

90-DAY PRAYER GUIDE

(30 Days x3)

PRAY AT SIGNIFICANT AND NEGLECTED PLACES

How to use this Prayer Guide:

The Prayer Guide is divided into 30 days which is to be repeated for the 90 days of blessing following the Global Day of Prayer.

Every day has 3 prayer points:

- A blessing or proclamation that you may pray for yourself, your family, your city and your nation.
- A declaration of faith in who God is, and
- A suggestion of a practical prayer somewhere in your city. Try do pray practically on at least one site during the week.

DAY 1

Pray the Blessing:

Gen 1:9-12 And God said, "Let the waters under the heavens be gathered together into one place, and let the dry land appear." And it was so. God called the dry land Earth, and the waters that were gathered together he called Seas. And God saw that it was good. And God said, "Let the earth sprout vegetation, plants yielding seed, and fruit trees bearing fruit in which is their seed, each according to its kind, on the earth." And it was so. The earth brought forth vegetation, plants yielding seed according to their own kinds, and trees bearing fruit in which is their seed, each according to its kind. And God saw that it was good.

Declare your faith:

I believe and confess that the Triune God – Father, Son and Holy Spirit – is the Creator of Heaven and Earth, and of all created things. I believe that He is upholding all things with the power of his hand (Acts 17:24; Heb 1:3)

Pray on foot:

Pray at the dirtiest place in your community or city, e.g. the garbage dump and demonstrate your care for creation by picking up the garbage in your own street.

DAY 2

Pray the Blessing:

Gen 1:27-28 So God created man in his own image, in the image of God he created him; male and female he created them. And God blessed them. And God said to them, "Be fruitful and multiply and fill the earth and subdue it and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth."

Declare your faith:

I believe and confess that God made mankind in His image and His likeness to have dominion over all the earth (Gen 1:26)

Pray on foot:

Pray at the new-natal ward at your local hospital for the new-born babies.

DAY 3

Pray the Blessing:

Luke 7:22-23 And he [Jesus] answered them, "Go and tell John what you have seen and heard: the blind receive their sight, the lame walk, lepers are cleansed, and the deaf hear, the dead are raised up, the poor have good news preached to them. And blessed is the one who is not offended by me."

Declare your faith:

I believe and confess that Jesus Christ shows no partiality to anyone and that he regards all people as equal before him, irrespective of race, status or caste (James 2:1-8).

Pray on foot:

Pray for the outcasts in your community, e.g. at the squatter camps, for the untouchables, for those in an asylum, and demonstrate the love of God practically to them.

DAY 4

Pray the Blessing:

Isaiah 53:2-5 For he grew up before him like a young plant, and like a root out of dry ground; he had no form or majesty that we should look at him, and no beauty that we should desire him. He was despised and rejected by men; a man of sorrows, and acquainted with grief; and as one from whom men hide their faces he was despised, and we esteemed him not. Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted. But he was wounded for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his stripes we are healed.

Declare your faith:

I believe and confess that Jesus Christ heals the sick today through the power of the Holy Spirit (Matt 10:8; James 5:14).

Pray on foot:

Visit a hospital and pray for those who are sick with the faith that God can heal them.

DAY 5

Pray the Blessing:

Deut 28:1-6 "And if you faithfully obey the voice of the LORD your God, being careful to do all his commandments that I command you today, the LORD your God will set you high above all the nations of the earth. And all these blessings shall come upon you and overtake you, if you obey the voice of the LORD your God. Blessed shall you be in the city, and blessed shall you be in the field. Blessed shall be the fruit of your womb and the fruit of your ground and the fruit of your cattle, the increase of your herds and the young of your flock. Blessed shall be your basket and your kneading bowl. Blessed shall you be when you come in, and blessed shall you be when you go out.

Declare your faith:

I believe and confess that all authority in heaven and on earth has been given to Jesus Christ and that there will be no end to His Government (Matt 28:18; Isaiah 9:7).

Pray on foot: Pray at the highest authority in your city or nation, e.g. Parliament, Palace, High Court or Presidential office.

