



## INTRODUCTION

Welcome to the 2025 7 Days of Prayer. If this time of corporate prayer resonates with you, commit to making it a great start to set up the year. Let's make a decision, here and now, to seek Jesus this year with reckless abandon and watch as He begins to transform every area of our lives! There is no better investment you could make in yourself and in your family than to put God first in this way in 2025. That's why we can confidently say this will be a good year, and even, perhaps your best year spiritually. In the following pages, you will find seven days of devotional content meant to guide you on a journey of pursuing God first.

## KEYS TO HELP YOU HAVE AN EFFECTIVE PRAYER TIME

As Christ followers we look to Jesus to see how He modelled His daily prayer. Let's look at some keys to help you have a great time in prayer.

**Mark 1:35** *Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed.*

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus demonstrated during His life on earth.





### HAVE A CERTAIN TIME

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God - whether it's first thing in the morning, at lunch, or in the evening - and faithfully keep it.

### HAVE A CERTAIN PLACE

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

### HAVE A CERTAIN PLAN

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it "The Lord's Prayer". As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.

At New Life Church we have used the acronym ACTS as a model for personal prayer. Here is a short description of the four letters in this acronym and what they mean as we pray through them in this order:

**Adoration:** Give God praise and honour for who He is as Lord over all.

**Confession:** Honestly deal with the sin in your prayer life by bringing it to the Lord and knowing He has forgiven you (See 1 John 1:9). Confession can also mean you can find some scriptures relevant to you to declare (confess) them over your life and your family.

**Thanksgiving:** Verbalize what you're grateful for in your life and in the world around you.

**Supplication:** Pray for the needs of others and yourself.

You can make this plan as long or as short as necessary but try to plan at least 10 to 15 minutes to begin with and grow up to 30 minutes and longer.





## HOW WE PRAY

During each of the 7 Days of Prayer we have provided some simple prayers for you to pray. We encourage you to continue praying beyond just the words we've given you as a starting point. You don't have to say or do anything that you wouldn't normally say or do when you're talking to someone - just be yourself! God wants to hear your honest prayers. Share your thoughts, your frustrations, what you're thankful for, what you need - He wants to hear it, so He can respond! God doesn't want polished, eloquent prayers; He just wants to hear from you. He wants to have your undivided focus as you speak to Him throughout your day. In **1 Thessalonians 5:16-17** it says, "*Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God*". Carve out time to spend in His Presence, either morning, lunchtime or evening. You can also pray when you're getting ready in the morning, when you're on your way to work or school, as you're walking to your car or the next destination, when you're driving, and everywhere else. God is with you all of the time, so anytime is a great time for prayer.

## TYPES OF FASTS AND WHAT THEY REQUIRE

Praying is the most important part of 7 Days of Prayer. But if you feel to fast as well, here are some ways you can fast:

### 1. Daniel Fast:

No meat, sweet foods, or strong drinks (see Daniel 10:2-3). This can be done for an extended period of time. This could also be considered a vegetarian diet because there is no meat or animal products eaten.

### 2. Partial Fast:

This would be not eating one main meal you would usually eat on a daily routine, such as breakfast, or lunch, or dinner. This meal would be skipped until the fast was over. You can also fast sugar, TV or anything else the Holy Spirit reveals to you.

### 3. Half-Day Fast:

Fast until 3PM (ninth hour). This is the fast John Wesley participated in (see Acts 10:30-31).

### 4. Complete Fast:

This would require you to abstain from all solid foods, consuming liquids only. When Jesus fasted in the desert, the Bible says, "After fasting forty days and forty nights, He was hungry". This verse does not mention Jesus being thirsty (see Luke 4:1-2).

*N.B If you have any medical conditions or treatments that could make fasting dangerous, please do not fast until you have cleared fasting with your medical practitioner.*





## PUT JESUS FIRST IN 2025

*Galatians 2:20* "I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me".

