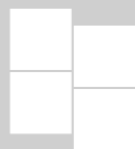


A 3-WEEK JOURNEY TO

3 TO 30
PRAYER
PROGRAM

CREATE SPACE FOR JESUS



CHARADOX



INTRODUCTION

ABOUT THE PROGRAM

3 to 30 is a three-week prayer program designed to help you create space for Jesus and cultivate a thriving prayer life.

You can work through the program on your own, with a friend, or with a Bible study group.

The program uses four components:

1. TIME FRAME

Each day, you will have a set time frame devoted to prayer, which will extend from **3 minutes at the start of the program to 30 minutes at the end of the program.**

The daily time frame is vital because the greatest barrier to a flourishing prayer life is *time*. Believers who leave prayer up to chance will escape their prayer time when they feel distracted or unmotivated. They will conclude that they're not good at prayer, but really, they just haven't prioritized it.

Believers who **commit to a time frame** will press through distractions and have enough time in prayer for God's love to reach the deepest places of their heart.

2. PRAYER PROMPTS

You will have daily prompts pulled from the Scriptures to help kick off your conversation with God. The prompts are designed to teach you how to root your prayers in Scripture.

Rather than working through a formula for prayer, there are **six categories of prompts**, which are in no particular order. These categories rotate throughout the guide, teaching you how to implement several kinds of prayer.



Worshipping — thanking and praising God for who he is



Communing — longing for deeper communion with God



Confessing — repenting of sin and receiving forgiveness and healing through Christ



Interceding — praying for others' needs



Listening — remaining silent to hear the leading of the Spirit



Asking — desiring more of God's blessings in your life

3. DAILY JOURNAL TRACKING

After you pray each day, you will jot down a few notes about your prayer time. This helps you remain accountable to yourself and others, and it will also allow you to reflect on your three weeks of prayer.

In the “**My Prayer Time**” section, you can answer the following three questions:

- How was your prayer time?
- What did God speak to you?
- What did you ask of God?

4. WEEKLY REVIEW

There are **five days** of prayer per week. This margin allows you to catch up, in case you miss a day of prayer. It also gives you the space to fill out a **brief weekly review**. This review helps you reflect on your week of prayer and answer the following questions:

- What did you enjoy most about your prayer time?
- What were your greatest obstacles to persistent prayer?
- How can you remove those obstacles in the week ahead?
- How did you see God answer your prayers?

SETTING A TIMER FOR PRAYER

Because time is the greatest obstacle to a flourishing prayer life, it is crucial that you commit to the time frame each day.

I recommend that you **buy a timer that is separate from your phone**. This way, you can turn off your phone and put it in another room. If you choose to pray near your kitchen, you can also use an oven or microwave timer.

Before you pray, set the timer to the allotted timeframe, and refuse to leave prayer until the alarm sounds. This may seem mechanical or forced, but committing to remain in prayer through the distractions is necessary for cultivating a life of prayer.

AN IMPORTANT REMINDER

There is only one way to access the Father in prayer: **through faith in Jesus Christ**. Through his finished work on the cross and his death-defeating resurrection, Jesus has paved the way to the throne of grace for all who believe in him.

If you have not personally trusted in Christ for salvation, there is no prayer program that will provide a relationship with God. You must turn from your sin, believe in Jesus, and receive the gift of the Holy Spirit.

Receive this precious gift, and then you can use 3 to 30 as a way of kicking off a life of prayer as an adopted child of God.



I WILL PRAY EVERY DAY

(WHERE?)

STARTING AT

(WHAT TIME?)

NAME





3 MINUTES

DATE



PRAY



Psalm 103:1-5

Remember all that God has done for your soul. Thank him for his forgiveness, his healing, his redemption, his steadfast mercy, and his satisfying presence.

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MY PRAYER TIME



5 MINUTES

DATE



PRAY

**Psalm 18:1, 27:4**

Tell the Lord how much you love him and how much you long to know him more. Declare that your one desire is to gaze at his beauty.

