

Only By Prayer

Only
By
Prayer

Mark 9:29

A 28 day Prayer Journal

Only By Prayer

The purpose of this devotional journey is to give structure to putting ourselves in place described in 2 Corinthians 3:18 “And we all, who with unveiled faces contemplate the Lord’s glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.”

Process

1. We schedule a meeting with Jesus Christ.
2. We need a quiet spot and a minimum of 20 uninterrupted minutes; a bible.
3. Begin each time with a few deep breaths and a prayer of giving thanks to our Father in heaven. Ask the Holy Spirit to lead, reveal, teach, convict, comfort and be your helper.

Follow the process each day: read the scripture, reflect, note your reflections; make them short prayers. Let’s do it!

Day One

Ephesians 1:1-6

Read the scripture text out loud to yourself:

1. Listen for the touch/expression of Jesus the LivingWord. Reflect on a word or phrase in the text that speaks to your heart, write it below:

Read the scripture text out loud to yourself:

2. Ask how is Jesus the speaking to me? Reflect on where the word touches your life today?

I hear Jesus saying _____

I see Jesus showing _____

I feel Jesus touch _____

Read the scripture text out loud to yourself:

3. What does Jesus the Word invite me to do?

I believe God wants me to do _____

_____ today/this week.

Ask the Holy Spirit for courage and wisdom to follow through.

Day Two

Ephesians 1:7-10

Read the scripture text out loud to yourself:

1. Listen for the touch/expression of Jesus the LivingWord. Reflect on a word or phrase in the text that speaks to your heart, write it below:

Read the scripture text out loud to yourself:

2. Ask how is Jesus the speaking to me? Reflect on where the word touches your life today?

I hear Jesus saying _____

I see Jesus showing _____

I feel Jesus touch _____

Read the scripture text out loud to yourself:

3. What does Jesus the Word invite me to do?

I believe God wants me to do _____

_____ today/this week.

Ask the Holy Spirit for courage and wisdom to follow through.

Day Three

Ephesians 1:11-14

Read the scripture text out loud to yourself:

1. Listen for the touch/expression of Jesus the LivingWord. Reflect on a word or phrase in the text that speaks to your heart, write it below:

Read the scripture text out loud to yourself:

2. Ask how is Jesus the speaking to me? Reflect on where the word touches your life today?

I hear Jesus saying _____

I see Jesus showing _____

I feel Jesus touch _____

Read the scripture text out loud to yourself:

3. What does Jesus the Word invite me to do?

I believe God wants me to do _____

_____ today/this week.

Ask the Holy Spirit for courage and wisdom to follow through.

Day Four

Ephesians 1:15-23

Read the scripture text out loud to yourself:

1. Listen for the touch/expression of Jesus the LivingWord. Reflect on a word or phrase in the text that speaks to your heart, write it below:

Read the scripture text out loud to yourself:

2. Ask how is Jesus the speaking to me? Reflect on where the word touches your life today?

I hear Jesus saying _____

I see Jesus showing _____

I feel Jesus touch _____

Read the scripture text out loud to yourself:

3. What does Jesus the Word invite me to do?

I believe God wants me to do _____

_____ today/this week.

Ask the Holy Spirit for courage and wisdom to follow through.

Day Five

Ephesians 2:1-5

Read the scripture text out loud to yourself:

1. Listen for the touch/expression of Jesus the LivingWord. Reflect on a word or phrase in the text that speaks to your heart, write it below:

Read the scripture text out loud to yourself:

2. Ask how is Jesus the speaking to me? Reflect on where the word touches your life today?

I hear Jesus saying _____

I see Jesus showing _____

I feel Jesus touch _____

Read the scripture text out loud to yourself:

3. What does Jesus the Word invite me to do?

I believe God wants me to do _____

_____ today/this week.

Ask the Holy Spirit for courage and wisdom to follow through.

Day Six

Ephesians 2:6-10

Read the scripture text out loud to yourself:

1. Listen for the touch/expression of Jesus the LivingWord. Reflect on a word or phrase in the text that speaks to your heart, write it below:

Read the scripture text out loud to yourself:

2. Ask how is Jesus the speaking to me? Reflect on where the word touches your life today?

I hear Jesus saying _____

I see Jesus showing _____

I feel Jesus touch _____

Read the scripture text out loud to yourself:

3. What does Jesus the Word invite me to do?

I believe God wants me to do _____

_____ today/this week.

Ask the Holy Spirit for courage and wisdom to follow through.

