

# 30-DAY PRAYER GUIDE



Who's Your **ONE?**



North American  
Mission Board



**Prayer is at the center of every great evangelistic movement, and every movement is made up of everyday people.**

Use this guide over the next 30 days to pray for someone you know who needs the hope of the gospel.

Add your one to the *Who's Your One* prayer map. Be one in a million to reach one in a million!

Visit **[whosyourone.com/For-You](https://whosyourone.com/For-You)** or text the word **ONE** to **888-123** to access the map.

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# DAY

# 1

Jesus told him, “I am the way, the truth, and the life.  
No one comes to the Father except through me.”

**JOHN 14:6, CSB**

God, I know there is only one way to salvation. Jesus is clear; He is the only hope for a lost and dying world, and that includes \_\_\_\_\_. His/Her salvation depends on acknowledging Jesus is who He says He is, and He alone is the source of salvation. Use the people and circumstances in \_\_\_\_\_’s life today to point him/her to the reality of Jesus. Give me courage and boldness to call \_\_\_\_\_ to faith in Jesus when the opportunity arises, and help me make it clear there is no other way to be saved.

## JOURNAL YOUR PRAYERS

I will give them integrity of heart and put a new spirit within them; I will remove their heart of stone from their bodies and give them a heart of flesh, so that they will follow my statutes, keep my ordinances, and practice them. They will be my people, and I will be their God.

### EZEKIEL 11:19-20, CSB

Father, \_\_\_\_\_ needs a new heart. You are the only One who can change a heart that is living in rebellion to You and submitting to the slavery of sin. Apart from Your grace, \_\_\_\_\_ has no hope to know You and follow Your ways. I long for \_\_\_\_\_ to know You as his/her God and to experience the grace You so freely give. In Your rich love, give him/her a new heart, and put a new Spirit in place of his/her heart of stone.

## JOURNAL YOUR PRAYERS

Come to me, all of you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, because I am lowly and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

**MATTHEW 11:28-30, CSB**

Lord, this world is filled with burdens. I know \_\_\_\_\_ experiences the reality of suffering in a broken, sinful world. People look to everything but Jesus to find hope and peace, and I know \_\_\_\_\_ is no exception. He/She runs to things other than You to relieve the pain of life and achieve some sense of comfort. Father, I know You are the only one who can provide true rest. Cause \_\_\_\_\_ to recognize the futility of looking to anything in this world for the rest he/she seeks, and let this reality drive him/her to You in repentance and saving faith.

## JOURNAL YOUR PRAYERS

A God-fearing woman named Lydia, a dealer in purple cloth from the city of Thyatira, was listening. The Lord opened her heart to respond to what Paul was saying.

**ACTS 16:14, CSB**

God, Lydia's story gives me hope for the salvation of \_\_\_\_\_. Give me the boldness of Paul.

Make me courageous to share the gospel message with \_\_\_\_\_ in a way that is clear and compelling.

Help me reject the fear that causes me to shy away from speaking the truth in love. Do for \_\_\_\_\_ what You did for Lydia. Open his/her heart to believe the gospel.

Align the circumstances of life to soften his/her heart to the truth of the gospel, and cause him/her to listen intentionally and respond humbly to Jesus' offer of salvation.

## JOURNAL YOUR PRAYERS

Don't you know that if you offer yourselves to someone as obedient slaves, you are slaves of that one you obey—either of sin leading to death or of obedience leading to righteousness? But thank God that, although you used to be slaves of sin, you obeyed from the heart that pattern of teaching to which you were handed over, and having been set free from sin, you became enslaved to righteousness.

### ROMANS 6:16–18, CSB

Father, I know what it is like to live enslaved to sin.  
The inability to stop. The crushing guilt and shame.  
The longing for something more. It breaks my heart to  
consider \_\_\_\_\_ experiences life apart  
from You. I know all people are enslaved to sin and live  
in willing defiance to Your good and perfect Word.  
Help \_\_\_\_\_ understand that he/she  
is actually enslaved to sin. Use the pain and  
consequences of sin to cause \_\_\_\_\_  
to sense a need for something more. Cause him/her  
to obey from the heart and submit to You as a far  
greater Master.

## JOURNAL YOUR PRAYERS

In their case, the god of this age has blinded the minds of the unbelievers to keep them from seeing the light of the gospel of the glory of Christ, who is the image of God. For we are not proclaiming ourselves but Jesus Christ as Lord, and ourselves as your servants for Jesus's sake. For God who said, "Let light shine out of darkness," has shone in our hearts to give the light of the knowledge of God's glory in the face of Jesus Christ.

