

BREAK **THROUGH** **2023**

14-DAY PRAYER GUIDE
written by The Heights' Staff

14
DAY

PRAYER GUIDE INTRO

HOW TO USE THIS PRAYER GUIDE

Each morning you will find a new Prayer Guide that will help facilitate a time of prayer and meditation. We encourage you to reflect, be still, and listen as you pray and read through the guides. Each guide is structured around the acronym P·R·A·Y.

PAUSE

This is a time to take a deep breath, slow down and be still before the Lord.

REFLECT

At this point we will reflect and rejoice on the goodness and faithfulness of God.

ASK

This is intercession. At this point in the guide we will ask God to supply us with what only He can provide.

YIELD

This is the act of surrendering our desires, wants, and wishes to the desires of God and His Kingdom.

May the next 14 days be marked by transformation and depth of intimacy with the Lord.

For more information and resources on the P.R.A.Y. acronym visit 24-7prayer.com.

DAY 1

JEHOVAH NISSI // THE LORD IS MY BANNER

PAUSE

As we enter into a time of prayer and meditation, take a moment to quiet your soul. The Psalmist invites us to *be still and know that He is God*. Be still. Take a deep breath. Clear your mind and ask the Lord to protect your thoughts.

Pause and be still for a few moments.

Pray the following prayer:

Jehovah Nissi, The God who is my Banner, I might not have much but what I do have is a heart that beats for you. Stir up a hunger in my soul to sit in your presence, and to taste and see that you are indeed good. Come, Holy Spirit.

REFLECT

In Exodus 17, Moses is lifting his hands in battle to the Lord, and whenever he is doing so the Israelites are winning. But when he lowers his hands, the Israelites are losing. With community to help raise Moses' hands, he kept them up, and the Israelites won the battle.

Exodus 17:15-16:

¹⁵ Moses built an altar and called it The LORD is my Banner. ¹⁶ He said, "Because hands were lifted up against the throne of the LORD, the LORD will be at war against the Amalekites from generation to generation."

Moses partnered with the Lord and found victory in midst of the battle against the Amalekites.

Spend a few minutes in remembrance on how the Lord has been victorious in your life, and where he has won the victory over a challenging battle in your life.

ASK

The Lord longs to encounter and meet you in the midst of trials, battles, and struggles. He is not distant in these moments. His ear is bent towards you, and He is with you.

Psalm 17:6-8

- ⁶ *I call on you, my God, for you will answer me;
turn your ear to me and hear my prayer.*
- ⁷ *Show me the wonders of your great love,
you who save by your right hand
those who take refuge in you from their foes.*
- ⁸ *Keep me as the apple of your eye;
hide me in the shadow of your wings*

The Lord wants to be our refuge and hiding place. Where do you feel defeated? Where do you need the Lord to show himself as the one who is victorious, above the circumstances?

Spend some time asking the Lord to show himself and reveal himself as the victorious one where circumstances, situations, or trials may seem impossible. Ask the Lord to reveal his heart for you during these times, and ask for victory in areas of your life where you feel like you need it.

YIELD

As we return to Exodus 17, note how Moses built an altar for the Lord, and how he called it "The Lord is my banner".

While in battle, Moses looked away from what was happening around him, and set his gaze upon the Lord. He stood firm, knowing who the real victor of the battle was. He chose to pray and seek the Lord in the middle of his circumstances.

Pray the following prayer:

Jehovah Nissi, I acknowledge that you are the victorious one in battle. I acknowledge that you are a God of victory. I ask that you would show me how to partner with you and walk with you in the battles life brings. I ask for fresh faith, and for hope. I ask that you would remind me of your character and of your truth.

Spend a few moments surrendering the challenging areas of your life to the Lord. Ask the Lord how he wants to move in those areas of your life, and how you can partner with Him in His will for your life.

End your time by praying the following prayer:

*May the peace of the Lord Christ go with me: wherever He may send me.
May He guide me through the wilderness: protect me through the storm.
May He bring me home rejoicing at the wonders He has shown.*

DAY 2

JEHOVAH RAPHA // THE LORD IS MY HEALER

PAUSE

As we enter into a time of prayer and meditation, take a moment to quiet your soul. The Psalmist invites us to *be still and know that He is God*. Be still. Take a deep breath. Clear your mind and ask the Lord to protect your thoughts.

Pause and be still for a few moments.

Pray the following prayer:

Jehovah Rapha, the Lord who is my healer, I might not have much but what I do have is a heart that beats for you. Stir up a hunger in my soul to sit in Your presence, and to taste and see that You are indeed good. Come, Holy Spirit.

REFLECT

Exodus 17:26

²⁶ He said, "If you listen carefully to the LORD your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the LORD, who heals you."

