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Growing Healthy...Building Strong





Day Twenty-One

Stillness of Soul

*Truly my soul silently waits for God;
From Him comes my salvation.
He only is my rock and my salvation;
He is my defense;
I shall not be greatly moved. (Psalm 62:1, 2)*

“Among the lessons to be learned of those who are studying the blessed art of abiding in Christ, there is none more necessary and more profitable than this one of stillness of soul. In it alone can we cultivate that teachableness of spirit, to which the Lord will reveal His secrets, that meekness to which He shows His ways.” (Andrew Murray in *Andrew Murray on Prayer*, p. 88)

Prayer Focus-Pray for the work of the Spirit to bring calm to the soul and in that state of soul tranquility before God, for the soul to be nurtured, healed, established, and emboldened.

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Day Twenty

Hungry after God

*As the deer pants for streams of water,
so my soul pants for you, my God.
My soul thirsts for God, for the living God.
When can I go and meet with God? (Psalm 42:1, 2)*

“When God is the supreme hunger of our hearts, He will be the supreme in everything.” (John Piper in *A Hunger for God*, p.11)

Prayer Focus-Pray for an awakened and insatiable hunger for the things of God, and the tenacity to pursue the satisfying of that hunger, and the boldness to resist the things that would seek to distract from that pursuit.



Day Nineteen

Never Giving Up

My dear children, I write this to you so that you will not sin. But if anybody does sin, we have an advocate with the Father Jesus Christ, the Righteous One. He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world. (1 John 2:1, 2)

“There is a vast difference between failing and becoming a failure. We become a failure when we give up—when we stop trying. But as long as we are working, regardless of how often we fail, we have not become a failure, and we can expect to see progress.” (Jerry Bridges in *The Pursuit of Holiness*, p. 134, 135)

Prayer Focus—Pray for the courage to get up when failure occurs and a receptive heart to the forgiveness, restoration, and empowerment offered by the Holy Spirit through the blood of Jesus.

Day One

Being Aware of Christ's Provision

Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus. (Philippians 3:12-14)

“This is the essence of Christian fasting: We ache and yearn and fast to know more and more of all that God is for us in Jesus. But only because he has already laid hold of us and is drawing us ever forward and upward into ‘all the fullness of God.’” (John Piper in *A Hunger for God*, p. 48)

Prayer Focus—Pray for a deeper personal awareness of who Christ is and what He has provided for us through His death on the cross.



Day Two

Trust

Trust in the LORD with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths. (Proverbs 3:5, 6)

“Faith and trust in the Lord form the keynote and foundation of prayer. Primarily, it is not trust in the Word of God, but rather trust in the person of God. For trust in the person of God must precede trust in the Word of God. Trust in a historical fact or mere record may be a very passive thing, but trust in a person strengthens the quality. It bears fruit and supplies it with love. The trust that supplies prayer centers in a person.” (E.M. Bounds, *E.M. Bounds on Prayer*, p. 123)

Prayer Focus-Pray for a growing trust, not just in the promises of God, but in the One who has made those promises, so that we can with sincere hearts pray, “not my will, but Thine.”

Day Eighteen

Unrelenting Faith

But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. That person should not expect to receive anything from the Lord. Such a person is double-minded and unstable in all they do. (James 1:6-8)

“How foolish for some people to say they do not need to pray since God knows all their needs! The purpose of prayer is not to notify God, but to express our trust and our faith in Him, and our expectation and hearts’ desires of Him.” (Watchman Nee in *Secrets of Spiritual Power*, p. 89)

Prayer Focus-Pray for a heart of faith that shuts down the spirit of doubt and unbelief and clings tightly to the promises of God.



Day Seventeen

The Blessing of Obedience

But the word is very near you, in your mouth and in your heart, that you may do it. "See, I have set before you today life and good, death and evil, in that I command you today to love the Lord your God, to walk in His ways, and to keep His commandments, His statutes, and His judgments, that you may live and multiply; and the Lord your God will bless you in the land which you go to possess. (Deuteronomy 20:14-16)

“If you have an earnest desire to pray well, you must learn to obey well. If you have a desire to learn to pray, then you must have an earnest desire to learn how to do God’s will. If you desire to pray to God, you must first have a consuming desire to obey Him. If you want to have free access to God in prayer, then every obstacle in the nature of sin or disobedience must be removed.” (E.M. Bounds in the *Necessity of Prayer*, p. 99)

Prayer Focus-Pray for a discerning ear to the leading of God’s Spirit and for the strength to respond in obedience to the Spirit’s prompting.

Day Three

Revealed Majesty

Set your mind on things above, not on things on the earth. For you died, and your life is hidden with Christ in God. When Christ who is our life appears, then you also will appear with Him in glory. (Colossians 3:2-4)

“We must practice the art of long and loving meditation upon the majesty of God. This will take some effort, for the concept of majesty has all but disappeared from the human race. The focal point of man’s interest is now himself. (A.W. Tozer, *The Knowledge of the Holy*, p. 123)

Prayer Focus-Pray for a heightened revelation of the majesty and glory of God and for the strength to make the pursuit of Him greater than our desire to please ourselves.



