

A person is shown from the chest down, wearing a dark red garment, reading a book with a red cover. The book is open, and the person's hands are visible on the pages. The background is a soft, out-of-focus light color.

21 DAYS OF  
PRAYER

— & —

FASTING

JAN 18 - FEB 7



# WEEK 2: PRAYING FOR OUR RELATIONSHIPS



## DAY 8

### BEGIN WITH GRATITUDE

*We always thank God for all of you and continually mention you in our prayers. 1 Thessalonians 1:2*

Welcome to week 2 of our prayer and fasting journey. This week we will focus on our relationships: families, friends and others in our circles of influence. As we go through the week, ask the Lord to bring to mind people in your life that you should pray for. It could be an estranged family member or a friend from high school that you haven't spoken to in decades. If you can, reach out to the people you're praying for and ask them for specific ways you can pray with them. You might be amazed to discover that your text or phone call was just what the person needed to get them through the day!

Family is a wonderful blessing from the Lord. Your family might not be perfect (nobody's is), but God chose you to belong to that family for a reason. If you look back on your life experiences, you will see how your family background has shaped your faith and convictions. God can use even the bad and painful aspects of our families to reveal himself to us and to draw us closer to him. Who in your family are you most thankful for today? What other relationships has God brought into your life that have been a great support? Spend time naming family members and friends that you are thankful for and pray for God's blessing over their lives.

My prayer: Dear God, today I thank you for:

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Thank you for placing them in my life, for making them my family and my friends. Thank you for all the experiences we've had together and the lessons that came out of them. Bless them today and put your love in their hearts.

## DAY 9

### HEALING & RECONCILIATION

*Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins. Mark 11:24—25*

One of the biggest hinderances to effective prayer is unforgiveness. Unforgiveness is a trap that the enemy uses to keep us from experiencing God's love and blessing in our lives. Our sinful nature can make relationships difficult, hurtful and painful. It can be difficult to forgive those who have hurt us, especially when it is close family and friends. But the Bible is very clear: unless we forgive those who have hurt us, God will not forgive us. So, not only do we carry the burden of what the other person did against us, we also continue to carry the burden of our own sin because we haven't received true forgiveness from God. This robs us of joy and peace and can cause great anguish in our hearts. We have this amazing promise from Jesus that we will receive what we ask for in faith. But as long as there is sin in our hearts, we will remain cut off from God's presence and will miss out on the blessing of answered prayer. Reflect on your relationships today and ask God to reveal any unforgiveness or bitterness. Ask for forgiveness for the hurt you may have caused others and pray for the strength to forgive those who hurt you. Listen to God as you reflect and if He leads you to, then reach out and seek reconciliation. Forgiveness will not repair every broken relationship. But it will free YOU and bring you closer to God. Use the prayer guide below to put down the name(s) of anyone you need help to forgive, and also those you need forgiveness from.

My Prayer:

Dear God, you know that I struggle in my relationship with \_\_\_\_\_.

Please help me to see them the way you do and to love them the way you want me to. Help me to forgive \_\_\_\_\_ for hurting me. Please give me wisdom to know how to interact with them in a way that reflects Christ's love. Help me to create healthy boundaries and patterns in my relationship with \_\_\_\_\_.

And forgive me for hurting \_\_\_\_\_ . Give me courage to express my remorse to them and seek reconciliation if possible. Help me to live out my faith boldly in all my relationships and to be an agent of reconciliation (1 Corinthians 5:18). Amen.

## DAY 10

### BREAKING NEGATIVE PATTERNS

*For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your ancestors, but with the precious blood of Christ, a lamb without blemish or defect. 1 Peter 1:18-19.*

Today we continue to pray for our families focusing on praying for victory over negative patterns. We all have a generational legacy; a way of seeing and responding to the world around us that was passed down from our families. Each of us has emotional, behavioral or physical traits that we learned or inherited from our parents or other key influences in our lives. Perhaps you've heard the saying, "Mirror! Mirror on the wall! I am my mother after all!" It's wonderful when we have meaningful traditions and habits passed down. Unfortunately, some of the things we learned or inherited have negatively impacted our lives maybe without even realizing it. Some of these patterns are obvious and easy to see. But other patterns are more insidious and can be hard to identify. We need the Holy Spirit to shine his light in our lives and reveal the things that have been passed down to us that go against God's design and purpose for our lives. This is not a comfortable exercise but it is necessary for the growth and well-being of our families. Our scripture today says that we have been redeemed from the way of life that was handed down to us with the precious blood of Christ. God paid a very high price for our freedom so that we wouldn't have to follow negative examples from our past.

Take some time and review how your family handled conflicts, showed affection, communicated with each other, used their time. What negative patterns come to mind, patterns like alcoholism, drug abuse, anxiety, broken relationships, rebellion, etc. Write down all the things that come to mind. Ask the Holy Spirit to reveal to you anything that you might have missed. Reflect on which areas of your own life you see any of these negative patterns in your own relationships, or any areas in which you still suffer the negative consequences of your family's behavior.

Prayer

Dear God, I see patterns of \_\_\_\_\_

\_\_\_\_\_ that were passed down from my family.

Please help me forgive \_\_\_\_\_ for the ways they hurt me.

I also see patterns of \_\_\_\_\_

manifested in my own life. I confess these negative patterns and the hurt they have caused to my spouse, children and friends. I pray that you would break these patterns over my life and my family. Give me your strength to walk in the freedom that you have given me. Renew me and my relationships and help me to pass on a positive legacy through the power of your Spirit. Amen.