In Exodus 17, this is the first time God identifies Himself as a healer. Throughout scripture God reveals Himself as a healer, and when Jesus begins His ministry, we see in the Bible that He heals many. Read the following scriptures about the death of Jesus, keeping in mind what He went through on the cross, physically and mentally.

Mark 15:25-30

²⁵ It was nine in the morning when they crucified him. ²⁶ The written notice of the charge against him read: THE KING OF THE JEWS. ²⁷ They crucified two rebels with him, one on his right and one on his left. ²⁸ ²⁹ Those who passed by hurled insults at him, shaking their heads and saying, "So! You who are going to destroy the temple and build it in three days, ³⁰ come down from the cross and save yourself!"

Matthew 27: 45

⁴⁵ From noon until three in the afternoon darkness came over all the land. ⁴⁶ About three in the afternoon Jesus cried out in a loud voice, "Eli, Eli, ⁴⁷ lema sabachthani?" (which means "My God, my God, why have you forsaken me?")

The death of Jesus allows us to be reconnected to God. Jesus gives us the gift of the Holy Spirit so that we can dwell and encounter the Creator of all things. Jesus died on the cross, for our sins, so that we didn't have to. He broke His body, so we didn't have to. He offered Himself up as the ultimate sacrifice so that we might find fullness and healing in Him.

Spend a few minutes remembering the death of Jesus. Sit in remembrance of the body that was broken and blood that was shed, so that we might have abundant life. Give an offering of gratitude to the Lord, for paying the price so we didn't have to. Remember the grace that was so freely given, so that we might come to know Jesus, while we were still in sin.

ASK

As sons and daughters, we are given permission to ask the Lord for what we need.

You are invited to ask the Lord for healing – whether that be of the body, mind, or soul. Jesus desires our healing even more than we do.

Ask the Lord to bring something to mind that needs healing (this could be a situation, someone who needs healing, a false belief). Sit in this moment with the Lord. Trust that He is faithful to heal the layers of life – however big and however small.

Pray the following prayer of confession:

Lord I open up my heart to you. I recognize and acknowledge my need for You to heal the hurting places of my life, whether from the past or the present. Jesus, I need you. Holy Spirit would you come? Will you heal in me any wounds I might have (whether physical or emotional)? I offer my life up to You, and welcome You to come and enter into the rooms of my heart that need Your healing hand.

YIELD

It can be uncomfortable to feel the pain and hurt of sadness, anger, or even the feeling of being scared. Life, naturally, will cause us to feel these emotions. Jesus was not void of emotions, and had the full human experience of feeling emotions, without losing his connection to God. Jesus is not unfamiliar with the tension of healing that is not yet complete. His body was beaten, bruised, and bloody before God, with holes in His hands and a pierced side. He paid the price so that we might be healed and have full access to the Father.

Spend a few moments asking the Lord to highlight areas of your life, where He wants to be the Healer.

End your time by praying the following prayer:

May the peace of the Lord Christ go with me: wherever He may send me. May He guide me through the wilderness; protect me through the storm. May He bring me home rejoicing at the wonders He has shown.

DAY 3

EL SHADDAI // GOD ALMIGHTY

PAUSE

As we enter into a time of prayer and meditation, take a moment to quiet your soul. The Psalmist invites us to *be still and know that He is God*. Be still. Take a deep breath. Clear your mind and ask the Lord to protect your thoughts.

Pause and be still for a few moments.

Pray the following prayer:

El Shaddai, God Almighty I might not have much but what I do have is a heart that beats for You. Stir up a hunger in my soul to sit in Your presence, and to taste and see that You are indeed good. Come, Holy Spirit.

REFLECT

Genesis 17:1-2

When Abram was ninety-nine years old, the LORD appeared to him and said, "I am God Almighty; walk before me faithfully and be blameless. ² Then I will make my covenant between me and you and will greatly increase your numbers."

After this God made a covenant with Abraham, which promised that He would be a Father to many nations. Notice how the Lord revealed Himself as God Almighty before making this promise to Abraham, and the promise that his wife who was old in age, would bear him a son.

Spend a few minutes asking the Lord to show you where He is God Almighty in your life, in the past and in the present.

ASK

One of the great invitations of prayer is to ask the Lord to meet our needs.

Matthew 7:7-8

⁷ "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. ⁸ For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

Jesus wants and desires for His children to be dependent on him, and to ask Him for things. God desires to give good gifts to His children. The Lord honors the faith of His children, and longs to reveal Himself as the Lord Almighty in what life brings.

Sit with the Lord for a few moments. Dream with the Lord, and dare to ask for something that seems impossible. Spend some time and ask the Lord to show Himself as Almighty in your life, over the things that seem small to you.