Day Four

Kingdom Focus

Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. (Mathew 6:31-33)

“To ask the Lord to supply our needs, whatever such needs may be, cannot be considered prayer of the highest level. God’s purpose is for us to be so filled with His will that we forget our own interests. He calls us to work together in Him to accomplish His will.” (Watchman Nee, *Secrets of Spiritual Power*, p. 41)

Prayer Focus-Pray for a renewed focus on the Kingdom and its expansion while at the same time the determination to hold loosely to the things of this earth and trust the Father to supply our needs.

Day Sixteen

Something from Heaven

If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land. (2 Chronicles 7:14)

“In a world as tormented and confused as ours, we desperately need God’s wind and fire to energize us. With sin on the rampage and demonic powers controlling more and more of our culture, we need an enduement of divine power similar to what God gave the early church. Why don’t we stop rationalizing and justifying the spiritual impotence all around us? Why not rather humble ourselves and seek God with all our heart for ‘something from heaven?’” (Jim Cymbala, *Fresh Power*, p.51)

Prayer Focus-Pray for the opening of Heaven’s windows and an outpouring of God’s Spirit that will bring healing, restoration, reconciliation, glory, and power to His church.

Day Fifteen

The Importance of Confession

This is the message which we have heard from Him and declare to you, that God is light and in Him is no darkness at all. If we say that we have fellowship with Him, and walk in darkness, we lie and do not practice the truth. But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin. If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. (1 John 1:5-9)

“If you have stumbled, or fallen, return to the Inner Chamber; let your first work be to invoke the blood of Jesus, and to claim cleansing by it. Rest not until by confession you have repented of and put away your sin. Let the precious blood really give you a fresh freedom to approach God.” (Andrew Murray in *The Prayer Life*, p.92)

Prayer Focus-Pray for God’s help in identifying those areas of your life that are displeasing to Him and as they are revealed and made plain, seek His forgiveness, mercy, and restoration.

Day Five

Waiting on the Lord

*I waited patiently for the LORD;
And He inclined to me,
And heard my cry.
He also brought me up out of a horrible pit,
Out of the miry clay,
And set my feet upon a rock,
And established my steps.
He has put a new song in my mouth—
Praise to our God;
Many will see it and fear,
And will trust in the LORD. (Psalm 40:1-3)*

“In waiting on God, it is of infinite consequence that we not only submit, because we are compelled to, but because we lovingly and joyfully consent to be in the hands of our blessed Father.” (Andrew Murray, *Andrew Murray on Prayer*, p. 268)

Prayer Focus-Pray for a deepened patience and greater resolve to wait on the Lord and to enjoy His presence, even while waiting on His answer to come.



Day Six

A Sensitive and Clean Heart

*Search me, O God, and know my heart;
Try me, and know my anxieties;
And see if there is any wicked way in me,
And lead me in the way everlasting.* (Psalm
139:23, 24)

“We need to ask God daily to search our hearts for sin that we cannot or will not see. This was David’s prayer. God’s primary means of searching our hearts this way is through His Word as we read it under the power of the Holy Spirit. As we pray for God to search our hearts, we must continually expose ourselves to the searching of His Word.” (Jerry Bridges in *The Pursuit of Holiness*, p. 62)

Prayer Focus-Pray for a quiet heart and sensitive spiritual ears to hear and receive the prompting of God’s Spirit through His Word to reveal the areas of our life that are displeasing to Him, and to receive His cleansing.

We are often earthbound through the benumbing *infirmity of our bodies*.

The Spirit will quicken our mortal bodies in response to our faith and enable us to rise above physical and climatic conditions.” (J. Oswald Sanders in *Spiritual Leadership*, p. 88, 89)

Prayer Focus-Pray for a growing intimacy and deepened awareness of the Spirit’s working, leading, and empowering, and a humble submission to the precise nature of the Spirit’s conviction and calling.



Day Fourteen

The Intercession of the Spirit

Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God.

And we know that all things work together for good to those who love God, to those who are the called according to His purpose. (Romans 8:26-28)

“It is the Spirit’s delight to aid us in our physical and moral weakness in the prayer life, for the praying heart labors under three limiting handicaps; but in each of them we can count on the Spirit’s assistance. Sometimes we are kept from prayer because of the conscious *iniquity of our hearts*. The Spirit will lead and enable us to appropriate the cleansing of the blood of Christ which will silence the accusations of the adversary and remove the sense of guilt and pollution. Always we are hampered by the limiting *ignorance of our minds*. The Spirit who knows the mind of God will share that knowledge with us as we wait on Him. Then there will come the quiet, clear conviction that our request is in the will of God, and faith will be kindled.

