

REDEMPTION CHURCH

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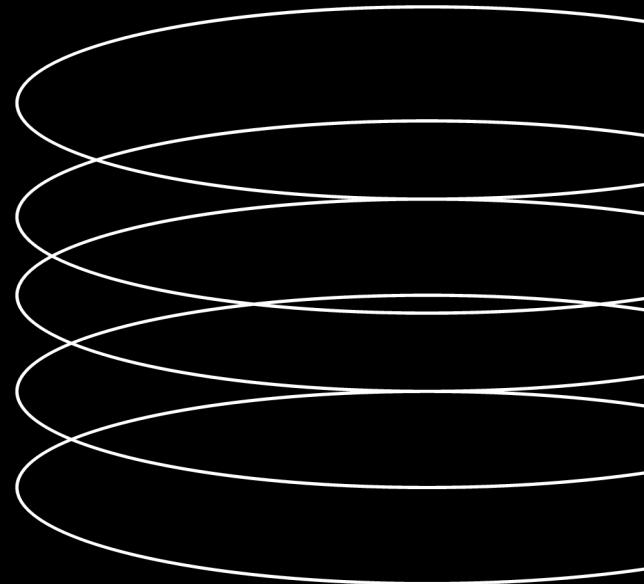


Prayer 21 Guide

Praying with Purpose



A STEP-BY-STEP GUIDE
FOR PRAYER 21 CHALLENGE.





HEY, IT'S
PASTOR DEVIN
AND
PASTOR SAM!

What is PRAYER 21?

We'd like to formally introduce you to Prayer 21!

Prayer 21 is an intentional time of prayer that catapults our faith. By praying through specific topics daily, we'll see miracles break out. Prayer will be hosted virtually on Redemption's YouTube Channel every morning at 6:21AM. We will kickoff on August 4th and wrap up August 24th! Be sure to subscribe to Redemption's YouTube Channel and turn on your notifications for when we are live each and every morning. Also, follow along in this handbook throughout Prayer 21. Remember, prayer changes everything. We love you and see you there!

[FIND MORE ON REDEMPTION CHURCH YOUTUBE'S PAGE](#)

Day 1: RENEW YOUR MIND

Focus: A New Mindset

Scripture: “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 God's will is—his good, pleasing and perfect will.” - **Romans 12:2**

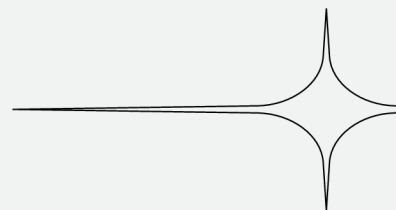
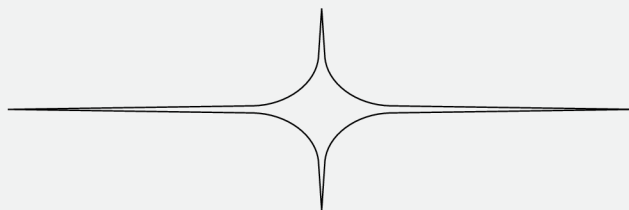
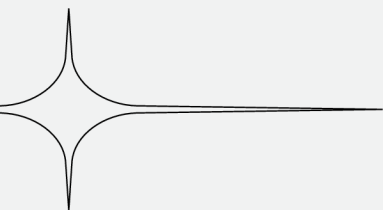
Commentary: It's easy to carry old thoughts and patterns. God desires to transform our lives by renewing our minds. Think of your mind as a garden. To thrive, you must remove weeds (negative thoughts) and plant seeds of God's truth. As you spend time in His Word, He renews your perspective.

Application Points:

Write down a negative thought you struggle with and replace it with a scripture. ☐

Memorize Romans 12:2. ☐

Personal Prayer: Heavenly Father, renew my mind. I let go of thoughts that do not align with Your truth. Transform me to think as You think. In Jesus' name, Amen.



Day 2: FIX YOUR FOCUS

Focus: Fixing Your Thoughts on God

Scripture: “You will keep in perfect peace those whose minds are steadfast, because they trust in you.” - **Isaiah 26:3**

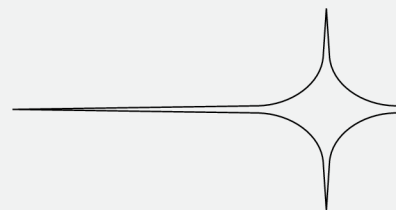
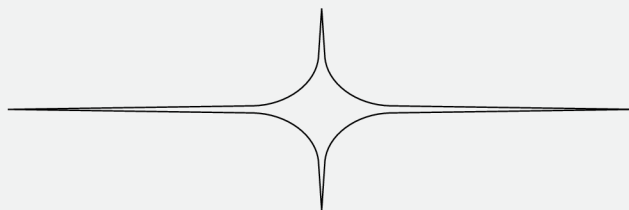
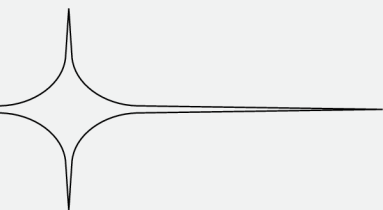
Commentary: Our minds are constantly bombarded with distractions, worries, and fears. To thrive, we need to intentionally fix our focus on God. Picture Peter walking on water: the moment he took his eyes off Jesus, he began to sink. A thriving mind trusts God and stays steadfast, even amid storms.