Pray the following prayer:

Lord I come to you, in need of knowing You as God Almighty. Lord would You show me just how mighty You are? Holy Spirit, would You reveal this side of God to me? Will You show me how Jesus reigns over my life? I come to You, longing to see You as Almighty in my day to day life.

YIELD

Think about Genesis 17:1-2 and how the Lord was faithful to deliver on a promise that seemed impossible. Only a God who is Almighty could give and keep to such a statement as the one he gave.

Matthew 6:9-10

⁹ *"This, then, is how you should pray:*

*"Our Father in heaven,
hallowed be your name,
¹⁰ your kingdom come,
your will be done,
on earth as it is in heaven.*

Pray the prayer above. Spend some time and surrender something that feels mighty or significant to the Lord. Ask Him for His kingdom to come, and His will to be done over what feels mighty. Choose to trust the Lord, and that He is enough to reign over your life, and what life brings.

End your time by praying the following prayer:

*May the peace of the Lord Christ go with me: wherever He may send me.
May He guide me through the wilderness: protect me through the storm.
May He bring me home rejoicing at the wonders He has shown.*

DAY 4

JEHOVAH SHAMMAH // THE LORD IS THERE

PAUSE

As we enter into a time of prayer and meditation, take a moment to quiet your soul. The Psalmist invites us to *be still and know that He is God*. Be still. Take a deep breath. Clear your mind and ask the Lord to protect your thoughts.

Pause and be still for a few moments.

Pray the following prayer:

Jehovah Shammah, Lord who is there, I might not have much but what I do have is a heart that beats for You. Stir up a hunger in my soul to sit in Your presence, and to taste and see that You are indeed good. Come, Holy Spirit.

REFLECT

In Ezekiel 48, God is giving the prophet Ezekiel a prophetic vision of the future heavenly city- the New Jerusalem. At the end of the chapter, God states that the name of that city will be called Jehovah Shammah, or "the Lord is There." This is proclaimed to John later on in Revelation 21:3

Revelation 21:3

"And I heard a loud voice from the throne saying, 'Behold, the dwelling place^[a] of God is with man. He will dwell with them, and they will be his people,^[b] and God himself will be with them as their God."

The ultimate purpose of our lives as humans is to dwell with God, to be with Him.

Spend a few minutes sitting in the presence of God, focusing your mind on His face.

ASK

God desires for all to experience and know that He is ever-present with us. He wants to be near to you.

Matthew 28:20b

And behold, I am with you always, to the end of the age.

The best promise given to us from Jesus is that He will be present with us at all times. Whether we are in a difficult season, or one filled with life and joy, the crux of our lives hinge on the fact that God is with us. To know that He is near to us is a promise given to us.

Spend some time asking God to reveal Himself to you in a new way.

Ask Him to show his presence and nearness to you tangibly.

YIELD

God is with you at all times, even now, by the power and presence of His Spirit. Sometimes we feel it, but other times we don't. The beautiful thing about the Spirit is that He is a person- God, and not an inanimate force. It's when we yield to the presence of the Spirit that we are able to abide with God.

Pray the following prayer:

Jehovah Shammah, I know that you are here with me. Come, Holy Spirit. Breathe life into me afresh and make me aware of Your presence. Be near to me.

**Spend a few moments yielding to the presence of the Spirit in prayer.
Say to the Lord "Here I am."**

End your time by praying the following prayer:

*May the peace of the Lord Christ go with me: wherever He may send me.
May He guide me through the wilderness: protect me through the storm.
May He bring me home rejoicing at the wonders He has shown.*

DAY 5

YAHWEH // LORD, JEHOVAH

PAUSE

As we enter into a time of prayer and meditation, take a moment to quiet your soul. The Psalmist invites us to *be still and know that He is God*. Be still. Take a deep breath. Clear your mind and ask the Lord to protect your thoughts.

Pause and be still for a few moments.

Pray the following prayer:

Yahweh, the 'I AM', I might not have much but what I do have is a heart that beats for You. Stir up a hunger in my soul to sit in Your presence, and to taste and see that You are indeed good. Come, Holy Spirit.

REFLECT

Yahweh is the true name of the God of Israel. It is often translated as Lord, but at its core means 'I AM' This is the ultimate statement about who God is. That He created all things, is before all things, and is the end of all things.

Deuteronomy 6:4-5

"Hear, O Israel: The LORD our God, the LORD is one. You shall love the LORD your God with all your heart and with all your soul and with all your might."

To believe in God as Yahweh is to believe that He is the One True God. The beginning and the end. Not one thing exists that He did not allow to exist. We are invited to love God with all of our heart, mind, and soul.

Spend a few reflecting on God as Yahweh. Think about His vastness, His infinite nature, how He existed before the beginning of time, and how He Himself is the meaning of existence.