Day Seven

The Wisdom of God

If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning. (James 1:5,17)

“Not until we have become humble and teachable, standing in awe of God’s holiness and sovereignty, acknowledging our own littleness, distrusting our own thoughts and willing to have our minds turned upside down, can divine wisdom become ours.” (J.I. Packer in *Knowing God*, p. 101)

Prayer Focus-Pray for a fresh revelation of God’s holy character and utter dependence upon Him, and a believing heart to lay hold of the perfect gift of His priceless wisdom.



Day Eight

Privilege of Prayer

Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. (Hebrews 4:14-16)

“There is the holy and most glorious God who invited us to come to Him, to hold converse with Him, to ask from Him such things as we need, and to experience what a blessing there is in fellowship with Him. He has created us in His own image, and has redeemed us by His own Son, so that in converse with Him we might find our highest glory and salvation. What use do we make of this heavenly privilege?” (Andrew Murray, in *The Prayer Life*, p. 17)

Prayer Focus-Pray for a more intense desire to pray, a greater commitment to steal away into our secret place with the Father, and a greater hunger to fully utilize the marvelous privilege of time alone with a Holy God.

Day Thirteen

Strength in Weakness

And He said to me, “My grace is sufficient for you, for My strength is made perfect in weakness.” Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ’s sake. For when I am weak, then I am strong. (2 Corinthians 12:9, 10)

“God is attracted to weakness. He can’t resist those who humbly and honestly admit how desperately they need Him.” (Jim Cymbala in *Fresh Wind, Fresh Fire*, p. 19)

Prayer Focus-Pray for a humility that acknowledges weakness without being hopeless and a confidence in the nature and character of God that is certain that human weakness is indeed an invitation for the manifestation of divine power.

Day Twelve

The Power of God

Ah, Lord GOD! Behold, You have made the heavens and the earth by Your great power and outstretched arm. There is nothing too hard for You. You show lovingkindness to thousands, and repay the iniquity of the fathers into the bosom of their children after them—the Great, the Mighty God, whose name is the LORD of hosts. You are great in counsel and mighty in work, for Your eyes are open to all the ways of the sons of men, to give everyone according to his ways and according to the fruit of his doings. You have set signs and wonders in the land of Egypt, to this day, and in Israel and among other men; and You have made Yourself a name, as it is this day. (Jeremiah 32:17-20)

“God put no limitation on His ability to save through true praying. No hopeless conditions, no accumulation of difficulties, no desperation in distance or circumstance can hinder the success of real prayer. The possibilities of prayer are linked to the infinite rectitude and to the omnipotent power of God. There is nothing too hard for God to do.” (E.M. Bounds in *E.M. Bounds on Prayer*, p. 214)

Prayer Focus—Pray for a faith that is not afraid to believe for the miraculous, intercede for the supernatural, and hope for a demonstration of divine power and glory.

Day Nine

Tenacious Prayer

The effective, fervent prayer of a righteous man avails much. Elijah was a man with a nature like ours, and he prayed earnestly that it would not rain; and it did not rain on the land for three years and six months. And he prayed again, and the heaven gave rain, and the earth produced its fruit. (James 5:16-18)

“Faith functions in connection with prayer and, of course, has its inseparable association with persistence. But the latter quality drives the prayer to the believing point. A persistent spirit brings a man to the place where faith takes hold, claims, and appropriates the blessing.” (E.M. Bounds in *The Necessity of Prayer*, p. 76)

Prayer Focus—Pray for a patient endurance, ceaseless tenacity, and fervent passion in prayer that awakens faith that lays hold of the promises of God.



Day Ten

Never Content

Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly. (Matthew 6:16-18)

“The absence of fasting is indicative of our comfort with the way things are. No one fasts to express how content they are. People only fast out of dissatisfaction. “The attendants of the bridegroom cannot mourn as long as the bridegroom is with them, can they? But the days will come when the bridegroom is taken away from them, and then they will fast (Matthew 9:15). The absence of fasting is the measure of our contentment with the absence of Christ.” (John Piper in *A Hunger for God*, p. 93)

Prayer Focus- Pray for an ever-increasing longing to experience the presence of Jesus, a growing discontent with spiritual mediocrity, and a determined resistance of religious status quo.

Day Eleven

Spirit Empowered

And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord, giving thanks always for all things to God the Father in the name of our Lord Jesus Christ. (Ephesians 5:18-20)

“When your spirit is pressed beyond measure so that you can hardly breathe, pray if you are able to pray, and praise when you are not able to pray. Because when you only pray, you are yet in your environment; but when you praise, you have risen above your environment. Therefore, what prayer alone may fail to accomplish, praise can.” (Watchman Nee in *Secrets to Spiritual Power*, p. 109)

Prayer Focus- Pray for an empowering of the Holy Spirit so that in the midst of pain, trial, and struggle, a heart of praise might emerge and that the blessing and glory of God might be known.