Day Seven

Ephesians 2:11-18

Read the scripture text out loud to yourself:

1. Listen for the touch/expression of Jesus the LivingWord. Reflect on a word or phrase in the text that speaks to your heart, write it below:

Read the scripture text out loud to yourself:

2. Ask how is Jesus the speaking to me? Reflect on where the word touches your life today?

I hear Jesus saying _____

I see Jesus showing _____

I feel Jesus touch _____

Read the scripture text out loud to yourself:

3. What does Jesus the Word invite me to do?

I believe God wants me to do _____

_____ today/this week.

Ask the Holy Spirit for courage and wisdom to follow through.

Day Eight

Ephesians 2:19-22

Read the scripture text out loud to yourself:

1. Listen for the touch/expression of Jesus the LivingWord. Reflect on a word or phrase in the text that speaks to your heart, write it below:

Read the scripture text out loud to yourself:

2. Ask how is Jesus the speaking to me? Reflect on where the word touches your life today?

I hear Jesus saying _____

I see Jesus showing _____

I feel Jesus touch _____

Read the scripture text out loud to yourself:

3. What does Jesus the Word invite me to do?

I believe God wants me to do _____

_____ today/this week.

Ask the Holy Spirit for courage and wisdom to follow through.

Day Nine

Ephesians 3:1-6

Read the scripture text out loud to yourself:

1. Listen for the touch/expression of Jesus the LivingWord. Reflect on a word or phrase in the text that speaks to your heart, write it below:

Read the scripture text out loud to yourself:

2. Ask how is Jesus the speaking to me? Reflect on where the word touches your life today?

I hear Jesus saying _____

I see Jesus showing _____

I feel Jesus touch _____

Read the scripture text out loud to yourself:

3. What does Jesus the Word invite me to do?

I believe God wants me to do _____

_____ today/this week.

Ask the Holy Spirit for courage and wisdom to follow through.

Day Ten

Ephesians 3:7-13

Read the scripture text out loud to yourself:

1. Listen for the touch/expression of Jesus the LivingWord. Reflect on a word or phrase in the text that speaks to your heart, write it below:

Read the scripture text out loud to yourself:

2. Ask how is Jesus the speaking to me? Reflect on where the word touches your life today?

I hear Jesus saying _____

I see Jesus showing _____

I feel Jesus touch _____

Read the scripture text out loud to yourself:

3. What does Jesus the Word invite me to do?

I believe God wants me to do _____

_____ today/this week.

Ask the Holy Spirit for courage and wisdom to follow through.

Day Eleven

Ephesians 3:14-19

Read the scripture text out loud to yourself:

1. Listen for the touch/expression of Jesus the LivingWord. Reflect on a word or phrase in the text that speaks to your heart, write it below:

Read the scripture text out loud to yourself:

2. Ask how is Jesus the speaking to me? Reflect on where the word touches your life today?

I hear Jesus saying _____

I see Jesus showing _____

I feel Jesus touch _____

Read the scripture text out loud to yourself:

3. What does Jesus the Word invite me to do?

I believe God wants me to do _____

_____ today/this week.

Ask the Holy Spirit for courage and wisdom to follow through.

Day Twelve

Ephesians 3:20-21

Read the scripture text out loud to yourself:

1. Listen for the touch/expression of Jesus the LivingWord. Reflect on a word or phrase in the text that speaks to your heart, write it below:

Read the scripture text out loud to yourself:

2. Ask how is Jesus the speaking to me? Reflect on where the word touches your life today?

I hear Jesus saying _____

I see Jesus showing _____

I feel Jesus touch _____

Read the scripture text out loud to yourself:

3. What does Jesus the Word invite me to do?

I believe God wants me to do _____

_____ today/this week.

Ask the Holy Spirit for courage and wisdom to follow through.

Day Thirteen

Ephesians 4:1-6

Read the scripture text out loud to yourself:

1. Listen for the touch/expression of Jesus the LivingWord. Reflect on a word or phrase in the text that speaks to your heart, write it below:

Read the scripture text out loud to yourself:

2. Ask how is Jesus the speaking to me? Reflect on where the word touches your life today?

I hear Jesus saying _____

I see Jesus showing _____

I feel Jesus touch _____

Read the scripture text out loud to yourself:

3. What does Jesus the Word invite me to do?

I believe God wants me to do _____

_____ today/this week.

Ask the Holy Spirit for courage and wisdom to follow through.

