this 7-Day prayer resource for you. This is a sample prayer guide that is intended to spark your prayer life. This is not comprehensive. However, it is meant to encourage you and provide direction. Prayer is personal, so feel free to integrate this guide, as you see fit.



**Consecration (Fasting):** I encourage take the first week of the month to consecrate time for the Lord. Hopefully, this simple resource will help you walk in greater intimacy in your prayer life.

*"I proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey for us and our children, with all our possessions....So we fasted and petitioned our God about this, and he answered our prayer." Ezra 8:21-23*

My hope and prayer is that you feel empowered to run, boldly to our Father in every moment, in every season of your life. He hears you and he is earnestly waiting to fellowship with you in prayer.

*Drea Nicole*



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## Day 2: God's Greatest Gift – Love Manifested

**Exhortation of the Authority and Reign of Jesus the Character of God**

Reference Verse: John 3:16

### Read Out Loud:

Father, thank you for the love you poured out on all of your sons and daughters by sending Jesus. The story and life of Jesus is the BEST gift the world will ever receive. Thank you that Jesus is your son, seated at the right hand of your throne. That he rose from the dead and now is my high priest granting me direct access to you, God. There is none other, like you, Jesus. Every tongue will confess and every knee will bow at your name, Jesus. The enemy flees at your name, Jesus. That is why I thank you Jesus for bearing the weight I could not, for fulfilling the laws and commandments I could not, thank you for being the spotless sacrifice - only You could do this. Only You were able to wash my sins and present me as righteous. Thank You Jesus that redemption only happens through your blood. Thank you that by the stripes you bore on the cross, I am healed. Thank you that you bore every infirmity and disease for me. [Add your own personal prayers, confessions, intercession for others and thanksgiving] In Jesus name I pray, Amen.

**Affirmation: Jesus, you are my redeemer. Therefore, I submit myself back under your authority in every area of my life and by your stripes, I am healed.**

### Day 2 Journal:

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## Day 4: Casting Off Every Weight

Reference Verse: Hebrews 12:1

**Read Out Loud:** Thank you God that your word tells me to cast of every weight and encumbrance that ensnares, and keeps me from running diligently after you. God I am empowered to run after you. I know you have given me all I need for life and godliness. I have the Holy Spirit living within me; therefore truth is revealed to me. God give me eyes to see those things that keep me from intimacy with you. God give me eyes to see those tendencies that draw me away from running the focused path, you set before me. Lord, I cast off every toxic thought, every word curse, and even the world's way of thinking. I cast off every bit of anxiety and fear, as neither of those come from you. You tell us that as it is in heaven, we can declare things on earth. So I cast off envy, jealousy, and resentment. I lay aside everything contrary to who you've said I am. I remove the lies of the enemy and cast them at the cross. I cast off the thoughts and words of others that are negative, fearful and not life-giving – for, Oh God, you have the final say in every situation, even the ones that seem hopeless. I thank you that I am a new and free creation in Christ Jesus. Thank you that the old has passed away and the new has come. Whom the Son sets free, is free indeed. Those chains that once held me no longer can keep me bound. Those thoughts that wouldn't let me go no longer have their grip - I am free! Help me to walk in that freedom. To run with the destiny God has set before me. When moments arise, where I forget, Holy Spirit remind me of God's truth. Thank you Lord, for freedom in you! [Add your own personal prayers, confessions, intercession for others and thanksgiving] In Jesus name I pray, Amen

**Affirmation:** I will run the race set before me. I will not quit. Each moment, every challenge, every difficulty – I am built for; I will overcome.

### Day 4 Journal:

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