

# Spiritual Fitness Program Level 3

## *Strengthening the Prayer Life*

Word Of Truth In Christ Church

Participant workbook and facilitator guide

A 30 day draft for personal devotion and weekly group study

### **Growing stronger through daily prayer**

This level helps us build a consistent, Scripture guided prayer life. We will learn from Jesus, bring our hearts honestly before God, pray for others, and remain faithful while we wait. Our goal is deeper fellowship with God and a daily walk shaped by His Word.

Building on Level 2, Feeding on the Word, participants will practice turning what they read in Scripture into prayer and obedient action.

Suggested use: one month of daily exercises, with four weekly teaching sessions and a closing reflection. The days are undated so the church can choose its start date.

Participant name \_\_\_\_\_

Start date \_\_\_\_\_ Completion date \_\_\_\_\_

### **Foundation scriptures**

Luke 11:1–4 • Matthew 6:5–13 • Hebrews 4:14–16 • 1 Thessalonians 5:16–18

Read each passage in your preferred Bible translation. Teaching statements and prayer prompts in this workbook are summaries rather than direct Bible quotations.

## How to use this workbook

Set aside a realistic daily prayer appointment. Begin with 10 to 15 minutes and adjust as needed. Time is a practical aid, not a measure of spiritual worth. If you miss a day, resume without discouragement.

- Read the assigned passage in context. Notice what it reveals about God and how it directs your response.
- Pray honestly. Include worship, confession, thanksgiving, requests, and surrender as appropriate.
- Pause and reflect. Test impressions by Scripture; seek wise counsel rather than treating every thought as God's voice.
- Respond with one practical act of obedience. Record a short journal entry.
- Review the week and share only what you are comfortable sharing with the group.

## Daily morning and evening practice

Morning: read the day's scripture, pray through the exercise, and name one obedient step.

Evening: thank God for His care, review your response, and entrust unresolved concerns to Him.

## Learning goals

- Establish a regular prayer rhythm without making prayer a performance.
- Use the Lord's Prayer as a guide for worship, requests, forgiveness, and surrender.
- Pray according to Scripture and God's will.
- Intercede with compassion and confidentiality.
- Continue praying through distraction, weakness, and waiting.

## Starting heart check

For each statement, mark Rarely, Sometimes, or Consistently. Repeat on Day 30. This is reflection, not a spiritual grade.

I make room for prayer in my daily life. \_\_\_\_\_

I bring honest concerns to God and surrender my preferences. \_\_\_\_\_

I use Scripture to guide my prayers. \_\_\_\_\_

I pray for people beyond my immediate needs. \_\_\_\_\_

I take practical steps in response to what Scripture teaches. \_\_\_\_\_

My main prayer growth goal for this level is:

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## Week 1 Building a Consistent Prayer Life

Teaching scriptures: Luke 11:1–4; Mark 1:35; Matthew 6:5–8

### Weekly teaching

Prayer begins with relationship. Jesus taught His disciples to approach God as Father and modeled making time to pray. Private prayer forms us even when no one sees it.

### Teaching outline

- Follow Jesus' example of intentional prayer.
- Approach God with confidence through Christ.
- Build a daily rhythm that supports honest fellowship.

### Group study questions

- What does Jesus' example teach us about making room for prayer?
- How does addressing God as Father shape our approach?
- What distinguishes sincere prayer from performance?
- What practical barrier can you address this week?

### Weekly prayer

Father, help me meet with You faithfully and speak to You with an honest heart.

### Weekly practice

Keep a daily prayer appointment and note the main distractions.

My weekly commitment:

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## **Week 1 Daily Prayer Exercises**

### **Day 1 Make Room for God**

Read Mark 1:35–39. Choose a regular time and place. Ask God to help you protect this appointment.

Reflect: What will I adjust to make room for prayer?

### **Day 2 Lord Teach Me to Pray**

Read Luke 11:1–4. Pray through the requests Jesus taught, using your own words.