ASK

Throughout the book of John, Jesus makes seven 'I AM' statements which refer to His nature as God. Here are the seven statements:

"I am the bread of Life." (John 6:35)

"I am the light of the world." (John 8:12)

"I am the door." (John 10:7)

"I am the good shepherd." (John 10:11)

"I am the resurrection and the life." (John 11:25)

"I am the way the truth and the life." (John 14:6)

"I am the true vine." (John 15:1)

These seven statements show how Jesus, who is the God of the universe, is uniquely our source of hope and salvation in this dark world.

Which of these I AM statements stand out most to you? Find that verse in your Bible and read what Jesus says about Himself.

Spend a few moments asking God to reveal Jesus to you as the I AM statement you chose.

YIELD

At the end of days all of creation will be restored and reconciled to God once and for all. The purpose for your existence is to worship God as Yahweh- as the "I AM."

Spend a few moments worshipping God for who He is. You can throw on a worship song, take a physical posture of worship like getting on your knees, or reflect on Psalm 139 in scripture.

End your time by praying the following prayer:

*May the peace of the Lord Christ go with me: wherever He may send me.
May He guide me through the wilderness: protect me through the storm.
May He bring me home rejoicing at the wonders He has shown.*

DAY 6

JEHOVAH TSIDKENU // THE LORD IS OUR RIGHTEOUSNESS

PAUSE

As we enter into a time of prayer and meditation, take a moment to quiet your soul. The Psalmist invites us to *be still and know that He is God*. Be still. Take a deep breath. Clear your mind and ask the Lord to protect your thoughts.

Pause and be still for a few moments.

Pray the following prayer:

Jehovah Tsidkenu, Lord of our Righteousness, I might not have much but what I do have is a heart that beats for You. Stir up a hunger in my soul to sit in Your presence, and to taste and see that You are indeed good. Come, Holy Spirit.

REFLECT

Jehovah Tsidkenu is a name for God which means "The Lord our Righteousness." It appears in Jeremiah and describes what happens to God's people as a result of the work of Jesus.

Jeremiah 33:15-16

"In those days and at that time I will cause to grow up to David a Branch of righteousness; He shall execute judgment and righteousness in the earth. In those days Judah shall be saved, and Jerusalem will dwell safely. And this is the name by which she will be called: "The Lord our Righteousness."

Despite our own sin and unrighteousness, the work of Jesus Christ on the cross has made us righteous before God.

**Spend a few reflecting on Jesus as your righteousness. If you come to Him,
He is faithful to cleanse you from all unrighteousness.**

ASK

The work of Christ on the cross has made us righteous in status before God, but we are still learning how to walk in this righteousness.

Micah 6:8

"He has told you, O man, what is good; and what does the LORD require of you but to do justice, and to love kindness, and to walk humbly with your God?"

Because of the righteousness of Christ and the power of the Holy Spirit we are able to do the good works that God has called us to do. To do justice, to be kind, and to walk in humility.

**Ask God to give you the mind of Christ and the power of the Holy Spirit to be like Jesus.
What attributes do you need from God to walk in the righteousness He has given you?
It could be something like boldness, compassion, or patience.**

YIELD

Take some time to sit in His presence and to let Him minister to you. God promises to give us what we need to do the works he has prepared for us.

Pray the following prayer:

Father, I know that I am often selfish, prideful, and incapable of doing any good works on my own. I yield myself over to You, trusting that by the blood of Christ You have clothed me in righteousness and equipped me with the Holy Spirit to do good works.

Spend a few moments recognizing your identity in Jesus as someone who is righteous before God. He has called you His child and made you a priest.

End your time by praying the following prayer:

*May the peace of the Lord Christ go with me: wherever He may send me.
May He guide me through the wilderness: protect me through the storm.
May He bring me home rejoicing at the wonders He has shown.*

DAY 7

JEHOVAH SABOATH // THE LORD OF HOSTS

PAUSE

As we enter into a time of prayer and meditation, take a moment to quiet your soul. The Psalmist invites us to *be still and know that He is God*. Be still. Take a deep breath. Clear your mind and ask the Lord to protect your thoughts.

Pause and be still for a few moments.

Pray the following prayer:

Jehovah Saboath, the Lord of Hosts, I might not have much but what I do have is a heart that beats for You. Stir up a hunger in my soul to sit in Your presence, and to taste and see that You are indeed good. Come, Holy Spirit.

REFLECT

Jehovah Saboath is a name for God which means "the Lord of Hosts." In the Bible, hosts were a word which described military, powerful heavenly beings, and natural phenomena such as stars. Jehovah Saboath means that God is the Lord of earthly and heavenly armies and that He controls even the laws of nature.

Psalm 46:11

"The Lord of hosts is with us; the God of Jacob is our fortress."

God is powerful. Because He is the Lord of hosts, He is our fortress and our stronghold.

