

# Awake

**40 DAYS OF PRAYER**

*For Our Personal Growth,  
and Our Nation*

**NATE KINGSBURY**

# Preparing Your Heart

Relax. Stop and focus. I have found that during our time with the Lord is when Satan hits us the hardest.

## **Here are a few ways you can prepare to study the Lord's Word:**

Ask the Lord to quiet your mind and heart as you begin.

Take a piece of paper and write down anything that you have to get done later in the day or tomorrow. If you don't take the time to do this before you start, then thinking about your schedule will distract you from what the Lord wants to teach you.

Use your resources. Grab your Bible, listen to podcasts, write in a journal, or whatever will help you in your time with the Lord.

Be you. Talk with the Lord like He is a trusted friend.

Get comfortable. Find a place where you can sit and relax with no distractions. Be aware that it will be easy to fall asleep, so maybe have something to drink to help you stay focused.

Wait on the Lord. Listen for the Lord and what He wants you to hear from Him today.

Put your iPhone in the other room, or just turn it off for a while. Focus on the Lord with nothing distracting you.

Pray against Satan, demons, and their distractions. Satan hates it when we spend time focusing on the Lord. Part of the reason time with the Lord is so difficult is because the forces of darkness do everything to stop and distract us.

Preparation time doesn't have to be long; in fact, it could be only a few minutes. The important part is beginning to relax ourselves in order to focus on hearing from the Lord.



# Day 4

## Be Anchored

### Hebrews 6:19

We have this hope as an anchor for the soul, firm and secure.

People are looking for hope. We try to find hope in many different ways. We search for it in relationships, in money, in success, and in friendships. We look for the approval of others. We will never find true hope in the treasures of this world; we must find our hope in Jesus Christ. For many of us, Jesus Christ is not our anchor. Something else may have taken His place. If you lost your home, if your company got downsized, if you lost the most important person in your life, if it was all gone, what would you have left? Many of us find our anchor in our Christian community. We may rely on our Sunday School class, or our small group, to feed us spiritually. Many times I used church camp to get myself spiritually fit, or I would rely on my parents' faith instead of finding my hope in Jesus Christ. Many times we rely on our pastor to give us our spiritual food for the week or the worship pastor to bring us to the Lord's throne room. Your relationship can't be based on a pastor, a church camp, or a worship experience. Your relationship can't be based on a feeling or an emotional experience. Your anchor must be Jesus. Is Jesus enough? Is He your anchor?

## ***Be honest***

Who or what do you truly rely on as your anchor?

## ***Ways to pray***

1. Admit and confess to the Lord the people or things you have placed over Him.
2. Seek forgiveness from the Lord and repent of any sin that has control over you.
3. Establish Jesus as your anchor.

## ***Dear Lord,***

I have come to realize that my hope and my attention have not been focused on You. I admit my lack of focus, and I ask for Your forgiveness. I repent of my sins of selfishness and putting possessions and others above You, Lord. I ask You to regain all of my life, and I choose to completely surrender to Your will, Jesus. I desire my anchor to be securely in You.

***In the name of Jesus, Amen.***

## ***Today's Next Step***

If you looked to Jesus as your Savior today, have re-committed your life to the Lord, or even if God is speaking to you in a completely different way, I ask you to be bold by telling two people today on the phone or in-person about what Jesus Christ just did in your life.



# Day 12

## Renewed Mind

### **Romans 12:2**

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what the Lord's will is—his good, pleasing and perfect will.

This Bible verse tells us to not be like the world, but renew our minds with the things of the Lord. The Holy Spirit is like a floodlight, exposing things in our lives that need to be seen. As the Holy Spirit gains control, we gain a brand new perspective on sin. He brings out more things that we need to turn over to Him. We begin to no longer watch the shows we used to watch, we decide to no longer hang out with the friends we used to hang out with, we can no longer be dishonest, and we begin to recognize the nagging thoughts that come from the devil. Our minds are being renewed by the Holy Spirit. We are being transformed by Him, making our thoughts obedient to the Lord and allowing the Holy Spirit to work in us. In the midst of living in this fear-based world, we need to start a new way of thinking and begin to trust in the Lord, gaining spiritual muscle and a way of thinking that gives us joy in the midst of these storms.

## ***Be honest***

On what is your mind currently focused?

## ***Ways to pray***

1. Ask the Lord to reveal to you the ways that you are conforming to the patterns of this world.
2. Ask the Lord to transform your mind and make you more like Jesus.
3. Ask the Lord to give you wisdom to know what His good, pleasing and perfect will is for your life.

## ***Dear Lord,***

I renew my mind, and I fix my eyes on You. I will take every thought captive and make it obedient to You. I will not conform to this world and its temptations, but I will be transformed by You. Use my mind, change it, and transform it.

***In the name of Jesus, Amen.***

## ***Today's Next Step***

Every time a negative thought bounces into your brain, renew your mind and give that thought right over to Jesus. In fact, I encourage you to do it right now.



# Day 20

## Individual Revival

### **Psalms 51:10-13**

Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. Then I will teach transgressors your ways, so that sinners will turn back to you.

I remember when I was in college, the Holy Spirit showed up in a powerful way in our chapel services and people started confessing sin and were praying all over the college campus. I remember kids were getting up at 6:00 a.m. to pray with our university chaplain, and regular classes were turning into amazing times where professors and students were studying the Bible. After one month of the most amazing spiritual moments that I have ever seen, the revival just stopped. I remember sitting in our student cafe and talking with my friend Cari and she said something that I will never forget as long as I live. She said, "In order for a revival to truly happen on our campus, it has to individually start in us first." We can be a part of a big movement and see the Lord work, but it has to start in us first.

### ***Be honest***

How passionate and dedicated are you to Jesus right now in your life?

### ***Ways to pray***

1. Ask the Lord to give you a steadfast, unshakeable commitment to Him.
2. Ask the Holy Spirit to move and speak freely in your life.
3. Ask the Lord to allow times of turmoil to bring you back to Him.

### ***Dear Lord,***

Help me to truly surrender to You, Jesus. Help my commitment to You to be unshakable during these days in which I am living. Give me a passion for Your Word and increase my prayer life and boldness for You, Jesus. Give me Your wisdom. Help me to hear Your voice and to walk closely to You.

***In the name of Jesus, Amen.***

### ***Today's Next Step***

Google amazing movements of the Lord or revivals in history. Write down why you believe that those great movements happened. Now write down how revival is happening in you.