



21 DAYS OF PRAYER

IDENTITY + CALLING

*An Invitation to Discovery Through
Ephesians and the Lord's Prayer*



WELCOME

WELCOME TO 21 DAYS OF PRAYER!

Every year, we carve out two strategic seasons to slow down, renew our focus on Jesus, and pray together as a church. Over the next 21 days, we're going to spend our time in the book of Ephesians, reading the Apostle Paul's prayers and commendations to a thriving first century church in the city of Ephesus. We'll also pray through Jesus' model prayer—the Lord's Prayer—recorded in the book of Matthew.

If this is your first time trying something like this, be encouraged! Prayer is simply a conversation with God. This guide is an excuse to make your “God conversations” a priority. God *wants* to speak to you. And we believe He will when you meditate on Scripture and invite Him to speak. **Here are three things that you can expect in this season:**

- 1 You'll learn more about what God is really like. *(Hint: He's good, and He loves you.)*
- 2 You'll begin to discover who you are in Christ: how to grow your light-of-the-world gifts and how to deal with your shadow-side weaknesses.
- 3 You'll get a clearer picture of what God has called and empowered you to do.

Becoming more like Jesus is a journey. Each of us is at a different place on that journey. This book is designed for your personal experience. You'll read, underline, highlight, and reflect on Scripture, and then you'll pray. As you follow along with us, we will be praying for you—that you'll understand your identity and calling more than ever before.

IDENTITY AND CALLING ***AN INVITATION TO DISCOVERY***

Do you know that God is not waiting to see a better, future version of you in order to accept you? He loved the back-then you. He loves the right-now you. If you follow Jesus, your identity is utterly secure in Him. Scripture says God the Father loves you “*even as*” He loves Jesus the Son (John 17:23 ESV). You may have trouble seeing yourself the way God sees you, but that doesn’t change the way He sees you. You are loved.

Yet you’re also on a journey. God loves you right where you are, but He loves you too much to leave you there. Following Jesus means leaving where you are to go wherever He calls you. Your identity is sealed, but you have also been called. Jesus called His disciples to be neighbor-loving disciple makers. That’s your calling too. He loves you because He loves you. He calls you because He loves the world.

This *21 Days of Prayer* season is an invitation to discover your identity and calling as a follower of Jesus.

THE BOOK OF EPHESIANS & THE LORD’S PRAYER

The grand narrative of Scripture is a unified story that leads to Jesus and shows us who we really are. Ephesians is especially a book about identity formation. There are six chapters in Ephesians, so we’ll read one chapter a day for each of the three weeks. On the seventh day of the week, we’ll focus on the Lord’s Prayer. You may be surprised at how much these ancient words pertain to your modern life.

We'll read and pray with a specific weekly focus connected to understanding our *identity and calling*. Here's the plan for each week's focus for the 21 days:



WEEK ONE
A New Identity



WEEK TWO
A New Calling



WEEK THREE
A New Power

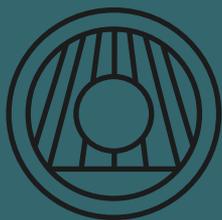
Prepare. Read. Meditate. Reflect. We've also provided a guide for how to prepare and how to meditate on what you've read. We know the word *meditate* is weird to some people. Think of meditation as a bridge from Bible reading to prayer. For our purposes, *meditate* just means to slow down, focus on what you've read, and read it again a couple of times for the purpose of comprehension and application.

Pray. One final point before we begin—we did not include written prayers in this *21 Days of Prayer* guide. We want you to gain confidence in *your* ability to pray! Begin to see yourself as a praying person. You can be led by the Holy Spirit to pray on your own. Scripture says the same Spirit that raised Jesus from the dead dwells in you! Write out your prayers if you'd like. Spread your prayers out a couple of sentences at a time through the day if you need to. There's no better person to pray for your personal needs than you, and there's no better time to start than now.

WEEK ONE

A New Identity





*In love He predestined
us for adoption to
Himself as sons
through Jesus Christ...*
EPHESIANS 1:5 ESV

DAY 1

EPHESIANS 1

PREPARE

GET ALONE

Create space for 10–15 minutes of uninterrupted quiet time.

1. *Quiet your thoughts*
2. *Palms up*
3. *Long inhale*
4. *Long exhale*
5. *Feel peaceful*

FOCUS

This week's focus is on your new identity in Jesus.

- *Consider what today's passage says about who God is.*
- *Consider what lies you may have believed about who you are.*
- *Consider what the passage says about who you are.*
- *And consider what the passage says about who you will be.*

INVITE GOD

God wants to speak to your heart in today's reading. Invite Him in by praying this prayer taken from portions of Psalm 119:

*Teach me the way of Your statutes;
and give me understanding.*

*Incline my heart to Your testimonies,
and not to selfish gain!*

READ

EPHESIANS 1:1-23 ESV

*Paul, an apostle of Christ Jesus by the will of God,
To the saints who are in Ephesus, and are faithful in Christ Jesus:
Grace to you and peace from God our Father and the Lord Jesus Christ.*

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as He chose us in Him before the foundation of the world, that we should be holy and blameless before Him. In love He predestined us for adoption to Himself as sons through Jesus Christ, according to the purpose of His will, to the praise of His glorious grace, with which He has blessed us in the Beloved. In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace, which He lavished upon us, in all wisdom and insight making known to us the mystery of His will, according to His purpose, which He set forth in Christ as a plan for the fullness of time, to unite all things in Him, things in Heaven and things on Earth.

In Him we have obtained an inheritance, having been predestined according to the purpose of Him who works all things according to the counsel of His will, so that we who were the first to hope in Christ might be to the praise of His glory. In Him you also, when you heard the Word of Truth, the gospel of your salvation, and believed in Him, were sealed with the promised Holy Spirit, who is the guarantee of our inheritance until we acquire possession of it, to the praise of His glory.

For this reason, because I have heard of your faith in the Lord Jesus and your love toward all the saints, I do not cease to give thanks

for you, remembering you in my prayers, that the God of our Lord Jesus Christ, the Father of glory, may give you the spirit of wisdom and of revelation in the knowledge of Him, having the eyes of your hearts enlightened, that you may know what is the hope to which He has called you, what are the riches of His glorious inheritance in the saints, and what is the immeasurable greatness of His power toward us who believe, according to the working of His great might that He worked in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly places, far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the one to come. And He put all things under His feet and gave Him as head over all things to the Church, which is His body, the fullness of Him who fills all in all.

MEDITATE

Take a moment to jot down one or two ideas that stood out to you after your first reading.

Now read it a second and a third time. *Read slowly.* **Underline or circle** anything related to *identity*. **Use these arrows** to mark anything that seems to relate to your identity and calling.

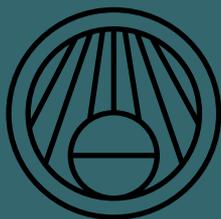
- This is my **new identity** in Christ.
- ← This is my **old identity** in sin.
- ↑ This is **my future** in Christ.

REFLECT

Write what God is showing you today.

PRAY

Pray about your identity as God leads you.
Use the words of Ephesians 1 in your prayer.



*For we are His
workmanship...*

EPHESIANS 2:10 ESV

DAY 2

EPHESIANS 2

PREPARE

GET ALONE

Create space for 10–15 minutes of uninterrupted quiet time.

1. *Quiet your thoughts*
2. *Palms up*
3. *Long inhale*
4. *Long exhale*
5. *Feel peaceful*

FOCUS

Continue to focus on your new identity as you read Ephesians 2 today.

