



RESET. RESTORE. REIGNITE YOUR PRAYER LIFE

PRAYER

RECONNECT WITH GOD, IN POWER

Rehab

AUGUST 10 - 30

21 DAYS

20

PRAYER FASTING REHAB WORSHIP

Welcome Message

WELCOME TO PRAYER REHAB

Prayer Rehab is your reset — a sacred space to rebuild what slipped, restore what dimmed, and reignite what God placed in you. Over these days, we're leaning back into intentional prayer, strengthening our spirit, and aligning our hearts with God's voice again.

This is where discipline is rebuilt.

This is where sensitivity returns.

This is where distractions lose their power.

This is where fire is stirred. This is where boldness rises. This is where hunger awakens.

You're stepping into a journey of **reset, restore, and reIGNITE** — not by striving, but by reconnecting with the God who still speaks, still moves, and still answers.

Welcome to the place where your prayer life comes back into alignment.

- Push past distraction
- Silence the noise
- Refuse to settle for surface-level faith
- Pursue God with intention, hunger, and expectation
- Engage heaven with authority
- Align your spirit with God's will
- Declare what God has already spoken
- Stand firm until you see it manifest

Prayer becomes the engine that drives your pressing.

Welcome to the place where your spirit catches fire again.

Welcome to PRAYER REHAB.



PASTORS
Will & Blanch

WHAT WE ARE PRAYING BACK INTO ALIGNMENT

1. Consistency in Prayer

Luke 18:1 “Men ought always to pray, and not to faint.”

Rebuilding a steady rhythm — morning, midday, and night.

Asking God to restore discipline, focus, and spiritual stamina.

2. Sensitivity to the Holy Spirit

John 14:26 “But the Helper, the Holy Spirit... will teach you all things and remind you of everything I have said to you.”

Reawakening the ability to hear, feel, and respond to God’s voice.

Praying for clarity, conviction, and divine nudges

3. Strength Against Distractions

Colossians 3:2 “Set your mind on things above, not on earthly things.”

Breaking cycles of spiritual drift, busyness, and mental overload.

Praying for a guarded mind and a centered heart.

4. Healing From Prayer Fatigue

Romans 8:26 The Spirit helps our weakness and prays through us.

Lifting those who feel spiritually tired, disappointed, or disconnected. Praying for renewed joy, passion, and expectation.

5. Freedom From What Blocked Prayer

.Revelation 12:10–11 — “The accuser... has been thrown down.” The enemy’s accusations no longer block access to God.

Releasing guilt, shame, sin cycles, emotional heaviness, and fear. Praying for breakthrough and spiritual liberty.

6. A Fresh Hunger for God’s Presence

Matthew 5:6 Blessed are those who hunger and thirst for righteousness, for they shall be filled.

Asking God to stir desire for intimacy, worship, and communion. Praying for a revived appetite for the Word and prayer.

7. Boldness & Authority in Prayer

Hebrews 4:16 “Let us therefore come boldly unto the throne of grace...”

Reclaiming confidence to pray big prayers, faith-filled prayers, and warfare prayers. Praying for courage to speak what God has spoken.

8. Restoration of Spiritual Fire

2 Timothy 1:6 — “Stir up the gift of God which is in you.”

Hebrews 12:29 — “For our God is a consuming fire.” Spiritual fire is not emotional hype — it’s the nature of God Himself.



Why we Pray

Reigniting what went dim. Praying for revival in the heart, home, and church.

2 Timothy 1:6 — “*Stir up the gift of God which is in you.*”

Hebrews 12:29 — “*For our God is a consuming fire.*” Spiritual fire is not emotional hype — it’s the nature of God Himself.

- Consistency
- Sensitivity to the Spirit
- Strength against distractions
- Healing from prayer fatigue
- Freedom from spiritual blockages
- Fresh hunger for God • Boldness in prayer
- Restoration of spiritual fire

Fasting

Fasting breaks chains, lifts oppression, and aligns us with God’s justice and compassion.