Reflect: Which part of this prayer needs more attention in my life?

### **Day 3 Come With Confidence**

Read Hebrews 4:14–16. Bring one weakness to God, trusting Jesus as your great High Priest.

Reflect: How does Jesus' compassion help me approach God?

### **Day 4 Pray With Sincerity**

Read Matthew 6:5–8. Pray privately and plainly without trying to impress anyone.

Reflect: When do I focus more on how prayer sounds than on God?

### **Day 5 Bring Your Whole Heart**

Read Psalm 62:5–8. Name an honest concern and entrust it to God.

Reflect: What have I hesitated to bring before Him?

### **Day 6 Return Throughout the Day**

Read 1 Thessalonians 5:16–18. Pause morning, midday, and evening for brief prayer and thanksgiving.

Reflect: What reminder helped me return my attention to God?

### **Day 7 Review Your Prayer Rhythm**

Read Psalm 5:1–3. Review the week and pray about one change that will support consistency.

Reflect: What helped me pray, and what needs to change?

Use the reusable daily journal page for longer responses. Record any missed days with grace and resume your practice.

## Week 2 Praying With a Surrendered Heart

Teaching scriptures: Matthew 6:9–13; Psalm 139:23–24; Luke 22:39–46

### Weekly teaching

Prayer includes worship, repentance, forgiveness, and surrender. Jesus' prayer in Gethsemane shows that we can express deep distress while submitting to the Father's will.

### Teaching outline

- Honor God before presenting requests.
- Practice confession, repentance, and forgiveness.
- Surrender desired outcomes to the Father.

### Group study questions

- What does it mean to seek God's kingdom in prayer?
- How are confession and changed behavior connected?
- How can we forgive while maintaining wise boundaries?
- What can we learn from Jesus about surrender during distress?

### Weekly prayer

Father, search my heart, forgive my sin, and teach me to obey Your will.

### Weekly practice

Include worship, confession, forgiveness, and surrender in daily prayer.

My weekly commitment:

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## **Week 2 Daily Prayer Exercises**

### **Day 8 Begin With Worship**

Read Psalm 100:1–5. Praise God for who He is before naming your requests.

Reflect: How does worship change my perspective?

### **Day 9 Honor His Name**

Read Matthew 6:9–10. Ask that God’s character be honored in your words and choices.

Reflect: Where do my priorities need to align with His kingdom?

### **Day 10 Invite God to Search You**

Read Psalm 139:23–24. Ask God to expose attitudes that need correction.

Reflect: What response does this passage call for today?

### **Day 11 Confess and Receive Forgiveness**

Read 1 John 1:5–10. Confess a specific sin and identify a step of repentance.

Reflect: What needs to change beyond my words?

### **Day 12 Bring Hurt Before God**

Read Ephesians 4:31–32. Ask for grace to release bitterness and respond with wisdom.

Reflect: What would a gracious response look like with appropriate boundaries?

### **Day 13 Surrender Your Will**

Read Luke 22:39–46. Name a desired outcome and entrust the result to the Father.

Reflect: Where is surrender difficult for me?

### **Day 14 Review Your Heart**

Read Psalm 51:10–12. Ask God to renew your heart and willingness to obey.

Reflect: What change in attitude have I noticed?

Use the reusable daily journal page for longer responses. Record any missed days with grace and resume your practice.

## Week 3 Praying With Faith and the Word

Teaching scriptures: 1 John 5:14–15; Philippians 4:4–9; James 1:5–8

### Weekly teaching

Faith rests in God’s character and wisdom. Scripture guides our requests, and thanksgiving helps us entrust our concerns to Him. Confidence in prayer does not give us control over God’s timing or require a particular outcome.

### Teaching outline

- Let Scripture guide what you ask.
- Bring concerns with thanksgiving.
- Trust God’s grace while answers remain unresolved.