- *What does today's passage say about who God is?*
- *Consider what the passage says about who you were.*
- *What does it say about who you are?*
- *Does this passage say anything about who you will be?*

INVITE GOD

Reminder: God wants to speak to your heart in today's reading. In Luke 18, Jesus asks a blind beggar, "*What do you want Me to do for you?*" Make the blind beggar's response your prayer:

"Lord, I want to see."

READ

EPHESIANS 2:1-22 ESV

And you were dead in the trespasses and sins in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience—among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind. But God, being rich in mercy, because of the great love with which He loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—and raised us up with Him and seated us with Him in the heavenly places in Christ Jesus, so that in the coming ages He might show the immeasurable riches of His grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Therefore remember that at one time you Gentiles in the flesh, called “the uncircumcision” by what is called the circumcision, which is made in the flesh by hands—remember that you were at that time separated from Christ, alienated from the commonwealth of Israel and strangers to the covenants of promise, having no hope and without God in the world. But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For He Himself is our peace, who has made us both one and has broken down in His flesh the dividing wall of hostility by abolishing the law of commandments expressed in ordinances, that He might create in Himself one new man in place of the two, so making peace,

and might reconcile us both to God in one body through the cross, thereby killing the hostility. And He came and preached peace to you who were far off and peace to those who were near. For through Him we both have access in one Spirit to the Father. So then you are no longer strangers and aliens, but you are fellow citizens with the saints and members of the household of God, built on the foundation of the apostles and prophets, Christ Jesus Himself being the cornerstone, in whom the whole structure, being joined together, grows into a holy temple in the Lord. In Him you also are being built together into a dwelling place for God by the Spirit.

MEDITATE

Take a moment to jot down one or two ideas that stood out to you about *identity* after your first reading.

Now read it a second and a third time. *Read slowly.* **Underline or circle** anything related to *identity*. **Use these arrows** to mark anything that seems to relate to your identity and calling.

- This is my **new identity** in Christ.
- ← This is my **old identity** in sin.
- ↑ This is **my future** in Christ.

REFLECT

Write what God is showing you today.

PRAY

Pray about your identity as God leads you.
Use the words of Ephesians 2 in your prayer.



*Fellow heirs, members
of the same body, and
partakers of the promise
in Christ Jesus ...*

EPHESIANS 3:6 ESV

DAY 3

EPHESIANS 3

PREPARE

GET ALONE

Create space for 10–15 minutes of uninterrupted quiet time.

1. *Quiet your thoughts*
2. *Palms up*
3. *Long inhale*
4. *Long exhale*
5. *Feel peaceful*

FOCUS

Ephesians 3 has some amazing things to say about God's love for you.

- *Notice what Ephesians 3 says about what Jesus did for humanity.*
- *What does Paul say was hidden and mysterious before Jesus?*
- *Consider what the passage says about who you are.*
- *And consider what the passage says about who you will be.*

INVITE GOD

Reminder: God wants to speak to your heart in today's reading. Invite Him in with the words of Mary in Luke 1:37–38 when the angel Gabriel told her, "*For with God nothing shall be impossible.*":

"Behold the servant of the Lord; be it unto me according to Thy word."

READ

EPHESIANS 3:1-21 ESV

For this reason I, Paul, a prisoner of Christ Jesus on behalf of you Gentiles—assuming that you have heard of the stewardship of God’s grace that was given to me for you, how the mystery was made known to me by revelation, as I have written briefly. When you read this, you can perceive my insight into the mystery of Christ, which was not made known to the sons of men in other generations as it has now been revealed to His holy apostles and prophets by the Spirit. This mystery is that the Gentiles are fellow heirs, members of the same body, and partakers of the promise in Christ Jesus through the gospel.

Of this gospel I was made a minister according to the gift of God’s grace, which was given me by the working of His power. To me, though I am the very least of all the saints, this grace was given, to preach to the Gentiles the unsearchable riches of Christ, and to bring to light for everyone what is the plan of the mystery hidden for ages in God, who created all things, so that through the Church the manifold wisdom of God might now be made known to the rulers and authorities in the heavenly places. This was according to the eternal purpose that He has realized in Christ Jesus our Lord, in whom we have boldness and access with confidence through our faith in Him. So I ask you not to lose heart over what I am suffering for you, which is your glory.

For this reason I bow my knees before the Father, from whom every family in Heaven and on Earth is named, that according to the riches of His glory He may grant you to be strengthened with power through His Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted

and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

Now to Him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to Him be glory in the Church and in Christ Jesus throughout all generations, forever and ever. Amen.

MEDITATE

Take a moment to jot down one or two ideas that stood out to you about *identity* after your first reading.

Now read it a second and a third time. *Read slowly.* **Underline or circle** anything related to *identity*. **Use these arrows** to mark anything that seems to relate to your identity and calling.

- This is my **new identity** in Christ.
- ← This is my **old identity** in sin.
- ↑ This is **my future** in Christ.

REFLECT

Write what God is showing you today.

PRAY

Pray about your identity as God leads you.
Use the words of Ephesians 3 in your prayer.



*Put on the new self,
created after the
likeness of God ...*

EPHESIANS 4:24 ESV

DAY 4

EPHESIANS 4

PREPARE

GET ALONE

Create space for 10–15 minutes of uninterrupted quiet time.

1. *Quiet your thoughts*
2. *Palms up*
3. *Long inhale*
4. *Long exhale*
5. *Feel peaceful*

FOCUS

Today's focus is still on your new identity in Jesus.

- *What does Ephesians 4 say about who God is?*
- *How does the Apostle Paul express his identity?*
- *Consider what this passage says about who you “no longer” are.*
- *Consider what the passage says about who you are.*
- *And consider what the passage says about who you will be.*

INVITE GOD

Reminder: God wants to speak to your heart in today's reading. Invite God to shape you with this prayer from Psalm 27:8–9:

*“My heart says to You,
‘Your face, Lord, do I seek.’
Hide not Your face from me.”*

READ

EPHESIANS 4:1-32 ESV

I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit—just as you were called to the one hope that belongs to your call—one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all. But grace was given to each one of us according to the measure of Christ’s gift. Therefore it says,

*“When He ascended on high He led a host of captives,
and He gave gifts to men.”*

(In saying, “He ascended,” what does it mean but that He had also descended into the lower regions, the Earth? He who descended is the one who also ascended far above all the heavens, that He might fill all things.) And He gave the apostles, the prophets, the evangelists, the shepherds and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. Rather, speaking the truth in love, we are to grow up in every way into Him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. They are darkened

in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. But that is not the way you learned Christ!—assuming that you have heard about Him and were taught in Him, as the truth is in Jesus, to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.

Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil. Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

MEDITATE

Take a moment to jot down one or two ideas that stood out to you about *identity* after your first reading.

Now read it a second and a third time. *Read slowly.* **Underline or circle** anything related to *identity*. **Use these arrows** to mark anything that seems to relate to your identity and calling.

→ This is my **new identity** in Christ.

← This is my **old identity** in sin.

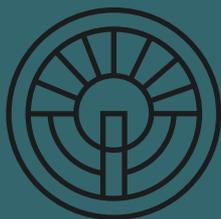
↑ This is **my future** in Christ.

REFLECT

Write what God is showing you today.

PRAY

Pray about your identity as God leads you.
Use the words of Ephesians 4 in your prayer.



*Now you are
light in the Lord ...*
EPHESIANS 5:8 ESV

DAY 5

EPHESIANS 5

PREPARE

GET ALONE

Create space for 10–15 minutes of uninterrupted quiet time.