**Spend a few reflecting on God as the Lord of heavenly armies and of nature.
Contemplate His power over all things.**

ASK

All throughout the New Testament Jesus portrays examples of His power. He heals the sick, frees the demon oppressed, calms storms, walks on water, and even raises the dead. Through the power of the Holy Spirit, we can experience true freedom in our lives in multiple different ways.

2 Corinthians 10:3-4

"For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds."

God, through the power of the Holy Spirit, is able to destroy and break the power of sin in your life. The Holy Spirit is able to heal bodies, break addictions, give peace to anxiety, and joy for depression.

Spend some time asking God to show up in power right in this moment. Where do you need healing or deliverance? Ask God to be the Lord of Hosts over that issue - for the Holy Spirit to heal.

YIELD

Take some time to sit in His presence and to let Him minister to you. God rewards those who ask diligently.

Spend a few moments yielding to the power of God. Have faith that He is really able to work powerfully right now in this moment.

End your time by praying the following prayer:

*May the peace of the Lord Christ go with me: wherever He may send me.
May He guide me through the wilderness: protect me through the storm.
May He bring me home rejoicing at the wonders He has shown.*

DAY 8

JEHOVAH QANNA // JEALOUS GOD

PAUSE

As we enter into a time of prayer and meditation, take a moment to quiet your soul. The Psalmist invites us to *be still and know that He is God*. Be still. Take a deep breath. Clear your mind and ask the Lord to protect your thoughts.

Pause and be still for a few moments.

Pray the following prayer:

Jehovah Qanna (Jealous God), I might not have much but what I do have is a heart that beats for You. Stir up a hunger in my soul to sit in Your presence, and to taste and see that You are indeed good. Come, Holy Spirit.

REFLECT

He is the Alpha and Omega, the Beginning and the End. He alone is worthy of our praise and adoration. He declares that there is to be no other gods before Him. Jesus exclaims He is the way, the truth, and the life. No one comes to the Father except through Him. His jealous heart was on display for all to see as He hung from a tree and was crucified. The perfect atonement for our sin, which separated us from the Father, was paid at the great expense of His one and only Son.

He yearns to be in perfect relation with His children as He once was in the garden of Eden before sin entered the scene. If we only *understood* that His heart of jealousy is pure and perfect, maybe we wouldn't run away from His kind and purifying presence.

Take a moment and ask the Lord if there is anything within you that you are holding back from Him.

ASK

One of the great invitations of prayer is to ask the Lord to meet our needs.

Because we know our God is kind and merciful, we can come to Him, lay the muck we've held at His feet, and look up only to be met with eyes that are tearfully proud of us. Those that believe and confess Jesus is Lord, are clothed in the righteousness of God and there is no thing that can separate us from His hands.

Spend some time asking the Holy Spirit to soften what might be hardened toward His grace.

Pray the following prayer:

Father, I am keenly aware of the great mercy You offer that I am undeserving of. Thank You for bestowing Your grace upon me—despite me. I ask that You would continue to soften the areas within me that have grown callused. Search me, Lord, and help me move forward in such a way that honors You. In the same breath, I ask for You to be tender toward me. I ask that as I step forward in faith, You would enable my eyes to be purified so I can see Your loving and jealous gaze upon me. In Jesus name, amen.

YIELD

Spend a moment and reread the scripture for today. As you do so, allow the Holy Spirit to either reemphasize what He spoke to you the first time, or reveal something you might have missed.

Finish by putting yourself in a posture of surrender. Invite the Lord to have His way in you today as you walk in humble obedience and reflection of His beautifully jealous heart toward you. Consciously allow Him to be the sole prize of your affections.

End your time by praying the following prayer:

*May the peace of the Lord Christ go with me: wherever He may send me.
May He guide me through the wilderness; protect me through the storm.
May He bring me home rejoicing at the wonders He has shown.*

DAY 9

JEHOVAH MEKODDISHKEM // THE LORD WHO SACTIFIES YOU

PAUSE

As we enter into a time of prayer and meditation, take a moment to quiet your soul. The Psalmist invites us to *be still and know that He is God*. Be still. Take a deep breath. Clear your mind and ask the Lord to protect your thoughts.

Pause and be still for a few moments.

Pray the following prayer:

Jehovah Mekoddishkem (The Lord Who Sanctifies), I might not have much but what I do have is a heart that beats for You. Stir up a hunger in my soul to sit in Your presence, and to taste and see that You are indeed good. Come, Holy Spirit.

REFLECT

Sanctification is a process that sets us apart. Apart to be in the world, yet not of it. Apart to glorify the Lord with our very reflection, and to be holy as He is holy through the power of the Holy Spirit within.