### Group study questions

- How does Scripture shape the content of our requests?
- What is the difference between trusting God and demanding an outcome?
- How do prayer and thanksgiving work together in Philippians 4?
- What does Paul’s experience teach about prayers answered differently than hoped?

### Weekly prayer

Father, strengthen my faith in Your character and guide my requests through Your Word.

### Weekly practice

Choose one passage each day and turn its teaching into a personal prayer.

My weekly commitment:

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## **Week 3 Daily Prayer Exercises**

### **Day 15 Pray According to His Will**

Read 1 John 5:14–15. Frame a request around something Scripture teaches God desires.

Reflect: Am I submitting my request to God's will?

### **Day 16 Turn Scripture Into Prayer**

Read Colossians 1:9–12. Use Paul's prayer to ask for wisdom, endurance, and spiritual growth.

Reflect: Which request is most needed in my life?

### **Day 17 Bring Anxiety to God**

Read Philippians 4:4–9. Name a concern, make a specific request, and give thanks.

Reflect: What concern do I need to entrust to Him again?

### **Day 18 Ask for Wisdom**

Read James 1:5–8. Ask God for wisdom and identify a wise next step.

Reflect: What decision needs prayer and sound counsel?

### **Day 19 Trust His Shepherding**

Read Psalm 23:1–6. Pray through the psalm, thanking God for His presence and guidance.

Reflect: How can I follow His leading today?

### **Day 20 Trust in Weakness**

Read 2 Corinthians 12:7–10. Bring an ongoing difficulty to God and ask for sustaining grace.

Reflect: How might faithfulness look while the difficulty remains?

### **Day 21 Review Your Faith**

Read Psalm 27:13–14. Thank God for His care while you wait for unresolved requests.

Reflect: What am I learning about trust rather than control?

Use the reusable daily journal page for longer responses. Record any missed days with grace and resume your practice.

## Week 4 Interceding and Persevering in Prayer

Teaching scriptures: 1 Timothy 2:1–6; Ephesians 6:18–20; Luke 18:1–8

### Weekly teaching

A growing prayer life reaches beyond personal needs. We pray for others, leaders, and the spread of the gospel. Perseverance keeps us dependent on God while we serve others with love.

### Teaching outline

- Pray for people, leaders, and gospel witness.
- Depend on the Spirit in weakness and opposition.
- Persevere and support prayer with loving action.

### Group study questions

- Why should our prayers include people outside our household and church?
- What do Paul's prayers teach us about intercession?
- How can we persevere without assuming we can force God's response?
- How can we protect confidentiality when sharing prayer requests?

### Weekly prayer

Father, deepen my compassion and help me remain faithful in prayer for others.

### Weekly practice

Keep a confidential prayer list and pray across several areas of need.

My weekly commitment:

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## **Week 4 Daily Prayer Exercises**

### **Day 22 Pray for Others**

Read 1 Timothy 2:1–6. Pray for family, neighbors, and public leaders with compassion.

Reflect: Whom do I tend to leave out of my prayers?

### **Day 23 Pray for Spiritual Growth**

Read Ephesians 3:14–21. Pray that someone will be strengthened and rooted in Christ's love.

Reflect: How can I pray beyond someone's immediate circumstances?

### **Day 24 Pray for Gospel Witness**

Read Colossians 4:2–6. Pray for open doors and gracious speech for your church and yourself.

Reflect: What opportunity can I respond to this week?

### **Day 25 Pray in Spiritual Opposition**

Read Ephesians 6:10–20. Ask for truth, faith, endurance, and courage to stand in Christ.

Reflect: Which part of this passage speaks to my present struggle?

### **Day 26 Pray When Words Are Few**

Read Romans 8:26–27. Bring your weakness to God and rest in the Spirit's help.

Reflect: How does this passage encourage me when prayer feels difficult?

### **Day 27 Keep Praying**

Read Luke 18:1–8. Return to a longstanding request while entrusting justice and timing to God.

Reflect: What helps me persevere without becoming bitter?