1. *Quiet your thoughts*
2. *Palms up*
3. *Long inhale*
4. *Long exhale*
5. *Feel peaceful*

FOCUS

As you read Ephesians 5, focus on what it means to your new identity in Jesus.

- *Consider what today's passage says about who God is.*
- *How is Paul differentiating your identity as a Christian from the world through this passage?*
- *Consider what narratives culture has told you about this topic.*
- *Consider how far Jesus' claims go to determine who you are.*
- *And consider what the passage says about who you can be.*

INVITE GOD

Reminder: God wants to speak to your heart in today's reading. Invite God in with Jesus' words of the Good Shepherd in John 10:

*"I am my Father's sheep, I know
Your voice; You speak and I listen.
Other voices will not distract me.
You lead and I follow."*

READ

EPHESIANS 5:1-33 ESV

Therefore be imitators of God, as beloved children. And walk in love, as Christ loved us and gave Himself up for us, a fragrant offering and sacrifice to God.

But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints. Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving. For you may be sure of this, that everyone who is sexually immoral or impure, or who is covetous (that is, an idolater), has no inheritance in the kingdom of Christ and God. Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. Therefore do not become partners with them; for at one time you were darkness, but now you are light in the Lord. Walk as children of light (for the fruit of light is found in all that is good and right and true), and try to discern what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is shameful even to speak of the things that they do in secret. But when anything is exposed by the light, it becomes visible, for anything that becomes visible is light. Therefore it says,

*“Awake, O sleeper,
and arise from the dead,
and Christ will shine on you.”*

Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Therefore do not be foolish, but understand what the will of the Lord is. And do not get drunk with wine, for that is debauchery, but be filled with the Spirit,

addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, submitting to one another out of reverence for Christ.

Wives, submit to your own husbands, as to the Lord. For the husband is the head of the wife even as Christ is the head of the Church, His body, and is Himself its Savior. Now as the Church submits to Christ, so also wives should submit in everything to their husbands.

Husbands, love your wives, as Christ loved the Church and gave Himself up for her, that He might sanctify her, having cleansed her by the washing of water with the Word, so that He might present the Church to Himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the Church, because we are members of His body. “Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.” This mystery is profound, and I am saying that it refers to Christ and the Church. However, let each one of you love his wife as himself, and let the wife see that she respects her husband.

MEDITATE

Take a moment to jot down one or two ideas that stood out to you about *identity* after your first reading.

Now read it a second and a third time. *Read slowly.* **Underline or circle** anything related to *identity*. **Use these arrows** to mark anything that seems to relate to your identity and calling.

→ This is my **new identity** in Christ.

← This is my **old identity** in sin.

↑ This is **my future** in Christ.

REFLECT

Write what God is showing you today.

PRAY

Pray about your identity as God leads you.
Use the words of Ephesians 5 in your prayer.



*Boldly to proclaim
the mystery of the gospel,
for which I am an
ambassador...*

EPHESIANS 6:19–20 ESV

DAY 6

EPHESIANS 6

PREPARE

GET ALONE

Create space for 10–15 minutes of uninterrupted quiet time.

1. *Quiet your thoughts*
2. *Palms up*
3. *Long inhale*
4. *Long exhale*
5. *Feel peaceful*

FOCUS

Today, we finish our first pass at reading Ephesians through the lens of *identity*. Read chapter six with the same open heart as before.

- *Consider what it says about what God is really like.*
- *Consider what lies you may have believed about power and authority.*
- *What expression does Paul use to describe his identity in Christ?*
- *Consider what Ephesians 6 says about who you are.*
- *And consider what it says about who you will be.*

INVITE GOD

Reminder: God wants to speak to your heart in today’s reading. Invite God to speak to you with this prayer from Psalm 119:8:

*“How can I stay on the path of purity?
By living according to Your Word.*

*I seek You with all my heart; do not
let me stray from Your commands.
I have hidden Your Word in my heart
that I might not sin against You.”*

READ

EPHESIANS 6:1-24 ESV

Children, obey your parents in the Lord, for this is right. “Honor your father and mother” (this is the first commandment with a promise), “that it may go well with you and that you may live long in the land.” Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.

Bondservants, obey your earthly masters with fear and trembling, with a sincere heart, as you would Christ, not by the way of eye-service, as people-pleasers, but as bondservants of Christ, doing the will of God from the heart, rendering service with a good will as to the Lord and not to man, knowing that whatever good anyone does, this he will receive back from the Lord, whether he is a bondservant or is free. Masters, do the same to them, and stop your threatening, knowing that He who is both their Master and yours is in Heaven, and that there is no partiality with Him.

Finally, be strong in the Lord and in the strength of His might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the

Word of God, praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints, and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.

So that you also may know how I am and what I am doing, Tychicus the beloved brother and faithful minister in the Lord will tell you everything. I have sent him to you for this very purpose, that you may know how we are, and that he may encourage your hearts.

Peace be to the brothers, and love with faith, from God the Father and the Lord Jesus Christ. Grace be with all who love our Lord Jesus Christ with love incorruptible.

MEDITATE

Take a moment to jot down one or two ideas that stood out to you about *identity* after your first reading.

Now read it a second and a third time. *Read slowly.* **Underline or circle** anything related to *identity*. **Use these arrows** to mark anything that seems to relate to your identity and calling.

- This is my **new identity** in Christ.
- ← This is my **old identity** in sin.
- ↑ This is **my future** in Christ.

REFLECT

Write what God is showing you today.

PRAY

Pray about your identity as God leads you.
Use the words of Ephesians 6 in your prayer.



*Your kingdom come,
Your will be done ...*
MATTHEW 6:10 ESV

DAY 7

THE LORD'S PRAYER

PREPARE

GET ALONE

Create space for 10–15 minutes of uninterrupted quiet time.

1. *Quiet your thoughts*
2. *Palms up*
3. *Long inhale*
4. *Long exhale*
5. *Feel peaceful*

FOCUS

This week's focus has been on your new identity in Jesus.

- *The Lord's Prayer in about aligning your identity with Him.*
- *Does the Lord's Prayer reveal anything about what God is really like?*
- *What does the Lord's Prayer say about who you are?*
- *Consider what needs to change in light of who God says you are.*
- *And consider what the passage says about your future.*

INVITE GOD

Reminder: God wants to speak to your heart in today's reading. Invite Him with this prayer of David:

*"Create in me a clean heart, O God,
and renew a right spirit within me."*

READ

MATTHEW 6:5-15 ESV

“And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. Do not be like them, for your Father knows what you need before you ask Him. Pray then like this:

*‘Our Father in Heaven,
hallowed be Your name.
Your kingdom come,
Your will be done,
on Earth as it is in Heaven.*

*Give us this day our daily bread,
and forgive us our debts,
as we also have forgiven our debtors.*

*And lead us not into temptation,
but deliver us from evil.
For Yours is the kingdom and the power
and the glory, forever. Amen’*

For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.”

MEDITATE

Take a moment to jot down one or two ideas that stood out to you about *identity* after your first reading.

Now read it a second and a third time. *Read slowly.* **Underline or circle** anything related to *identity*. **Use these arrows** to mark anything that seems to relate to your identity and calling.

- This is my **new identity** in Christ.
- ← This is my **old identity** in sin.
- ↑ This is **my future** in Christ.

REFLECT

Write what God is showing you today.

PRAY

Pray the Lord's Prayer today. Pause at key inflection points.
Go wherever the Holy Spirit leads.