## REFLECT ON THE WORD

This scripture in Galatians is a powerful explanation of every Christian's responsibility. It's all about putting on the character of Jesus Christ by following His lead and example in every aspect of our lives. Let our deepest intention in 2025 be to know and to love Him with all that we are. As we seek Jesus every day and spend time with Him by reading His Word, praying and worshipping we become more like Him. He asks us simply "to follow Him" as He did with His disciples. Spending time with Jesus helps us to lay aside our distractions and to lay down our cares, anxieties and troubles before Him knowing that He cares for us and that He is capable of being (as He promises in Ps 46:1) "a very present help in time of need".

## PRAYER + CONTEMPLATION

Father, we commit 2025 into Your hands. Help us to keep our minds on things above, on what is pure and noble and of good report. We commit to seek You wholeheartedly and to walk in Your ways this year so that we can be fruitful in every area of our lives. Our hearts are set on You, and we take every opportunity to serve You, to see Your kingdom come and Your will be done in us and in our families. We trust that this year will be a year of expanding our influence as we put You first in everything we do. Praise You God for all You have done and all You will do in and through us. In Jesus Name, amen.





TUESDAY 14/1/25

## BUILD ON A FIRM FOUNDATION

*Matthew 7:24-25* “Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock”.

## REFLECT ON THE WORD

Like a house with a solid foundation or a tree with a healthy root system, our lives can only withstand the turbulent shifting of the times when Christ is at the centre of our faith and practice. God’s promises in the Bible are our firm foundation and keep us stable and steady in seasons of change or personal storms. The stronger our foundation in Him, the easier it becomes to walk by faith and live as those who are grounded in Him. God has not promised us a storm-free life, but a storm-proof life. His promise to us is that He will be our firm foundation and security in testing times and will never fail us.

## PRAYER + CONTEMPLATION

Thank You Father for Your promises to us that are “Yes” and “Amen”. As we “stand and having done all, to stand” let us hold fast to You and know that we have a strong foundation, the Rock on which we stand. We can put our faith in a faithful God who will never let us down. Thank You that You deliver us from all fear as we keep our eyes on You. We anchor ourselves in Jesus and His Word and we know He will always bring us through. In His Name, amen.





WEDNESDAY 15/1/25

## WE ARE CALLED TO BE SALT AND LIGHT

*Matthew 5:13-16* “You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.

*“You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven”.*

## REFLECT ON THE WORD

Jesus often chose common subjects to demonstrate His teachings. Salt was so important and valuable that Roman soldiers sometimes were paid in salt. Salt on its own is still used today for preserving food, but it also enhances the taste of everything it's added to. Jesus taught His followers to be careful not to lose the flavour of their Creator. The way we respond to people and how we treat each other is important to God as it ministers to those on the outside who are unchurched. Jesus described His followers (which also applies to believers today) as salt and light, clearly called to influence, improve and make the world a better place.

## PRAYER + CONTEMPLATION

Thank You Heavenly Father that we can be salt and light to those around us. Let those who are around us experience Your Presence in us as we live according to Your Word. Let us be Your love letters from heaven to a world in desperate need of caring and compassionate people so that we can make a difference wherever You have planted us. Send us those who need encouragement and love and help us to be the salt and light that You have called us to be. We ask this in the Mighty Name of Jesus, amen.





## LIVING A GENEROUS LIFESTYLE

*2 Corinthians 9:6-8* “Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver”.

## REFLECT ON THE WORD

Generosity starts with acknowledging God’s grace, His love and generosity towards us. A generous lifestyle is when we realize just how well God has provided for us and that inspires us to be generous to others. Living generously is living gratefully and lovingly, offering help to others without worrying about getting something in return. It is gratitude in action. A generous life is a life lived with our hands and hearts open. A caring and generous lifestyle is an intentional way of living that reflects a life touched and changed by God.

## PRAYER + CONTEMPLATION

Heavenly Father, thank You for blessing us with an abundance and providing us with our daily bread. Help us to live as cheerful givers, not missing opportunities to bless others as we embrace a generous lifestyle. You have given us the very best, Your Son Jesus, to enable us to live a life beyond ourselves. You gave us the greatest gift of all, eternal life in Your Presence, help us to demonstrate the same generosity of spirit to all those around us, whether in New Life Church or wherever we go. Thank You that You provide every need according to Your riches in glory (Philippians 4:19). We ask this in the Name of Jesus, amen.