DAY 6

Pray the Blessing:

John 16:24-33 Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full. "I have said these things to you in figures of speech. The hour is coming when I will no longer speak to you in figures of speech but will tell you plainly about the Father. In that day you will ask in my name, and I do not say to you that I will ask the Father on your behalf; for the Father himself loves you, because you have loved me and have believed that I came from God. I came from the Father and have come into the world, and now I am leaving the world and going to the Father." His disciples said, "Ah, now you are speaking plainly and not using figurative speech! Now we know that you know all things and do not need anyone to question you; this is why we believe that you came from God." Jesus answered them, "Do you now believe? Behold, the hour is coming, indeed it has come, when you will be scattered, each to his own home, and will leave me alone. Yet I am not alone, for the Father is with me. I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."

Declare your faith:

I believe and confess that Jesus Christ is the light of the world, and that the light will overcome the darkness (John 1:4-5).

Pray on foot: Pray outside pagan temples, sites dedicated to other gods, mosques or ancient sites of pagan worship.

DAY 7

Pray the Blessing:

Mark 9:36-37 And he took a child and put him in the midst of them, and taking him in his arms, he said to them, "Whoever receives one such child in my name receives me, and whoever receives me, receives not me but him who sent me."

Declare your faith:

I believe and confess that God loves children and wants to bless them (Matt 19:13).

Pray on foot: Visit an orphanage, children's home or street children and share the love of God with the children by playing with them or helping with their needs or even taking a child home for the weekend.

DAY 8

Pray the Blessing:

Joel 2:12-14 "Yet even now," declares the LORD, "return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments." Return to the LORD your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster. Who knows whether he will not turn and relent, and leave a blessing behind him, a grain offering and a drink offering for the LORD your God?

Declare your faith:

I believe and confess that God is merciful and compassionate towards all people (Ps 103:13).

Pray on foot:

Pray at sites of disasters e.g. earthquakes, floods, tsunamis, asking God to be merciful and compassionate towards the victims. Demonstrate God's compassion in loving acts to them.

DAY 9

Pray the Blessing:

Deut 28:7-10 "The LORD will cause your enemies who rise against you to be defeated before you. They shall come out against you one way and flee before you seven ways. The LORD will command the blessing on you in your barns and in all that you undertake. And he will bless you in the land that the LORD your God is giving you. The LORD will establish you as a people holy to himself, as he has sworn to you, if you keep the commandments of the LORD your God and walk in his ways. And all the peoples of the earth shall see that you are called by the name of the LORD, and they shall be afraid of you.

Declare your faith:

I confess and believe that faith in God will help me to overcome all fears, because God has not given us a spirit of fear but of love, power and self-control (Heb 11:6; 2 Tim 1:7)

Pray on foot:

Pray at sites that cause your nation to fear, e.g. crime, violence, war, poverty, injustice, etc., or at sites of bloodshed, battlefields or accidents.

DAY 10

Pray the Blessing:

Ps 113:1-3 Behold, how good and pleasant it is when brothers dwell in unity! It is like the precious oil on the head, running down on the beard, on the beard of Aaron, running down on the collar of his robes! It is like the dew of Hermon, which falls on the mountains of Zion! For there the LORD has commanded the blessing, life forevermore.

Declare your faith:

I believe and confess that Jesus Christ is the Head of the Church, that He will build the Church and that the gates of hell shall not prevail against it (Col 1:18; Matt 16:18)

Pray on foot:

Prayer-walk your community and pray at all the churches for unity, perseverance, growth and for the power of the Holy Spirit to manifest through their members. Make an appointment with the bishop, moderator, cardinal, priest or senior church officials and pray for those leading the flock.

DAY 11

Pray the Blessing:

Pro 11:11 By the blessing of the upright a city is exalted, but by the mouth of the wicked it is overthrown.

Declare your faith:

I believe and confess that Jesus Christ is the Word of God and that the implanted Word brings salvation (John 1:1; James 1:21).

Pray on foot:

Pray at the newspaper's office that the words of the upright will exalt the city and that the mouth of the wicked will be stopped.

DAY 12

Pray the Blessing:

Phil 4:19 And my God will supply every need of yours according to his riches in glory in Christ Jesus..

Declare your faith:

I believe and confess that Jesus is faithful and just and that He will supply all our needs (2 Tim 2:13; Phil 4:19)

Pray on foot: Pray at refugee camps or places where displaced people stay e.g. night shelters. Demonstrate the love and care of God to them visibly by helping them to build shelters or giving towards their needs.

