



Saturday October 17 - Wednesday November 25

*In 40 Days of Prayer and Fasting, let us close this Year of 40 by preparing ourselves to fulfill God's mission for us in the years ahead by **desiring** God, becoming **desperate** for God, and **diving** into the will and mission of God for our lives, families, and church. As a church, may we be **refreshed** in the Lord, **re-center** our families in the Lord, and be **renewed** in our mission as a church for the Lord. In prayer, we access the power of God. In fasting, we advance faith in God.*

Prayer Gatherings at Cardinal

"Prayer & Fasting" Wed. October 21 6:30-7:30 pm

Night of Prayer & Worship Wed. November 4 6:30-7:30 pm

"Refresh" Prayer Gatherings Wed. October 28, November 11 & 18 6:30-7:30 pm

Thanksgiving Service Wed. November 25 7:00-8:00 pm

Prayer

Prayer is personally communing and communicating with our personal God. Set aside specific time(s) to get away from distractions, and have intentional, focused prayer with God and be in His Word.¹ And in free moments throughout the day—in your car, at your office, at school, in the middle of situations—learn to pray.

Fasting

Fasting is when a Christian voluntarily gives up something (often food) to focus on God. You could choose to fast for the whole day, for one meal a day or week, or from something like coffee or sweets over the next 40 days. You may modify the fast (if you aren't able to fast from food or want to choose something other than food) by fasting from something like social media, television, videogames, projects, etc., and instead spend that time with God when you would do those things.

¹ Unless otherwise stated, all Scripture in this guide is from the Christian Standard Bible (CSB).

Praying Personally Through The Lord's Prayer

Day 1 – Saturday October 17

Therefore, you should pray like this...

-Matthew 6:9; Psalm 63, Mark 1:35-38, John 15:1-8, Ephesians 6:18

E.M. Bounds once said “What the church needs today is not more or better machinery, not new organizations or more and novel methods. The church needs men and women whom the Holy Spirit can use—men and women of prayer, men and women mighty in prayer. The Holy Spirit does not flow through methods, but through people. He does not come on machinery, but on people. He does not anoint plans, but people—people of prayer.”² The model of prayer for Jesus was pray and then do. We often do and never pray. May we become desirous and desperate for God in prayer!

Pray:

- *Pray for God to make you desirous & desperate for prioritizing prayer.*

Day 2 – Sunday October 18

Our Father in heaven.

-Matthew 6:9; Isaiah 64:8, Romans 8:12-17, Ephesians 1:3-6

Our God is a good, good Father. The fact that He is our Father means we are His, He loves us deeply more than anyone could, He wants to relate intimately with us, and His gracious authority is over us. As our Father, He shapes us, has chosen us, adopted us, and lavished us with every spiritual blessing in Christ, and has given us His Spirit so we may know Him and go to Him as Father. Do you desire to be with your Father?

Pray:

- *Remind yourself of these truths from these verses of God's Fatherhood. Thank Him for being a good good Father.*
- *Pray that you will see Him and love Him as Father just as He sees you and loves you as son/daughter.*
- *Pray that you will know Him deeper and follow Him closer.*

² E.M. Bounds, *On Prayer*, 467.

Praying Personally Through The Lord's Prayer

Day 3 – Monday October 19

Your name be honored as holy.

-Matthew 6:9; 1 Samuel 2:2, Isaiah 6:1-5

When you think of the word “holy,” what comes to your mind? This word means “set apart, wholly other than, pure.” Our holy God is set apart from us in that He is perfect and divine, yet He comes down to sinners like us and communes with us. If we are going to be centered in God by prayer, we must know Who we are talking with—the only Holy God of the universe.

Pray:

- *Praise God for His holiness, greatness, and perfection.*
- *Pray that you will see Him as holy and in light that, your need for Him.*
- *Pray that God will shape you in holiness. Pray for the Lord to reveal and root out those unholy things that distract you from your Holy God.*

Day 4 – Tuesday October 20

Your kingdom come.