FRIDAY 17/1/25

### PRAYING SPECIFIC PRAYERS

*Hebrews 4:16* “Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need”.

*1 John 5:14-15* “And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him”.

### REFLECT ON THE WORD

God invites us to pray specific prayers. We can have this confidence in Him, as stated in these two scriptures, to put our trust in Jesus our Healer, Shepherd, Saviour, Redeemer, and Provider. The Word says that He responds to our requests as we come before His throne of grace in prayer. God loves to answer our prayers. As we put our prayer requests into His hands, we wait expectantly for Him to answer. We let go of our control and make an internal decision to trust Him. Our God hears us, and He leans in to answer our prayer. It is a good exercise to take a moment to hear from Him, write down your specific prayers and thank Him for His answers in advance.

### PRAYER + CONTEMPLATION

Heavenly Father, thank You for connecting with us in prayer as we bring our specific, targeted prayers and petitions to You (name these requests before the Lord). We are grateful that we can be in constant contact with You and in this posture of total dependence, we can have confidence in You knowing that our fervent prayers “avail much”. Help us to rest in this confidence, as we put our trust and faith in a Mighty God who is more than able to meet every need. In Jesus Name we pray, amen.







SATURDAY 18/1/25

### PRAYING FOR OUR CHURCH COMMUNITY

*1 Corinthians 12:19,27 "How strange a body would be if it only had one part. All of you together are Christ's body and each of you is a part of it".*

### REFLECT ON THE WORD

It's an old cliché but a good one that says, "No man is an island." We simply were not designed by God to go through this life alone. This is true not only with regards to our emotional health but also our spiritual health. We require other people to stretch and push us closer and closer to God. Staying connected to others strengthens us, protects and shapes us even as "iron sharpens iron" (see Proverbs 27:17). Church community keeps us connected and growing in Christ.

### PRAYER + CONTEMPLATION

Heavenly Father, thank You for the beauty, protection and strength we experience in our New Life community. Show us where we can be more involved and committed at New Life Church. Thank You that we can grow in relationship with You and with each other as we all play our part. You are building Your church and as we co-labour with you, the gates of Hades shall not prevail against us. In Jesus Name, amen.





SUNDAY 19/1/25

## CHRIST ALWAYS LEADS US IN TRIUMPH!

***Ephesians 6:10-17** “Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God”.*

## REFLECT ON THE WORD

The armour of God represents the Biblical defences and strategies we must use. The Bible tells us that we are fighting a war against evil forces who seek to destroy us. Therefore put on God’s armour because this armour enables us to overcome the plans and strategies that the enemy uses. The belt is where Roman soldiers stored their weapons - without a belt, they could not carry a weapon! Why then does Paul associate the belt of a soldier with truth? For Christians, God’s Word is truth, and it serves as our firm foundation that holds everything together. The helmet is about keeping our minds on Jesus and on His Word that transforms our minds. The breastplate of righteousness is Christ’s righteousness imputed to us, keeping our hearts aligned to Him. Then we use the sword of the Spirit, speaking God’s Word out loud to bring down the enemy’s plans. With our shield of faith, we quench the “fiery darts” (negative thoughts) that disquiet and overwhelm us, knowing that we are shielded and hidden in Him. As we walk in Him, we walk in the peace of the Good News that He has overcome the world through His death and resurrection. How powerful is our God who always leads us in triumph!

## PRAYER + CONTEMPLATION

Thank You Lord Jesus that we live in the knowledge that our right standing with You and Your truth and Your armour help us to overcome and live in victory. This is the power that You have given us. James 4:7 says, “submit to God, resist the devil and he will flee from you.” As we submit to Your truth, we grow stronger, and we can stand firm. Strengthen us now in the inner man and let us grow in stature and in authority in 2025 as we apply this scripture to our lives. In Your Mighty Name Jesus, amen.

