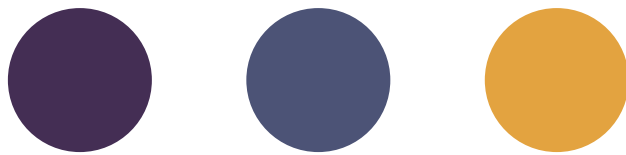


# 3 to 30

PRAYER PROGRAM



# 3 to 30

## PRAYER PROGRAM

WRITTEN & DESIGNED BY  
JOEY SCHWARTZ



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Live Full exists to help followers of Jesus feast on the Word and be filled with the Spirit. For more resources, visit [livefull.org](https://livefull.org).



# Introduction

## ABOUT THE PROGRAM

**3 to 30** is a three-week prayer program designed to help you create space for Jesus and cultivate a thriving prayer life.

The program is designed for prayer groups or prayer partners, but you can also work through the program on your own.

The program uses five components:

### 1. TIME FRAME

Each day, you will have a set time frame devoted to prayer, which will extend from 3 minutes at the start of the program to 30 minutes at the end of the program.

The daily time frame is vital because one of the greatest barriers to a flourishing prayer life is *time*.

Believers who leave prayer up to chance will escape their prayer time when they feel distracted or unmotivated. They will conclude that they're not good at prayer, but really, they just haven't prioritized it.

Believers who commit to a time frame will press through distractions and have enough time in prayer for God's love to reach the deepest places of their hearts.

### 2. PRAYER PROMPTS

You will have daily prompts pulled from the Scriptures to help kick off your conversation with God. The prompts are designed to teach you how to root your prayers in Scripture.

Rather than working through a formula for prayer, there are six categories of prompts, which are in no particular order. These categories rotate throughout the guide, teaching you how to implement several kinds of prayer.



**Worshipping** – thanking and praising God for who he is



**Communing** – longing for deeper communion with God



**Confessing** – repenting of sin and receiving forgiveness and healing through Christ



**Interceding** – praying for others' needs



**Listening** – remaining silent to hear the leading of the Spirit



**Asking** – desiring more of God's blessings in your life

### 3. DAILY JOURNAL TRACKING

After you pray each day, you will jot down a few notes about your prayer time. This helps you remain accountable to yourself and others, and it will also allow you to reflect on your three weeks of prayer.

In the “My Prayer Time” section, you can answer the following three questions:

- How was your prayer time?
- What did God speak to you?
- What did you ask of God?

#### 4. WEEKLY REFLECTION

There are five days of prayer per week. This margin allows you to catch up, in case you miss a day of prayer. It also gives you the space to fill out a brief weekly review. This review helps you reflect on your week of prayer and answer the following questions:

- What did you enjoy most about your prayer time?
- What were your greatest obstacles to persistent prayer?
- How can you remove those obstacles in the week ahead?
- How did you see God answer your prayers?

#### 5. PRAY TOGETHER TIME

Each weekend, gather with a prayer partner or prayer group who is walking through the 3 to 30 Program. Aim to spend at least 30 minutes in prayer worshipping God, confessing sin, and listening to the Holy Spirit.

After spending at least 30 minutes in prayer, discuss what happened in your previous week of prayer:

- How is God growing you in prayer?
- How is God calling you to continue growing?
- How can we hold one another accountable?

## SETTING A TIMER FOR PRAYER

Because time is one of the greatest obstacles to a flourishing prayer life, it is crucial that you commit to the time frame each day.

I recommend that you buy a timer that is separate from your phone. This way, you can turn off your phone and put it in another room. If you choose to pray near your kitchen, you can also use an oven or microwave timer.

Before you pray, set the timer to the allotted timeframe, and refuse to leave prayer until the alarm sounds. This may seem mechanical or forced, but committing to remain in prayer through the distractions is necessary for cultivating a life of prayer.

## AN IMPORTANT REMINDER

There is only one way to access the Father in prayer: through faith in Jesus Christ. Through his finished work on the cross and his death-defeating resurrection, Jesus has paved the way to the throne of grace for all who believe in him.

If you have not personally trusted in Christ for salvation, there is no prayer program that will provide a relationship with God. You must turn from your sin, believe in Jesus, and receive the gift of the Holy Spirit.