Day Fourteen

Ephesians 4:7-13

Read the scripture text out loud to yourself:

1. Listen for the touch/expression of Jesus the LivingWord. Reflect on a word or phrase in the text that speaks to your heart, write it below:

Read the scripture text out loud to yourself:

2. Ask how is Jesus the speaking to me? Reflect on where the word touches your life today?

I hear Jesus saying _____

I see Jesus showing _____

I feel Jesus touch _____

Read the scripture text out loud to yourself:

3. What does Jesus the Word invite me to do?

I believe God wants me to do _____
_____ today/this week.

Ask the Holy Spirit for courage and wisdom to follow through.

Day Fifteen

Ephesians 4:14-16

Read the scripture text out loud to yourself:

1. Listen for the touch/expression of Jesus the LivingWord. Reflect on a word or phrase in the text that speaks to your heart, write it below:

Read the scripture text out loud to yourself:

2. Ask how is Jesus the speaking to me? Reflect on where the word touches your life today?

I hear Jesus saying _____

I see Jesus showing _____

I feel Jesus touch _____

Read the scripture text out loud to yourself:

3. What does Jesus the Word invite me to do?

I believe God wants me to do _____

_____ today/this week.

Ask the Holy Spirit for courage and wisdom to follow through.

Day Sixteen

Ephesians 4:17-24

Read the scripture text out loud to yourself:

1. Listen for the touch/expression of Jesus the LivingWord. Reflect on a word or phrase in the text that speaks to your heart, write it below:

Read the scripture text out loud to yourself:

2. Ask how is Jesus the speaking to me? Reflect on where the word touches your life today?

I hear Jesus saying _____

I see Jesus showing _____

I feel Jesus touch _____

Read the scripture text out loud to yourself:

3. What does Jesus the Word invite me to do?

I believe God wants me to do _____

_____ today/this week.

Ask the Holy Spirit for courage and wisdom to follow through.

Day Seventeen

Ephesians 4:25-28

Read the scripture text out loud to yourself:

1. Listen for the touch/expression of Jesus the LivingWord. Reflect on a word or phrase in the text that speaks to your heart, write it below:

Read the scripture text out loud to yourself:

2. Ask how is Jesus the speaking to me? Reflect on where the word touches your life today?

I hear Jesus saying _____

I see Jesus showing _____

I feel Jesus touch _____

Read the scripture text out loud to yourself:

3. What does Jesus the Word invite me to do?

I believe God wants me to do _____

_____ today/this week.

Ask the Holy Spirit for courage and wisdom to follow through.

Day Eighteen

Ephesians 4:29-5:2

Read the scripture text out loud to yourself:

1. Listen for the touch/expression of Jesus the LivingWord. Reflect on a word or phrase in the text that speaks to your heart, write it below:

Read the scripture text out loud to yourself:

2. Ask how is Jesus the speaking to me? Reflect on where the word touches your life today?

I hear Jesus saying _____

I see Jesus showing _____

I feel Jesus touch _____

Read the scripture text out loud to yourself:

3. What does Jesus the Word invite me to do?

I believe God wants me to do _____

_____ today/this week.

Ask the Holy Spirit for courage and wisdom to follow through.

Day Nineteen

Ephesians 5:3-7

Read the scripture text out loud to yourself:

1. Listen for the touch/expression of Jesus the LivingWord. Reflect on a word or phrase in the text that speaks to your heart, write it below:

Read the scripture text out loud to yourself:

2. Ask how is Jesus the speaking to me? Reflect on where the word touches your life today?

I hear Jesus saying _____

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I feel Jesus touch _____

Read the scripture text out loud to yourself:

3. What does Jesus the Word invite me to do?

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_____ today/this week.