Application Points:

Identify one distraction in your life and create a plan to reduce its influence. ☐

Spend time journaling ways God has been faithful in the past. ☐

Personal Prayer: Lord, help me fix my mind on You. I choose peace over worry and trust over fear. You are my focus and my anchor. Amen.



Day 3: GUARDING YOUR MIND

Focus: Protecting Your Thoughts

Scripture: “Above all else, guard your heart, for everything you do flows from it.” - **Proverbs 4:23**

Commentary: Your mind is a gateway. What you allow in shapes your emotions, words, and actions. Imagine leaving your front door wide open— anyone could come in. Similarly, when we don’t guard our thoughts, negativity can take root. To thrive, we must protect our mental space with wisdom, boundaries, and God’s Word.

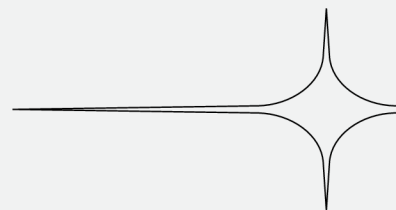
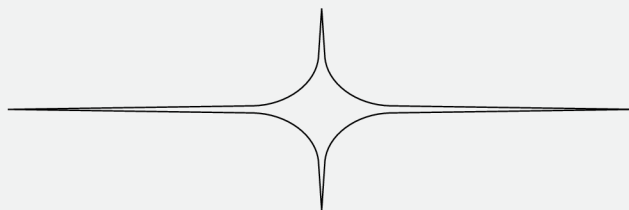
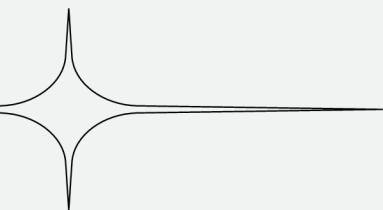
Application Points:

List and evaluate what you’re consuming (media, conversations, etc.) and remove toxic influences. ☐

Start and end your day by reading scripture. ☐

Personal Prayer: Pray for discernment to recognize thoughts that aren’t from God.

Father, help me guard my mind and heart. Let only truth, peace, and wisdom take root in me. I surrender my thought life to You. Amen.



Day 4: ALIGN WITH GOD'S WILL

Focus: Thinking In Alignment With God's Purpose

Scripture: “For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you a hope and a future.” - **Jeremiah 29:11**

Commentary: Sometimes, our plans and thoughts don't align with God's will. We may strive and struggle, only to feel stuck. Thriving begins when we surrender our plans and ask God to reveal His. Trust that His ways are higher, His thoughts are greater, and His purpose for us is perfect.

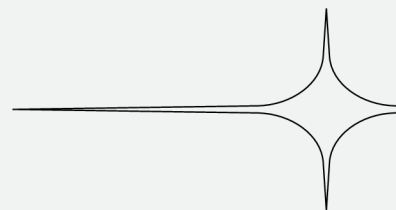
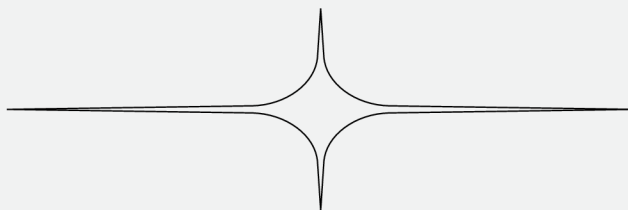
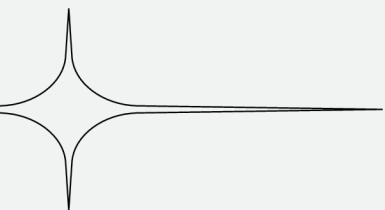
Application Points:

Write down your goals for the remainder of the year and pray over them. ☐

Ask God to show you where your plans need to align with His. ☐

Be still and listen for God's guidance today. ☐

Personal Prayer: Lord, I surrender my plans to You. Align my thoughts, goals, and dreams with Your purpose for me. I trust Your plans are best. In Jesus' name, Amen.



Day 5: THINK ON WHAT IS TRUE

Focus: Choosing Godly Thoughts

Scripture: “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” - **Philippians 4:8**

Commentary: Our thoughts shape our reality. If we focus on negativity, we will live in discouragement. But if we think on what is true, lovely, and noble, we will begin to thrive. When negativity creeps in, replace it with gratitude, truth, and praise.

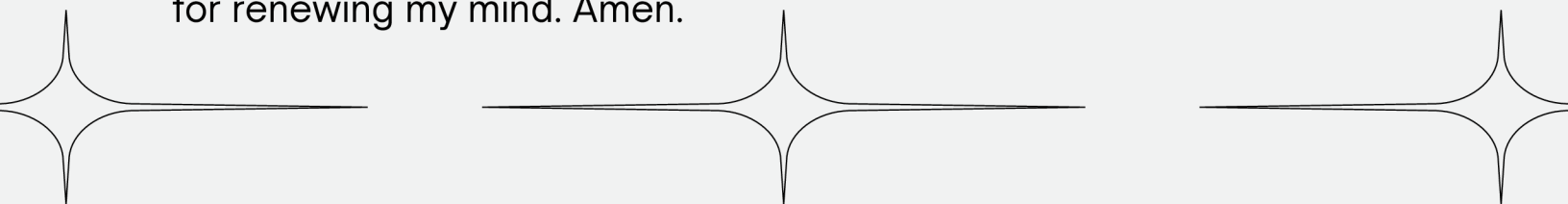
Application Points:

Write out Philippians 4:8 and place it somewhere visible. ☐

Choose one area of life where you need to replace negativity with God’s truth. ☐

List five things you’re grateful for today. ☐

Personal Prayer: Heavenly Father, help me to think on things that honor You. I choose thoughts of truth, purity, and praise. Thank You for renewing my mind. Amen.