Receive this precious gift, and then you can use 3 to 30 as a way of kicking off a life of prayer as an adopted child of God.



I will pray

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WHERE?

starting at

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WHEN?

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NAME



# 3 Minutes

WEEK 1 | DAY 1

DATE

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PRAY



PSALM 103:1-5

Remember all that God has done for your soul. Thank him for his forgiveness, his healing, his redemption, his steadfast mercy, and his satisfying presence.

JOURNAL



**My Prayer Time**

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# 5 Minutes

WEEK 1 | DAY 2

DATE

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PRAY



PSALM 18:1, 27:4

Tell the Lord how much you love him and how much you long to know him more. Declare that your one desire is to gaze at his beauty.



PSALM 139:23-24

Ask God to expose any hidden sin, praying, “Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!”

# JOURNAL



## My Prayer Time

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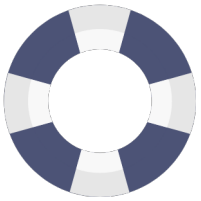
# 7 Minutes

WEEK 1 | DAY 3

DATE

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PRAY



1 THESSALONIANS 5:14

Intercede for believers who are in spiritual need. Ask God to convict those who are hardhearted, encourage those who are fainthearted, and strengthen those who are suffering.



ACTS 8:29, 10:19, 13:2

Sit in silence, listening attentively for the Holy Spirit to give specific direction for your life.



EPH. 3:16; 2 TIM. 1:6-7; 1 COR. 12:31

Ask for more of the Spirit's power. Ask God to fan into flame the spiritual gifts that are within you and to grant you the higher gifts of the Spirit.

# JOURNAL



## My Prayer Time

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# 9 Minutes

WEEK 1 | DAY 4

DATE

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PRAY



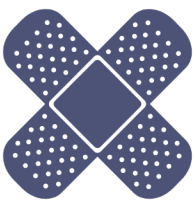
ISAIAH 40:28-31

Adore the everlasting God, who overflows with strength. You may be weary, but he never faints. You may have no might, but he gives power to the faint.



EPHESIANS 5:18; ROMANS 15:13

Ask God to fill you afresh with the Holy Spirit. Welcome the Spirit, opening your heart for renewed joy, peace, and hope in his presence.



GALATIANS 5:19

Confess to God where you have chosen to walk by the flesh in “sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these.”

# JOURNAL



## My Prayer Time

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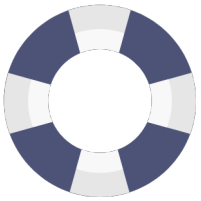
# 11 Minutes

WEEK 1 | DAY 5

DATE

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PRAY



2 CORINTHIANS 1:2-4; JAMES 5:15

Intercede for those who are in physical need. Ask God to comfort them through the Spirit, sustain their faith, and heal in Jesus' name.



JOHN 16:8

Sit in silence, listening attentively for the Holy Spirit to shed light on any unknown area of sin in your life.



ROMANS 8:29, 12:1-2, 13:14

Ask for more of Christ's holiness reflected in your life. Ask God to rid you of all sin and conform you into the image of Christ.



ROMANS 11:36

Worship God as the center of all Creation. From him, through him, and to him are all things (Romans 11:36).

JOURNAL



**My Prayer Time**

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# Reflection

WEEK 1

WHAT DID YOU ENJOY MOST ABOUT YOUR PRAYER TIME?

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WHAT WERE YOUR GREATEST OBSTACLES TO PERSISTENT PRAYER?

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HOW CAN YOU REMOVE THOSE OBSTACLES IN THE WEEK AHEAD?

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HOW DID YOU SEE GOD ANSWER YOUR PRAYERS?

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# Pray Together

WEEK 1

## PRAY



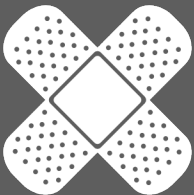
### EPHESIANS 2:1-10

Praise God for saving you by grace, even when you were dead in your transgressions and sins, through Christ's finished work.



### PSALM 90:14

Confess your sins to one another, and pray for one another, that you may be healed



### ACTS 13:2-3; 1 CORINTHIANS 14:27

Listen to the Holy Spirit on one another's behalf, asking him to provide a Scripture, encouragement, prophecy, hymn, or intercession for the other.