### 2 CORINTHIANS 4:4-6, CSB

Lord, cause the light of Your glory to shine in the life of \_\_\_\_\_. I know the clearest reflection of that glory is seen in Jesus Christ. Help \_\_\_\_\_ see Jesus clearly. For this to happen, I ask for boldness to speak of Jesus and help him/her understand who Jesus is and what He came to do. Bring to my mind Scripture and stories of Jesus that will help me talk about Him in a way that puts Your glory on display. Remove the blinders Satan has created to blind him/her to the beauty of Jesus. Use other people and circumstances to cause \_\_\_\_\_ to consider the truth of Jesus. I trust that You will cause light to shine into his/her darkness as a result.

## JOURNAL YOUR PRAYERS



# DAY 7

Perhaps God will grant them repentance leading them to the knowledge of the truth. Then they may come to their senses and escape the trap of the devil, who has taken them captive to do his will.

## 2 TIMOTHY 2:25b-26, CSB

Father, Your opponents can only know You when they experience true repentance. I know most people do not consider themselves opponents, or even enemies, of God. But that's exactly what they are. They are held captive by Satan to do his will rather than Yours.

\_\_\_\_\_ is a classic example of this reality.

He/She will only recognize that captivity when he/she repents of his/her sin. Cause \_\_\_\_\_ to see his/her sin for what it is—rebellion against his/her Creator and disobedience to Your perfect law. Grant him/her true repentance, not just sorrow for sin's consequences.

Help \_\_\_\_\_ to admit his/her sin and turn from it toward You.

## JOURNAL YOUR PRAYERS

He told them, “The harvest is abundant, but the workers are few. Therefore, pray to the Lord of the harvest to send out workers into his harvest.”

**LUKE 10:2, CSB**

God, raise up other Christians who have a relationship with \_\_\_\_\_ who can partner with me in sharing the gospel with him/her. In particular, cause his/her believing friends, family, and coworkers to take every opportunity to speak truth into his/her life. Allow the words we all share to reinforce the truth of the gospel to \_\_\_\_\_ and prompt him/her to consider the claims we are all making. Save \_\_\_\_\_, and turn him/her into another laborer who will share the gospel to his/her circle of relationships as well.

## JOURNAL YOUR PRAYERS

# DAY 9

In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

**MATTHEW 5:16, CSB**

Father, give me the faith to obey You in all things, so \_\_\_\_\_ can experience firsthand a life that has been transformed by Your Spirit. I pray for humility, so I will not merely do what is right to feel good about myself or in order to flaunt my morality in front of others. Give me wisdom to know how to leverage the obedience that You've called me to pursue in order to have opportunities to speak about why my life is different. Use the distinctive life Your Spirit produces in me and the good works You lead me to perform to cause \_\_\_\_\_ to long for the hope, peace, joy, and meaning that only comes to those who have experienced Your salvation.

## JOURNAL YOUR PRAYERS

# DAY 10

Brothers and sisters, my heart's desire and prayer to God concerning them is for their salvation. I can testify about them that they have zeal for God, but not according to knowledge. Since they are ignorant of the righteousness of God and attempted to establish their own righteousness, they have not submitted to God's righteousness.

## ROMANS 10:1-3, CSB

Lord, I know it is possible for people to pursue meaningful things in this life in the vain hope that their zeal for what is perceived as good will somehow work to their eternal benefit. Far too often, those who are far from You assume things will work out in the end because they have been fairly good people in this life and given their time and energy to do what they consider good. Sadly, many are like those Paul prays for in this passage. They have zeal but lack knowledge of God's righteousness seen in Jesus Christ. Awaken \_\_\_\_\_ to Your offer of salvation, and help him/her see the futility of anything other than You as a hope for eternal salvation.

## JOURNAL YOUR PRAYERS

# DAY 11

Pray also for me, that the message may be given to me when I open my mouth to make known with boldness the mystery of the gospel. For this I am an ambassador in chains. Pray that I might be bold enough to speak about it as I should.

## EPHESIANS 6:19-20, CSB

God, I need boldness in order to share the gospel with \_\_\_\_\_. I know the message of the gospel is a mystery to those who are lost in their trespasses and sins. At one time, the gospel was a mystery to me as well. Your plan is that people would see and hear of Jesus through the witness of those who have experienced His grace and now see the gospel for the treasure it is. Grant me boldness to speak to \_\_\_\_\_ of the hope of the gospel. I need unwavering confidence that You will use my frail words to speak of You as I should.