- **Mondays** - 6am-12 noon-(Fruits & Veggies ONLY)
- **Tuesdays** - 6am- 2pm (No Social Media)
- **Wednesdays** - 6am-6pm (Total Abstinence or JUST Fruits & Veggies)
- **Thursdays** -6am-12 noon-(Fruits & Veggies ONLY)

Matthew 17:21

“But this kind does not go out except by prayer and fasting.”

- **Mondays. Wednesdays. Fridays-555 @6am via Zoom-**
- Wednesday Nights Prayer Rehab teaching @7pm in-person
- **Tuesdays** - Women’s Bible Study via Zoom @*pm
- **Wednesdays** - Men’s Bible Study via Zoom @6:20am

21 DAYS

OF

Prayer &

SCRIPTURE READING



Every day, we'll lean into God with intentional focus — building discipline, strengthening our spirit, and aligning our hearts with His purpose. Whether you're praying at home, at work, or with your family, your consistency matters. Let's seek God together and believe for transformation in our lives, our church, and our city.

Day 1 — Surrender

Romans 12:1–2: Offer your life completely to God and allow Him to transform your thinking so you can know and follow His will.

Proverbs 3:5–6: Trust God completely instead of relying on your own understanding, and He will direct your path.

Luke 9:23: Following Jesus requires daily surrender, self-denial, and wholehearted obedience.

James 4:7 Submit yourselves therefore to God. Resist the devil, and he will flee from you.

1 Peter 5:6 Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time.

Day 2 — Gratitude

1 Thessalonians 5:16–18: Rejoice always, pray continually, and give thanks in every circumstance because this is God's will.

Psalms 100:4: Enter God's presence with thanksgiving, praise, and grateful hearts.

Colossians 3:15–17: Let Christ's peace rule your heart, let His Word dwell in you, and do everything with thankfulness.

Psalms 100:4 Enter into his gates with thanksgiving, And into his courts with praise. Be thankful unto him, and bless his name.

Philippians 4:6 Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God.

Colossians 3:17 And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him

Day 3 — Faith

2 Corinthians 5:7 for we walk by faith, and not by sight:

Ephesians 2:8 For by grace are you saved through faith; and that not of yourselves: it is the gift of God:

Hebrews 11:1 Now faith is the substance of things hoped for, the evidence of things not seen .

Day 4 — Healing

Isaiah 53:5: Jesus bore our wounds so we could experience healing and wholeness.

Jeremiah 30:17: God promises to restore health and heal His people.

James 5:14–16: Prayer, faith, confession, and community are powerful tools God uses to bring healing.

Jeremiah 30:17 For I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord; because they called thee an Outcast, saying, This is Zion, whom no man seeketh after.

Psalms 118:17 I shall not die, but live, and declare the works of the Lord.

Day 5 — Wisdom

Proverbs 1:7 The fear of the Lord is the beginning of knowledge: but fools despise wisdom and instruction.

Proverbs 2:6 For the Lord giveth wisdom: out of his mouth cometh knowledge and understanding.

James 1:5: God generously gives wisdom to those who ask Him in faith.

Proverbs 3:13–18: Wisdom is more valuable than riches and produces a flourishing life.

Day 6 — Peace

Philippians 4:6–7: Replace anxiety with prayer, and God's peace will guard your heart and mind.

Isaiah 26:3: God gives perfect peace to those who keep their minds fixed on Him.

John 14:27: Jesus gives a lasting peace that the world cannot provide.

Psalms 4:8 I will both lay me down in peace, and sleep: for thou, Lord, only makest me dwell in safety.

Day 7 — Purpose

Ephesians 2:10 For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.

Jeremiah 29:1 For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end.

Romans 8:28: God works all things together for the good of those who love Him and are called according to His purpose.

Day 8 — Strength

Isaiah 40:29–31: God renews the strength of those who wait on Him.

Philippians 4:13: Christ gives you strength for everything He calls you to do.

Nehemiah 8:10: The joy of the Lord is your strength.

Joshua 1:9 Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest.

Day 9 — Obedience

John 14:15 If ye love me, keep my commandments.

Isaiah 1:19 If ye be willing and obedient, ye shall eat the good of the land.

Psalms 133:1: God delights when His people live together in unity.

Ephesians 4:1–6: Live with humility, patience, and love to preserve unity in Christ.