MEET US ON CAMPUS FOR DAY 6 OF PRAYER 21 AT THE POUR

P A S T O R D E V I N P R E S E N T S

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POUR 2025
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POUR 2025



REDEMPTION CHURCH
340 S. SECOND ST. MPHS TN 38103
DOORS OPEN @ 630AM



P A S T O R D E V I N P R E S E N T S

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Day 6: TAKE EVERY THOUGHT CAPTIVE

Focus: Gaining Control Over Your Thoughts

Scripture: “We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” - **2 Corinthians 10:5**

Commentary: Not every thought that enters your mind is from God. Negative, self defeating, or fearful thoughts can derail you. Thriving requires you to take control and make your thoughts obedient to Christ. Imagine holding a thought up to God’s truth—if it doesn’t align, you replace it.

Application Points:

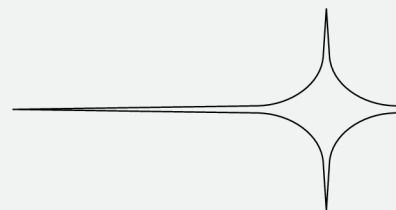
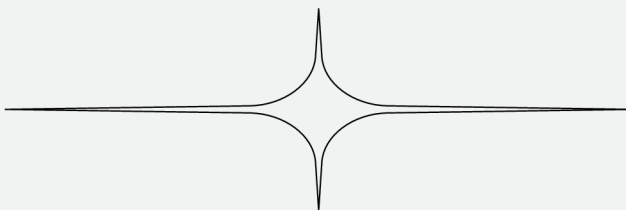
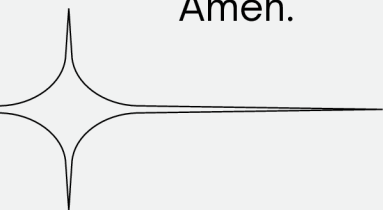
Notice when you have a negative thought and pray to release it ☐ and replace it.

Initial Thought:

Replacement Thought:

Speak a scripture aloud whenever fear or doubt creeps in. ☐

Personal Prayer: Lord, I take every thought captive and surrender it to You. Help me discern Your truth and reject lies. In Jesus’ name, Amen.



Day 7: WALK IN THE MIND OF CHRIST

Focus: Thriving With The Mind Of Christ

Scripture: “Let this mind be in you, which was also in Christ Jesus.”
- **Philippians 2:5**

Commentary: To thrive, we must adopt the mindset of Christ—humility, love, and purpose. Jesus lived with a clear focus on God’s will and served others selflessly. A thriving mind isn’t consumed by pride or worry; it’s surrendered to God and driven by love.

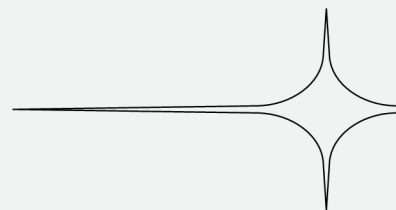
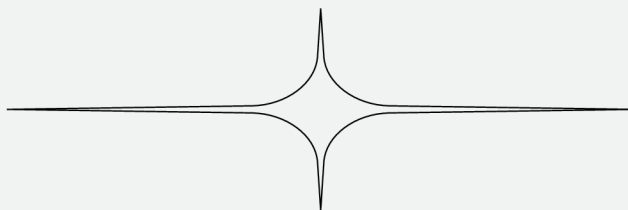
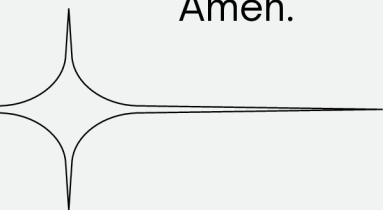
Application Points:

Ask God to show you where you need a Christ-like mindset. ☐

Look for one way to serve someone selflessly today. ☐

Commit to walking in humility and purpose. ☐

Personal Prayer: Father, I desire the mind of Christ. Help me walk in humility, love, and focus on Your will. May I thrive as I live like Jesus. Amen.



DATE:

PRAYER 21 CHALLENGE: WEEKLY REFLECTION



WINS



CHALLENGES



HOW HAS GOD SHOWED UP OR ANSWERED YOUR PRAYERS
OVER THE LAST 8 DAYS?

WHAT ARE YOU EXPECTING GOD TO DO AND PERFORM BY
THE END OF PRAYER 21?

Day 8: A HEART THAT TRUSTS

Focus: Trusting God With Your Whole Heart

Scripture: “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight.” – **Proverbs 3:5-6 (NIV)**

Commentary: Imagine standing on the edge of a diving board for the first time. The pool looks deep, the fall intimidating. A child hesitates but then hears their father’s voice: “Jump, I’ve got you!” That trust propels them forward. God is calling us to leap into His promises with the same faith, knowing He’s ready to catch us. Thriving starts with a heart that chooses trust over fear.