WEEK TWO
A New Calling





*Know what is the
hope to which He
has called you ...*

EPHESIANS 1:18 ESV

DAY 8

EPHESIANS 1

PREPARE

GET ALONE

Create space for 10–15 minutes of uninterrupted quiet time.

1. *Quiet your thoughts*
2. *Palms up*
3. *Long inhale*
4. *Long exhale*
5. *Feel peaceful*

FOCUS

We're shifting our focus this week to consider your unique calling.

- *Consider what today's passage says about God's plans.*
- *Consider what lies you may have believed about your ambitions.*
- *Consider what the passage says about your community.*
- *And consider what the passage says about what God is calling you to do.*

INVITE GOD

Reminder: God wants to speak to your heart in today's reading. Invite Him in by praying the response of young Samuel when God called him. First Samuel 3:10 says, "*The Lord came and stood there, calling as at the other times ...*" Samuel finally replies:

*"Speak, for Your servant,
is listening."*

READ

EPHESIANS 1:1-23 ESV

*Paul, an apostle of Christ Jesus by the will of God,
To the saints who are in Ephesus, and are faithful in Christ Jesus:
Grace to you and peace from God our Father and the Lord Jesus Christ.*

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as He chose us in Him before the foundation of the world, that we should be holy and blameless before Him. In love He predestined us for adoption to Himself as sons through Jesus Christ, according to the purpose of His will, to the praise of His glorious grace, with which He has blessed us in the Beloved. In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace, which He lavished upon us, in all wisdom and insight making known to us the mystery of His will, according to His purpose, which He set forth in Christ as a plan for the fullness of time, to unite all things in Him, things in Heaven and things on Earth.

In Him we have obtained an inheritance, having been predestined according to the purpose of Him who works all things according to the counsel of His will, so that we who were the first to hope in Christ might be to the praise of His glory. In Him you also, when you heard the Word of Truth, the gospel of your salvation, and believed in Him, were sealed with the promised Holy Spirit, who is the guarantee of our inheritance until we acquire possession of it, to the praise of His glory.

For this reason, because I have heard of your faith in the Lord Jesus and your love toward all the saints, I do not cease to give thanks

for you, remembering you in my prayers, that the God of our Lord Jesus Christ, the Father of glory, may give you the spirit of wisdom and of revelation in the knowledge of Him, having the eyes of your hearts enlightened, that you may know what is the hope to which He has called you, what are the riches of His glorious inheritance in the saints, and what is the immeasurable greatness of His power toward us who believe, according to the working of His great might that He worked in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly places, far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the one to come. And He put all things under His feet and gave Him as head over all things to the Church, which is His body, the fullness of Him who fills all in all.

MEDITATE

Take a moment to jot down one or two ideas that stood out to you about *calling* after your first reading.

Now read it a second and a third time. *Read slowly.* **Underline or circle** anything related to *calling*. **Use these arrows** to mark anything that seems to relate to your identity and calling.

- This is what Jesus is **calling** me to do.
- ← This is about my **community** or my relationships.
- ↑ This is about **God's plans**.

REFLECT

Write what God is showing you today.

PRAY

Pray about your calling as God leads you.
Use the words of Ephesians 1 in your prayer.



*Created in Christ Jesus
for good works ...*
EPHESIANS 2:10 ESV

DAY 9

EPHESIANS 2

PREPARE

GET ALONE

Create space for 10–15 minutes of uninterrupted quiet time.

1. *Quiet your thoughts*
2. *Palms up*
3. *Long inhale*
4. *Long exhale*
5. *Feel peaceful*

FOCUS

Today, you're reading Ephesians 2 again. This time read it in consideration of your calling.

- *How does Ephesians 2 reshape the way you think about God?*
- *What does this passage say about the life God has called you out of?*
- *Does Ephesians 2 say anything about why God created you?*
- *What does this passage say about what you did to earn your calling?*
- *What does community have to do with your calling according to Ephesians 2?*

INVITE GOD

Reminder: God wants to speak to your heart in today's reading. When Moses had an audience with God, He told Moses, in Exodus 33:17, *"I will do the very thing you have asked, because I am pleased with you and I know you by name."* Make Moses' response your request now in this moment:

"Lord, now show me Your glory."

READ

EPHESIANS 2:1-22 ESV

And you were dead in the trespasses and sins in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience—among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind. But God, being rich in mercy, because of the great love with which He loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—and raised us up with Him and seated us with Him in the heavenly places in Christ Jesus, so that in the coming ages He might show the immeasurable riches of His grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Therefore remember that at one time you Gentiles in the flesh, called “the uncircumcision” by what is called the circumcision, which is made in the flesh by hands—remember that you were at that time separated from Christ, alienated from the commonwealth of Israel and strangers to the covenants of promise, having no hope and without God in the world. But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For He Himself is our peace, who has made us both one and has broken down in His flesh the dividing wall of hostility by abolishing the law of commandments expressed in ordinances, that He might create in Himself one new man in place of the two, so making peace,

and might reconcile us both to God in one body through the cross, thereby killing the hostility. And He came and preached peace to you who were far off and peace to those who were near. For through Him we both have access in one Spirit to the Father. So then you are no longer strangers and aliens, but you are fellow citizens with the saints and members of the household of God, built on the foundation of the apostles and prophets, Christ Jesus Himself being the cornerstone, in whom the whole structure, being joined together, grows into a holy temple in the Lord. In Him you also are being built together into a dwelling place for God by the Spirit.

MEDITATE

Take a moment to jot down one or two ideas that stood out to you about *calling* after your first reading.

Now read it a second and a third time. *Read slowly.* **Underline or circle** anything related to *calling*. **Use these arrows** to mark anything that seems to relate to your identity and calling.

- This is what Jesus is **calling** me to do.
- ← This is about my **community** or my relationships.
- ↑ This is about **God's plans**.

REFLECT

Write what God is showing you today.

PRAY

Pray about your calling as God leads you.
Use the words of Ephesians 2 in your prayer.



*Being rooted and
grounded in love ...*

EPHESIANS 3:17 ESV

DAY 10

EPHESIANS 3

PREPARE

GET ALONE

Create space for 10–15 minutes of uninterrupted quiet time.

1. *Quiet your thoughts*
2. *Palms up*
3. *Long inhale*
4. *Long exhale*
5. *Feel peaceful*

FOCUS

We're considering our calling through Ephesians 3 today.

- *What does today's passage say about what God is like?*
- *What expressions of a called community do you see?*
- *Do you notice any supernatural aspects to your calling here?*
- *What does Paul's desire in prayer say about your own calling?*

INVITE GOD

Reminder: God wants to speak to your heart in today's reading. When the disciples saw Jesus walking on water toward them, Peter spoke up. Make Peter's words from Matthew 14:28 your calling-related prayer today:

"Lord, if it's really You, call me to come to You ..."

READ

EPHESIANS 3:1-21 ESV

For this reason I, Paul, a prisoner of Christ Jesus on behalf of you Gentiles—assuming that you have heard of the stewardship of God’s grace that was given to me for you, how the mystery was made known to me by revelation, as I have written briefly. When you read this, you can perceive my insight into the mystery of Christ, which was not made known to the sons of men in other generations as it has now been revealed to His holy apostles and prophets by the Spirit. This mystery is that the Gentiles are fellow heirs, members of the same body, and partakers of the promise in Christ Jesus through the gospel.

