

**Day 1 - Jan. 1, 2022**

Daily Theme - **Preparing With Rest**

Scripture Passage - 1 Kings 19:1-18

For the next 100 days, you'll be on a journey. A time in which you'll venture to sit in the shadow of God; to pray, to listen, to grow and to act. Most days you'll do this alone or possibly with your family, while other days it will happen with your church fellowship. To take this journey, you need to be rested, tested and armed because you are going to be challenged by the enemy to not meet God over these next 100 days.

Read how God wanted to speak to Elijah in 1 Kings 19, but at this point Elijah was too exhausted and frustrated to hear God's voice. So God allowed Elijah to rest. Once that rest occurred and Elijah was properly nourished, he was able to be in a position to hear the whisper of the Lord.

You're a busy person and the thought of a 100 Days of Prayer may overwhelm you. You need rest and you know it. Today, pray for that rest. Build some margin in your schedule and for the 99 days that follow. Ask God to show you what to prune on your calendar each day so you can take some time to pray over your church, your community, your life.

*Themes to pray today*

- Thank God for His sustaining power in your life
- Pray for proper rest (actual sleep and/or a slowing down in life)
- Ask God to reveal what can be trimmed from your life over these next 100 days
- Pray for your 100 Days of Prayer peers, that they are being rested for this journey
- Ask God to tune your heart's ear, to listen for the whisper of the Holy Spirit

*A prayer to bring to God.*

O Lord, I confess that my busyness can drain my life. I acknowledge Your power in giving life and sustaining me each day, and I thank You for that. Lord, I desire to seek You in prayer over these next 100 days. I want to listen for Your Holy Spirit and I ask that You show me what I need to remove from my days to allow me to be properly rested to serve You.

I pray Lord for strength and protection for my church family as we come to You each day. Please God, prepare our hearts, minds, bodies and souls as journey together in prayer.

We are an army, we are Your army and want to hear the voice of our King.

Amen

Additional Resources

- <https://www.gotquestions.org/rest-in-the-Lord.html>
- Song Be Still My Soul by Kari Jobe [www.youtube.com/watch?v=mq591E3MhXM](http://www.youtube.com/watch?v=mq591E3MhXM)

A Question to ponder

How has busyness kept you from seeking God in prayer in the your past?

What do you need to do in the future to change that?

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**Day 2 - Jan. 2, 2022**Daily Theme - **Identifying Strongholds***Scripture Passage - Various*

As kids, my siblings and I would look for crayfish hiding under rocks in the water. We couldn't see them, but we knew they were there - we just had to move the rocks to uncover them. When we did expose one, it would scurry backwards to find another hiding place.

The lies of the enemy are like those crayfish. They are buried under the heaviness of a trauma or wound that can leave us with many different feelings. For example, the pain of a betrayal may lead to the "lie of rejection" being planted in our heart, resulting in feelings of worthlessness. We can expose these lies with the Truth of God's Word. He will lift off the burden that has kept us pressed down for so many years.

Our first instinct is to take shelter somewhere else so we don't feel so vulnerable and exposed. Don't be afraid! Invite the Lord to shine His light in the darkness until it ultimately brings healing and freedom into your life. The strongholds of fear and rejection have plagued me for a very long time. As I speak God's truth that I am accepted and that He has not given me a spirit of timidity, it exposes the lies and I can finally be free. Ask the Lord to search your heart to point out those areas that have been hidden. He wants to expose them, not to hurt you - though it is painful - but to heal you.

God wants to be the fortress and stronghold within us. We need to use God's weapons against anything that is contrary to Him. If our thoughts don't line up with who Christ says we are, then we need to capture and remove those ideas before they take root in our minds and hearts.

Ephesians 1:4 - "Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes."

2 Timothy 1:7 - "For God has not given us a spirit of fear, but of power, and of love and of a sound mind."

2 Corinthians 10:4-5 "The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

Psalms 18:2 - "The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge. He is my shield and the horn of my salvation, my stronghold."

Psalms 46:7 & 11 - "The Lord Almighty is here among us: the God of Israel is our fortress." Psalm 62:2 & 6 - "He alone is my rock and my salvation, my fortress where I will never be shaken."