## DISCUSS

- HOW IS GOD GROWING YOU IN PRAYER?
- HOW IS GOD CALLING YOU TO CONTINUE GROWING?
- HOW CAN WE HOLD ONE ANOTHER ACCOUNTABLE?



# 13 Minutes

WEEK 2 | DAY 1

DATE

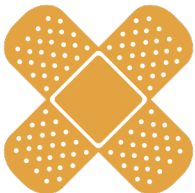
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PRAY



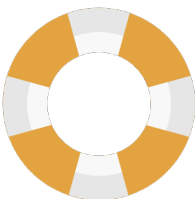
**PSALM 90:14**

Bring your hungry heart to the Lord to be satisfied. Ask him to fill you to the brim with his steadfast love.



**HEBREWS 3:12-14**

Repent of any unbelief or stubbornness that dwells in your heart. Ask God to open your eyes to the deceitfulness of sin.



**COLOSSIANS 4:2; 2 CORINTHIANS 4:6**

Pray for the unbelievers nearest to you. Ask God to open a door for you to share Christ and to shine the light of Christ into their hearts.



1 CORINTHIANS 14:1, 39

Sit in silence, listening attentively for the Holy Spirit to give you a word of prophecy or specific encouragement for another believer.

## JOURNAL



**My Prayer Time**

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# 15 Minutes

WEEK 2 | DAY 2

DATE

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PRAY



**EPHESIANS 5:1-2; 1 JOHN 3:18**

Ask for more of Christ's love reflected in your life. Ask God to give you genuine love for others that leads to action.



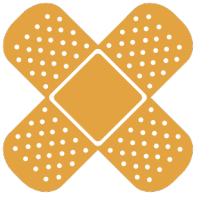
**TITUS 3:4-7**

Thank God for saving you, not because of your righteous works, but according to his own mercy—by sending his Son and cleansing you through the Spirit.



**PHILIPPIANS 3:10; 2 PETER 3:18**

Plead for more intimate knowledge of the Lord Jesus Christ. Tell God that you want to grow to know him more, no matter what it costs.



PHILIPPIANS 4:6-7

Confess any anxiety that is weighing you down. Cast it all upon the Lord with thanksgiving, trusting that his peace will guard your heart and mind in Christ Jesus.

JOURNAL



**My Prayer Time**

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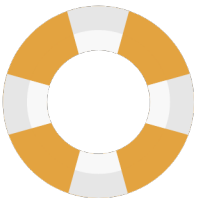
# 17 Minutes

WEEK 2 | DAY 3

DATE

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PRAY



**LUKE 10:2; 2 CORINTHIANS 9:8**

Plead with the Lord to send out laborers into the harvest of unreached people groups around the world. Pray for missionaries you know who are already laboring in these areas, asking God to supply all the grace they need to continue working.



**ROMANS 8:16**

Sit in silence, listening attentively for the Holy Spirit to encourage you specifically and bear witness with your spirit that you are a child of God.



**NUMBERS 6:24-26; PSALM 90:17**

Ask for more of God's favor on your life: your work, your ministry, and your family.



JOHN 6:33; 1 COR. 12:11; EPH. 1:13-15, 3:16  
Worship the Holy Spirit, who gives you resurrection life, strengthens you with his power, comforts you with his presence, empowers you with his gifts, leads you with his voice, and sustains you until the Day of Christ.

## JOURNAL



### My Prayer Time

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# 19 Minutes

WEEK 2 | DAY 4

DATE

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PRAY



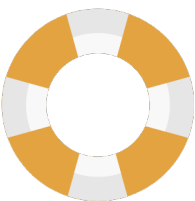
PSALM 37:4, 47:1, 63:4; ROMANS 12:1

Delight yourself in the Lord! Clap your hands, shout for joy, and lift your hands, offering your body as a living sacrifice in worship of the Lord.



JAMES 4:6

Repent of any signs of arrogance and pride in your heart, and ask God to grow you in Christ-exalting humility, no matter the cost.



1 PETER 5:1-9

Bring your church leaders to the Lord. Ask God to guard them against the schemes of the devil and strengthen them to minister faithfully.



**ROMANS 8:27**

Sit in silence, listening attentively for the Holy Spirit to bring other believers and situations to mind that you need to pray for.



**LUKE 17:5; EPHESIANS 3:20-21**

Ask for more faith. Ask God to increase your expectations of what he is able to accomplish through your life.