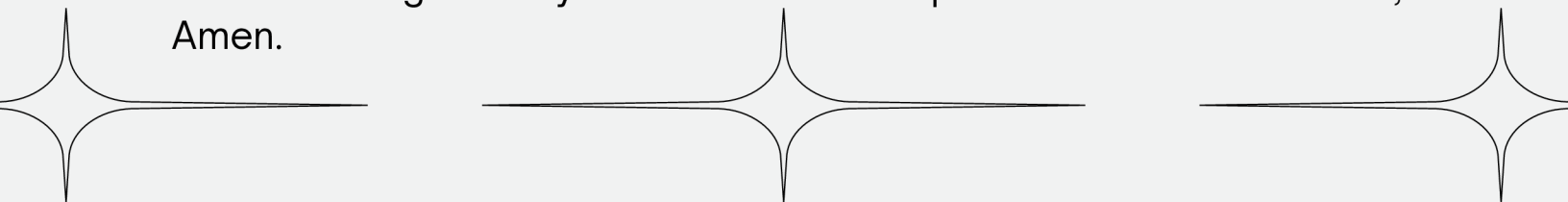
Application Points:

Identify one area where you’re struggling to trust God. ☐

Write down a promise from God’s Word to speak over that situation. ☐

Surrender your doubts to Him in prayer. ☐

Personal Prayer: Heavenly Father, I choose to trust You with my whole heart. Help me to lean on Your wisdom and not my own understanding. Let my heart rest in Your promises. In Jesus’ name, Amen.



Day 9: A HEART THAT FORGIVES

Focus: Letting Go of Offense and Embracing Forgiveness

Scripture: “Above all else, guard your heart, for everything you do flows from it.” – **Proverbs 4:23 (NIV)**

Commentary: Have you ever carried bitterness toward a friend who betrayed you? It may have felt like a weight in your chest. As we read Proverbs 4:23, it teaches us that holding onto offense is poisoning to our hearts. By forgiving others, we can find peace and freedom. Forgiveness doesn't release someone from accountability; it releases us to thrive.

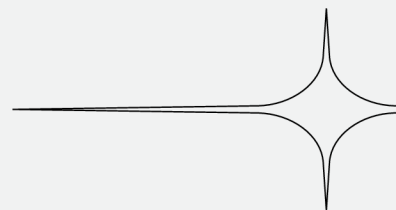
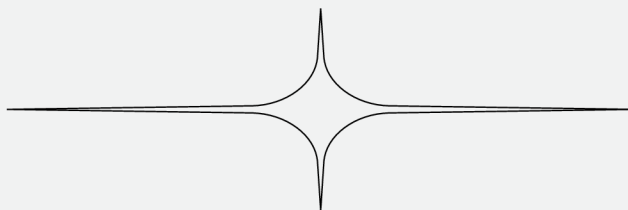
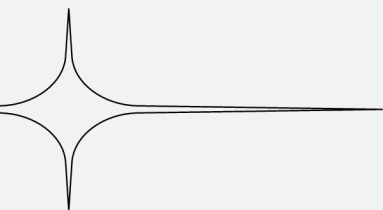
Application Points:

Write the names of those you need to forgive. Pray for them. ☐

Ask God to soften your heart and heal the hurt. ☐

Take one step toward reconciliation, if possible. ☐

Personal Prayer: Lord, help me to forgive as You have forgiven me. Remove bitterness and anger from my heart and fill it with Your peace. I release all offenses to You. Amen.



Day 10: A HEART THAT LISTENS

Focus: Listening To God's Voice In A Noisy World

Scriptures: “My sheep listen to my voice; I know them, and they follow me.” – **John 10:27 (NIV)**

In the chaos of life, Elijah sought God in the wind, earthquake, and fire, but God spoke in a gentle whisper (**1 Kings 19**) (story)

Commentary: Sometimes, we're waiting for something spectacular when God is already speaking in the stillness. To thrive, we must quiet our hearts and tune into His voice.

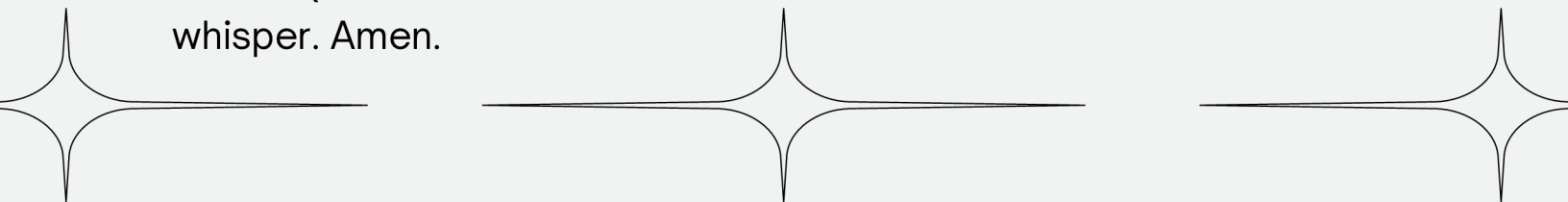
Application Points:

Set aside 10 minutes today to sit in silence and listen for God. ☐

Write down anything you sense Him saying through Scripture or prayer. ☐

Remove distractions when you spend time with God. ☐

Personal Prayer: Father, teach me to recognize and listen to Your voice. Quiet the noise around me and within me so I can hear Your whisper. Amen.