**Psalm 139:23-24**

Ask God to expose any hidden sin, praying, "Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!"

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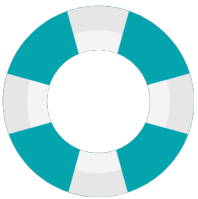
MY PRAYER TIME



7 MINUTES

DATE

PRAY

**1 Thessalonians 5:14**

Intercede for believers who are in spiritual need. Ask God to convict those who are hardhearted, encourage those who are fainthearted, and strengthen those who are suffering.

**Acts 8:29, 10:19, 13:2**

Sit in silence, listening attentively for the Holy Spirit to give specific direction for your life.

**Eph. 3:16; 2 Tim. 1:6-7; 1 Cor. 12:31**

Ask for more of the Spirit's power. Ask God to fan into flame the spiritual gifts that are within you and to grant you the higher gifts of the Spirit.

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MY PRAYER TIME



9 MINUTES

DATE



PRAY

**Isaiah 40:28-31**

Adore the everlasting God, who overflows with strength. You may be weary, but he never faints. You may have no might, but he gives power to the faint.

**Ephesians 5:18; Romans 15:13**

Ask God to fill you afresh with the Holy Spirit. Welcome the Spirit, opening your heart for renewed joy, peace, and hope in his presence.

**Galatians 5:19**

Confess to God where you have chosen to walk by the flesh in "sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these."

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MY PRAYER TIME



11 MINUTES

DATE

PRAY

**2 Corinthians 1:2-4; James 5:15**

Intercede for those who are in physical need. Ask God to comfort them through the Spirit, sustain their faith, and heal in Jesus' name.

**John 16:8**

Sit in silence, listening attentively for the Holy Spirit to shed light on any unknown area of sin in your life.

**Romans 8:29, 12:1-2, 13:14**

Ask for more of Christ's holiness reflected in your life. Ask God to rid you of all sin and conform you into the image of Christ



Romans 11:36

Worship God as the center of all Creation. From him, through him, and to him are all things (Romans 11:36).

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MY PRAYER TIME

WEEKLY REVIEW

WHAT DID YOU ENJOY MOST ABOUT YOUR PRAYER TIME?

WHAT WERE YOUR GREATEST OBSTACLES TO PERSISTENT PRAYER?

HOW CAN YOU REMOVE THOSE OBSTACLES IN THE WEEK AHEAD?

HOW DID YOU SEE GOD ANSWER YOUR PRAYERS?



13 MINUTES

DATE



PRAY

**Psalm 90:14**

Bring your hungry heart to the Lord to be satisfied. Ask him to fill you to the brim with his steadfast love.

**Hebrews 3:12-14**

Repent of any unbelief or stubbornness that dwells in your heart. Ask God to open your eyes to the deceitfulness of sin.

**Colossians 4:2; 2 Corinthians 4:6**

Pray for the unbelievers nearest to you. Ask God to open a door for you to share Christ and to shine the light of Christ into their hearts.



1 Corinthians 14:1, 39

Sit in silence, listening attentively for the Holy Spirit to give you a word of prophecy or specific encouragement for another believer.

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MY PRAYER TIME



15 MINUTES

DATE

PRAY

**Ephesians 5:1-2; 1 John 3:18**

Ask for more of Christ's love reflected in your life. Ask God to give you genuine love for others that leads to action.

**Titus 3:4-7**

Thank God for saving you, not because of your righteous works, but according to his own mercy—by sending his Son and cleansing you through the Spirit.

**Philippians 3:10; 2 Peter 3:18**

Plead for more intimate knowledge of the Lord Jesus Christ. Tell God that you want to grow to know him more, no matter what it costs.



Philippians 4:6-7

Confess any anxiety that is weighing you down. Cast it all upon the Lord with thanksgiving, trusting that his peace will guard your heart and mind in Christ Jesus.