## JOURNAL YOUR PRAYERS

# DAY 12

The Lord does not delay his promise, as some understand delay, but is patient with you, not wanting any to perish but all to come to repentance.

## 2 PETER 3:9, CSB

Father, You have been patient with \_\_\_\_\_ up to this point in his/her life. Every day he/she lives is a testimony to the fact that You long for all people to hear the gospel and come to saving faith. Continue to show mercy and extend \_\_\_\_\_'s life. In Your kindness, allow him/her to experience the beautiful things You've created that display Your glory. Protect him/her from the full extent of the consequences of his/her sin, and allow the consequences that he/she does experience to point him/her to the need for salvation through faith in Jesus Christ.

## JOURNAL YOUR PRAYERS

# DAY 13

The Lord said to Abram: Go out from your land, your relatives, and your father's house to the land that I will show you. I will make you into a great nation, I will bless you, I will make your name great, and you will be a blessing. I will bless those who bless you, I will curse anyone who treats you with contempt, and all the peoples on earth will be blessed through you.

## GENESIS 12:1-3, CSB

Father, when I read the story of the call of Abram, I'm reminded that Your heart has always been for all the people and nations of the earth. You blessed Abram and gave him Your great promises so he could serve as a blessing to the nations. The same is true for all those who are heirs of these promises through salvation in Christ Jesus. We are all blessed to be a blessing to others—most importantly, to bless them by pointing them to their only hope in life and death. Make me a blessing to \_\_\_\_\_. Cause me to make Your name great as I declare and demonstrate the blessing of salvation in such a way that \_\_\_\_\_ will see Your glory.

## JOURNAL YOUR PRAYERS

# DAY 14

The Lord—the Lord is a compassionate and gracious God, slow to anger and abounding in faithful love and truth, maintaining faithful love to a thousand generations, forgiving iniquity, rebellion, and sin.

## EXODUS 34:6b-7, CSB

God, I know You as One who is compassionate, gracious, slow to anger, and abounding in steadfast love. You have shown these characteristics to me time and time again. My heart breaks for the countless number of men and women who haven't experienced Your character as I have. In particular, I pray for \_\_\_\_\_. I know he/she has some concepts of who You are—many of them probably inadequate or altogether faulty. I want him/her to know You as You truly are. Cause \_\_\_\_\_ to see You as the great God You are, and use me to reflect Your attributes.

## JOURNAL YOUR PRAYERS



# DAY 15

Sing a new song to the Lord; let the whole earth sing to the Lord. Sing to the Lord, bless his name; proclaim his salvation from day to day. Declare his glory among the nations, his wondrous works among all peoples.

## PSALM 96:1-3, CSB

God, the psalmist calls me to sing to the Lord and declare His salvation among all people. Cause my life to overflow with Your joy. Make me sing Your praises day-to-day. Bring to mind consistent evidence of Your grace in my life. As You do, make these realities spill over into the words I speak to \_\_\_\_\_.

Allow me to testify to the wondrous works You've performed in my life. When I experience Your blessings, compel me to testify to the fact that God alone is the source of my joy and the only basis for my hope.

## JOURNAL YOUR PRAYERS

# DAY 16

For when there are many words, they increase futility. What is the advantage for mankind? For who knows what is good for anyone in life, in the few days of his futile life that he spends like a shadow? Who can tell anyone what will happen after him under the sun?

## ECCLESIASTES 6:11-12, CSB

Lord, the wisdom of Ecclesiastes points out consistently that life in this world is futile apart from You. No wisdom, wealth, or pleasure will satisfy. People like \_\_\_\_\_ pursue these very things with their lives, only to find that they overpromise and under-deliver. Nothing on this earth provides lasting meaning. Only You can do that. In Your mercy, allow \_\_\_\_\_ to see the futility of life without You. When he/she does, don't allow him/her to despair, but cause him/her to direct his/her desperation to You. Make the futility of this life cause him/her to see that the only hope is You. Your salvation and the hope that comes from Jesus is the only thing that will never let him/her down.

## JOURNAL YOUR PRAYERS

# DAY 17

And the Lord said, “You cared about the plant, which you did not labor over and did not grow. It appeared in a night and perished in a night. So may I not care about the great city of Nineveh, which has more than a hundred twenty thousand people who cannot distinguish between their right and their left, as well as many animals?”