Day 11: A HEART THAT LOVES

Focus: Loving Others As Christ Loves Us

Scripture: “A new command I give you: Love one another. As I have loved you, so you must love one another.” – **John 13:34 (NIV)**

Commentary: Ever noticed someone you knew struggling and decided to reach out, offering encouragement and prayer. That small act of love opened the door for deeper conversations about God’s grace. Thriving hearts overflow with Christ’s love, blessing others and drawing them closer to Him.

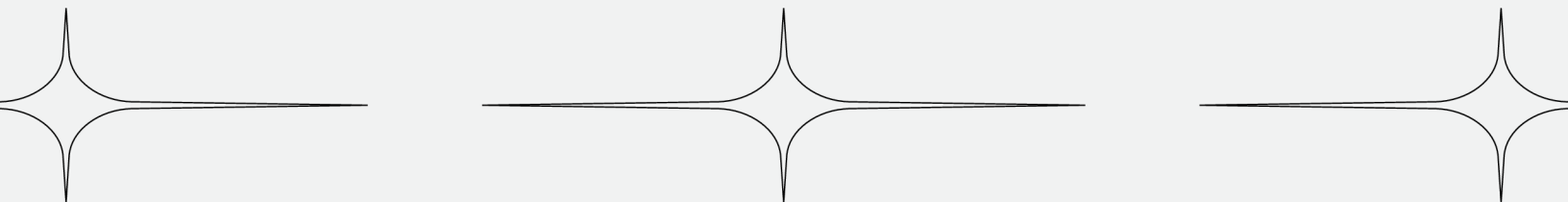
Application Points:

Ask God to show you someone who needs His love today. ☐

Perform one act of kindness—a note, a prayer, or a helping hand. ☐

Reflect on how Christ has loved you. ☐

Personal Prayer: Lord, fill my heart with Your love so I can pour it into others. Help me to love unconditionally and generously, just as You have loved me. Amen.



Day 12: A HEART THAT OBEYS

Focus: Obeying God's Leading Without Hesitation

Scriptures: "If you love me, keep my commands." – **John 14:15 (NIV)**

When Peter cast his net at Jesus' instruction, even though it seemed illogical, he witnessed an overwhelming catch (**Luke 5:5-6**) (story)

Commentary: Thriving requires obedience, even when we don't fully understand God's plan. A heart that obeys is positioned for His blessings.

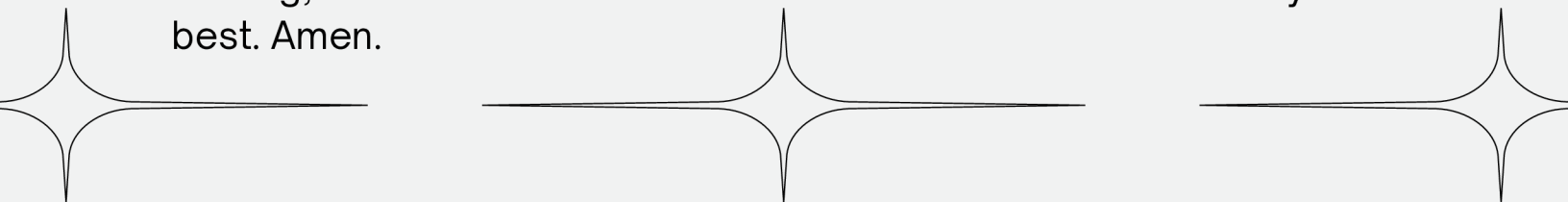
Application Points:

Is there something God has been prompting you to do? Take the first ☐ step.

Reflect on times when obedience brought blessings. ☐

Pray for courage to follow God's direction today. ☐

Personal Prayer: Heavenly Father, help me to obey Your Word and leading, even when it's hard or unclear. I trust that Your ways are best. Amen.



Day 13: A HEART THAT SEEKS

Focus: Pursuing God Above All Else

Scriptures: “You will seek me and find me when you seek me with all your heart.” – **Jeremiah 29:13 (NIV)**

Commentary: David was known as a man after God’s own heart. Despite his failures, he sought God passionately. A thriving heart is one that prioritizes time in God’s presence. Like any relationship, closeness with God requires intentional pursuit.

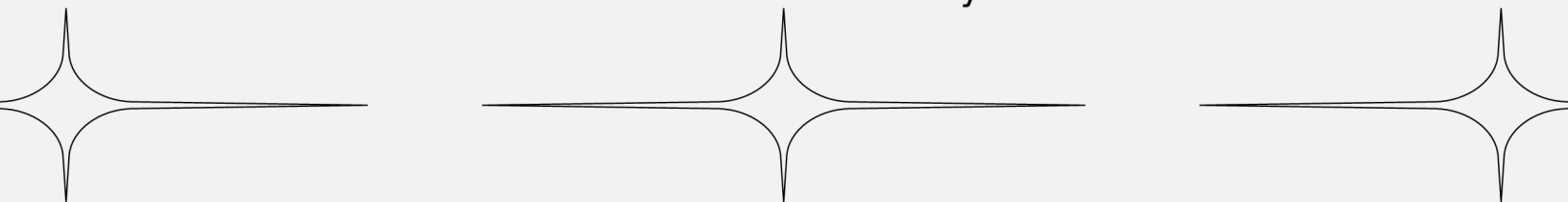
Application Points:

Schedule a time today to read Scripture and pray intentionally. ☐

Remove one distraction that keeps you from seeking God. ☐

Journal about what God is revealing to you. ☐

Personal Prayer: Lord, I want to know You more. Stir a hunger in my heart to seek You daily. Draw me closer to Your presence. Amen. heavenly Father, help me to obey Your Word and leading, even when it’s hard or unclear. I trust that Your ways are best. Amen.



