

MOUNT ZION BAPTIST CHURCH

Prayer **GUIDE**

YOUTH EDITION



SPIRITUAL WARFARE PRAYER GUIDE

This scripture-based prayer guide is designed to remind us of who God is and our place in Him. This has been created to promote greater intimacy with our Lord by aligning your heart with the Word of God in prayer and in creating a daily practice of alone time with God.

MOUNT ZION BAPTIST CHURCH

Scripture : **Ephesians 6:1-3**

"Children, obey your parents in the Lord, for this is right. Honor your father and mother (which is the first commandment with a promise), so that it may go well with you and that you may enjoy long life on the earth."

Confession

I AM OBEDIENT AND HONOR MY PARENTS.

Song

"You Are Good" - by Israel Houghton

Prayer

Dear Lord, thank you for this day and the opportunity to walk, talk, and live in obedience. Help me make the right choices throughout the day. In Jesus' name, Amen.



MOUNT ZION BAPTIST CHURCH

Scripture : **Psalm 107:1**

"Give thanks to the Lord, for he is good; his love endures forever."

Confession

I CAN SEE GOD IN ME.

Song

"You're Bigger" - by Jekalyn Carr

Activity

Take 1-3 minutes to reflect on how you have experienced God's presence in your life.

Prayer

Heavenly Father, thank you for your goodness in my life. Help me use that goodness to help others today. Guide my actions and decisions as I go about my day. In Jesus' name, Amen.

MOUNT ZION BAPTIST CHURCH

Scripture : **Ephesians 4:32**

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Confession

I AM THOUGHTFUL AND KIND TO OTHERS.

Activity

Help a stranger today and forgive someone, even if it's yourself.

Prayer

Father, thank you for the forgiveness you've shown me. Teach me to extend that forgiveness to others today. May my actions reflect your love and kindness. In Jesus' name, Amen.

MOUNT ZION BAPTIST CHURCH

Scripture : **Ephesians 6:13**

"Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand."

Confession

I AM PROTECTED BY GOD'S ARMOR.

Song

"I Need You Now" - by Smokie Norful

Prayer

Heavenly Father, thank you for providing me with the armor of God. I put it on now and ask for your protection throughout the day. Cover me from head to toe and keep me safe in your care. In Jesus' name, Amen.



MOUNT ZION BAPTIST CHURCH

Scripture : **John 3:16**

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

Confession

***I CAN EXPERIENCE BEAUTY
WHEREVER I GO.***

Song

"Your Spirit" - by Tasha Cobbs

Prayer

Thank you, Lord, for your son Jesus and the opportunity to believe in him. Thank you for the miracles, signs, and wonders I will witness today. In Jesus' name, Amen.

MOUNT ZION BAPTIST CHURCH

Scripture : **Proverbs 1:8-9**

"Listen, my son, to your father's instruction and do not forsake your mother's teaching. They are a garland to grace your head and a chain to adorn your neck."

Confession

***I AM AN OBEDIENT
LISTENER.***

Activity

Start a prayer journal with one sentence or one page.

Prayer

Thank you, Lord, for my parents, caregivers, and teachers. Help me to be obedient and focus on doing good for them and others today. In Jesus' name, Amen.



MOUNT ZION BAPTIST CHURCH

Scripture : **Philippians 4:13**

"I can do all things through Christ who strengthens me."

Confession

***I CAN ACHIEVE ANYTHING I
SET MY MIND ON.***

Activity

Do a body scan by closing your eyes and starting from head to toe, checking for any aches, strains, or pains. Pray for healing if needed.

Prayer

Lord, thank you for the strength you provide me through Christ. Help me accomplish whatever tasks come my way today, knowing that I can do all things with your help. In Jesus' name, Amen.



MOUNT ZION BAPTIST CHURCH

Scripture : **John 14:6**

"Jesus answered, 'I am the way and the truth and the life. No one comes to the Father except through me.'"

Confession

I AM FEARFULLY AND WONDERFULLY MADE.

Activity

Make a list of all the wonderful things about yourself.

Prayer

Thank you, Lord, for being all I need. Today, I walk in the truth and life with you. Guide my steps and actions in accordance with your will. In Jesus' name, Amen.

MOUNT ZION BAPTIST CHURCH

Scripture : **Philippians 4:4**

"Rejoice in the Lord always. I will say it again: Rejoice!"

Confession

***I ENJOY LEARNING ABOUT
YOU, GOD.***

Song

"Don't Worry Be Happy" - by Bobby McFerrin

Prayer

I will rejoice in you today, Lord. Thank you for my life, friends, family, and school. Help me to find joy in them and learn from them. In Jesus' name, Amen.

MOUNT ZION BAPTIST CHURCH

Scripture : **Joshua 1:9**

"Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Confession

I AM FEARFULLY AND WONDERFULLY MADE.