## JONAH 4:10-11, CSB

Father, I know You are a kind God who cares about the lost and those destined for destruction. Like Nineveh of old, our world is filled with people who don't know their right from their left. People like \_\_\_\_\_ live in sinful rebellion to You. You've appointed men and women to be Your mouthpiece to a dying world, just as Jonah was. Spare \_\_\_\_\_ from destruction, and use my words as a tool to call him/her to repentance. Allow me to speak clearly and boldly about the realities of hell and Your eternal wrath, and call \_\_\_\_\_ to repent before it is too late.

## JOURNAL YOUR PRAYERS

# DAY 18

For the earth will be filled with the knowledge of the Lord's glory, as the water covers the sea.

**HABAKKUK 2:14, CSB**

God, You have promised there will be a day when Your glory is seen and known throughout the earth. Right now, \_\_\_\_\_ does not have knowledge of Your glory. He/She is lost. I know Your glory already fills the earth. It's seen in amazing sunrises, powerful thunderstorms, and the laughter of children. Everywhere I look, I see things that cause me to praise You! \_\_\_\_\_ is blind to Your glory. He/She sees beauty and does not attribute it to You. He/She experiences joy and fails to understand You created it. Change his/her heart so he/she can know the Source of all that is great in this life.

## JOURNAL YOUR PRAYERS

# DAY 19

So he got into a boat, crossed over, and came to his own town. Just then some men brought to him a paralytic lying on a stretcher. Seeing their faith, Jesus told the paralytic, "Have courage, son, your sins are forgiven."

## MATTHEW 9:1-2, CSB

Father, the Bible tells many stories of unnamed men and women who brought their friends to Jesus. I long to bring \_\_\_\_\_ to You as well. Like the paralytic in this story, I know You are capable of doing far more than merely addressing his/her external needs. You know his/her heart, and You are the only One who is able to forgive his/her sins. \_\_\_\_\_ may not even sense his/her need for forgiveness at this time, but I understand all people are dead in their sins and are hopeless and helpless apart from the forgiveness You offer. As I strive to bring \_\_\_\_\_ to You, do what only You are capable of doing and save him/her.

## JOURNAL YOUR PRAYERS

# DAY 20

He has rescued us from the domain of darkness and transferred us into the kingdom of the Son he loves. In him we have redemption, the forgiveness of sins.

## COLOSSIANS 1:13-14, CSB

Lord, it is amazing to think of the great work You have done in my life. As Paul says, You have rescued me from the domain of darkness and transferred me into the kingdom of Your Son. I did not deserve this type of grace. No one does. You have done for Your people what they could not do for themselves, and now I boldly ask You to do the same for \_\_\_\_\_. Right now, he/she is in the domain of darkness, though he/she may not recognize it. Because of Your great love, grant \_\_\_\_\_ salvation and transfer him/her into Your kingdom of light.

## JOURNAL YOUR PRAYERS

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

**1 CHRONICLES 16:34, CSB**

Father, I give thanks to You for Your goodness in my life. I know Your faithful love endures forever. You have never abandoned me, and You continue to demonstrate grace in my life, though I'm so prone to forget Your kindness or rebel against Your authority.

\_\_\_\_\_ needs to know Your love.

He/She needs more than an intellectual understanding of Your existence; rather, he/she needs to experience the love You have demonstrated in my life. Break through his/her hard heart, and cause him/her to truly experience Your life-transforming love and to be able to join with me in giving You thanks for all You are and all You have done.

## JOURNAL YOUR PRAYERS

# DAY 22

In him you also were sealed with the promised Holy Spirit when you heard the word of truth, the gospel of your salvation, and when you believed.

## EPHESIANS 1:13, CSB

God, I know You give Your promised Holy Spirit to all those whom You have saved. Your Spirit is a defining mark of Your people. I pray \_\_\_\_\_ would experience Your salvation and receive the gift of Your Spirit. I know it is Your Spirit who works in the hearts of people like \_\_\_\_\_ to convince them of their sin and their need for Jesus. I ask that Your Spirit do this work in \_\_\_\_\_'s life and that Your Spirit will fill and seal him/her when he/she hears Your Word and believes the truth of Your gospel.

## JOURNAL YOUR PRAYERS



# DAY 23

“Listen! Consider the sower who went out to sow. As he sowed, some seed fell along the path, and the birds came and devoured it. Other seed fell on rocky ground where it didn’t have much soil, and it grew up quickly, since the soil wasn’t deep. When the sun came up, it was scorched, and since it had no root, it withered away. Other seed fell among thorns, and the thorns came up and choked it, and it didn’t produce fruit. Still other seed fell on good ground and it grew up, producing fruit that increased thirty, sixty, and a hundred times.” Then he said, “Let anyone who has ears to hear listen.”