Of this gospel I was made a minister according to the gift of God’s grace, which was given me by the working of His power. To me, though I am the very least of all the saints, this grace was given, to preach to the Gentiles the unsearchable riches of Christ, and to bring to light for everyone what is the plan of the mystery hidden for ages in God, who created all things, so that through the Church the manifold wisdom of God might now be made known to the rulers and authorities in the heavenly places. This was according to the eternal purpose that He has realized in Christ Jesus our Lord, in whom we have boldness and access with confidence through our faith in Him. So I ask you not to lose heart over what I am suffering for you, which is your glory.

For this reason I bow my knees before the Father, from whom every family in Heaven and on Earth is named, that according to the riches of His glory He may grant you to be strengthened with power through His Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted

and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

Now to Him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to Him be glory in the Church and in Christ Jesus throughout all generations, forever and ever. Amen.

MEDITATE

Take a moment to jot down one or two ideas that stood out to you about *calling* after your first reading.

Now read it a second and a third time. *Read slowly.* **Underline or circle** anything related to *calling*. **Use these arrows** to mark anything that seems to relate to your identity and calling.

- This is what Jesus is **calling** me to do.
- ← This is about my **community** or my relationships.
- ↑ This is about **God's plans**.

REFLECT

Write what God is showing you today.

PRAY

Pray about your calling as God leads you.
Use the words of Ephesians 3 in your prayer.



*Attain to the unity
of the faith and of
the knowledge of the
Son of God ...*

EPHESIANS 4:13 ESV

DAY 11

EPHESIANS 4

PREPARE

GET ALONE

Create space for 10–15 minutes of uninterrupted quiet time.

1. *Quiet your thoughts*
2. *Palms up*
3. *Long inhale*
4. *Long exhale*
5. *Feel peaceful*

FOCUS

Our focus is on calling this week.

Today we are reading from Ephesians 4.

- *What does hope have to do with your calling in this passage?*
- *What does Ephesians 4 say about the purpose of specific ministry gifts?*
- *What are the practical implications of Ephesians 4 to your daily life?*
- *Do you notice anything about the nature of God in this passage?*

INVITE GOD

Reminder: God wants to speak to your heart in today's reading. Reshape the famous words of Ruth to her mother-in-law Naomi as invitation to God today:

*God, where You go, I will go,
and where You stay, I will stay.*

*Your people will be my people,
and You will be my God.*

READ

EPHESIANS 4:1-32 ESV

I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit—just as you were called to the one hope that belongs to your call—one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all. But grace was given to each one of us according to the measure of Christ’s gift. Therefore it says,

*“When He ascended on high He led a host of captives,
and He gave gifts to men.”*

(In saying, “He ascended,” what does it mean but that He had also descended into the lower regions, the Earth? He who descended is the one who also ascended far above all the heavens, that He might fill all things.) And He gave the apostles, the prophets, the evangelists, the shepherds and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. Rather, speaking the truth in love, we are to grow up in every way into Him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. They are darkened

in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. But that is not the way you learned Christ!—assuming that you have heard about Him and were taught in Him, as the truth is in Jesus, to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.

Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil. Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

MEDITATE

Take a moment to jot down one or two ideas that stood out to you about *calling* after your first reading.

Now read it a second and a third time. *Read slowly.* **Underline or circle** anything related to *calling*. **Use these arrows** to mark anything that seems to relate to your identity and calling.

- This is what Jesus is **calling** me to do.
- ← This is about my **community** or my relationships.
- ↑ This is about **God's plans**.

REFLECT

Write what God is showing you today.

PRAY

Pray about your calling as God leads you.
Use the words of Ephesians 4 in your prayer.



Walk as children of light ...
EPHESIANS 5:8 ESV

DAY 12

EPHESIANS 5

PREPARE

GET ALONE

Create space for 10–15 minutes of uninterrupted quiet time.

1. *Quiet your thoughts*
2. *Palms up*
3. *Long inhale*
4. *Long exhale*
5. *Feel peaceful*

FOCUS

In Week Two's focus, we're considering our calling in Christ.

- *What does Ephesians 5 say about God's plans?*
- *From what kind of life have you been rescued?*
- *What does Ephesians 5 say about your relationships?*
- *And does the passage say anything about your calling?*

INVITE GOD

Reminder: God wants to speak to your heart in today's reading. Invite God's presence into this moment with a prayer, based on Proverbs 3:

"God, I trust You with all of my heart. I trust in You more than my own understanding. I submit all of my ways to You."

READ

EPHESIANS 5:1-33 ESV

Therefore be imitators of God, as beloved children. And walk in love, as Christ loved us and gave Himself up for us, a fragrant offering and sacrifice to God.

But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints. Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving. For you may be sure of this, that everyone who is sexually immoral or impure, or who is covetous (that is, an idolater), has no inheritance in the kingdom of Christ and God. Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. Therefore do not become partners with them; for at one time you were darkness, but now you are light in the Lord. Walk as children of light (for the fruit of light is found in all that is good and right and true), and try to discern what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is shameful even to speak of the things that they do in secret. But when anything is exposed by the light, it becomes visible, for anything that becomes visible is light. Therefore it says,

*“Awake, O sleeper,
and arise from the dead,
and Christ will shine on you.”*

Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Therefore do not be foolish, but understand what the will of the Lord is. And do not get drunk with wine, for that is debauchery, but be filled with the Spirit,

addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, submitting to one another out of reverence for Christ.

Wives, submit to your own husbands, as to the Lord. For the husband is the head of the wife even as Christ is the head of the Church, His body, and is Himself its Savior. Now as the Church submits to Christ, so also wives should submit in everything to their husbands.

Husbands, love your wives, as Christ loved the Church and gave Himself up for her, that He might sanctify her, having cleansed her by the washing of water with the Word, so that He might present the Church to Himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the Church, because we are members of His body. "Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh." This mystery is profound, and I am saying that it refers to Christ and the Church. However, let each one of you love his wife as himself, and let the wife see that she respects her husband.

MEDITATE

Take a moment to jot down one or two ideas that stood out to you about *calling* after your first reading.

Now read it a second and a third time. *Read slowly.* **Underline or circle** anything related to *calling*. **Use these arrows** to mark anything that seems to relate to your identity and calling.

- This is what Jesus is **calling** me to do.
- ← This is about my **community** or my relationships.
- ↑ This is about **God's plans**.

REFLECT

Write what God is showing you today.

PRAY

Pray about your calling as God leads you.
Use the words of Ephesians 5 in your prayer.



*For this very purpose, ...
that he may encourage
your hearts.*

EPHESIANS 6:22 ESV

DAY 13

EPHESIANS 6

PREPARE

GET ALONE

Create space for 10–15 minutes of uninterrupted quiet time.

1. *Quiet your thoughts*
2. *Palms up*
3. *Long inhale*
4. *Long exhale*
5. *Feel peaceful*

FOCUS

Ephesians 6 talks about how we're called to live out our relationships.

- *Consider what Ephesians 6 says about your calling.*
- *What does it say about your relationships?*
- *What does it say about how to face challenges in your calling?*
- *How does what Paul says about Tychicus' purpose relate to yours?*

INVITE GOD

Reminder: God wants to speak to your heart in today's reading. When blind Bartimaeus heard Jesus passing by, he cried out in a loud voice. Make his words your invitation to God's presence today (Mark 10:47):

"Jesus, Son of David, have mercy on me!"

READ

EPHESIANS 6:1-24 ESV

Children, obey your parents in the Lord, for this is right. “Honor your father and mother” (this is the first commandment with a promise), “that it may go well with you and that you may live long in the land.” Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.