-Matthew 6:10; Daniel 7:13-14, Matthew 6:33-34, Luke 13:18-21

We wait for the kingdom's full arrival when Jesus returns, but the kingdom is already here by God becoming King of our hearts. “Your kingdom come” is a way of saying “King Jesus, rule my life.”³ Every day is a process of examining our hearts, and dethroning ourselves to have God on the throne. God is our good Father, but He is also our highly exalted King. May we see Him as King of our lives Who deserves every bit of all of us.

Pray:

- *Pray for God's kingdom to come soon.*
- *Ask God to incline your heart to seek Him and joyfully live for Him as your King.*
- *Ask for God to take rule over areas of your life that you are trying to hold onto or you are trying to be in control over. Surrender to God.*

³ Paul Miller, *A Praying Life*, 127.

Praying Personally Through The Lord's Prayer

Day 5 – Wednesday October 21

Your will be done on earth as it is in heaven.

-Matthew 6:10; Proverbs 3:5-6, Mark 14:32-42, Romans 12:2, Hebrews 10:36

God has kingdom purposes for His world that He is fulfilling for His glory. God has kingdom purposes for us—to love God, love our neighbor (Mark 12:30-31), and to be disciples of Jesus who make more disciples of Jesus (Matt. 28:19-20). Yet, God has purposes for you to accomplish His kingdom purposes that He wants to reveal to you. Are you seeking the will of God? Are you living in God's will or self-will? H.B. Charles once said "the safest place to be is in the will of God, but the safe place may not be God's will."⁴ God's will won't always be comfortable (Jesus endured the cross), but it is the place where God uses you for His glory (Jesus arose!).

Pray:

- *Pray for God's will to be done through His kingdom purposes in the world and in your life for His glory.*
- *Ask God to reveal any areas of self-will and give you trust to take that step of faith on His path.*
- *Ask God to help you to trust His plan even when it is hard.*

Day 6 – Thursday October 22

Give us today our daily bread.

-Matthew 6:11; Exodus 16, John 6:35-58, Philippians 4:19, 1 John 5:14

This is bread "day by day" which includes our physical, emotional, and spiritual needs. God wants us to ask Him daily ("keep giving us" implies "what is necessary, sufficient"), continuously, for His provision in our lives. God wants to hear the needs of His children and act for them—go to Him.

Pray:

- *Ask God to provide for what you need. Name those needs that are burdening your heart and ask God to help you trust Him to provide.*

⁴ H.B. Charles Jr., "The Priorities of Jesus," sermon from Southeastern Seminary September 15, 2026.

Praying Personally Through The Lord's Prayer

Day 7 – Friday October 23

And forgive us our debts, as we also have forgiven our debtors.

-Matthew 6:12; Mark 11:25, Luke 7:47, Ephesians 4:31-32, 1 John 1:9

“Our sins they are many, His mercy is more.”⁵ Think of all the sins we commit in an hour, a day, a week, a month, a year, a lifetime, from our actions, words, thoughts, and heart’s desires. And yet, God’s mercy and love is so much more to forgive us through the work of His Son (Rom. 5:8)! Therefore, we extend that forgiveness to others. God cannot use you if you have a heart of unforgiveness and bitterness. Where is forgiveness needed or needed to be extended? Spend time in prayer over forgiveness.

Pray:

- *Take time today to confess sin. Repent of it, and ask God to forgive you. Trust through Christ that God has forgiven you (Rom. 8:1).*
- *Take time to pray forgiveness over someone and connect with that person to offer them forgiveness.*
- *Today, seek forgiveness from someone you may have wronged.*

Day 8 – Saturday October 24

And do not bring us into temptation, but deliver us from the evil one.

-Matthew 6:13; Psalm 119:11, 1 Corinthians 10:13, Hebrews 4:14-16

Temptation—the daily war the Enemy and our flesh wages on us (1 Pet. 5:8, Gal. 5:16-17). Being tempted is not sin, giving in is. The first way that the enemy is going to tempt you is to distract you from praying, draw you away with pride, or dispel lies about God so that you don't pray. Start today by submitting to and drawing near to God (James 4:7-8).

Pray:

- *Pray for the Lord to protect you from the Enemy's temptations. Name those temptations that are a daily struggle with your flesh.*
- *Pray for strength to endure and resist temptation.*

⁵ *His Mercy is More*, by: Matt Boswell and Matt Papa.