Activity

Write one goal to be accomplished before the end of the year.

Prayer

Lord, thank you for always being with me, so I don't have to be afraid. Today, I acknowledge that I am fearfully and wonderfully made by you. In Jesus' name, Amen.

MOUNT ZION BAPTIST CHURCH

Scripture : **Numbers 6:24**

"The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you."

Confession

I AM GENEROUS.

Activity

Find ways to give compliments all day long.

Prayer

Thank you, Lord, for your mercy, kindness, and generosity. May I walk in your favor today. In Jesus' name, Amen.

MOUNT ZION BAPTIST CHURCH

Scripture : **Colossians 3:2**

"Set your minds on things above, not on earthly things."

Confession

I AM CAPABLE.

Song

"Rise Up" - by Andra Day

Prayer

Lord, help me focus my thoughts on things that are pleasing to you. Let me not be swayed by worldly distractions but live according to your will. In Jesus' name, Amen.



MOUNT ZION BAPTIST CHURCH

Scripture : **Hebrews 13:8**

"Jesus Christ is the same yesterday and today and forever."

Confession

***I AM EXACTLY WHERE I
NEED TO BE.***

Song

"Way Maker" - by Sinach

Prayer

Thank you, Lord, for your unwavering consistency and love. I find comfort in knowing that I am in your hands. In Jesus' name, Amen.

MOUNT ZION BAPTIST CHURCH

Scripture : **Psalm 150:6**

"Let everything that has breath praise the Lord."

Confession

I AM JOYFUL.

Activity

Practice praising and praying throughout the day.

Prayer

Lord, with every breath, I praise you and thank you for all that you do in my life. You are truly worthy of all honor and praise. In Jesus' name, Amen.

MOUNT ZION BAPTIST CHURCH

Scripture : **Proverbs 3:5-6**

“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.”

Confession

I HAVE SELF CONTROL.

Activity

Sit still and quiet for three to five minutes, reflecting on the path the Lord is leading you on.

Prayer

Lord, guide me in your ways, and lead me down the right path and to always seek you first. Before I make any decisions today, I submit them to you. In Jesus' name, Amen.

MOUNT ZION BAPTIST CHURCH

Scripture : **Romans 10:13**

"Everyone who calls on the name of the Lord will be saved."

Confession

I AM SAVED.

Activity

Do a full body scan, sitting or lying still, and pray for any areas of discomfort.

Prayer

Thank you, Lord, for your name. Teach me to call on your name in times of need and times of joy. In Jesus' name, Amen.



MOUNT ZION BAPTIST CHURCH

Scripture : **Romans 3:23**

“For all have sinned and fall short of the glory of God.”

Confession

I AM PERFECT JUST THE WAY I AM.

Activity

Make a prayer wall or list of things you want to continue improving within yourself.

Prayer

Father, thank you for your glory and your acceptance of me. Help me strive for improvement while embracing who I am. Lord, you have made me and better is what I will be. In Jesus' name, Amen.

MOUNT ZION BAPTIST CHURCH

Scripture : **Psalm 139:14**

"I praise you because I am fearfully and wonderfully made; your works are wonderful; I know that full well."

Confession

I AM CALM, RELAXED, AND PEACEFUL.

Song

"Hour of Power" - by India Arie

Prayer

Jesus, I thank you for your calming presence. Today, I will think before I speak and use my words to bring praise and honor to you. In Jesus' name, Amen.

MOUNT ZION BAPTIST CHURCH

Scripture : **James 1:17**

"Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows."

Confession

I AM CREATIVE.

Song

"Good Job" - by Alicia Keys

Prayer

Thank you, Lord, for every good and perfect gift in my life. Guide me to use my creativity for your glory and to bless others. In Jesus' name, Amen.

MOUNT ZION BAPTIST CHURCH

Scripture : **Psalm 118:24**

"This is the day the Lord has made; let us rejoice and be glad in it."

Confession

I AM UNIQUE.

Activity

Reflect for 3-5 minutes on the joys of this day.

Prayer

Lord, I thank you for each new day filled with opportunities and blessings. I will rejoice and be glad in the uniqueness you've given me. You fill me up and I thank you. In Jesus' name, Amen.



MOUNT ZION BAPTIST CHURCH

Scripture : **Psalm 136:1**

"Give thanks to the Lord, for he is good. His love endures forever."

Confession

I AM THANKFUL.

Activity

Attempt to count your blessings throughout the day.

Prayer

Thank you, Lord. Thank you, Lord. Thank you, Lord. If I had 10,000 tongues, I still would not be able to thank you enough. In Jesus' name, Amen.



MOUNT ZION BAPTIST CHURCH

Scripture : **Psalm 119:105**

"Your word is a lamp for my feet, a light on my path."

