

## What is 3 Days of Prayer?

Are you anxious about the new year, 2023, and all it will bring? Do you wonder what is happening next in your life or in the world? There is no better way to start 2023 than in prayer!

Set aside three days in January to spend focused time, refreshing your relationship with Jesus and your church body and family.

These prayer days are to remind us that it is God who gives and sustains life. We need to seek the Lord for guidance for the new year and for forgiveness for the things we allowed to separate us from Him and renewal of our strength to remain faithful to His callings.

### You're invited to pray...

"Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere." Ephesians 6:18

God says, "You will call upon me and come and pray to me, and I will listen to you." Jeremiah 29:12

While there are three intentional days of prayer, God desires that every day is a day of prayer.

"Pray without ceasing." 1 Thessalonians 5:17

### Prayer tips for the whole year

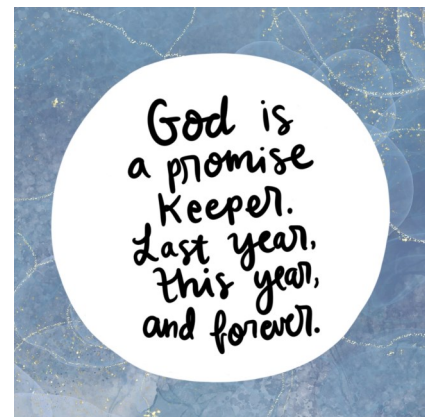
- Keep a prayer journal. Write your prayers to help keep you focused during a time of prayer. You can also look back on your journal and see the ways God has answered your prayers.
- Start the morning in prayer. Before you get out of bed, say good morning to God and thank Him for a new day ahead.
- Pray with your spouse and/or kids before leaving for work or school, asking that God would bless their day.
- Pray at each meal, thanking God for providing for your needs.
- Set an alarm on your phone to remind you to pray throughout the day.
- Pray with your kids/spouse before bedtime, thanking God for the day, asking forgiveness for your sins, and asking God to give good sleep.



This, then, is how you should pray:

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as it is in heaven.  
Give us today our daily bread.  
And forgive us our debts,  
as we also have forgiven  
our debtors.

And lead us not into  
temptation, but deliver  
us from the evil one.  
Matthew 6:9-13



	<b>Day 1 Individual Prayers</b>	<b>Day 2 Prayers for your Church</b>	<b>Day 3 Prayers for the World</b>
8 am	Praise: for a new day with Jesus and thanksgiving for the three days of prayer ahead	Children's Ministry: the children, their families, the teachers, the leadership team, staff members working with kids	Peace: amongst countries and people fighting and in conflict with one another
9 am	Repentance: ask forgiveness for what separates you from God and make plans to change those sinful habits with God's help	Youth Ministry: the students, their families, the leadership team, staff members working with youth	Provision: for those who are hungry, struggling financially, hurting and needing healing
10 am	Spiritual Growth: that you would grow in the fruit of the Spirit: love, joy, peace, patience, etc. (Galatians 5:22-23)	Volunteers: communion, ushers, greeters, sound, media, broadcast, treats makers, etc.	God's light: to cast out the darkness in all corners and areas of the world
11 am	Guidance and wisdom: for the little decisions and the big ones ahead	Church staff and families for strength, joy, compassion, and wisdom in their serving	Government: our President, Congress, Supreme Court, Governor, state legislature, local leaders
12 pm	Thank God: for your job or school or other life circumstance and pray for co-workers/classmates/homemakers/neighbors	Local and Global Mission projects your church participates in	Military and Civil Servants: all branches of armed forces, fire fighters, law enforcement, paramedics, etc.
1 pm	Finances: for wisdom, generosity, blessing, contentment	Adult Ministry: Community Groups and leaders, adult Bible classes, parenting groups, marriage retreats	Business: Christian workers to display Christ-like humility and service to their co-workers
2 pm	Family: spouse, kids, parents, siblings, step-family, and extended family	Worship Ministry: Pray for your pastors and worship directors, musicians, choir and support teams	Unreached people groups: for willing people to go where the gospel has not been shared yet
3 pm	Friends: thank God for your friends, ask Him to bless them, and for you to be a good friend.	Church Finances: for faithful, generous and cheerful givers and sound financial managers	Bible translation: for God's Word to be translated so everyone has access to hear or read what it says
4 pm	Health: thanksgiving for your body, protection from illness, healing	Church leadership: for faithfulness, wisdom and vision	The Persecuted Church: strength, courage, faithful witness, protection
5 pm	Activities: that God would work in you and through you in your hobbies, volunteering, and other activities	Outreach projects: may we be bold and courageous in inviting our neighbors to church events & activities so new people can hear the gospel	Missionaries: to proclaim the gospel clearly, follow the Spirit's leading, protection; emotional, physical, and spiritual health; integrity, joy, provision
6 pm	Learning: that you would grow in knowledge of God's word and be hungry for time in the Bible	Women's ministry: For retreats, conferences, small groups, encouragement for widows and moms	Media: The decision makers within the media to realize they can make a profit by producing uplifting projects, less division
7 pm	Hope and Vision: a strong sense that God is with you and that He has plans for your life	Men's ministry: For retreats, conferences, small groups, encouragement for widows and fathers	Marriages and Families: for strong, healthy, Christ-centered relationship
8 pm	Rest: for good rhythms of work and rest, a good night's sleep	Our individual church family: for unity, transformation, protection, guidance, health	The Worldwide Church: more missionaries, obedience to God's mission, faithfulness to God's Word



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