**JOURNAL**



**My Prayer Time**

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# 21 Minutes

WEEK 2 | DAY 5

DATE

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PRAY



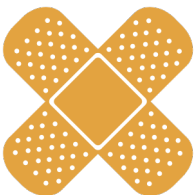
**EZEKIEL 36:25-27**

Thank God for redeeming you into the rich blessings of the New Covenant. He has cleansed you from all your uncleannesses, given you a new heart, filled you with his Spirit, and caused you to walk in his statutes.



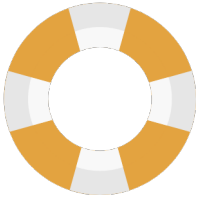
**2 CORINTHIANS 3:12-18**

Spend extended time beholding God in Christ, asking God to show you his glory, just as Moses did, and receiving the freedom of the Holy Spirit.



**1 JOHN 2:14-16**

Confess to God where the love of the world is taking away your love for him. Repent of the desires of the flesh, the desires of the eyes, and the pride of life present in your heart.



ACTS 2:39; EPHESIANS 6:1

Pray for the children of your church, that they will obey their parents in the Lord and be filled with the promised power of the Holy Spirit.



ACTS 8:29, 10:19, 13:2

Sit in silence, listening attentively for the Holy Spirit to give specific direction for your life.

## JOURNAL



**My Prayer Time**

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# Reflection

WEEK 2

WHAT DID YOU ENJOY MOST ABOUT YOUR PRAYER TIME?

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WHAT WERE YOUR GREATEST OBSTACLES TO PERSISTENT PRAYER?

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HOW CAN YOU REMOVE THOSE OBSTACLES IN THE WEEK AHEAD?

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HOW DID YOU SEE GOD ANSWER YOUR PRAYERS?

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# Pray Together

WEEK 2

## PRAY



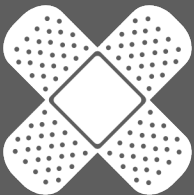
EXODUS 34:6-7

Spend time worshipping the LORD, the LORD, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness.



PSALM 90:14

Confess your sins to one another, and pray for one another, that you may be healed



ACTS 13:2-3; 1 CORINTHIANS 14:27

Listen to the Holy Spirit on one another's behalf, asking him to provide a Scripture, encouragement, prophecy, hymn, or intercession for the other.

## DISCUSS

- HOW IS GOD GROWING YOU IN PRAYER?
- HOW IS GOD CALLING YOU TO CONTINUE GROWING?
- HOW CAN WE HOLD ONE ANOTHER ACCOUNTABLE?



# 23 Minutes

WEEK 3 | DAY 1

DATE

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PRAY



PHILIPPIANS 4:11-13; 2 THESSALONIANS 3:5

Ask for more steadfastness from the Lord. Ask God to teach you how to be content in every circumstance through the strength of Christ.



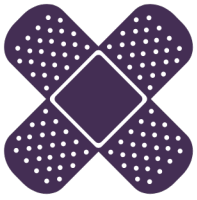
PSALM 27:6, 33:3; HEBREWS 2:14-15

Sing to the Lord with loud shouts of joy! He has triumphed over the devil and delivered you from all your enemies—including sin and death.

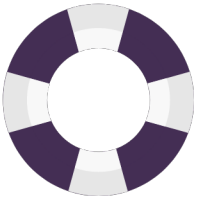


PSALM 90:14

Bring your hungry heart to the Lord to be satisfied. Ask him to fill you to the brim with his steadfast love.



MATTHEW 15:11; JAMES 3:11-12; EPHESIANS 4:29  
Repent of any impure speech that has flowed out of your heart. Confess where your words have corrupted or torn down those around you, rather than built them up in Christ



2 CORINTHIANS 4:6  
Ask God to shine into the hearts of Muslims around the world, to give the light of the knowledge of the glory of God in the face of Jesus Christ.



JOHN 16:8  
Sit in silence, listening attentively for the Holy Spirit to shed light on any unknown area of sin in your life.

## JOURNAL



### My Prayer Time

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# 25 Minutes

WEEK 3 | DAY 2

DATE

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PRAY



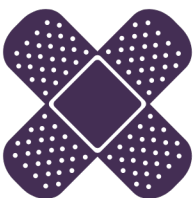
ISAIAH 53:4-6; PHILIPPIANS 2:1-10

Bow down and praise the risen Christ, who took the form of a suffering servant and was pierced for your transgressions, crushed for your iniquities, and slain for your redemption.