John 17:20–23: Jesus prayed for His followers to be one so the world would know Him.

• Day 10 — Joy

Nehemiah 8:10: God's joy gives strength for every season.

Psalms 16:11: True joy is found in God's presence.

Romans 15:13: God fills believers with joy, peace, and hope through faith.

Proverbs 15:23: A man hath joy by the answer of his mouth: and a word spoken in due season, how good is it!

Psalms 118:24: This is the day which the Lord hath made; we will rejoice and be glad in it.

• Day 11 — Protection

Psalms 91:1–11: Those who trust in God dwell under His protection and care.

Isaiah 54:17: God promises victory over every weapon formed against His people.

2 Thessalonians 3:3: The Lord is faithful to strengthen and protect you from the evil one.

Psalms 91:4: He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler.

Isaiah 41:10:

Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

Day 12 — Provision

Philippians 4:19: But my God shall supply all your need according to his riches in glory by Christ Jesus.

Psalms 23:1: The Lord is your Shepherd who faithfully provides.

Matthew 6:31–33: Seek God's Kingdom first, and He will provide what you need.

Psalms 23:1: The Lord is your Shepherd who faithfully provides.

• Day 13 — Renewal

Romans 12:2: God transforms your life by renewing your mind.

Isaiah 40:31: Waiting on the Lord brings renewed strength.

2 Corinthians 4:16: Though the body grows weary, God renews the inner person every day.

Psalms 51:10: Create in me a clean heart, O God; and renew a right spirit within me.

Day 14 — Breakthrough

Isaiah 43:19: Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert.

Exodus 14:14: The Lord shall fight for you, and ye shall hold your peace.

Micah 2:13: God goes before His people, making a way where none existed.

2 Corinthians 10:4–5: God's power tears down spiritual strongholds and every thought opposed to Him.

Day 15 — Hope

1 Peter 1:3: Blessed be the God and Father of our Lord Jesus Christ, which according to his abundant mercy hath begotten us again unto a lively hope by the resurrection of Jesus Christ from the dead

Psalms 130:7: Let Israel hope in the Lord: for with the Lord there is mercy, and with him is plenteous redemption.

Romans 15:13: God fills believers with hope through the power of the Holy Spirit.

Lamentations 3:22–24: God's mercy is new every morning, giving us reason to hope.

Hebrews 10:23: Hold firmly to your hope because God always keeps His promises.

Day 16 — Unity

Psalm 133:1: God delights when His people live together in unity.

Ephesians 4:1–6: Live with humility, patience, and love to preserve unity in Christ.

John 17:20–23: Jesus prayed for His followers to be one so the world would know Him.

Psalm 133:1 Behold, how good and how pleasant it is for brethren to dwell together in unity!

I Corinthians 1:10 Now I beseech you, brethren, by the name of our Lord Jesus Christ, that ye all speak the same

thing, and that there be no divisions among you; but that ye be perfectly joined together in the same mind and in the same judgment.

Day 17 — Restoration

Joel 2:25–27: God restores what has been lost and satisfies His people.

Psalm 51:10–12: Ask God to create a clean heart and restore the joy of salvation.

2 Corinthians 5:17 Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

Psalm 23:3 He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

Peter 5:10: After suffering, God restores, strengthens, and establishes His people.

Day 18 — Expectation

Psalm 62:5: Place your hope and expectation in God alone.

Hebrews 11:6: God rewards those who diligently seek Him in faith.

Isaiah 40:31: Those who wait expectantly on the Lord receive renewed strength.

Proverbs 23:18 For surely there is an end; and thine expectation shall not be cut off.

Psalm 27:14 Wait on the Lord: be of good courage, and he shall strengthen thine heart: wait, I say, on the Lord.

Day 19 — Worship

John 4:23–24: God seeks worshipers who worship Him in spirit and truth.

Psalm 95:1–7: Joyfully worship the Lord because He is our Creator and Shepherd.

Hebrews 13:15: Continually offer God praise as a sacrifice of worship.

Romans 12:1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

Psalm 95:6 O come, let us worship and bow down: let us kneel before the Lord our maker.