Bondservants, obey your earthly masters with fear and trembling, with a sincere heart, as you would Christ, not by the way of eye-service, as people-pleasers, but as bondservants of Christ, doing the will of God from the heart, rendering service with a good will as to the Lord and not to man, knowing that whatever good anyone does, this he will receive back from the Lord, whether he is a bondservant or is free. Masters, do the same to them, and stop your threatening, knowing that He who is both their Master and yours is in Heaven, and that there is no partiality with Him.

Finally, be strong in the Lord and in the strength of His might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the

Word of God, praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints, and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.

So that you also may know how I am and what I am doing, Tychicus the beloved brother and faithful minister in the Lord will tell you everything. I have sent him to you for this very purpose, that you may know how we are, and that he may encourage your hearts.

Peace be to the brothers, and love with faith, from God the Father and the Lord Jesus Christ. Grace be with all who love our Lord Jesus Christ with love incorruptible.

MEDITATE

Take a moment to jot down one or two ideas that stood out to you about *calling* after your first reading.

Now read it a second and a third time. *Read slowly.* **Underline or circle** anything related to *calling*. **Use these arrows** to mark anything that seems to relate to your identity and calling.

- This is what Jesus is **calling** me to do.
- ← This is about my **community** or my relationships.
- ↑ This is about **God's plans**.

REFLECT

Write what God is showing you today.

PRAY

Pray about your calling as God leads you.
Use the words of Ephesians 6 in your prayer.



*Forgive us our debts,
as we also have forgiven
our debtors.*

MATTHEW 6:12 ESV

DAY 14

THE LORD'S PRAYER

PREPARE

GET ALONE

Create space for 10–15 minutes of uninterrupted quiet time.

1. *Quiet your thoughts*
2. *Palms up*
3. *Long inhale*
4. *Long exhale*
5. *Feel peaceful*

FOCUS

This is the last day of our Week Two focus on *calling*.

- *What does the Lord's Prayer say about God's plans?*
- *Does this passage say anything to you about your ambitions?*
- *What does this passage say about community?*
- *Does the Lord's Prayer reveal any insights to your calling?*

INVITE GOD

Reminder: God wants to speak to your heart in today's reading.

In your own words, take a moment to simply invite God into your time in His Word.

READ

MATTHEW 6:5-15 ESV

“And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. Do not be like them, for your Father knows what you need before you ask Him. Pray then like this:

*‘Our Father in Heaven,
hallowed be Your name.
Your kingdom come,
Your will be done,
on Earth as it is in Heaven.*

*Give us this day our daily bread,
and forgive us our debts,
as we also have forgiven our debtors.*

*And lead us not into temptation,
but deliver us from evil.
For Yours is the kingdom and the power
and the glory, forever. Amen’*

For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.”

MEDITATE

Take a moment to jot down one or two ideas that stood out to you about *calling* after your first reading.

Now read it a second and a third time. *Read slowly.* **Underline or circle** anything related to *calling*. **Use these arrows** to mark anything that seems to relate to your identity and calling.

- This is what Jesus is **calling** me to do.
- ← This is about my **community** or my relationships.
- ↑ This is about **God's plans**.

REFLECT

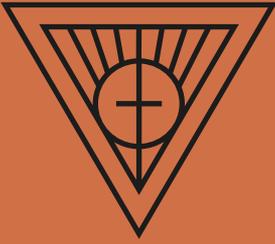
Write what God is showing you today.

PRAY

Use the Lord's Prayer as a framework for your prayer today, focusing on His mission and your calling.

WEEK THREE
A New Power





*The immeasurable
greatness of His power
toward us who believe ...*
EPHESIANS 1:19 ESV

DAY 15

EPHESIANS 1

PREPARE

GET ALONE

Create space for 10–15 minutes of uninterrupted quiet time.

1. *Quiet your thoughts*
2. *Palms up*
3. *Long inhale*
4. *Long exhale*
5. *Feel peaceful*

FOCUS

In this final week, we're considering the *power* of God available to us.

- *What does Ephesians 1 reveal about God's power?*
- *What gives you access to the power of Ephesians 1?*
- *What does the passage say about the power of the Church?*
- *And does the passage say anything about God's power in you?*

INVITE GOD

Reminder: God wants to speak to your heart in today's reading.

Invite God into your day with a moment of gratitude for His work in your life.

READ

EPHESIANS 1:1-23 ESV

*Paul, an apostle of Christ Jesus by the will of God,
To the saints who are in Ephesus, and are faithful in Christ Jesus:
Grace to you and peace from God our Father and the Lord Jesus Christ.*

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as He chose us in Him before the foundation of the world, that we should be holy and blameless before Him. In love He predestined us for adoption to Himself as sons through Jesus Christ, according to the purpose of His will, to the praise of His glorious grace, with which He has blessed us in the Beloved. In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace, which He lavished upon us, in all wisdom and insight making known to us the mystery of His will, according to His purpose, which He set forth in Christ as a plan for the fullness of time, to unite all things in Him, things in Heaven and things on Earth.

In Him we have obtained an inheritance, having been predestined according to the purpose of Him who works all things according to the counsel of His will, so that we who were the first to hope in Christ might be to the praise of His glory. In Him you also, when you heard the Word of Truth, the gospel of your salvation, and believed in Him, were sealed with the promised Holy Spirit, who is the guarantee of our inheritance until we acquire possession of it, to the praise of His glory.

For this reason, because I have heard of your faith in the Lord Jesus and your love toward all the saints, I do not cease to give thanks

for you, remembering you in my prayers, that the God of our Lord Jesus Christ, the Father of glory, may give you the spirit of wisdom and of revelation in the knowledge of Him, having the eyes of your hearts enlightened, that you may know what is the hope to which He has called you, what are the riches of His glorious inheritance in the saints, and what is the immeasurable greatness of His power toward us who believe, according to the working of His great might that He worked in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly places, far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the one to come. And He put all things under His feet and gave Him as head over all things to the Church, which is His body, the fullness of Him who fills all in all.

MEDITATE

Take a moment to jot down one or two ideas that stood out to you about *power* after your first reading.

Now read it a second and a third time. *Read slowly.* **Underline or circle** anything related to *power*. **Use these arrows** to mark anything that seems to relate to God's power in you.

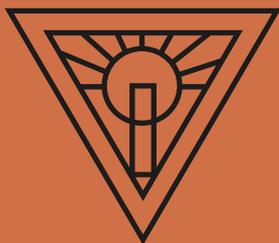
- This is about **God's power**.
- ← This is God's power in **me**.
- ↑ This is about the power of **God's kingdom**.

REFLECT

Write what God is showing you today.

PRAY

Pray about God's power at work in the world and in you.
Use the words of Ephesians 1 in your prayer.



*Made us alive together
with Christ ...*

EPHESIANS 2:5 ESV

DAY 16

EPHESIANS 2

PREPARE

GET ALONE

Create space for 10–15 minutes of uninterrupted quiet time.

1. *Quiet your thoughts*
2. *Palms up*
3. *Long inhale*
4. *Long exhale*
5. *Feel peaceful*

FOCUS

This final week is all about the power of God available to us.

- *What does Ephesians 2 say about God's power?*
- *What is keeping you from letting God's power work in you?*
- *What does the passage say about the power of the Church?*
- *And does the passage say anything about God's power in you?*

INVITE GOD

Reminder: God wants to speak to your heart in today's reading.

Take a moment to think about your past. What would your life be like if God hadn't rescued you?

Invite God to be a part of your present moment with a prayer of remembrance.