Confession

***PROBLEMS CHALLENGE ME
TO BE BETTER.***

Activity

Memorize Isaiah 1:17 - "Learn to do good. Seek justice. Help the oppressed. Defend the cause of orphans. Fight for the

Prayer

***Lord, thank you for guiding me away from wrong paths.
Show me the right way to go today and help me learn to
do good. In Jesus' name, Amen.***

MOUNT ZION BAPTIST CHURCH

Scripture : **Luke 6:31**

“Do to others as you would have them do to you.”

Confession

I AM A ROLE MODEL AND A LEADER.

Activity

Perform random acts of kindness throughout the day.

Prayer

Lord, thank you for being my ultimate role model. Show me who and what to lead today without pride or prejudice. In Jesus' name, Amen.

MOUNT ZION BAPTIST CHURCH

Scripture : **Jeremiah 29:11**

“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 hope and a future.”

Confession

***I AM OPEN TO
POSSIBILITIES.***

Activity

Take a 24-hour social media break.

Prayer

Lord, I trust in your plans for my life. Help me stay focused and aligned with your will. I am strong and can do all things through you. In Jesus' name, Amen.



MOUNT ZION BAPTIST CHURCH

Scripture : **Galatians 5:22-23**

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. Against such things, there is no law."

Confession

***I AM FILLED WITH THE
FRUIT OF THE SPIRIT.***

Activity

Choose one fruit of the Spirit and practice it throughout the day.

Prayer

Lord, thank you for filling me with the fruits of your Spirit. Guide me to exhibit these qualities in my interactions with others today. In Jesus' name, Amen.

MOUNT ZION BAPTIST CHURCH

Scripture : **Proverbs 20:11**

“Even a child makes himself known by his acts, by whether his conduct is pure and upright.”

Confession

I AM INTELLIGENT.

Activity

Color, breathe, and think of your favorite color as peace, and another color as anger. Let peace overcome anger.

Prayer

Lord, help me be seen and not heard. Teach me to see what you want me to see and hear what you want me to hear so that my conduct will be appropriate. In Jesus' name, Amen.

MOUNT ZION BAPTIST CHURCH

Scripture : **Luke 2:52**

"And Jesus grew in wisdom and stature and in favor with God and man."

Confession

***I HAVE FAVOR WITH GOD
AND MAN.***

Song

"Smile" - by Kirk Franklin

Prayer

Thank you for the divine favor I have with you and with others. May I shine brightly today and walk, talk, and move in your divine favor. In Jesus' name, Amen.

MOUNT ZION BAPTIST CHURCH

Scripture : **Romans 4:8**

"Blessed is the one whose sin the Lord will never count against them."

Confession

I AM WHOLE AND COMPLETE.

Song

"He Wants It All" - by Forever Jones

Prayer

Lord, I thank you for forgiving my sins. I am complete in you, and I trust in your grace and love. Help me walk in wholeness today. In Jesus' name, Amen.

MOUNT ZION BAPTIST CHURCH

Scripture : **Psalm 119:11**

"I have hidden your word in my heart that I might not sin against you."

Confession

I ENJOY SPENDING TIME WITH MYSELF.

Song

"I Need a Little More Jesus"

- by Erica Campbell

Prayer

Lord, may your word be my shield and guide. Your word is sharper than any two-edged sword. Teach me to hide your word in my heart and draw closer to you every day. In Jesus' name, Amen.



MOUNT ZION BAPTIST CHURCH

Scripture : **Ephesians 4:29**

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”

Confession

I AM A GOOD FRIEND TO OTHERS AND TO MYSELF.

Activity

Practice thinking before speaking and be intentional with your words today

Prayer

Thank you, Lord, for being the perfect friend to me. Help me be a good friend to others today, using my words to uplift and encourage those around me. In Jesus' name, Amen.

MOUNT ZION BAPTIST CHURCH

Scripture : **Matthew 21:22**

"If you believe, you will receive whatever you ask for in prayer."

Confession

I HAVE UNIQUE GIFTS AND TALENTS.

Song

"Awesome"- by Charles Jenkins

Prayer

Lord, I believe in your promises. Guide me to use my unique gifts and talents for your glory. Grant me the confidence to step into the plans you have for me. In Jesus' name, Amen.

MOUNT ZION BAPTIST CHURCH

Scripture : **Matthew 22:37-39**

"Jesus replied: 'Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.'"

Confession

I AM A CHILD OF THE MOST HIGH GOD.

Song

"Blessings on Blessings"- by Anthony Brown

Prayer

Thank you, Lord, for your love and commandments. Help me love you and others as you love me. May my life be a testament to your love and grace. In Jesus' name, Amen.

JESUS

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Prayer
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