### **Day 28 Review and Encourage**

Read James 5:13–18. With permission, pray with someone and offer one practical act of care.

Reflect: How can prayer and loving action support each other?

Use the reusable daily journal page for longer responses. Record any missed days with grace and resume your practice.

## Days 29 and 30 Continuing in Prayer

### Day 29 Remember God's Faithfulness

Read Psalm 103:1–5. Review your entries and thank God for His care. Identify an answered prayer, an area of growth, or grace that sustained you. Do not feel pressured to report an outcome you have not experienced.

What have I learned about God and prayer?

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### Day 30 Establish Your Continuing Rhythm

Read Colossians 4:2 and John 15:1–8. Repeat the starting heart check. Choose a sustainable time for prayer and one person who can encourage your continued growth.

My prayer time and place: \_\_\_\_\_

My ongoing scripture reading plan: \_\_\_\_\_

My encouragement partner if desired: \_\_\_\_\_

One habit I will continue:

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### Level 3 Declaration

Through Jesus Christ, I draw near to the Father. I will grow in prayer, let His Word guide my requests, and trust His wisdom as I walk in obedience.

### Closing Prayer

Father, thank You for welcoming us through Jesus Christ. Teach us to pray with sincere hearts. Renew our minds through Your Word, strengthen us in weakness, and grow our compassion for others. Help us keep meeting with You when life is busy and when answers take time. May our prayer life lead to faithful obedience and love. In Jesus' name, amen.

## Daily Prayer Journal

Copy or reuse this page for each day.

Day \_\_\_\_\_ Date \_\_\_\_\_ Scripture \_\_\_\_\_

**What does this passage teach me about God and prayer?**

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**My prayer of worship thanksgiving confession or request**

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**What will I surrender to God today?**

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**One action I will take in obedience**

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**Evening reflection and thanksgiving**

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## Weekly Review and Prayer Record

Week \_\_\_\_\_ Dates \_\_\_\_\_

**What did I learn from the Word this week?**

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**What strengthened or interrupted my prayer rhythm?**

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**What am I still entrusting to God?**

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**What adjustment will I make next week?**

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### Confidential prayer record

Record only necessary details. Ask permission before sharing someone else's request. A personal journal does not need to be turned in.

Person or area of need \_\_\_\_\_

Request and scripture \_\_\_\_\_

Date and follow up \_\_\_\_\_

Thanksgiving or update \_\_\_\_\_

## Facilitator Guide

Suggested weekly gathering: 45 to 60 minutes. Adapt the pace to the group and allow participants to pass on personal questions.

- Opening prayer and check in — 5 minutes. Ask what helped participants make time for prayer.
- Read and explain the weekly passages — 15 minutes. Keep each verse connected to its context.
- Discuss the weekly questions — 10 to 15 minutes. Invite participation without requiring private disclosures.
- Guided prayer practice — 10 to 15 minutes. Model short, clear prayers using the passage.
- Set the weekly practice and close — 5 minutes.

## Weekly guided prayer practice

Week 1: walk through the Lord's Prayer, pausing for participants to respond in their own words.

Week 2: allow quiet reflection, then lead a prayer of repentance and surrender.

Week 3: read Colossians 1:9–12 and turn each request into prayer.

Week 4: pray for the church, community, leaders, and gospel witness. Keep requests confidential.

## Teaching reminders

Prayer is fellowship with God, not a technique for controlling results. Do not equate unanswered requests, illness, or difficult circumstances with a lack of faith. Teach forgiveness alongside wise boundaries. Encourage Scripture guided discernment and practical care for those in need.

## Suggested completion reflection

Invite participants to name one passage that helped them, one habit that grew, and one practice they plan to continue. Recognize participation and growth without ranking people by minutes prayed or public prayer ability.

## Optional congregational prayer focus

Pray for spiritual growth, households and caregivers, those facing financial pressure, the sick and grieving, church leaders, public servants, and people who need to hear the gospel. Ask how the church can offer practical support as it prays.