Day 14: A HEART THAT THRIVES

Focus: Living Fully In God's Purpose

Scriptures: “The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.” – **John 10:10 (NIV)**

Commentary: Thriving isn't about worldly success; it's about flourishing in the life God designed for you. Jesus promises an abundant life—one filled with purpose, joy, and peace. When your heart aligns with Him, you thrive, no matter the circumstances.

Application Points:

Reflect on the past seven days: What has God spoken to your heart?



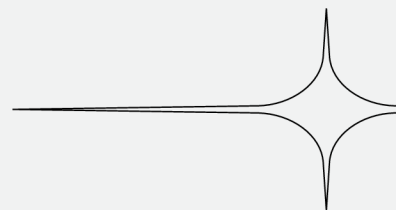
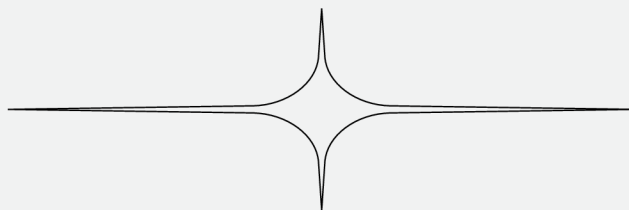
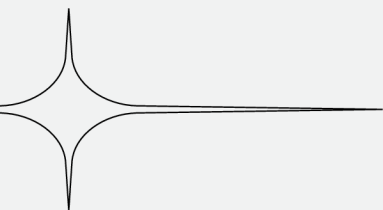
Write a prayer of dedication, committing the rest of the year to Him.



Share your testimony with someone about how you plan to thrive.



Personal Prayer: Father, thank You for calling me to thrive in You. I surrender my plans, my heart, and my year to Your purpose. Let my life bring You glory. In Jesus' name, Amen.



DATE:

PRAYER 21 CHALLENGE: WEEKLY REFLECTION



WINS



CHALLENGES



HOW HAS GOD SHOWED UP OR ANSWERED YOUR PRAYERS
OVER THE LAST 8 DAYS?

WHAT ARE YOU EXPECTING GOD TO DO AND PERFORM BY
THE END OF PRAYER 21?

Day 15: OPEN HANDS - SURRENDER TO GOD

Focus: Thriving Begins With Surrendering To God

Scripture: “Humble yourselves before the Lord, and He will lift you up.” – **James 4:10**

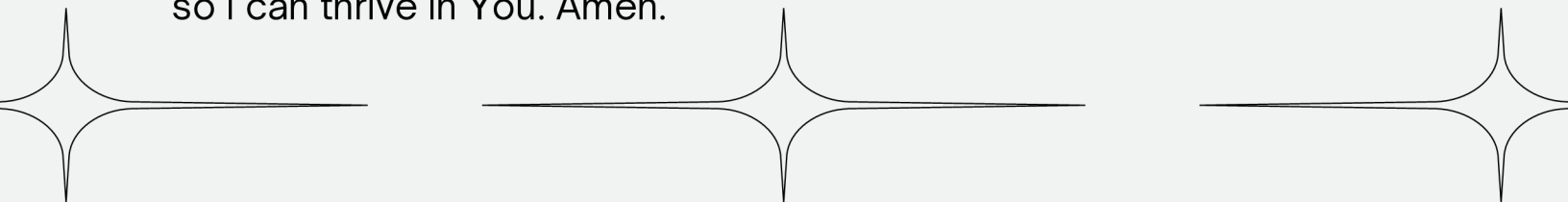
Commentary: A farmer’s harvest begins with an open hand—letting go of the seed and trusting the process of growth. In life, we often cling tightly to our plans, but true thriving comes when we surrender them to God. When our hands are open, we release control and allow God to move freely.

Application Points:

Take time to identify what you need to release (worry, fear, control). ☐

Physically open your hands in prayer, symbolizing surrender. Reflect on this experience. ☐

Personal Prayer: Lord, I come to You with open hands. I release all that holds me back and trust Your plan for my life. Help me to let go so I can thrive in You. Amen.



Day 16: CLEAN HANDS - SEEK PURITY

Focus: Thriving Requires Clean Hands

Scripture: “Who may ascend the mountain of the Lord? Who may stand in His holy place? The one who has clean hands and a pure heart...” – **Psalms 24:3-4**

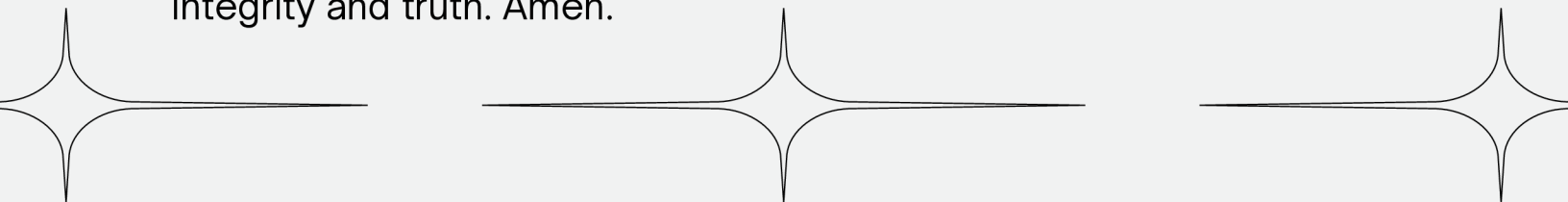
Commentary: Imagine a child coming to the dinner table with dirty hands. Before eating, they must clean up. Spiritually, we cannot fully receive from God without first seeking forgiveness and purity. Living in purity and integrity before God and others.