Knowing the names of God are a testament to His character, we breathe deep and realize the kindness of His hands that refines us. The Father heart of God is revealed to us by the loving act of sanctification. Spend the next few moments reflecting on your posture toward God as The Lord Who Sanctifies. Is it hostile? Or is it welcoming to the warmth of His refinement?

Take a moment to confess to the Lord what the Holy Spirit is revealing to you.

ASK

One of the great invitations of prayer is to ask the Lord to meet our needs.

The Lord knows intimately the needs of His children, and we know His heart toward us. Paul says in Romans 8, we *know* He is working all things for the good of His people. In response, Paul exclaims, "What then shall we say to these things? If God is for us, who can be against us?" (v.31). He is FOR us!

Because we can know this with a great confidence, we are able to come to God as Jehovah Mekoddishkem, ask for Him to refine us, and not respond in a worrisome flinch. Instead, we can relax in His hands and trust what He has said is true.

Spend some time asking the Holy Spirit to reveal any areas of your life that aren't reflecting Jesus.

Pray the following prayer:

Father, I confess I have neglected to honor You in word and deed to the extent You are worthy. I come to You now in a spirit of humility and ask for You to sanctify the entirety of my being. You are kind and gracious in Your dealings and I ask that You would give me eyes to see this. Melt what is hardened in Your sight and allow me to pool before You in surrender. Have Your way, Jehovah Mekoddishkem. In Jesus name, amen.

YIELD

As you finish your time, take a moment to reread the scripture for today's guided prayer. Ask the Holy Spirit to speak vibrantly through His words by either reemphasizing something or highlighting something new.

Ask the Lord to go before, behind, and around you today as you walk in humility with Him as your guide.

End your time by praying the following prayer:

*May the peace of the Lord Christ go with me: wherever He may send me.
May He guide me through the wilderness: protect me through the storm.
May He bring me home rejoicing at the wonders He has shown.*

DAY 10

JEHOVAH SHALOM // THE LORD IS PEACE

PAUSE

As we enter into a time of prayer and meditation, take a moment to quiet your soul. The Psalmist invites us to *be still and know that He is God*. Be still. Take a deep breath. Clear your mind and ask the Lord to protect your thoughts.

Pause and be still for a few moments.

Pray the following prayer:

Jehovah Shalom (The Lord is Peace), I might not have much but what I do have is a heart that beats for You. Stir up a hunger in my soul to sit in Your presence, and to taste and see that You are indeed good. Come, Holy Spirit.

REFLECT

There is a kind of peace that is offered to us that surpasses all understanding. It's not the kind of peace that only comes from moments in solitude, though it often can be found there. It is the kind of peace that swells within and overflows, washing away the tension of fear. Not a peace that neglects the realities of this world, but one that comes face to face with it all and declares God as greater and *better*.

He is the solid rock we can place our trust in when faced with adversity. Is there an area in your life you have neglected the peace offered to you? Spend the next moments and ask the Holy Spirit to bring these particular areas to mind so that you might lay the worry at His feet.

Take a moment and talk with the Lord about what He is doing within you at this very moment.

ASK

One of the great invitations of prayer is to ask the Lord to meet our needs.

The Lord is kind and gracious toward us. His heart is for us to understand and grip onto the peace He is offering right at this very moment. All we need to do is put ourselves in a posture to receive it and He'll place it in our hands as we reflect on Him as larger than our circumstance.

Spend some time asking the Holy Spirit to wash His peace over you.

Pray the following prayer:

Father, I come to you weary of striving in my own efforts for peace. Like pushing against a stone wall, the weight of it all feels immovable. Thank You for Your word that declares Your power is made perfect in my weakness. Would Your Spirit wash over me and replenish the energy I've spent in vain? I ask that You would, in this very moment, blow a fresh breeze that brings a rejuvenating rain. Fill the rivers that seemed long gone and allow me to shout Your praises right where You have me. In Jesus name, amen.

YIELD

Take a moment to reread the scripture for today's prayer guide. Ask the Holy Spirit to highlight something new or reemphasize the things He may have already drawn to your attention.

Finish your time in a posture of humility as you yield to the weight of whatever it is the Lord is calling you to set down. Allow Him the opportunity to place His yoke upon you, which is easy and the burden, light. Allow the Holy Spirit to produce His fruit within you amidst the hardship.

End your time by praying the following prayer:

*May the peace of the Lord Christ go with me: wherever He may send me.
May He guide me through the wilderness: protect me through the storm.
May He bring me home rejoicing at the wonders He has shown.*

DAY 11

JEHOVAH JIREH // THE LORD WILL PROVIDE

PAUSE

As we enter into a time of prayer and meditation, take a moment to quiet your soul. The Psalmist invites us to *be still and know that He is God*. Be still. Take a deep breath. Clear your mind and ask the Lord to protect your thoughts.

Pause and be still for a few moments.