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MY PRAYER TIME



17 MINUTES

DATE

PRAY

**Luke 10:2; 2 Corinthians 9:8**

Plead with the Lord to send out laborers into the harvest of unreached people groups around the world. Pray for missionaries you know who are already laboring in these areas, asking God to supply all the grace they need to continue working.

**Romans 8:16**

Sit in silence, listening attentively for the Holy Spirit to encourage you specifically and bear witness with your spirit that you are a child of God.

**Numbers 6:24-26; Psalm 90:17**

Ask for more of God's favor on your life: your work, your ministry, and your family.



Psalm 103:1-5

Remember all that God has done for your soul. Thank him for his forgiveness, his healing, his redemption, his steadfast mercy, and his satisfying presence.

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MY PRAYER TIME



19 MINUTES

DATE

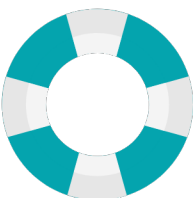
PRAY

**Psalm 18:1, 27:4**

Tell the Lord how much you love him and how much you long to know him more. Declare that your one desire is to gaze at his beauty.

**Psalm 139:23-24**

Ask God to expose any hidden sin, praying, "Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!"

**1 Peter 5:1-9**

Bring your church leaders to the Lord. Ask God to guard them against the schemes of the devil and strengthen them to minister faithfully.



Romans 8:27

Sit in silence, listening attentively for the Holy Spirit to bring other believers and situations to mind that you need to pray for.



Luke 17:5; Ephesians 3:20-21

Ask for more faith. Ask God to increase your expectations of what he is able to accomplish through your life.

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MY PRAYER TIME



21 MINUTES

DATE



PRAY

**Isaiah 40:28-31**

Adore the everlasting God, who overflows with strength. You may be weary, but he never faints. You may have no might, but he gives power to the faint.

**Ephesians 5:18; Romans 15:13**

Ask God to fill you afresh with the Holy Spirit. Welcome the Spirit, opening your heart for renewed joy, peace, and hope in his presence.

**Galatians 5:19**

Confess to God where you have chosen to walk by the flesh in "sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these."



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MY PRAYER TIME

WEEKLY REVIEW

WHAT DID YOU ENJOY MOST ABOUT YOUR PRAYER TIME?

WHAT WERE YOUR GREATEST OBSTACLES TO PERSISTENT PRAYER?

HOW CAN YOU REMOVE THOSE OBSTACLES IN THE WEEK AHEAD?

HOW DID YOU SEE GOD ANSWER YOUR PRAYERS?



23 MINUTES

DATE

PRAY



Eph. 3:16; 2 Tim. 1:6-7; 1 Cor. 12:31

Ask for more of the Spirit's power. Ask God to fan into flame the spiritual gifts that are within you and to grant you the higher gifts of the Spirit.



Romans 11:36

Worship God as the center of all Creation. From him, through him, and to him are all things.



Psalms 90:14

Bring your hungry heart to the Lord to be satisfied. Ask him to fill you to the brim with his steadfast love.



Hebrews 3:12-14

Repent of any unbelief or stubbornness that dwells in your heart. Ask God to open your eyes to the deceitfulness of sin.



2 Corinthians 1:2-4; James 5:15

Intercede for those who are in physical need. Ask God to comfort them through the Spirit, sustain their faith, and heal in Jesus' name.



John 16:8

Sit in silence, listening attentively for the Holy Spirit to shed light on any unknown area of sin in your life.

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MY PRAYER TIME



25 MINUTES

DATE



PRAY

**Titus 3:4-7**

Thank God for saving you, not because of your righteous works, but according to his own mercy—by sending his Son and cleansing you through the Spirit.

**Philippians 3:10; 2 Peter 3:18**

Plead for more intimate knowledge of the Lord Jesus Christ. Tell God that you want to grow to know him more, no matter what it costs.