Application Points:

Reflect on areas of your life that need repentance. ☐

Ask God to purify your motives and actions. ☐

Personal Prayer: Father, I desire to have clean hands and a pure heart. Forgive me where I have fallen short. Help me to walk in integrity and truth. Amen.



Day 17: WORKING HANDS - SERVING OTHERS

Focus: Thriving Requires Diligent Hands

Scripture: “Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.” – **Colossians 3:23**

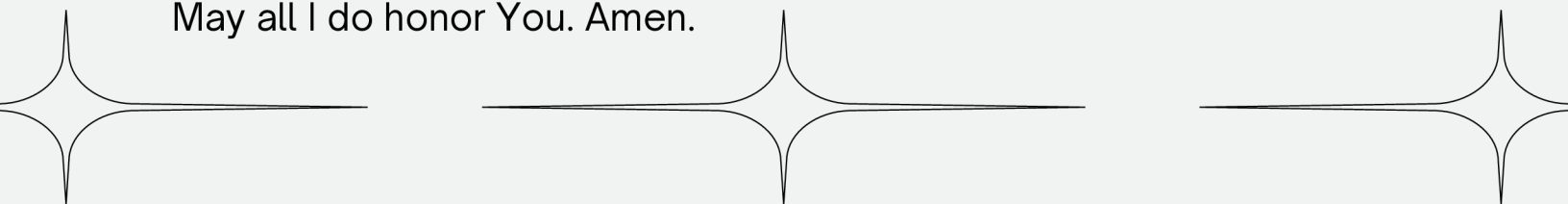
Commentary: Jesus, our ultimate example, worked with His hands as a carpenter before starting His ministry. No task is too small when it’s done for God’s glory. Thriving involves using our hands to work diligently and serve others with excellence.

Application Points:

Identify one way you can serve someone today—at home, work, or church. ☐

Commit to doing every task this week “as unto the Lord.” ☐

Personal Prayer: God, thank You for the ability to work. Help me to use my hands to serve others with love, diligence, and excellence. May all I do honor You. Amen.



Day 18: GENEROUS HANDS - GIVE FREELY

Focus: Thriving Is Found In Generosity

Scripture: “You will be enriched in every way so that you can be generous on every occasion.” – **2 Corinthians 9:11**

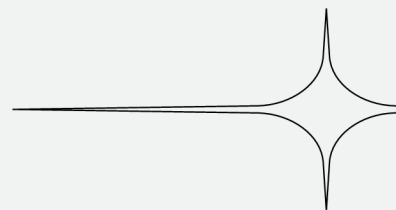
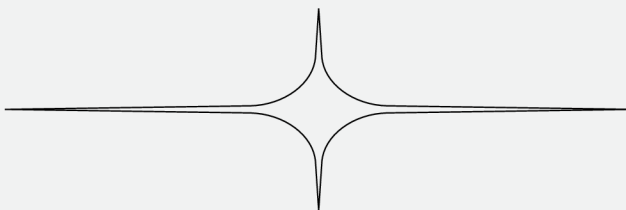
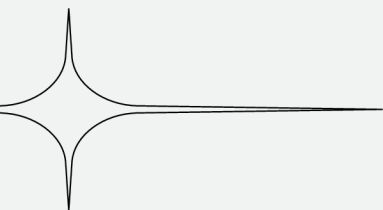
Commentary: A small boy offered his lunch—five loaves and two fish—to Jesus. In the hands of God, that small offering fed thousands. Generosity multiplies. When our hands are open to give, God blesses us to give even more.

Application Points:

Look for an opportunity to give today—whether time, resources, or encouragement. ☐

Trust that God will use what you give for His purpose. ☐

Personal Prayer: Lord, make me a vessel of generosity. Help me to give freely, knowing You provide all I need. Use what I offer to bless others. Amen.




Day 19: PRAYERFUL HANDS - SEEKING GOD IN ALL THINGS


Focus: Thriving Requires Lifting Our Hands in Prayer

Scripture: “I want the men everywhere to pray, lifting up holy hands without anger or disputing.” – **1 Timothy 2:8**

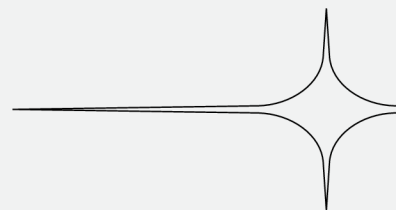
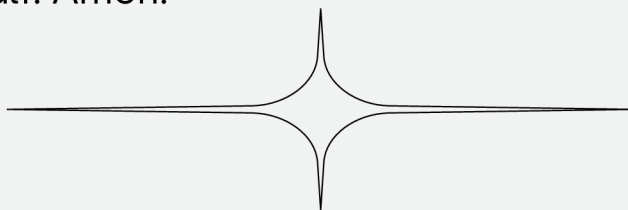
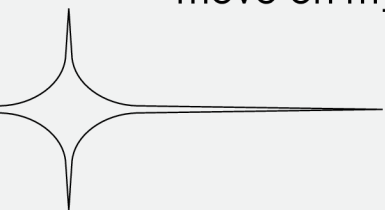
Commentary: Moses lifted his hands in prayer during a battle, and as long as his hands were raised, Israel prevailed. Hands lifted in prayer signify dependence on God’s power. Lifting our hands in prayer symbolizes seeking God’s wisdom, peace, and provision.