Pray the following prayer:

Jehova Jireh, Lord who will provide, I might not have much but what I do have is a heart that beats for You. Stir up a hunger in my soul to sit in Your presence, and to taste and see that You are indeed good. Come, Holy Spirit.

REFLECT

In Exodus 16 we find the Israelites tired, hungry, and in desperate need of relief. The situation for the People of God had become so dire many of them wished they had died at the hands of the Egyptians (Exd. 16:2). Read how the Lord responds:

Exodus 16:4

⁴Then the Lord said to Moses, "I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will follow my instructions.

The Lord provides for the Israelites in miraculous fashion, but notice the last few words spoken to Moses,

Spend a few minutes boldly asking the Lord where you need His provision.

ASK

Like a caring and loving father, the Lord is eager to provide for His Children.

Luke 11:11-13

"Which of you fathers, if your son asks for¹¹ a fish, will give him a snake instead? ¹² Or if he asks for an egg, will give him a scorpion? ¹³ If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!"

Our heavenly Father desires to provide for His children. He does not want us to be parched in the desert but instead eagerly provides refreshment.

Spend some time asking the Lord for what you need. Don't hold back. Cry out for provision in the big and small ways.

YIELD

Returning to Exodus 16,

The Lord could have provided an endless buffet of manna but notice the last few words in verse four, "enough for that day." Many scholars suggest it is this passage that Jesus is referring us back to when He teaches us to pray.

Matthew 6:11

Give us this day our daily bread.

The Lord did not supply unlimited manna, instead He wanted the Israelites to rely on Him daily and maybe this is why Jesus instructs us to ask for our daily bread. The Lord longs and desires to provide for His children, but He also wants to stir in us a spirit that is utterly dependent on Him and His provisions.

Pray the following prayer:

Jehova Jireh, I know that everything rests in the palm of your hands. Lord this morning I am comforted by your perfect, sovereign control. I ask that you provide for me in the wilderness today. Surprise me with the taste of freshly baked manna and may it create a hunger in me for more of You.

Spend a few moments asking the Lord to create in you an appetite for His provision and His presence.

End your time by praying the following prayer:

*May the peace of the Lord Christ go with me: wherever He may send me.
May He guide me through the wilderness: protect me through the storm.
May He bring me home rejoicing at the wonders He has shown.*

DAY 12

JEHOVAH RAAH // THE LORD IS MY SHEPHERD

PAUSE

As we enter into a time of prayer and meditation, take a moment to quiet your soul. The Psalmist invites us to *be still and know that He is God*. Be still. Take a deep breath. Clear your mind and ask the Lord to protect your thoughts.

Pause and be still for a few moments.

Pray the following prayer:

Jehovah Raah, The Lord who is my shepherd, I might not have much but what I do have is a heart that beats for You. Stir up a hunger in my soul to sit in Your presence, and to taste and see that You are indeed good. Come, Holy Spirit.

REFLECT

In the most literal understanding of the word shepherd, two key elements are required: To be a constant presence with one's flock (a shepherd could not abandon his flock for fear they might wander away) and to be an ever-present protector and caretaker. With those characteristics and qualities in mind, read Psalm 23.

Psalm 23:1-4

¹The Lord is my shepherd, I lack nothing.

*2 He makes me lie down in green pastures,
he leads me beside quiet waters,*

3 he refreshes my soul.

*He guides me along the right paths
for his name's sake.*

*4 Even though I walk
through the darkest valley,^[a]*

I will fear no evil,

*for you are with me;
your rod and your staff,
they comfort me.*

**Spend a few reflecting on the magnitude of the God of the universe being your personal shepherd.
How has the Lord protected you? How has He guided you?**

ASK

Unlike sheep or goats, we are not blind or mute subjects. Instead, our Good Shepherd allows and wants us to spend time in His presence, making our request known. This morning, what do you need from your Shepherd? What valley or shadows (see Psalm 23:3-4) are you walking through?

Spend some time asking the Lord to defend you against the darkness and cruelty of the world.

YIELD

A shepherd has so much responsibility as we've contemplated. However, for the flock, only one thing is required: Trust. Do you trust your Shepherd? Do you trust that your Shepherd will faithfully guide you towards green pastures and still water?

John 10:14

¹⁴ *"I am the good shepherd; I know my sheep and my sheep know me—*

We do not blindly follow an unknowing or removed Shepherd. God knows our needs, and He cares deeply. Do you trust the Lord knows you? If the answer is yes, then are you willing to follow?

Spend a few moments asking God to remind you of His faithfulness. Ask God to give you a heart that is yielded towards trusting in His good and perfect ways.

Pray the following prayer:

My Good Shepherd, today there many different ways and persuasions that I can follow. But, like You warned, they are nothing more than ferocious wolves in sheep's clothing. You say that Your sheep know Your voice. Help me know and recognize Your voice.