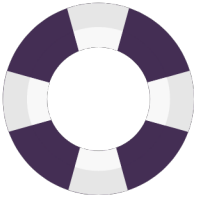
PHILIPPIANS 3:10; 2 PETER 3:18

Plead for more intimate knowledge of the Lord Jesus Christ. Tell God that you want to grow to know him more, no matter what it costs.



ROMANS 12:11; REVELATION 3:16

Confess to God where your faith is marked by apathy and lukewarmness rather than fervent zeal.



**LUKE 24:13-35**

Ask God to reveal the Messiah to our Jewish brothers and sisters throughout the world—that their eyes would be opened to recognize the Christ.



**1 CORINTHIANS 14:1, 39**

Sit in silence, listening attentively for the Holy Spirit to give you a word of prophecy or specific encouragement for another believer.



**JOHN 15:8-11; PHILIPPIANS 4:4**

Ask God to fill you with constant joy in your walk with Jesus. Pray that God would keep you in his love, and that Jesus' joy would make your joy full.

**JOURNAL**



**My Prayer Time**

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# 27 Minutes

WEEK 3 | DAY 3

DATE

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PRAY



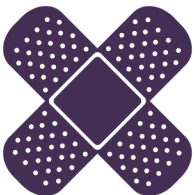
PSALM 103:1-5

Remember all that God has done for your soul. Thank him for his forgiveness, his healing, his redemption, his steadfast mercy, and his satisfying presence.



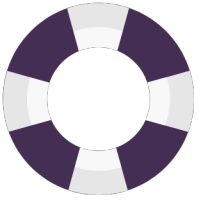
PSALM 18:1, 27:4

Tell the Lord how much you love him and how much you long to know him more. Declare that your one desire is to gaze at his beauty.



EPHESIANS 5:15-16

Repent of any wasteful uses of the time God has given you. Ask God to give you the diligence and wisdom to walk as a faithful steward of time.



### EPHESIANS 6:10-20

Intercede for believers who are under spiritual attack and oppression. Ask that God would strengthen them to put on his armor and stand firm against the schemes of the devil.



### ROMANS 8:16

Sit in silence, listening attentively for the Holy Spirit to encourage you specifically and bear witness with your spirit that you are a child of God.



### PSALM 133:1; PHILIPPIANS 1:27-28; 1 PETER 4:8

Ask God to grant you unity with other believers, especially members of your local church. Ask God to refreshen you with the sweetness of relational peace and the love that covers a multitude of sins.

## JOURNAL



### My Prayer Time

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# 29 Minutes

WEEK 3 | DAY 4

DATE

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PRAY



ISAIAH 40:28-31

Adore the everlasting God, who overflows with strength. You may be weary, but he never faints. You may have no might, but he gives power to the faint.



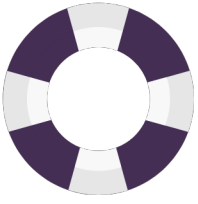
EPHESIANS 5:18; ROMANS 15:13

Ask God to fill you afresh with the Holy Spirit. Welcome the Spirit, opening your heart for renewed joy, peace, and hope in his presence.



GALATIANS 5:19

Confess to God where you have chosen to walk by the flesh in “sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these.”



**1 THESSALONIANS 5:14**

Intercede for believers who are in spiritual need. Ask God to convict those who are hardhearted, encourage those who are fainthearted, and strengthen those who are suffering.



**ROMANS 8:27**

Sit in silence, listening attentively for the Holy Spirit to bring other believers and situations to mind that you need to pray for.



**NUMBERS 6:24-26; PSALM 90:17**

Ask for more of God's favor on your life: your work, your ministry, and your family.

**JOURNAL**



**My Prayer Time**

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# 30 Minutes

WEEK 3 | DAY 5

DATE

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PRAY



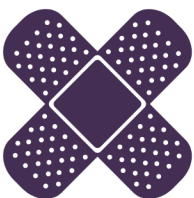
ROMANS 11:36

Worship God as the center of all Creation. From him, through him, and to him are all things.