Day 20 — Intercession

1 Timothy 2:1–4: Pray for everyone, including leaders, because God desires all people to be saved.

Ezekiel 22:30: God looks for people willing to stand in the gap for others.

Romans 8:26–27: The Holy Spirit helps us pray when we don't know what to say.

James 5:16 Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

Day 21 — Celebration

Psalm 150:1–6: Let everything that has breath praise the Lord.

Psalm 126:1–3: Celebrate God's faithfulness and the great things He has done.

Luke 15:22–24: Heaven rejoices when what was lost is found and restored.

Philippians 4:4 Rejoice in the Lord always: and again I say, Rejoice

Let's Pray!

Pray
more
worry less

Day 1 — Surrender

Father, I come before You with open hands and an open heart. I release every weight, every plan, every fear, and every expectation. I surrender my will to Yours.

Day 2 — Gratitude

Father, I pause to say thank You. Thank You for Your presence that steadies me, Your mercy that covers me, Your love that keeps choosing me.

Day 3 — Faith

Father, I come before You believing that You are who You say You are and that You will do what You said You will do. I place my trust fully in Your Word.

Day 4 — Healing

Father, in the name of Jesus, we come before You believing that You are still the God who heals. You see every wound, every sickness, every burden, and every place in our lives that needs Your restoring touch.

Day 5 - Wisdom

Father, Thank You for being the God who sees beyond what I can see. Today I ask for wisdom that is pure, peace-loving, steady, and Spirit-led.

Day 6 - Thanksgiving

Father, thank You for the gift of life and the grace that sustains me each day. Thank You for Your faithfulness that never fails, for peace that steadies my heart, and for joy that reminds me You are near. Even in moments I don't understand, Your goodness remains. Amen.

Day 7 - Purpose

Father, Thank You for calling me, choosing me, and placing me in this moment on purpose. Awaken every gift You've placed within me. Stir the passion, clarity, and conviction to walk boldly in what You've designed me to do.

Day 8 - Strength

Father, I come to You today asking for Your strength — not the kind that comes from willpower or determination, but the strength that flows from Your Spirit alone.

Day 9 - Obedience

Father, I come before You with a surrendered heart. Teach me to obey You quickly, fully, and joyfully. Remove every hesitation, every distraction, and every fear that keeps me from following Your voice.

Day 10 - Joy

Father, I thank You for the gift of joy that flows from Your presence. Today, I choose to lift my eyes above every distraction and set my heart on Your goodness. Let Your joy rise within me like morning light — steady, warm, and overflowing. Fill my spirit with laughter that heals, peace that steadies, and hope that renews. Remind me that joy is not fragile; it is a strength

Day 11 - Protection

Father, surround me with Your hedge of protection. Cover me with the blood of Jesus. Guard my mind, my body, my spirit, and everything connected to me. Let no weapon formed against me prosper. Keep me hidden in Your presence and safe in Your will. Amen.

Day 12 - Provision

Father, You are the God who sees me and the God who provides for me. Today I rest in Your promise that "my God shall supply all my needs according to His riches in glory." You lack nothing, and because I belong to You, I will lack nothing.

Let's Pray!

Praying
Time

Day 13 - Renewal

Father, make me new again. Wash away the weight of yesterday and breathe fresh life into my spirit. Renew my mind with Your truth, restore my joy, and revive every place in me that has grown weary.

Day 14 - Breakthrough

Father, in the name of Jesus, I thank You that breakthrough is not a distant hope — it is my present reality. You are the God who parts seas, opens doors no one can shut, and breathes life into what looked finished. Today I align my faith with Your power.

Day 15 - Hope

Father, today I lift my eyes beyond what I see and toward what You have promised. When my strength feels small, You remind me that Your power is made perfect in weakness.

Day 16 - Unity

Father, we come before You with grateful hearts, asking that You bind us together in Your perfect love. Make us one in spirit, one in purpose, and one in pursuit of Your will. Remove every barrier that divides, every word that wounds, and every thought that separates.

Day 17 - Restoration

Father, in the name of Jesus, I thank You that You are the God who restores, every weary part of my soul is being renewed by Your power. Restore my joy, restore my strength, restore my clarity, restore my peace, restore my purpose, and restore my fire for You.