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Day Twenty

Ephesians 5:8-14

Read the scripture text out loud to yourself:

1. Listen for the touch/expression of Jesus the LivingWord. Reflect on a word or phrase in the text that speaks to your heart, write it below:

Read the scripture text out loud to yourself:

2. Ask how is Jesus the speaking to me? Reflect on where the word touches your life today?

I hear Jesus saying _____

I see Jesus showing _____

I feel Jesus touch _____

Read the scripture text out loud to yourself:

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Day Twenty-one

Ephesians 5:15-20

Read the scripture text out loud to yourself:

1. Listen for the touch/expression of Jesus the LivingWord. Reflect on a word or phrase in the text that speaks to your heart, write it below:

Read the scripture text out loud to yourself:

2. Ask how is Jesus the speaking to me? Reflect on where the word touches your life today?

I hear Jesus saying _____

I see Jesus showing _____

I feel Jesus touch _____

Read the scripture text out loud to yourself:

3. What does Jesus the Word invite me to do?

I believe God wants me to do _____

_____ today/this week.

Ask the Holy Spirit for courage and wisdom to follow through.

Day Twenty-two

Ephesians 5:21-30

Read the scripture text out loud to yourself:

1. Listen for the touch/expression of Jesus the LivingWord. Reflect on a word or phrase in the text that speaks to your heart, write it below:

Read the scripture text out loud to yourself:

2. Ask how is Jesus the speaking to me? Reflect on where the word touches your life today?

I hear Jesus saying _____

I see Jesus showing _____

I feel Jesus touch _____

Read the scripture text out loud to yourself:

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_____ today/this week.

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Day Twenty-three

Ephesians 5:31-33 & John 17:20-23

Read the scripture text out loud to yourself:

1. Listen for the touch/expression of Jesus the LivingWord. Reflect on a word or phrase in the text that speaks to your heart, write it below:

Read the scripture text out loud to yourself:

2. Ask how is Jesus the speaking to me? Reflect on where the word touches your life today?

I hear Jesus saying _____

I see Jesus showing _____

I feel Jesus touch _____

Read the scripture text out loud to yourself:

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_____ today/this week.

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Day Twenty-four

Ephesians 6:1-9

Read the scripture text out loud to yourself:

1. Listen for the touch/expression of Jesus the LivingWord. Reflect on a word or phrase in the text that speaks to your heart, write it below:

Read the scripture text out loud to yourself:

2. Ask how is Jesus the speaking to me? Reflect on where the word touches your life today?

I hear Jesus saying _____

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I feel Jesus touch _____

Read the scripture text out loud to yourself:

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_____ today/this week.

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Day Twenty-five

Ephesians 6:10-12

Read the scripture text out loud to yourself:

1. Listen for the touch/expression of Jesus the LivingWord. Reflect on a word or phrase in the text that speaks to your heart, write it below:

Read the scripture text out loud to yourself:

2. Ask how is Jesus the speaking to me? Reflect on where the word touches your life today?

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I see Jesus showing _____

I feel Jesus touch _____

Read the scripture text out loud to yourself:

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_____ today/this week.

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Day Twenty-six

Ephesians 6:13-18

Read the scripture text out loud to yourself:

1. Listen for the touch/expression of Jesus the LivingWord. Reflect on a word or phrase in the text that speaks to your heart, write it below:

Read the scripture text out loud to yourself:

2. Ask how is Jesus the speaking to me? Reflect on where the word touches your life today?

I hear Jesus saying _____

I see Jesus showing _____

I feel Jesus touch _____

Read the scripture text out loud to yourself:

3. What does Jesus the Word invite me to do?

I believe God wants me to do _____
_____ today/this week.

Ask the Holy Spirit for courage and wisdom to follow through.

Day Twenty-seven

Ephesians 6:19-20 & Colossians 4:2-4

Read the scripture text out loud to yourself:

1. Listen for the touch/expression of Jesus the LivingWord. Reflect on a word or phrase in the text that speaks to your heart, write it below:

Read the scripture text out loud to yourself:

2. Ask how is Jesus the speaking to me? Reflect on where the word touches your life today?

I hear Jesus saying _____

I see Jesus showing _____

I feel Jesus touch _____

Read the scripture text out loud to yourself:

3. What does Jesus the Word invite me to do?

I believe God wants me to do _____

_____ today/this week.

Ask the Holy Spirit for courage and wisdom to follow through.

Day Twenty-eight

Ephesians 6:21-24

Read the scripture text out loud to yourself:

1. Listen for the touch/expression of Jesus the LivingWord. Reflect on a word or phrase in the text that speaks to your heart, write it below:

Read the scripture text out loud to yourself:

2. Ask how is Jesus the speaking to me? Reflect on where the word touches your life today?

I hear Jesus saying _____

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Read the scripture text out loud to yourself:

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