



PRAYER GUIDE

DAY 1 – THERE IS MORE

Scripture: John 10:10

Devotional: Many people don't feel terrible, but they don't feel alive either. Jesus makes it clear that He came to give abundant life—not survival. Anything stealing joy, peace, passion, or hope is not from Him.

PRAYER POINTS:

- Awaken my heart to Your desire for my life.
- Show me where I've settled for less than Your best.
- Forgive me for believing this is all life can be.
- Restore hope that freedom is possible.
- I receive the abundant life Jesus offers.

NOTES:

DAY 2 – A SPIRITUAL BATTLE EXISTS

Scripture: Ephesians 6:12

Devotional: Scripture reveals that our struggle is not merely physical or emotional, but spiritual. Awareness of the battle brings clarity and authority, not fear.

PRAYER POINTS:

- Open my eyes to spiritual influences.
- Give me discernment.
- Remove fear.
- Strengthen me to stand firm.
- Thank You for victory in Christ.

NOTES:

DAY 3 – WHAT IS A STRONGHOLD?

Scripture: 2 Corinthians 10:3–5

Devotional: A stronghold is a deeply entrenched pattern of thinking, believing or living that is contrary to God's truth and resists His rule in a person's life. A stronghold is a way of thinking built on a lie that feels true because it has been repeated. God empowers us not to manage strongholds, but to demolish them.

PRAYER POINTS:

- Reveal strongholds in my life.
- Expose lies I've believed.
- Help me take every thought captive.
- Replace lies with truth.
- Thank You for Your power to set me free.

NOTES:

DAY 4 – THIS IS JUST THE WAY I AM

Scripture: Romans 12:2

Devotional: Transformation is possible through the renewing of the mind. You are not stuck—you are being changed by God's truth.

PRAYER POINTS:

- Expose lies about me
- Renew my mind.
- Break agreement with false identity.
- Help me see myself through Your eyes.
- Transform me by Your Spirit.

NOTES:

DAY 5 – THE VOICE BEHIND THE THOUGHT

Scripture: John 8:44

Devotional: Not every thought comes from you. The enemy whispers lies to shape identity, he deceives us.

God's truth brings freedom.

PRAYER POINTS:

- Help me recognize lies.
- Sharpen my discernment.
- Replace lies with truth.
- Guard my mind.
- I submit my thoughts to Christ.

NOTES:

DAY 6 – PATTERNS DON'T MEAN DEFEAT

Scripture: Proverbs 26:11

Devotional: Recurring struggles reveal areas God wants to heal. Shame hides, but grace restores.

PRAYER POINTS:

- Show me root issues.
- Cover me with grace.
- Break unhealthy cycles.
- Heal what's beneath the surface.
- Thank You for patience with me.

NOTES:

DAY 7 – A MOMENT OF SURRENDER

Scripture: Psalm 139:23–24

Devotional: Freedom begins with surrender. Surrender is the intentional, ongoing yielding of one's will, desires, and authority to God. God searches our hearts with love, not condemnation.

PRAYER POINTS:

- Search my heart.
- I surrender hidden areas.
- Give me courage.
- Renew my heart.
- I trust Your goodness.

NOTES:

DAY 8 – TRUTH SETS FREE

Scripture: John 8:31–32

Devotional: Truth lived out brings freedom. God's Word replaces lies with clarity and peace.

PRAYER POINTS:

- Anchor me in truth.
- Free me from deception.
- Give me hunger for Your Word.
- Let truth reshape me.
- Thank You for freedom.

NOTES:

DAY 9 – IDENTIFYING THE LIE

Scripture: Genesis 3:1–5

Devotional: Every stronghold is supported by a lie. God reveals lies to heal, not shame.

PRAYER POINTS:

- Reveal lies I have been living with.
- Give me wisdom.
- I renounce deception; I renounce the lies.
- Replace lies with truth.
- Your Word defines me.

NOTES:

DAY 10 – GRACE IS NOT PERMISSION

Scripture: Romans 6:1–2

Devotional: Grace empowers change. It is not permission to stay stuck, but power to live free.