DAY 13

Pray the Blessing:

Ps 92:12-15 The righteous flourish like the palm tree and grow like a cedar in Lebanon. They are planted in the house of the LORD; they flourish in the courts of our God. They still bear fruit in old age; they are ever full of sap and green, to declare that the LORD is upright; he is my rock, and there is no unrighteousness in him.

Declare your faith:

I believe and confess that the Holy Spirit is the Comforter sent by Jesus to be our helper (John 14:16-18)

Pray on foot:

Pray for and perform a kind deed for an old person today or visit an old-age home to pray for the people.

DAY 14

Pray the Blessing:

Matt 25:31-40 "When the Son of Man comes in his glory, and all the angels with him, then he will sit on his glorious throne. Before him will be gathered all the nations, and he will separate people one from another as a shepherd separates the sheep from the goats. And he will place the sheep on his right, but the goats on the left. Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' Then the righteous will answer him, saying, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.'

Declare your faith:

I believe and confess that Jesus Christ came set the captives free and that by his death on the cross He broke the hold of sin over our lives (Luke 4:18).

Pray on foot:

Visit a prison today and pray for the prisoners, their families and their needs.

DAY 15

Pray the Blessing:

Deut 28:11-14 And the LORD will make you abound in prosperity, in the fruit of your womb and in the fruit of your livestock and in the fruit of your ground, within the land that the LORD swore to your fathers to give you. The LORD will open to you his good treasury, the heavens, to give the rain to your land in its season and to bless all the work of your hands. And you shall lend to many nations, but you shall not borrow. And the LORD will make you the head and not the tail, and you shall only go up and not down, if you obey the commandments of the LORD your God, which I command you today, being careful to do them, and if you do not turn aside from any of the words that I command you today, to the right hand or to the left, to go after other gods to serve them.

Declare your faith:

I confess and believe that the God of heaven and earth can open the windows of heaven and supply in all the needs of my nation (Mal 3:10; 2 Cor 9:7-10)

Pray on foot:

Pray at the economic headquarters of your nation, e.g. stock exchange, reserve bank, financial institutions, banks, etc.

DAY 16

Pray the Blessing:

Luke 6:27-35 "But I say to you who hear, Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. To one who strikes you on the cheek, offer the other also, and from one who takes away your cloak do not withhold your tunic either. Give to everyone who begs from you, and from one who takes away your goods do not demand them back. And as you wish that others would do to you, do so to them. "If you love those who love you, what benefit is that to you? For even sinners love those who love them. And if you do good to those who do good to you, what benefit is that to you? For even sinners do the same. And if you lend to those from whom you expect to receive, what credit is that to you? Even sinners lend to sinners, to get back the same amount. But love your enemies, and do good, and lend, expecting nothing in return, and your reward will be great, and you will be sons of the Most High, for he is kind to the ungrateful and the evil.

Declare your faith:

I believe and confess that through Jesus Christ, I was reconciled to God and that I received the ministry of reconciliation so that through doing good evil will be overcome (2 Cor 5:19; 1 Pet 3:9; Rom 12:21)

Pray on foot:

Pray for anyone who you believe to be your enemy and bless him/her today by doing a good deed

DAY 17

Pray the Blessing:

Ps 33:10-19 The LORD brings the counsel of the nations to nothing; he frustrates the plans of the peoples. The counsel of the LORD stands forever, the plans of his heart to all generations. Blessed is the nation whose God is the LORD, the people whom he has chosen as his heritage! The LORD looks down from heaven; he sees all the children of man; from where he sits enthroned he looks out on all the inhabitants of the earth, he who fashions the hearts of them all and observes all their deeds. The king is not saved by his great army; a warrior is not delivered by his great strength. The war horse is a false hope for salvation, and by its great might it cannot rescue. Behold, the eye of the LORD is on those who fear him, on those who hope in his steadfast love, that he may deliver their soul from death and keep them alive in famine.

Declare your faith:

I believe and confess that Jesus Christ does not want anyone to perish but all people to come to the saving knowledge of Him as the Son of God (2 Pet 3:9; John 3:16)

Pray on foot:

Share the gospel today with at least one unbeliever and pray for those nations and people groups who have not yet heard the gospel of Jesus Christ.