*Themes to pray today*

- Ask the Lord to reveal any lies of the enemy

- Thank God for his Truth that tears down false strongholds - Ask God to be the only fortress in every area of your life

*A prayer to bring to God*

Lord, I thank you for your presence in my life. I give you permission to search my heart where a past wound or trauma gave the enemy an opportunity to plant a lie. I ask you to expose it so that I can renounce it, replace it with your truth, and begin to walk in the freedom and wholeness you have for me. I want You to be my rock and my fortress - my only stronghold!

In Jesus name, Amen!

A Question To Ponder

- What is an area in your life that you have suppressed? Are you willing to present that to the Lord to bring some healing of your spirit?

Additional Resources

- Please consider downloading *Winning The Mind Wars* by Steve Berger and *Spiritual Warfare Prayer Against Strongholds*, both available on the [dorchesterhopefellowship.com](http://dorchesterhopefellowship.com) website, 100 Days of Prayer Download Page, Week1 Day 2

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**Day 3 - Jan. 3, 2022**Daily Theme - **Being Honest About My Sin**

Scripture - 1 John 1:5-10

As we ready ourselves to seek God's direction in our lives and in our church, we find ourselves today in a very uncomfortable place. It's vital that we take the time to repent of sin in our lives. If you skipped the reading of 1 John 1:5-10, stop everything and READ IT!

Sin is a politically incorrect word in our culture today but we need to remember that it's always going to be in God's vocabulary and we are accountable to Him. When we take the time to search our words, our attitudes, our actions, our thoughts and compare them to Scripture to see where we come up short, we are one step closer to living the life that God calls us to embrace. When we recognize sin in our lives and repent (ask forgiveness of God and turn away from it), we are opening the door for greater and clearer communication with Him.

Think about it for a moment. When someone has wronged you and doesn't seek to rectify it, your relationship suffers and it isn't as intimate as it could be. It's the same with God, when we put our sin on the back burner and don't deal with it, our relationship with God is distant.

We are called to 'walk in the light', which means seeing things the way God sees them and responding the way He does. As we seek repentance for the sin we harbour and hide, **we can fully enjoy experiencing Him.**

Themes to pray over

- Ask the Holy Spirit to reveal sin that hasn't been dealt with
- Ask the Lord for forgiveness for the attitudes and/or actions that are outside of His plan for us
- Ask the Holy Spirit to go ahead of any conversation that needs to occur with those you've wronged
- Ask for strength to **walk the path away from that sin**

A prayer of repentance

Heavenly and Almighty God, I come before you humbled and sorrowful, aware of my sin, and ready to repent. Lord, forgive me for I have sinned before you. Wash away my sin, purify me and help me to turn from this sin. Lead me to walk in your way instead, leaving behind my old life and starting a new life in You.

Amen.

A Question To Ponder

- Have you felt distant from God in the past? If so, was there a sin in your life that had to be dealt with? Was it ever dealt with?

Additional Resources

- Read Psalm 51
- Keith Green's song Create In Me A Clean Heart <https://www.youtube.com/watch?v=vD847UcRbL4>

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**Day 4 - Jan. 4, 2022**

Daily Theme - **Am I Willing To Be Second In Command?**

Scripture - Joshua 5.13-15

Over the course of these 100 Days of Prayer, it will become even more obvious that you are not the top general. You may have always claimed that to others and possibly even to yourself, but your ego and actions may indicate the contrary.

One of the goals of this time, is each of us submitting to God in prayer by showing a dependence on Him. Our words and our heart will consistently submit to Him.

Joshua was a well-trained and seasoned warrior, whose shoulder was tapped to take the leadership of God's people after Moses died. Yet, that position and training did not guarantee success for Joshua. His primary task was to be faithful to the role of leading God's people and to spend time in the presence of the Lord. In the verses above, Joshua submitted to His Commander, the very same Commander for you and I have today. It's time for each of us to be reminded that we are second in command, just like Joshua.

The faithful leader in the Chinese Church, Watchman Nee, once wrote, "Not until we take the place of a servant can He take His place as Lord." These words are true for us today.

Themes to pray over

- A personal spirit of humility
- The practice of praying before a decision
- Asking God each day how you can serve Him

A Prayer of each of us today

Father God, please teach me how to honour You and respect Your leadership in my life. Enable me to be humble each day, as Your Son Jesus modelled. Remind me each day of the blessings I enjoy, for they come from Your hand. Lord, may I seek You and faithfully step down the path You lead, ready and willing to serve what brings You glory. Amen.

A Question to Ponder

- What area of leadership in your life have you been hesitant to hand over to God? Why is that?

