

~~worry~~

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pray first

the transformative power
of a life built on prayer

CHRIS HODGES

New York Times Bestselling Author

A PDF COMPANION TO THE AUDIOBOOK

Pray First

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s i x t e e n

21 days of prayer and fasting

WEEK 1: ALL ABOUT JESUS

Sunday's Focus: The Lord's Day

Attend church, rest, and reflect.

“Remember the Sabbath day by keeping it holy.” (Exodus 20:8 NIV)

Monday's Focus: Dependence on Him

Seek and rely on God's Spirit.

“Not by might nor by power, but by my Spirit,”
says the LORD Almighty. (Zechariah 4:6 NIV)

Tuesday's Focus: Surrender to Him

Surrender all areas of your life to God so that you may draw closer to Him and be conformed to the image of Christ.

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. (Romans 12:1 NIV)

Wednesday's Focus: Worshiping Him

Worship the Lord for who He is and the magnificence of His character.

“Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks.” (John 4:23 NIV)

Thursday's Focus: Broken Before Him

Confess your sin and experience God's grace and mercy as you receive His forgiveness.

My sacrifice, O God, is a broken spirit;
a broken and contrite heart
you, God, will not despise.
(Psalm 51:17 NIV)

Friday's Focus: Listening to Him

Still yourself before God so that you can hear the voice of His Spirit.

“When he has brought out all his own, he goes
on ahead of them, and his sheep follow him
because they know his voice.” (John 10:4 NIV)

Saturday's Focus: Casting Your Cares on Him

Place your trust in God and commit yourself to His care.

Commit everything you do to the LORD.

Trust him, and he will help you.

(Psalm 37:5 NLT)

WEEK 2: GOD'S WORK IN ME

Sunday's Focus: The Lord's Day

Attend church, rest, and reflect.

Remember the Sabbath day by keeping it holy. (Exodus 20:8 NIV)

Monday's Focus: My Freedom

Thank God for the freedom you have in Christ.

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery. (Galatians 5:1 NIV)

Tuesday's Focus: My Relationships

Pray for the important people in your life—immediate family, loved ones, and close friends.

Remember the Lord, who is great and awesome, and fight for your families, your sons and your daughters, your wives and your homes. (Nehemiah 4:14 NIV)

Wednesday's Focus: My Growth

Ask God to help you grow and mature in your faith.

Speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. (Ephesians 4:15 NIV)

Thursday's Focus: My Calling

Thank the Lord for the calling He has placed on your life to serve Him with your unique abilities and gifts.

But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. (1 Peter 2:9 NIV)

Friday's Focus: My Healing

Praise God for the ways He has healed you in the past and continues to heal areas of brokenness that need His touch.

"He himself bore our sins" in his body on the cross, so that we might die to sins and live for righteousness; "by his wounds you have been healed." (1 Peter 2:24 NIV)

Saturday's Focus: My Blessing

Give thanks to God for the abundance of blessings in your life right now.

Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. (Ephesians 1:3 NIV)

WEEK 3: INTERCESSION

Sunday's Focus: The Lord's Day

Attend church, rest, and reflect.

Remember the Sabbath day by keeping it holy. (Exodus 20:8 NIV)

Monday's Focus: Our Leaders

Lift up in prayer all those in authority over you, including parents, teachers, pastors, local government officials, state leaders, and national leaders, even if you disagree with their ideologies.

I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. (1 Timothy 2:1–2 NIV)

Tuesday's Focus: Our Missions

Pray for those serving as missionaries and evangelists at all levels—local, national, and international. Lift up specific individuals you know who are committed to spreading the gospel of Jesus Christ to those who do not know Him.

“But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in

Jerusalem, and in all Judea and Samaria, and
to the ends of the earth.” (Acts 1:8 NIV)

Wednesday’s Focus: Our Church

Ask God to bless, sanctify, and empower His bride, the church, so that it may be salt and light to the dark world. Pray for your pastor and church leaders as well as specific ministries you feel led to lift up.

“And I tell you that you are Peter, and on this rock
I will build my church, and the gates of Hades
will not overcome it.” (Matthew 16:18 NIV)

Thursday’s Focus: Our Children

Pray for the children in your own family as well as other children you know—in your neighborhood, school, church, and community.

Children are a heritage from the LORD,
offspring a reward from him.
(Psalm 127:3 NIV)

Friday’s Focus: The Lost

Pray for all those who do not know God as their Lord and Savior, that they may come to know His love and invite Jesus Christ into their lives. Lift up specific people by name whom you know need the Lord.

The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance. (2 Peter 3:9 NIV)

Saturday's Focus: Our Victory

Give God thanks and praise for all the incredible things He has shown you over the past 21 days.

But thanks be to God! He gives us the victory through our Lord Jesus Christ. (1 Corinthians 15:57 NIV)

Don't be surprised when your prayer experience grows richer with each passing day, each consecutive week. Praying and fasting for 21 days is truly a spiritual adventure unlike any other. Your commitment to God grows deeper and your focus on knowing Him becomes sharper. Your relationships with other believers also receive benefits as you enjoy community and fellowship together. As you encounter God during these three weeks, my prayer for you comes from the priestly blessing used for generations:

Praying and fasting for 21 days is truly a spiritual adventure unlike any other. Your commitment to God grows deeper and your focus on knowing Him becomes sharper.

“The LORD bless you
and keep you;
the LORD make his face shine on you
and be gracious to you;
the LORD turn his face toward you
and give you peace.”
(Numbers 6:24–26 NIV)