DAY 18

Pray the Blessing:

Ps 119:1-8 Blessed are those whose way is blameless, who walk in the law of the LORD! Blessed are those who keep his testimonies, who seek him with their whole heart, who also do no wrong, but walk in his ways! You have commanded your precepts to be kept diligently. Oh that my ways may be steadfast in keeping your statutes! Then I shall not be put to shame, having my eyes fixed on all your commandments. I will praise you with an upright heart, when I learn your righteous rules. I will keep your statutes; do not utterly forsake me!

Declare your faith:

I believe and confess that Jesus is a righteous judge and that his kingdom is a kingdom of righteousness (Rev 9:11; Isa 9:7).

Pray on foot:

Pray at your magistrate office or town council that those who make decisions on behalf of the city will do it in accordance with God's standards of righteousness.

DAY 19

Pray the Blessing:

John 4:6-14 Jacob's well was there; so Jesus, wearied as he was from his journey, was sitting beside the well. It was about the sixth hour. A woman from Samaria came to draw water. Jesus said to her, "Give me a drink." (For his disciples had gone away into the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask for a drink from me, a woman of Samaria?" (For Jews have no dealings with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have nothing to draw water with, and the well is deep. Where do you get that living water? Are you greater than our father Jacob? He gave us the well and drank from it himself, as did his sons and his livestock." Jesus said to her, "Everyone who drinks of this water will be thirsty again, but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life."

Declare your faith:

I believe and confess that Jesus Christ is the giver of the water of life, and that He has given us everything to live a godly life (Rev 21:6; 2 Pet 1:3).

Pray on foot:

Pray at the water source of your town or city, e.g. well, oasis, fountain, storage tank, and ask for a release of the living water in your community.

DAY 20

Pray the Blessing:

1 Thess 5:23-24 Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. He who calls you is faithful; he will surely do it.

Declare your faith:

I confess and believe that God sent the Holy Spirit so empower the Church to fulfill the purposes of God on this earth in my generation (Acts 1:8; 2 Tim 1:9)

Pray on foot:

Pray at the place where the gospel entered into your city or nation, or at a site where you can declare that God's purpose for your nation is to know Jesus Christ as the Son of God and the Saviour of the world.

DAY 21

Pray the Blessing:

Isaiah 58:5-10 Is such the fast that I choose, a day for a person to humble himself? Is it to bow down his head like a reed, and to spread sackcloth and ashes under him? Will you call this a fast, and a day acceptable to the LORD? "Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh? Then shall your light break forth like the dawn, and your healing shall spring up speedily; your righteousness shall go before you; the glory of the LORD shall be your rear guard. Then you shall call, and the LORD will answer; you shall cry, and he will say, 'Here I am.' If you take away the yoke from your midst, the pointing of the finger, and speaking wickedness, if you pour yourself out for the hungry and satisfy the desire of the afflicted, then shall your light rise in the darkness and your gloom be as the noonday.

Declare your faith:

I believe and confess that our Father in heaven knows the need of every person on earth and wants to provide for them (Luke 12:22-31).

Pray on foot:

Find a beggar and pray for him/her. Demonstrate the provision of God for him/her according to James 2:14-16.

DAY 22

Pray the Blessing:

Ps 119:169-176 Let my cry come before you, O LORD; give me understanding according to your word! Let my plea come before you; deliver me according to your word. My lips will pour forth praise, for you teach me your statutes. My tongue will sing of your word, for all your commandments are right. Let your hand be ready to help me, for I have chosen your precepts. I long for your salvation, O LORD, and your law is my delight. Let my soul live and praise you, and let your rules help me. I have gone astray like a lost sheep; seek your servant, for I do not forget your commandments.

Declare your faith:

I believe and confess that Jesus Christ is the Way, the Truth and the Life and that in Him is fullness of life (John 14:6; Ps 16:11).

Pray on foot:

Pray at a rehabilitation centre for drug or substance abuse for people to be set free and to live a life of thanksgiving to God.

DAY 23

Pray the Blessing:

Matt 5:4-11 "Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they shall be comforted. Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. Blessed are the merciful, for they shall receive mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account."

Declare your faith:

I believe and confess that Jesus Christ is the Prince of Peace and that He alone gives the peace that surpasses all understanding (Isa 9:6; Phil 4:7).

Pray on foot:

Pray at your police station or at the army barracks for police, armed forces or peace-keeping forces.