READ

EPHESIANS 2:1-22 ESV

And you were dead in the trespasses and sins in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience—among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind. But God, being rich in mercy, because of the great love with which He loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—and raised us up with Him and seated us with Him in the heavenly places in Christ Jesus, so that in the coming ages He might show the immeasurable riches of His grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Therefore remember that at one time you Gentiles in the flesh, called “the uncircumcision” by what is called the circumcision, which is made in the flesh by hands—remember that you were at that time separated from Christ, alienated from the commonwealth of Israel and strangers to the covenants of promise, having no hope and without God in the world. But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For He Himself is our peace, who has made us both one and has broken down in His flesh the dividing wall of hostility by abolishing the law of commandments expressed in ordinances, that He might create in Himself one new man in place of the two, so making peace,

and might reconcile us both to God in one body through the cross, thereby killing the hostility. And He came and preached peace to you who were far off and peace to those who were near. For through Him we both have access in one Spirit to the Father. So then you are no longer strangers and aliens, but you are fellow citizens with the saints and members of the household of God, built on the foundation of the apostles and prophets, Christ Jesus Himself being the cornerstone, in whom the whole structure, being joined together, grows into a holy temple in the Lord. In Him you also are being built together into a dwelling place for God by the Spirit.

MEDITATE

Take a moment to jot down one or two ideas that stood out to you about *power* after your first reading.

Now read it a second and a third time. *Read slowly.* **Underline or circle** anything related to *power*. **Use these arrows** to mark anything that seems to relate to God's power in you.

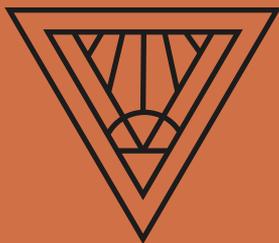
- This is about **God's power**.
- ← This is God's power in **me**.
- ↑ This is about the power of **God's kingdom**.

REFLECT

Write what God is showing you today.

PRAY

Pray about God's power at work in the world and in you.
Use the words of Ephesians 2 in your prayer.



*To Him who is able to do
far more abundantly than
all that we ask or think,
according to the power at
work within us ...*

EPHESIANS 3:20 ESV

DAY 17

EPHESIANS 3

PREPARE

GET ALONE

Create space for 10–15 minutes of uninterrupted quiet time.

1. *Quiet your thoughts*
2. *Palms up*
3. *Long inhale*
4. *Long exhale*
5. *Feel peaceful*

FOCUS

Today, we're looking at Ephesians 3 through the lens of God's power.

- *What does this passage say about God's power available to us?*
- *What is keeping you from letting God's power work in you?*
- *What does the passage say about the power of the Church?*
- *And does the passage say anything about God's power in you?*

INVITE GOD

Reminder: God wants to speak to your heart in today's reading.

Scripture says Jesus made a way for you to approach God's grace with boldness.

In your own words, boldly ask God to grace you with His presence today.

READ

EPHESIANS 3:1-21 ESV

For this reason I, Paul, a prisoner of Christ Jesus on behalf of you Gentiles—assuming that you have heard of the stewardship of God’s grace that was given to me for you, how the mystery was made known to me by revelation, as I have written briefly. When you read this, you can perceive my insight into the mystery of Christ, which was not made known to the sons of men in other generations as it has now been revealed to His holy apostles and prophets by the Spirit. This mystery is that the Gentiles are fellow heirs, members of the same body, and partakers of the promise in Christ Jesus through the gospel.

Of this gospel I was made a minister according to the gift of God’s grace, which was given me by the working of His power. To me, though I am the very least of all the saints, this grace was given, to preach to the Gentiles the unsearchable riches of Christ, and to bring to light for everyone what is the plan of the mystery hidden for ages in God, who created all things, so that through the Church the manifold wisdom of God might now be made known to the rulers and authorities in the heavenly places. This was according to the eternal purpose that He has realized in Christ Jesus our Lord, in whom we have boldness and access with confidence through our faith in Him. So I ask you not to lose heart over what I am suffering for you, which is your glory.

For this reason I bow my knees before the Father, from whom every family in Heaven and on Earth is named, that according to the riches of His glory He may grant you to be strengthened with power through His Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted

and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

Now to Him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to Him be glory in the Church and in Christ Jesus throughout all generations, forever and ever. Amen.

MEDITATE

Take a moment to jot down one or two ideas that stood out to you about *power* after your first reading.

Now read it a second and a third time. *Read slowly.* **Underline or circle** anything related to *power*. **Use these arrows** to mark anything that seems to relate to God's power in you.

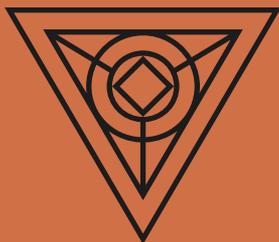
- This is about **God's power**.
- ← This is God's power in **me**.
- ↑ This is about the power of **God's kingdom**.

REFLECT

Write what God is showing you today.

PRAY

Pray about God's power at work in the world and in you.
Use the words of Ephesians 3 in your prayer.



*Be renewed in the
spirit of your minds ...*
EPHESIANS 4:23 ESV

DAY 18

EPHESIANS 4

PREPARE

GET ALONE

Create space for 10–15 minutes of uninterrupted quiet time.

1. *Quiet your thoughts*
2. *Palms up*
3. *Long inhale*
4. *Long exhale*
5. *Feel peaceful*

FOCUS

It's Day 18 of our *21 Days of Prayer*, and we're taking a final look at Ephesians 4, this time through the lens of the power of God at work in us.

- *Pay attention to what this passage says about God's power available to you.*
- *What does the passage say about the power over your old self?*
- *What is keeping you from having this kind of power work in your life?*
- *Do you recognize the kind of power in this passage already working in you?*

INVITE GOD

Reminder: God wants to speak to your heart in today's reading.

In your own words, invite God into your day.

READ

EPHESIANS 4:1-32 ESV

I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit—just as you were called to the one hope that belongs to your call—one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all. But grace was given to each one of us according to the measure of Christ’s gift. Therefore it says,

“When He ascended on high He led a host of captives, and He gave gifts to men.”

(In saying, “He ascended,” what does it mean but that He had also descended into the lower regions, the Earth? He who descended is the one who also ascended far above all the heavens, that He might fill all things.) And He gave the apostles, the prophets, the evangelists, the shepherds and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. Rather, speaking the truth in love, we are to grow up in every way into Him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. They are darkened

in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. But that is not the way you learned Christ!—assuming that you have heard about Him and were taught in Him, as the truth is in Jesus, to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.

Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil. Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

MEDITATE

Take a moment to jot down one or two ideas that stood out to you about *power* after your first reading.

Now read it a second and a third time. *Read slowly.* **Underline or circle** anything related to *power*. Use **these arrows** to mark anything that seems to relate to God's power in you.

→ This is about **God's power**.

← This is God's power in **me**.

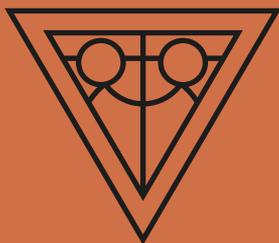
↑ This is about the power of **God's kingdom**.

REFLECT

Write what God is showing you today.

PRAY

Pray about God's power at work in the world and in you.
Use the words of Ephesians 4 in your prayer.



*Submitting to one
another out of
reverence for Christ.*
EPHESIANS 5:21 ESV

DAY 19

EPHESIANS 5

PREPARE

GET ALONE

Create space for 10–15 minutes of uninterrupted quiet time.

1. *Quiet your thoughts*
2. *Palms up*
3. *Long inhale*
4. *Long exhale*
5. *Feel peaceful*

FOCUS

In Ephesians 5, Paul gives some very specific directions as to how to live.