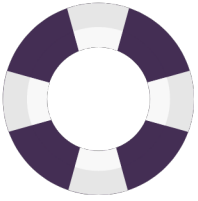
PSALM 37:4, 47:1, 63:4; ROMANS 12:1

Delight yourself in the Lord! Clap your hands, shout for joy, and lift your hands, offering your body as a living sacrifice in worship of the Lord.



HEBREWS 3:12-14

Repent of any unbelief or stubbornness that dwells in your heart. Ask God to open your eyes to the deceitfulness of sin.



2 CORINTHIANS 1:2-4; JAMES 5:15

Intercede for those who are in physical need. Ask God to comfort them through the Spirit, sustain their faith, and heal in Jesus' name.



ACTS 8:29, 10:19, 13:2

Sit in silence, listening attentively for the Holy Spirit to give specific direction for your life.



LUKE 17:5; EPHESIANS 3:20-21

Ask for more faith. Ask God to increase your expectations of what he is able to accomplish through your life.

## JOURNAL



**My Prayer Time**

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# Reflection

WEEK 3

WHAT DID YOU ENJOY MOST ABOUT YOUR PRAYER TIME?

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WHAT WERE YOUR GREATEST OBSTACLES TO PERSISTENT PRAYER?

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HOW CAN YOU REMOVE THOSE OBSTACLES IN THE WEEK AHEAD?

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HOW DID YOU SEE GOD ANSWER YOUR PRAYERS?

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# Pray Together

WEEK 3

## PRAY



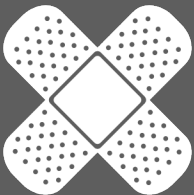
### REVELATION 5:6-14

Fall down before the risen Lamb, proclaiming that he is worthy to receive blessing and honor and glory and might forever and ever!



### PSALM 90:14

Confess your sins to one another, and pray for one another, that you may be healed



### ACTS 13:2-3; 1 CORINTHIANS 14:27

Listen to the Holy Spirit on one another's behalf, asking him to provide a Scripture, encouragement, prophecy, hymn, or intercession for the other.

## DISCUSS

- HOW IS GOD GROWING YOU IN PRAYER?
- HOW IS GOD CALLING YOU TO CONTINUE GROWING?
- HOW CAN WE HOLD ONE ANOTHER ACCOUNTABLE?



# What Now?

How can you continue to create space for Jesus in prayer beyond these three weeks?

## 1. KEEP MAKING PRAYER A NON-NEGOTIABLE RHYTHM OF YOUR LIFE.

3 to 30 is meant to be an on-ramp for an ongoing rhythm of prayer in your life. Continue to commit to a time and place, making prayer a non-negotiable rhythm in your life.

## 2. MOVE BEYOND 30 MINUTES INTO CEASELESS PRAYER.

God desires you to walk in ceaseless prayer, to walk in constant communication with him (1 Thessalonians 5:17, Romans 12:12, Ephesians 6:18). Use your fixed time of prayer as a way of launching into on-going communication with God.

## 3. GO THROUGH 3 TO 30 WITH SOMEONE ELSE.

If you benefitted from the three-week program, there is probably someone close to you who could, too. Ask a family member, a younger believer, or a friend from church to walk through the program again with you.

## 4. MAKE A PLAN TO PRAY

Close out the 3 to 30 Prayer Program by ensuring that a spacious prayer life doesn't stop here. Spend time walking through the following prayer plan, and continue creating space for time with Jesus.



# My Prayer Plan

## ENVISION

WHAT WOULD A STEADFAST, JOYFUL, AND FRUITFUL PRAYER LIFE LOOK LIKE?

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WHAT DO I WANT TO SEE JESUS DO IN ME THROUGH PRAYER?

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WHAT DO I WANT TO SEE JESUS DO IN OTHERS THROUGH MY PRAYERS?

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WHAT'S STANDING IN THE WAY OF THIS KIND OF PRAYER LIFE?

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# PLAN

WHEN WILL I CREATE SPACE FOR PRAYER?

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WHERE WILL I CREATE SPACE FOR PRAYER?

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HOW WILL I GUARD AGAINST DISTRACTION?

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HOW WILL I RECEIVE GOD'S GRACE WHEN I FAIL TO PRAY?

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WHO WILL PURSUE A SPACIOUS PRAYER LIFE WITH ME?

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