Additional Resources

- I Will Follow by Chris Tomlin <https://www.youtube.com/watch?v=1ohvhmGSfxI>
- The Book *God's Will* by J.I. Packer

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**Day 5 - Jan. 5, 2022**

**Theme - Arming with belt of truth and breastplate of righteousness**

Scripture - Ephesians 6.10-20 (Specifically verse 14 today)

Make no mistake, as a church family we are entering into a spiritual battle as we seek the Lord and we need to prepare for this. Satan will throw at us whatever he can to confuse, discourage, divide and hinder us from hearing the Lord. Thankfully, Scripture give us the order of arming ourselves for this battle, it's found in Ephesians 6.

**The belt of truth.** Roman soldiers wore short skirts (think Scottish kilts). Over that, a cloak was secured at the waist with a girdle. When they were about to enter battle they would tuck the tunic up under the girdle, so as to leave their legs free, ready to fight. Girding the loins was always a symbol of readiness to fight. That is why this is first, you can't do battle until you first gird up the loins with truth. That truth, is asking God to remind you that you have a relationship with the source of all truth, Jesus Christ. Carry that into battle.

**The breastplate of righteousness** protects your emotional state. Satan will try to discourage us by attacking our insecurities, trying to impress upon us a lack of worth. The breastplate of righteousness is a reminder that because of Jesus Christ, we have a right standing with God the Father. We have that assurance of our salvation and His control in our lives. Remember, Jesus paid a price for you, let that truth supersede any lie that Satan will hurl toward you in an attempt to bring discouragement.

Remember during these 100 Days, and beyond, that you have experienced the source of Truth in Jesus Christ and rest assured, you are a member of the family of God. Don't let discouragement and insecurity overwhelm those facts.

Themes to pray over

- A thankfulness that my eyes were opened to my need for Jesus
- Continue to reveal the Truth of Scripture to me during these 100 Days
- May my identify in Christ be strengthened during these 100 Days
- May a spiritual protection surround my church family

A prayer to the Lord.

Loving Father, thank You for the many provisions You have made for my protection against the evil enemy that seeks to defeat and destroy my trust in You. Teach me Your Word so that I may be effective in my life-walk with You, and my witness to others, in Jesus name I pray, AMEN.

A Question To Ponder

- What lie has Satan used to try to discourage you in the past?

Additional Resources

- Song Whom Shall I Fear by Chris Tomlin <https://www.youtube.com/watch?v=q24z4XcJxnM>
- Who I Am In Christ <https://www.ficm.org/about-us/who-i-am-in-christ/>

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**Day 6 - Jan. 6, 2022**

**Theme - Ready To Move**

Scripture - Ephesians 6.10-20 (Specifically verse 15)

Many activities require unique a type of shoes. Take up tap-dancing, you'll need some tap shoes to step to the beat. Start running and you'll need quality footwear to prevent injury. If you are in an environment where something heavy will crush your toes, then steel toe boots or shoes are the gear for you.

This 100 Day of Prayer journey requires the readiness of our feet and the Apostle Paul addresses that in Ephesians 6. The shoes of the day were the sandals that everyone wore but as we find ourselves reading about armour, the sandals of the Roman soldiers would surely come to mind.

A soldier's sandals were much like what the common Joe or Josephine would wear, except there would be spikes attached to the sole, so the soldier could gain traction in whatever fighting condition he found himself in.

As we 'armour up' for these 100 Days, know that you are going to need traction during this time because Satan isn't pleased with us seeking God as a corporate unit.

Be ready and when the attack comes, rest in the gospel of peace. When someone you know is slipping in the battles of life, step in with the traction of the gospel of peace. Tell them of the hope you have as a Christ-follower and invite them to share that same hope in the gospel.

Prayer themes today.

- Thank God for your salvation
- Pray for the ability to remember your hope in difficult times
- Pray that God would have His Truth go forth, regardless of the situation
- Ask God for boldness to speak His hope into the lives of others

A prayer to be ready to move

Lord God, my hope and future are in You and I celebrate the Good News of Jesus in my life. As I walk through valleys of discouragement, please keep my eyes focused on You. When my loved ones experience hopelessness, give me opportunity to speak encouragement and truth into their lives. May Your Holy Spirit provide the traction I need to press on for You.

