

September 29 | Sunday

Prayer is Air: We're All Pregnant

Read [1 Thessalonians 5:15-24](#)



30 | Mon – Not just one way | Read [Ephesians 6:18-20](#)

There are different kinds of breathing. When running or swimming, you may gulp big breaths. When sitting peacefully, your breathing will be regular. Notice how your breathing changes when you are stressed, fearful or angry. Pregnant women learn new ways to breathe as they go through the birthing process. Just as there are different types of breathing, there are also different types of prayer. What are some of the ways you pray?

01 | Tue – Learning by example | Read [Romans 15:4](#)

The Bible is full of examples of people who prayed all kinds of prayers. Some are long, some are short but all of them have something in common. People had a need that was bigger than their abilities so they brought their requests to God because they believed/hoped He would help them. Because they did, rain fell, food was provided, babies were born, lives and families and countries were saved. What is your favorite story?

02 | Wed – God is bigger | Read [Nehemiah 1:4](#) / [James 5:16](#)

Prayer has changed nations and impacted history. When Nehemiah heard how his country had been decimated, he was devastated. Before he spoke to the king, however, he fasted and prayed. God gave him favor and Nehemiah's obedience sparked a revival in his nation, both physically and spiritually. You may not be in a position of influence in your city or country but you can pray. Your prayers could open doors for real change. What are you most disturbed about in your city or country? Instead of complaining, will you pray for God's intervention?

03 | Thu – What about others? | Read [Genesis 18:20-33](#)

Your prayers can change someone's life. Abraham was a godly man. His nephew Lot made unwise choices and ended up living in a wicked city which dishonored God in every possible way. It deserved judgment but Abraham pleaded for mercy. His respectful but repeated petitions found favor with the Lord and Lot was spared. Whose life could be saved because of your persistent prayers?

04 | Fri – Reviewing the past | Read [Philippians 4:6-7](#)

Paul knew that anxious thoughts are unproductive so he gave some good advice on how to pray in the verses above. When you pray, begin by reminding yourself of how God has helped you in the past and take time to express gratitude. It will build up your faith as you ask for what you need. No matter what the outcome, your heart and mind will be guarded by peace that doesn't make sense. What is something that is causing you anxiety right now?

05 | Sat – In God's eyes | Read [Rev. 5:7-8](#)

So what does God think of your prayers? Read these verses to see how precious they are to your heavenly Father. Think about it. *Your* prayers are gathered into golden bowls in God's presence and become like a beautiful fragrance to Him. Don't worry that you may not have the perfect presentation or the proper words. God sees your heart and will fill in the blanks. Does this encourage you to talk to God more often about the things you appreciate and the things that concern you?