Day 18 - Expectation

Father, I come before You with a heart full of anticipation. I believe You are moving, even in the places I cannot yet see. I align my faith with Your Word. I expect breakthrough. I expect healing. I expect clarity. I expect open doors. I expect divine connections. I expect supernatural provision. I expect Your presence to go before me and make the crooked places straight.

Day 19 - Worship

Father, we lift our hearts in worship, not because of what You've done alone, but because of who You are — our Creator, our Sustainer, our Redeemer.

Day 20 - Intercession

Father, in the name of Jesus, we stand in the gap today for Your people. We lift every burden, every need, every silent cry before Your throne. Let Your mercy speak, let Your power move, and let Your Spirit intercede through us.

Day 21 - Celebration

God, we lift our voices in celebration today. You have been faithful, present, and powerful in every season. Thank You for victories seen and unseen, for doors You opened, and for the strength You gave us to walk through them. We celebrate Your goodness that never runs out, Your mercy that meets us every morning, And Your love that holds us steady, we rejoice because You are God— And You are with us, for us, and working through us.

Declarations



RESET

I declare my prayer life is resetting, realigning, and returning to strength.

RESTORE

I declare restoration over every place where my fire dimmed or discipline slipped.

REIGNITE

I declare fresh fire, fresh hunger, and fresh pursuit of God.

FOCUS

I declare my mind is clear, my spirit is attentive, and distractions lose their power.

SENSITIVITY

I declare my ears are open to God's voice and my heart is tender to His leading.

CONSISTENCY

I declare I am building a consistent, steady, daily rhythm of prayer.

BOLDNESS

I declare boldness rises in me and fear loses its influence.

AUTHORITY

I declare I pray with authority, confidence, and spiritual clarity.

FIRE

I declare the fire of God is rekindled and burning strong within me.

DISCIPLINE

I declare discipline is returning, strengthening, and stabilizing my walk.

PEACE

I declare peace guards my mind, settles my spirit, and anchors my emotions.

BREAKTHROUGH

I declare every spiritual blockage is breaking and every barrier is falling.

HUNGER

I declare a fresh hunger for God's presence and His Word.

Declarations



PURITY

I declare my motives, thoughts, and desires are being purified and aligned.

EXPECTATION

I declare I pray with expectation, faith, and supernatural confidence.

CLARITY

I declare clarity replaces confusion and God's direction becomes unmistakable.

STRENGTH

I declare spiritual strength rises in me and weakness loses its grip.

ENDURANCE

I declare I endure, persist, and press in without quitting.

FREEDOM

I declare freedom in my mind, freedom in my spirit, and freedom in my prayer life

INTIMACY

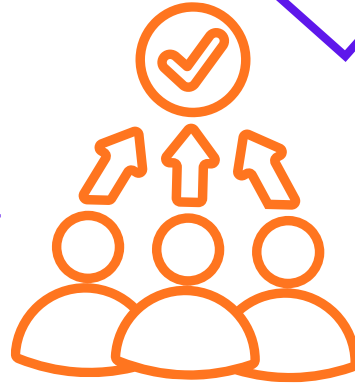
I declare deeper intimacy with God and deeper awareness of His presence.

REVIVAL

I declare revival begins in me — my prayer life is fully restored, fully awakened, and fully alive.

Alignment

ALIGNMENT FOR *Kingdom*
ASSIGNMENT



Amos 3:3 – "Can two walk together unless they are agreed?" (*Your theme verse.*)

Romans 12:2 – Be transformed... discern God's will.

Proverbs 3:5-6 – He will make your paths straight.

Matthew 6:33 – Seek first the Kingdom.

Psalms 37:23 – The steps of a good man are ordered by the Lord.

Ephesians 2:10 – Created for good works prepared beforehand.

Colossians 3:2 – Set your minds on things above.

Hebrews 12:1-2 – Run the race set before you.

You're stepping into a season where alignment matters more than acceleration. Not because you're behind — but because God is positioning you with precision. When your spirit aligns with His rhythm, you stop striving and start flowing. You stop forcing outcomes and start witnessing them. You stop carrying everything and start partnering with the One who carries you.

**YOU
CAN
DO IT!**