Amen

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**Day 7 - Jan. 7, 2022**

**Daily Theme - The Shield of Faith**

Scripture - Ephesians 6.10-20 (Specifically verse 16)

A common occurrence in my life as a 6'3", 220 lb. man, is to have toddlers duck behind their parent when they see me coming. I can't blame them. After all, they're tiny and they don't know this guy walking toward them, so they hide in the shadows of those they trust. They grab onto the clothing of mom or dad, using that parent as a shield, peeking out at me to see what will happen. I admit, I could probably be warmer towards them, to help alleviate their uncertainty.

As we launch into this 100 Days of Prayer and prepare ourselves, the Apostle Paul tells us in Ephesians 6:16 to raise up the shield of faith. As the toddler puts mom or dad between themselves and a potential threat, we as Christ-followers are to raise that shield of faith when the arrows of Satan fly toward us.

A Roman soldier had 2 shields; one small and round for close combat, the second shield was a wall made of wood, covered by leather and strapped with steel. It measured 2.5x4 feet and a row of soldiers would each have one and form a barrier to hide behind as the enemies arrows rained down them.

The shield of faith for Christ-followers involves us looking at the situations we are facing and looking at the promises of God. We then choose to trust in those promises during the battle, as the arrows are fired on us. John Calvin pointed out 'that faith by definition looks away from oneself and to God alone for help.' During the mountaintop experiences in life, we need to internalize the promises of God, which ready us for the valleys of attack we will walk through.

Themes to pray

- Pray that you will be on guard for when attack comes
- Pray that you will grow in faith of the promises of God
- Pray that you will have strength to help form a wall of protection with your community of faith
- Thank God that He already knows the battles you will face today, even if you can't see them coming

A prayer for us today

Hello Lord. Thank you for assuring me of victory today, if I will but follow Your plan. Today, I take up the **shield of faith**. My faith is in You and You alone. Apart from You, I can do nothing. With You, I can do all things. No temptation that comes my way can penetrate Your protecting hand. I will not be afraid, for You are going with me throughout this day. When I am tempted, I will claim my victory out loud ahead of time. There are fiery darts headed my way even now as I pray. Lord, You already know what they are and have already provided the way of escape.

Thank you Lord.

Amen

A Question To Ponder

- When has your faith proved to shield you from the attack of Satan?

Additional Resources

- How To Pray Through The Armour of God Podcast

<https://proverbs31.org/listen/podcast/full-podcast/2020/05/19/how-to-prayer-through-the-armor-of-god>

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**Day 8 - Jan. 8, 2022**

**Daily Theme - Arming With The Helmet and Sword**

Scripture Ephesians 6:10-20 (Specifically verse 17)

if you've ever had a powerful knock on the head, then you're quite aware of the effects and that it takes time to recover. In order to stay safe in certain aspects of life, we need to be properly prepared. Riding a bike? Wear a helmet. Working construction? Wear a hard-hat. Playing a contact sport? Wear a helmet. Going into battle? Definitely, wear a helmet.

What is the **helmet of salvation** that Paul references? It's not a nod to the past and the fact that Jesus has saved us and assured our future with Him, although we need to celebrate that each day. The helmet of salvation is what keeps us thinking straight in the time of the world's utter confusion, which easily occurs in a state of darkness. The helmet of salvation has us recognizing that human plans are doomed to fail and that **Jesus will overcome and all will see He is Lord of lords**. We need to lean into this truth, for it helps empower us to persevere in this world.

The **sword of the Spirit** is our only offensive weapon in the armour of God, all others are defensive (with the exception of prayer). We can't always be in a defensive posture though, we have the power to be victorious in Christ simply by using the powerful Word of God to stop Satan in his tracks. One of the goals of the 100 'Days of Prayer, is for us to internalize the Word of God as we seek the Lord.

You are armed to do battle, but no doubt you will need to return to this list of Ephesians 6 for continued strength. And of course, Paul finishes this spiritual battle to-do list with the encouragement to pray continually through it. Let's be faithful to do so.

Themes to pray

- Ask God to continually remind you of your salvation
- Pray that the truths of Revelation are brought to mind (Read Revelation 19 if you need a reminder)
- Ask the Holy Spirit to bring the promises of Scripture to you during your day
- Pray for a commitment to seek answers to life in the Bible

A prayer for each of us

Loving Father, thank You for the many provisions You have made for my protection against the evil enemy that seeks to defeat and destroy my trust in You. Teach me Your Word so that I may be effective in my life-walk with You, and my witness to others, in Jesus name I pray,  
AMEN.

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