

Draw Near

21 DAYS OF PRAYER | WEEK ONE: OCTOBER 12-18, 2026

Teach Us to Pray

Move from words you know to a prayer you understand and mean. Jesus invites us to approach the Father, welcome His leadership, and bring Him our everyday lives. Come with expectation: the Father Jesus reveals hears, knows, and cares.

Your daily rhythm: pause at midday (or another

- 1. Pause.** Set aside 5-10 minutes. Put distractions away and turn your attention toward God.
- 2. Pray slowly.** Pray the whole Lord's Prayer below.
- 3. Make it personal.** Pause at today's phrase on page 2. Bring a real situation before the Father in your own words.
- 4. Respond.** Ask, "What would a faithful response look like today?" Take one practical step.

The Lord's Prayer

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from the evil one.

Matthew 6:9-13 (NIV).

You may finish with the traditional words of praise: Yours is the kingdom and the power and the glory forever. Amen.

Wednesday, October 14: pray and fast together

If you can safely fast from food, choose a manageable period and use the mealtime for prayer. Let hunger remind you: "Father, help me trust Your will." Respect your health needs and continue medication as prescribed; seek medical guidance if unsure. If food fasting is unsuitable, join us in prayer and consider setting aside a distraction. Also join one of our prayer room opportunities on Zoom or in person at our Truro location.

New to prayer? Begin honestly: "God, help me know You. Help me understand Jesus and what it means to trust Him." If you miss a day, return the next day. We are learning together.

One Prayer Seven Focuses

PRAY THE WHOLE PRAYER EACH DAY. LINGER OVER ONE MOVEMENT.

MONDAY, OCTOBER 12 | CONNECT WITH GOD

"Our Father in heaven" Look at Jesus to discover the Father's character. Through Jesus, we are invited into a relationship of trust.

Pray: "Father, help me know You as Jesus reveals You. Help me receive Your love."

Respond: Name one concern you have been carrying. Bring it honestly to the Father.

TUESDAY, OCTOBER 13 | WORSHIP HIS NAME

"Hallowed be Your name" Hallowed means holy. Ask that God's goodness be recognised and honoured, including through you.

Pray: "Father, let my words and actions help others recognise Your goodness."

Respond: Ask, "What might someone learn about God from how I treat them?" Choose one way to honour Him.

WEDNESDAY, OCTOBER 14 | PRAY HIS AGENDA FIRST

"Your kingdom come, Your will be done" Seek God's good reign in the world and welcome His leadership in your own life. Join our shared prayer and fasting rhythm.

Pray: "Father, bring Your goodness to this situation. Show me my part and help me obey."

Respond: Name one area you need to surrender. Take one step that reflects Jesus' way.

THURSDAY, OCTOBER 15 | DEPEND ON HIM

"Give us today our daily bread" Bring today's needs. Receive what you have with gratitude and remember others who need provision.

Pray: "Father, provide what we need. Help me receive gratefully and share generously."

Respond: Ask, "Could something You have entrusted to me help someone else?" Offer practical care.

FRIDAY, OCTOBER 16 | FORGIVE AND BE FORGIVEN

"Forgive us our debts, as we forgive our debtors" Confess honestly and receive God's mercy. Ask for help to extend mercy. Forgiveness does not erase harm or remove wise boundaries.

Pray: "Father, forgive me. Help me take the next faithful step toward forgiving others."

Respond: Consider whether you need to apologise, seek support, or release a desire for retaliation.

SATURDAY, OCTOBER 17 | SEEK PROTECTION AND DELIVERANCE

"Lead us not into temptation, but deliver us from the evil one" Ask for help to resist temptation and spiritual opposition. Difficulty does not mean the Father has abandoned you.

Pray: "Father, protect me. Help me recognise what draws me away from You and remain faithful."

Respond: Identify one vulnerable area. Seek support or change a pattern that leads toward harm.

SUNDAY, OCTOBER 18 | EXPRESS FAITH IN GOD'S POWER

"Yours is the kingdom and the power and the glory forever" Finish with praise. Entrust your life to the Father's authority and care, even where answers are still unfolding.

Pray: "Father, thank You for Your faithfulness. I trust You with what I cannot yet see."

Respond: Look back: what did you notice, learn, or begin to change? Thank God and choose a step to continue.

Connect - Worship - His Agenda - Depend - Forgive - Seek Protection - Praise