- *If God is asking you to live this way, what does it say about your ability to do it?*
- *Is it possible to love people and submit to one another the way he describes?*
- *What power and what resources does God offer us to do these things?*
- *We're all on a spiritual journey. Where are you on the Ephesians 5 part of your journey?*

INVITE GOD

Reminder: God wants to speak to your heart in today's reading.

In your own words, invite God into your day by simply telling Him how much you love Him.

READ

EPHESIANS 5:1-33 ESV

Therefore be imitators of God, as beloved children. And walk in love, as Christ loved us and gave Himself up for us, a fragrant offering and sacrifice to God.

But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints. Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving. For you may be sure of this, that everyone who is sexually immoral or impure, or who is covetous (that is, an idolater), has no inheritance in the kingdom of Christ and God. Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. Therefore do not become partners with them; for at one time you were darkness, but now you are light in the Lord. Walk as children of light (for the fruit of light is found in all that is good and right and true), and try to discern what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is shameful even to speak of the things that they do in secret. But when anything is exposed by the light, it becomes visible, for anything that becomes visible is light. Therefore it says,

*“Awake, O sleeper,
and arise from the dead,
and Christ will shine on you.”*

Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Therefore do not be foolish, but understand what the will of the Lord is. And do not get drunk with wine, for that is debauchery, but be filled with the Spirit,

addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, submitting to one another out of reverence for Christ.

Wives, submit to your own husbands, as to the Lord. For the husband is the head of the wife even as Christ is the head of the Church, His body, and is Himself its Savior. Now as the Church submits to Christ, so also wives should submit in everything to their husbands.

Husbands, love your wives, as Christ loved the Church and gave Himself up for her, that He might sanctify her, having cleansed her by the washing of water with the Word, so that He might present the Church to Himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the Church, because we are members of His body. "Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh." This mystery is profound, and I am saying that it refers to Christ and the Church. However, let each one of you love his wife as himself, and let the wife see that she respects her husband.

MEDITATE

Take a moment to jot down one or two ideas that stood out to you about *power* after your first reading.

Now read it a second and a third time. *Read slowly.* **Underline or circle** anything related to *power*. Use **these arrows** to mark anything that seems to relate to God's power in you.

→ This is about **God's power**.

← This is God's power in **me**.

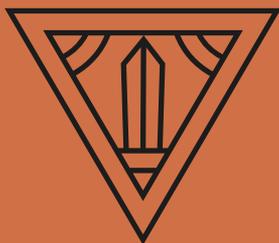
↑ This is about the power of **God's kingdom**.

REFLECT

Write what God is showing you today.

PRAY

Pray about God's power at work in the world and in you.
Use the words of Ephesians 5 in your prayer.



*Put on the whole armor
of God, that you may be
able to stand ...*

EPHESIANS 6:11 ESV

DAY 20

EPHESIANS 6

PREPARE

GET ALONE

Create space for 10–15 minutes of uninterrupted quiet time.

1. *Quiet your thoughts*
2. *Palms up*
3. *Long inhale*
4. *Long exhale*
5. *Feel peaceful*

FOCUS

Ephesians 6 picks up on the challenge where Ephesians 5 left off.

- *What is God asking you to do in your workplace?*
- *How are you supposed to treat people above and beneath you?*
- *If God is asking you to live this way, what does it say about your ability to do it?*
- *What is the source of your power to live this way?*
- *What resources does God offer you?*

INVITE GOD

Reminder: God wants to speak to your heart in today's reading.

Before Jesus went to the cross, He told His disciples, *"Peace I leave you. My peace I give you."*

In your own words, invite the peace of God into this moment.

READ

EPHESIANS 6:1-24 ESV

Children, obey your parents in the Lord, for this is right. “Honor your father and mother” (this is the first commandment with a promise), “that it may go well with you and that you may live long in the land.” Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.

Bondservants, obey your earthly masters with fear and trembling, with a sincere heart, as you would Christ, not by the way of eye-service, as people-pleasers, but as bondservants of Christ, doing the will of God from the heart, rendering service with a good will as to the Lord and not to man, knowing that whatever good anyone does, this he will receive back from the Lord, whether he is a bondservant or is free. Masters, do the same to them, and stop your threatening, knowing that He who is both their Master and yours is in Heaven, and that there is no partiality with Him.

Finally, be strong in the Lord and in the strength of His might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the

Word of God, praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints, and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.

So that you also may know how I am and what I am doing, Tychicus the beloved brother and faithful minister in the Lord will tell you everything. I have sent him to you for this very purpose, that you may know how we are, and that he may encourage your hearts.

Peace be to the brothers, and love with faith, from God the Father and the Lord Jesus Christ. Grace be with all who love our Lord Jesus Christ with love incorruptible.

MEDITATE

Take a moment to jot down one or two ideas that stood out to you about *power* after your first reading.

Now read it a second and a third time. *Read slowly.* **Underline or circle** anything related to *power*. **Use these arrows** to mark anything that seems to relate to God's power in you.

- This is about **God's power**.
- ← This is God's power in **me**.
- ↑ This is about the power of **God's kingdom**.

REFLECT

Write what God is showing you today.

PRAY

Pray about God's power at work in the world and in you.
Use the words of Ephesians 6 in your prayer.



*For Yours is the kingdom
and the power and the
glory, forever.*

MATTHEW 6:13 ESV

DAY 21

THE LORD'S PRAYER

PREPARE

GET ALONE

Create space for 10–15 minutes of uninterrupted quiet time.

1. *Quiet your thoughts*
2. *Palms up*
3. *Long inhale*
4. *Long exhale*
5. *Feel peaceful*

FOCUS

Here we are at the last day of our *21 Days of Prayer*. Let's finish in strength. Hopefully you've found that praying the Lord's Prayer is itself a source of power.

- *Consider the contrasting perspectives on power with the people Jesus mentions.*
- *Consider the place for powerful prayer Jesus commends to His disciples.*
- *What requests are power-related requests?*
- *What does Jesus' inclusion of those requests say about our ability to receive the answer?*
- *What does Jesus say about the power of forgiveness?*
- *Where does Jesus say the ultimate source of power lies?*

INVITE GOD

Reminder: God wants to speak to your heart in today’s reading.

The Lord’s Prayer begins with “Our Father in Heaven”. Ephesians 1 says you are adopted as His child. In your own words, speak to God the Father as Jesus did.

Start with “Abba...”

READ

MATTHEW 6:5-15 ESV

“And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. Do not be like them, for your Father knows what you need before you ask Him. Pray then like this:

*‘Our Father in Heaven,
hallowed be Your name.
Your kingdom come,
Your will be done,
on Earth as it is in Heaven.*

*Give us this day our daily bread,
and forgive us our debts,
as we also have forgiven our debtors.*

*And lead us not into temptation,
but deliver us from evil.
For Yours is the kingdom and the power
and the glory, forever. Amen'*

For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses."

MEDITATE

Take a moment to jot down one or two ideas that stood out to you about *power* after your first reading.

Now read it a second and a third time. *Read slowly.* **Underline or circle** anything related to *power*. **Use these arrows** to mark anything that seems to relate to God's power in you.

- This is about **God's power**.
- ← This is God's power in **me**.
- ↑ This is about the power of **God's kingdom**.

REFLECT

Write what God is showing you today.

PRAY

Prayer Lord's Prayer slowly. Pause at each idea. Meditate on its meaning. Ask God to empower to help you live out your identity and calling in Christ.

