



# 30 FOR 30: 30 TOPICS TO PRAY IN 30 MINUTES!

In Luke 11:1, Jesus' disciples asked Him to teach them how to pray. The significance of this request is that it is the only time the disciples requested Jesus to teach them anything. Further significant is that Jesus does not rebuke the disciples for their ignorance. Other times, Jesus admonished the disciples for not knowing spiritual truths, yet in Luke 11, Jesus does not rebuke them. Rather, Jesus teaches them to pray. As you seek to ask the same question that the disciples asked, we at Date the Word believe the answer is found in praying Scripture. In this guide, you'll find 30 topics with Scripture to pray for one minute each. Matthew 7:7 "Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you."

## 1. ADORATION

Ps. 113:1, 3 "Praise the LORD! From the rising of the sun to its going down, the LORD's name is to be praised."

## 2. BLESSINGS

1 Chron. 4:10 "Jabez called on the God of Israel saying, "Oh, that You would bless me indeed, and enlarge my territory, that Your hand would be with me, and that You would keep me from evil, that I may not cause pain!"; So God granted him what he requested."

### 3. CONFESSION

Psalm 139:23 “Search me, O God,...see if there is any wicked way in me, And lead me in the way everlasting.” 1 John 1:9 “If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” Think from head to toe—eyes, ears, mind, mouth/lips, neck, hands, feet, and heart—and ask the Lord to make you alert to temptations!

### 4. DAILY BREAD

Matt. 6:11 “Give us this day our daily bread.”

### 5. OUR ENEMIES

Matt. 5:44 “But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you,”

### 6. FAVOR

Ps 119:58 “I entreated Your favor with my whole heart; Be merciful to me according to Your word.” Dan. 1:9 & Neh 2:8

### 7. FRUITFULNESS

Colossians 1:10 “that you may be fruitful in every good work”

### 8. GRACE

Heb. 4:16 “Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.”

## 9. HELP

Ps. 50:15 “Call upon Me in the day of trouble; I will deliver you, and you shall glorify Me.” Ps. 55:22 “Cast your burden on the LORD, And He shall sustain you; He shall never permit the righteous to be moved.”

## 10. INSIGHTS FOR HANDLING DIFFICULTIES

Daniel 2:17-19 “Then Daniel went to his house, and made the decision known to Hananiah, Mishael, and Azariah, his companions, 18 that they might seek mercies from the God of heaven concerning this secret, so that Daniel and his companions might not perish with the rest of the wise men of Babylon. 19 Then the secret was revealed to Daniel in a night vision. So Daniel blessed the God of heaven.”

## 11. JERUSALEM

Psalm 122:6 “Pray for the peace of Jerusalem: &quot;May they prosper who love you.”

## 12. KIDS

Judges 13:8 “Manoah prayed Lord, please teach us what we shall do for the child who will be born.” Judges 13:12 “Manoah said, ‘Now let Your words come to pass! What will be the boy’s rule of life, and his work?’”

## 13. THE LOST

Romans 10:1 “Brethren, my heart’s desire & prayer to God for Israel is that they may be saved.”

## 14. FOR MINISTRIES

Pick ministries that impact your life and are doing work for the Kingdom of God. Pray that they stay doctrinally pure and have the boldness to proclaim the message of Christ.

## 15. FOR MISSIONS

Pray for missionaries and pray for a different continent each day for people on the field. 2 Thess. 3:1 “Finally, brethren, pray for us, that the word of the Lord may run swiftly and be glorified, just as it is with you, 2 and that we may be delivered from unreasonable and wicked men; for not all have faith.” Also, pray that people go to the field. Matt. 9:37 “He said to His disciples, ‘The harvest truly is plentiful, but the laborers are few. 38 pray the Lord of the harvest to send out laborers into His harvest.’”

## 16. NATIONAL LEADERS

1 Tim. 2:1-2 “I exhort that ...prayers be made for all men, 2 for kings and all who are in authority,”

## 17. FOR ONE ANOTHER

Pray for your friends, family, and fellow church members. Pray Colossians 1:9-11 for them. Colossians 1:9-11 “For this reason we also, since the day we heard it, do not cease to pray for you, and to ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding; 10 that you may walk worthy of the Lord, fully pleasing Him, being fruitful in every good work and increasing in the knowledge of God; 11 strengthened with all might, according to His glorious power, for all patience and longsuffering with joy;”

## 18. OPEN DOORS

Colossians 4:2 “Continue earnestly in prayer, being vigilant in it with thanksgiving; 3 meanwhile praying also for us, that God would open to us a door for the word, to speak the mystery of Christ, 4 that I may make it manifest, as I ought to speak.”

## 19. PASTORS

1 Th. 5:25 “Brethren, pray for us.” Pray for pastors to stay close and clean, to be faithful and fruitful. See the guide for praying daily for your pastor on the Date the Word App

## 20. THE PERSECUTED

Heb. 13:3 “Remember the prisoners as if chained with them...and those who are mistreated”

## 21. QUIET LIVES

1 Tim. 2:1 “I exhort that prayers, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence.”

## 22. REVIVAL

2 Chron. 7:14 “If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.”

## 23. SICK AND THE SUFFERING

James 5:13-15 “Is anyone among you suffering? Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, .... And the prayer of faith will save the sick, and the Lord will raise him up.”

## 24. STRENGTH

Neh. 6:9 “Now therefore, O God, strengthen my hands.”

## **25. THANKSGIVING**

**Ps. 100:4 “Enter into His gates with thanksgiving, And into His courts with praise. Be thankful to Him, and bless His name.” Phil. 4:6 “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”**

## **26. UNITY**

**John 17:20-21 “I do not pray for these alone, but also for those who will believe in Me through their word; that they all may be one, as You, Father, are in Me, and I in You; ..... that the world may believe that You sent Me.”**

## **27. TO KNOW YOUR VALUE**

**Luke 12:24 “Consider the ravens, for they neither sow nor reap, which have neither storehouse nor barn; and God feeds them. Of how much more value are you than the birds?”**

## **28. WISDOM**

**James 1:5 “If any of you lacks wisdom, let him ask of God, who gives to all liberally; without reproach, ; it will be given to him.”**

## **29. WILL OF GOD**

**Matt. 6:10 “Your will be done on earth as it is in Heaven.” Prov. 3:5 “Trust in the LORD with all your heart, And lean not on your own understanding; 6 In all your ways acknowledge Him, And He shall direct your paths.”**

Matt. 26: 38 “He prayed ‘O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will.’” James 4:3 “You ask and don’t receive because you ask wrongly, so that you may spend it on your desires for pleasure.”



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