**Philippians 4:6-7**

Confess any anxiety that is weighing you down. Cast it all upon the Lord with thanksgiving, trusting that his peace will guard your heart and mind in Christ Jesus.



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Pray for the unbelievers nearest to you. Ask God to open a door for you to share Christ and to shine the light of Christ into their hearts.



1 Corinthians 14:1, 39

Sit in silence, listening attentively for the Holy Spirit to give you a word of prophecy or specific encouragement for another believer.



Romans 8:29, 12:1-2, 13:14

Ask for more of Christ's holiness reflected in your life. Ask God to rid you of all sin and conform you into the image of Christ.

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MY PRAYER TIME



27 MINUTES

DATE



PRAY

**Psalm 103:1-5**

Remember all that God has done for your soul. Thank him for his forgiveness, his healing, his redemption, his steadfast mercy, and his satisfying presence.

**Psalm 18:1, 27:4**

Tell the Lord how much you love him and how much you long to know him more. Declare that your one desire is to gaze at his beauty.

**Psalm 139:23-24**

Ask God to expose any hidden sin, praying, "Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!"



Luke 10:2; 2 Corinthians 9:8

Plead with the Lord to send out laborers into the harvest of unreached people groups around the world. Pray for missionaries you know who are laboring in these areas, asking God to supply all they need to continue working.



Romans 8:16

Sit in silence, listening attentively for the Holy Spirit to encourage you specifically and bear witness with your spirit that you are a child of God.



Ephesians 5:1-2; 1 John 3:18

Ask for more of Christ's love reflected in your life. Ask God to give you genuine love for others that leads to action.

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MY PRAYER TIME



29 MINUTES

DATE

PRAY

**Isaiah 40:28-31**

Adore the everlasting God, who overflows with strength. You may be weary, but he never faints. You may have no might, but he gives power to the faint.

**Ephesians 5:18; Romans 15:13**

Ask God to fill you afresh with the Holy Spirit. Welcome the Spirit, opening your heart for renewed joy, peace, and hope in his presence.

**Galatians 5:19**

Confess to God where you have chosen to walk by the flesh in "sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these."



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Romans 8:27

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Numbers 6:24-26; Psalm 90:17

Ask for more of God's favor on your life: your work, your ministry, and your family.

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MY PRAYER TIME



30 MINUTES

DATE

PRAY



Romans 11:36

Worship God as the center of all Creation. From him, through him, and to him are all things.



Psalms 90:14

Bring your hungry heart to the Lord to be satisfied. Ask him to fill you to the brim with his steadfast love.



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MY PRAYER TIME

WEEKLY REVIEW

WHAT DID YOU ENJOY MOST ABOUT YOUR PRAYER TIME?

WHAT WERE YOUR GREATEST OBSTACLES TO PERSISTENT PRAYER?

HOW CAN YOU REMOVE THOSE OBSTACLES IN THE WEEK AHEAD?

HOW DID YOU SEE GOD ANSWER YOUR PRAYERS?



WHAT NOW?

How can you continue to create space for Jesus in prayer beyond these three weeks?

1. KEEP MAKING PRAYER A NON-NEGOTIABLE RHYTHM OF YOUR LIFE.

3 to 30 is meant to be an on-ramp for an ongoing rhythm of prayer in your life. Continue to commit to a time and place, making prayer a non-negotiable rhythm in your life.

2. MOVE BEYOND 30 MINUTES INTO CEASELESS PRAYER.

God desires you to walk in ceaseless prayer, to walk in constant communication with him (1 Thessalonians 5:17, Romans 12:12, Ephesians 6:18). Use your fixed time of prayer as a way of launching into on-going communication with God.

3. GO THROUGH 3 TO 30 WITH SOMEONE ELSE.

If you benefitted from the three-week program, there is probably someone close to you who could, too. Ask a family member, a younger believer, or a friend from church to walk through the program again with you.