Application Points:

Spend focused time in prayer today, lifting your hands as a sign of trust. 

Pray for your family, church, and areas where you need God’s intervention. 

Personal Prayer: Father, I lift my hands to You in prayer and surrender. I invite You into every area of my life and trust You to move on my behalf. Amen.



Day 20: STRONG HANDS - PERSEVERE WITH GOD'S STRENGTH

Focus: Thriving Requires Perseverance

Scripture: “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.” – **Isaiah 41:10**

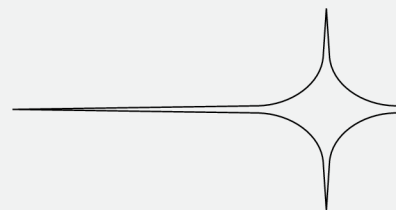
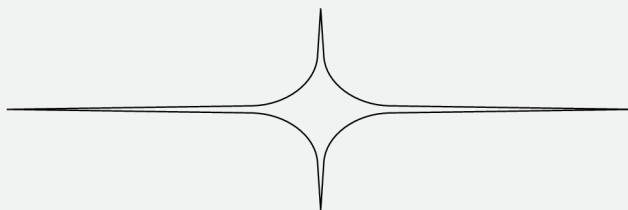
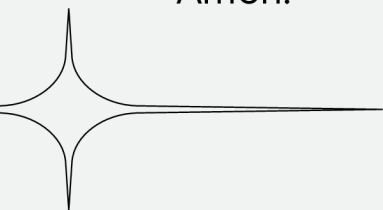
Commentary: Picture a parent holding their child's hand while walking up a steep hill. The child doesn't fall because the parent's grip is strong. God's hand is steady and strong, holding us through challenges. Thriving means relying on God's strength when life feels heavy.

Application Points:

Acknowledge areas where you feel weak or weary. ☐

Memorize today's verse as a reminder that God holds you. ☐

Personal Prayer: Lord, I need Your strength to persevere. Uphold me with Your steady hand, and help me thrive even in difficult seasons. Amen.




Day 21: PROSPERING HANDS - FLOURISH IN GOD'S PURPOSE


Focus: Thriving Means Prospering In God's Purpose For Your Life. When You Commit Your Work And Your Ways To Him, Your Hands Will Flourish.

Scripture: "The Lord will send a blessing on your barns and on everything you put your hand to. The Lord your God will bless you in the land He is giving you." – **Deuteronomy 28:8**

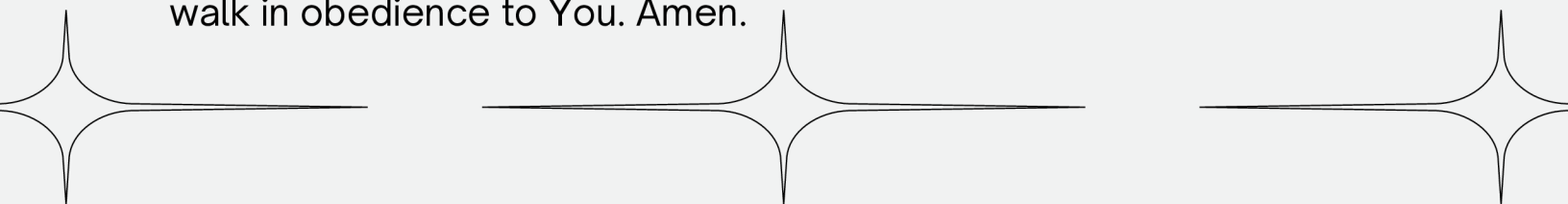
Commentary: A gardener plants seeds, waters them, and nurtures the soil. Though growth may take time, the harvest is plentiful when the hands remain diligent, and the process stays rooted in faith. God desires that the work of our hands prospers—not just for our benefit but for His glory and the good of others. When we align with His will, everything we touch can thrive.

Application Points:

Dedicate your skills, projects, and work to God, trusting Him to make them fruitful. 

Be intentional about using your gifts to serve others and build His kingdom. 

Personal Prayer: Heavenly Father, I thank You for the opportunity to flourish in Your purpose. I commit the work of my hands to You. Lord, and make everything I do prosper for Your glory. May I thrive as I walk in obedience to You. Amen.



DATE:

PRAYER 21 CHALLENGE: WEEKLY REFLECTION



WINS



CHALLENGES



HOW HAS GOD SHOWED UP OR ANSWERED YOUR PRAYERS
OVER THE LAST 8 DAYS?

WHAT ARE YOU EXPECTING GOD TO DO AND PERFORM BY
THE END OF PRAYER 21?

REDEMPTION CHURCH

REDEMPTION CHURCH

REDEMPTION CHURCH



Prayer 21 Guide

Praying with Purpose

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