**Spend a few moments listening to the voice of your Good Shepherd.
Ask God if there is anything He wants to tell you?**

End your time by praying the following prayer:

*May the peace of the Lord Christ go with me: wherever He may send me.
May He guide me through the wilderness: protect me through the storm.
May He bring me home rejoicing at the wonders He has shown.*

DAY 13

ADONAI // LORD, MASTER

PAUSE

As we enter into a time of prayer and meditation, take a moment to quiet your soul. The Psalmist invites us to *be still and know that He is God*. Be still. Take a deep breath. Clear your mind and ask the Lord to protect your thoughts.

Pause and be still for a few moments.

Pray the following prayer:

Adonai, Lord of my life, I might not have much but what I do have is a heart that beats for You. Stir up a hunger in my soul to sit in Your presence, and to taste and see that You are indeed good. Come, Holy Spirit.

REFLECT

Adonai is the Hebrew word for lord, or master. It was often used in reference to, rulers, masters, and kings. Scripture teaches us that God is the sole ruler and master of our lives; yet we often live with a divided heart, entertaining multiple masters.

Matthew 6:24

²⁴ "No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money. The Lord provides for the Israelites in miraculous fashion, but notice the last few words spoken to Moses,

**Spend a few minutes thinking about what is ruling your heart and thoughts this morning?
Confess this area to the Lord.**

ASK

God is not interested in sharing the affections of your heart. He gave all of His Son so that we could call Him master, and in return He desires all of us.

Romans 12:1

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship

Our Heavenly Father desires to provide for His children. He does not want us to be parched in the desert but instead eagerly provides refreshment.

Our response to God being our Adonai, or master, is to offer ourselves as a living sacrifice back to God.

Spend a few moments asking God to help you be a living sacrifice. Ask The Lord for strength, where it is difficult to fully surrender your desires and fall under his Lordship.

YIELD

Allowing something, or someone, to be master or ruler over ourselves requires submission. If we are to honestly live forth from a place of recognizing God as our Adonai then we must take up the posture of total submission, yielding to His ways and His rule.

Spend a few moments asking God to give you strength and a desire to surrender your day to Him. Reflect on which parts of your day may be difficult to surrender. Pray specifically for those times/situations.

End your time by praying the following prayer:

*May the peace of the Lord Christ go with me: wherever He may send me.
May He guide me through the wilderness: protect me through the storm.
May He bring me home rejoicing at the wonders He has shown.*

DAY 14

EL OLAM // THE EVERLASTING GOD

PAUSE

As we enter into a time of prayer and meditation, take a moment to quiet your soul. The Psalmist invites us to *be still and know that He is God*. Be still. Take a deep breath. Clear your mind and ask the Lord to protect your thoughts.

Pause and be still for a few moments.

Pray the following prayer:

El Olam, The Everlasting God, I might not have much but what I do have is a heart that beats for You. Stir up a hunger in my soul to sit in Your presence, and to taste and see that You are indeed good. Come, Holy Spirit.

REFLECT

Revelation 1:8

"I am the Alpha and the Omega," says the Lord God, "who is, and who was, and who is to come, the Almighty."

For God to truly be El Olam, Everlasting, He must be the God who is, and who was and is to come. He is a God that was there at the beginning and will be forever. To acknowledge God as everlasting must also mean we acknowledge that nothing will ever threaten the throne in which He resides and rules from.

Spend a few minutes reflecting on the infinite nature of God. Express your gratitude towards God and His forever good and faithful rule.

ASK

To acknowledge God as the one who is, and who was, and who is to come means that we acknowledge His faithfulness in the past (who was), as well as His faithfulness and provision for the future (who is to come). It also means that we trust Him today (who is). Often times the latter is the most difficult.

Spend some time asking the Lord to show you His faithfulness for TODAY.

YIELD

Isaiah 40:28

Do you not know?

Have you not heard?

*The Lord is the everlasting God,
the Creator of the ends of the earth.*

*He will not grow tired or weary,
and his understanding no one can fathom.*

As we near the end of our Breakthrough prayer guide, it is tempting to box the Lord into a "special weekend." Perhaps this morning you are already wondering if this has all been nothing more than a 'spiritual high.' But if we are to accept God as everlasting then we must also accept that no event or weekend can ever contain or corner God. Instead, He desires to continue to reveal Himself to you, as He did yesterday, as He will today, and forever.

Philippians 1:6

being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

Spend a few moments asking the Lord to give you confidence that He will continue the faithful work He has begun in your life.

End your time by praying the following prayer:

*May the peace of the Lord Christ go with me: wherever He may send me.
May He guide me through the wilderness; protect me through the storm.
May He bring me home rejoicing at the wonders He has shown.*