DAY 24

Pray the Blessing:

The grace (favor and spiritual blessing) of the Lord Jesus Christ and the love of God and the presence and fellowship (the communion and sharing together, and participation) in the Holy Spirit be with you all. Amen (so be it).(AMP)

Declare your faith:

I believe and confess that God wants to bless all people through Jesus Christ with grace, mercy and forgiveness (John 20:29-31).

Pray on foot:

Pray for anyone who serves in your city, e.g. civil servants, bank officials, bus or taxi drivers that the grace of the Lord Jesus Christ will be with them.

DAY 25

Pray the Blessing:

Ps 32:1,2 Blessed is the one whose transgression is forgiven, whose sin is covered. Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit.

Declare your faith:

I believe and confess that forgiveness is available for every sin in my nation through the blood of Jesus Christ (Eph 1:7; Luke 24:46-47).

Pray on foot:

Visit sites of sin, e.g. brothels, night-clubs or gambling halls, and pray for those caught in the vices of sin.

DAY 26

Pray the Blessing:

Ps 24:1-6 The earth is the LORD's and the fullness thereof, the world and those who dwell therein, for he has founded it upon the seas and established it upon the rivers. Who shall ascend the hill of the LORD? And who shall stand in his holy place? He who has clean hands and a pure heart, who does not lift up his soul to what is false and does not swear deceitfully. He will receive blessing from the LORD and righteousness from the God of his salvation. Such is the generation of those who seek him, who seek the face of the God of Jacob. Selah

Declare your faith:

I believe and confess that Jesus is the King of kings and the Lord of lords, and that He is the ruler of all nations (Acts 14:15-16; Rev 1:5; Rev 19:15)

Pray on foot:

Pray at foreign embassies for the nations to seek righteousness and salvation through the name of Jesus Christ.

DAY 27

Pray the Blessing:

Ps 119:113-120 I hate the double-minded, but I love your law. You are my hiding place and my shield; I hope in your word. Depart from me, you evildoers, that I may keep the commandments of my God. Uphold me according to your promise, that I may live, and let me not be put to shame in my hope! Hold me up, that I may be safe and have regard for your statutes continually! You spurn all who go astray from your statutes, for their cunning is in vain. All the wicked of the earth you discard like dross, therefore I love your testimonies. My flesh trembles for fear of you, and I am afraid of your judgments.

Declare your faith:

I believe and confess that God is love, that He loves all mankind and that He demonstrated His love by sending His Son, Jesus Christ, to die on the cross for all people (1 John 4:8,10; John 3:16).

Pray on foot:

Pray for anyone that are of a different race than you and prayer-walk in their community, e.g. Chinatown, ghetto's, townships, etc.

DAY 28

Pray the Blessing:

Isaiah 60:1-3 Arise, shine, for your light has come, and the glory of the LORD has risen upon you. For behold, darkness shall cover the earth, and thick darkness the peoples; but the LORD will arise upon you, and his glory will be seen upon you. And nations shall come to your light, and kings to the brightness of your rising.

Declare your faith:

I believe and confess that all nations on earth will become the inheritance of Jesus Christ (Ps 2:8; Dan 7:14).

Pray on foot:

Go to a tourist site and pray for the salvation of tourists. Pray also that your city or town will be filled with the manifest glory of the Lord so that nations will come to meet with Him rather than to see tourist attractions.

DAY 29

Pray the Blessing:

Eph 3:14-21 For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith--that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God. Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

Declare your faith:

I confess and believe that the name of Jesus Christ is the name above all names and that at the name of Jesus every knee will bow and every tongue will confess that Jesus Christ is Lord, to the glory of God the Father (Phil 2:9-11)

Pray on foot:

Pray at the highest point in your city (e.g. mountain, hill, tower) or at the centre of your town and city. Kneel down and confess your faith in Jesus Christ as the Lord of your life. Ask Him to enter your city with his life-transforming power and blessing.

DAY 30

Pray the Blessing:

Num 6:24-26 The LORD bless you and keep you; the LORD make his face to shine upon you and be gracious to you; the LORD lift up his countenance upon you and give you peace.

Declare your faith:

I believe that God is good and that He has chosen me to be a vessel of righteousness that He can use to bless the nations (Luke 18:19; 3 John 1:11)

Pray on foot:

Find as many people as you can today, whether believers or unbelievers and pray the blessing of Num 6 over them.