PRAYER POINTS:

- Thank You for grace, Your unmerited favor.
- Strengthen obedience.
- Make me sensitive to sin.
- Empower change.
- I walk in freedom.

NOTES:

DAY 11 – RENEWING THE MIND

Scripture: Philippians 4:8

Devotional: Freedom is sustained by renewed thinking aligned with God's truth.

PRAYER POINTS:

- Renew my thinking based on Your Word alone.
- Help me discipline my mind.
- Reveal triggers.
- Fill my mind with truth.
- Give me peace.

NOTES:

DAY 12 – FREEDOM IS A PROCESS

Scripture: Galatians 5:1

Devotional: Freedom is both an event and a journey. God teaches us how to stay free.

PRAYER POINTS:

- Thank You for freedom begun in Jesus.
- Give me patience with myself and others.
- Help me be consistent, steadfast.
- Strengthen daily obedience.
- Teach me to walk free.

NOTES:

DAY 13 – CONFESSION BRINGS HEALING

Scripture: James 5:16

Devotional: Healing often requires repentance and community. What is exposed can be healed.

PRAYER POINTS:

- Give me humility.
- Remove shame.
- Give me courage to confess even to another.
- Lead me to safe people.
- Thank You for healing.

NOTES:

DAY 14 – POWER THROUGH THE HOLY SPIRIT

Scripture: Zechariah 4:6

Devotional: Freedom is not by might, but by the Spirit of God.

PRAYER POINTS:

- Fill me with Your Spirit.
- I renounce self-reliance, my pride.
- Strengthen me spiritually.
- Help me surrender.
- I walk in Your power.

NOTES:

DAY 15 – A NEW IDENTITY

Scripture: 2 Corinthians 5:17

Devotional: You are not your past. You are new in Christ.

PRAYER POINTS:

- Thank You for making me new.
- Remove old labels, old ways of “stinkin-thinkin”.
- Help me live from my new identity.
- Build confidence in You.
- I agree with Your Word.

NOTES:

DAY 16 – DAILY SURRENDER

Scripture: Luke 9:23

Devotional: Freedom is maintained through daily surrender.

PRAYER POINTS:

- I surrender today.
- Help me choose You today.
- Strengthen obedience.
- Deepen my commitment.
- Lead me fully.

NOTES:

DAY 17 – WALKING IN THE LIGHT

Scripture: 1 John 1:7

Devotional: Living in the light removes shame and isolation; it purifies us from all sin.

PRAYER POINTS:

- Help me walk honestly.
- Free me from secrecy.
- Remove fear.
- Give accountability.
- Thank You for cleansing.

NOTES:

DAY 18 – STRENGTH IN COMMUNITY

Scripture: Ecclesiastes 4:9–10

Devotional: God uses community to sustain freedom.

PRAYER POINTS:

- Lead me to healthy relationships.
- Give me humility and courage to reach out.
- Help me stay connected.
- Help me be a blessing to others.
- Thank You for community.

NOTES:

DAY 19 – FROM LUKEWARM TO FULLY ALIVE

Scripture: Revelation 3:15–16

Devotional: Freedom reignites passion and commitment.

PRAYER POINTS:

- Ignite passion for You.
- I repent of complacency and lukewarmness.
- Renew my hunger for You, your Word and prayer.
- Deepen devotion.
- I choose wholehearted faith.

NOTES:

DAY 20 – LIVING FREE EVERY DAY

Scripture: Galatians 5:22–23

Devotional: A Spirit-led life produces fruit and consistency.

PRAYER POINTS:

- Grow fruit in me.
- Strengthen self-control.
- Fill me with joy.
- Help me walk by the Spirit.
- Thank You for transformation.

NOTES:

DAY 21 – A LIFE OF FREEDOM

Scripture: Psalm 40:1–3

Devotional: Freedom becomes a testimony that points others to God.

PRAYER POINTS:

- Thank You for freedom.
- Use my story.
- Give me boldness.
- Help me encourage others.

I live for Your glory

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