## MARK 4:3-9, CSB

Father, cause the seed being sown in \_\_\_\_\_’s life to produce fruit. I know the enemy likes nothing more than to see the sun or thorns destroy the seed of the gospel in his/her life. Do the work of tilling the soil in his/her heart, so the message of the gospel is received. I know You are able to transform even the hardest heart, as You demonstrated in the transformation of the apostle Paul. Nothing is impossible for You. I ask You to show Your power once again and cause \_\_\_\_\_ to produce exponential fruit.

## JOURNAL YOUR PRAYERS

# DAY 24

Looking at him, Jesus loved him and said to him, “You lack one thing: Go, sell all you have and give to the poor, and you will have treasure in heaven. Then come, follow me.” But he was dismayed by this demand, and he went away grieving, because he had many possessions.

## MARK 10:21-22, CSB

God, there is so much in this world that wars against people coming to faith in You and giving their lives to follow You as a disciple. There is perhaps no greater obstacle than possessions and money. I know You have said it is difficult for the rich to enter Your kingdom. Though \_\_\_\_\_ may not consider himself/herself rich in this life, I know it is possible for possessions, or the pursuit of those possessions, to cause a person to reject You. Show \_\_\_\_\_ the futility of pursuing things of this world that can be destroyed in a moment, and cause him/her to consider the reality of eternity. As he/she does, show him/her You are a greater treasure than anything this life could provide.

## JOURNAL YOUR PRAYERS

# DAY 25

When they heard this, they were pierced to the heart and said to Peter and the rest of the apostles: “Brothers, what should we do?” Peter replied, “Repent and be baptized, each of you, in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit.”

**ACTS 2:37-38, CSB**

Father, I long for \_\_\_\_\_ to ask this question: *What must I do to be saved?* Right now he/she is content to live apart from Your love, but I know all of that can change in a moment. Awaken him/her to his/her need for the gospel. Give me the courage to call \_\_\_\_\_ to repentance, and grant me the joy of seeing him/her baptized as a public testimony of his/her faith in Jesus Christ. I know You forgive sins and give Your Holy Spirit to all those who are saved. I pray he/she would connect to Your church and be disciplined to maturity following his/her conversion.

## JOURNAL YOUR PRAYERS

# DAY 26

When this corruptible body is clothed with incorruptibility, and this mortal body is clothed with immortality, then the saying that is written will take place: Death has been swallowed up in victory. Where, death, is your victory? Where, death, is your sting? The sting of death is sin, and the power of sin is the law. But thanks be to God, who gives us the victory through our Lord Jesus Christ!

## 1 CORINTHIANS 15:54-57, CSB

God, the resurrection is my hope. I believe Jesus rose victorious over Satan, sin, and death, and His resurrection was the first fruits of all those who have faith in His work. We, too, will rise again one day!

\_\_\_\_\_ does not know this same hope.

Remind him/her of his/her own mortality, and create an awareness of his/her need for eternal hope. Use the reality of the brokenness of this life and the reality of death to jar \_\_\_\_\_ from his/her complacency, and position those who know You to testify to the hope of the resurrection.

## JOURNAL YOUR PRAYERS

Therefore, we don't need to say anything, for they themselves report what kind of reception we had from you: how you turned to God from idols to serve the living and true God and to wait for his Son from heaven, whom he raised from the dead—Jesus, who rescues us from the coming wrath.

## 1 THESSALONIANS 1:8b-10, CSB

Lord, Paul gives thanks for those in the church who turned from idols to serve You, the true and living God. This is exactly what \_\_\_\_\_ needs to do. Though he/she would likely not admit he/she is serving idols, that's exactly what's happening. Money. Power. Possessions. Fame. Anything other than You! Cause \_\_\_\_\_ to see these things for what they are—frail and flimsy sources of hope and ultimately not worthy of worship. I pray for a time when I will be able to look back on \_\_\_\_\_'s life and testify that he/she turned from idols to trust in You—the only true God.

## JOURNAL YOUR PRAYERS

# DAY 28

Dear friends, don't overlook this one fact: With the Lord one day is like a thousand years, and a thousand years like one day. The Lord does not delay his promise, as some understand delay, but is patient with you, not wanting any to perish but all to come to repentance.

## 2 PETER 3:8-9, CSB

Father, thank You for being patient with \_\_\_\_\_.

I know every day You extend his/her life is testimony to Your longsuffering and desire for all people to know and personally experience the hope that comes through faith in Jesus Christ. I also understand You could return at any moment and, when You do, it will be too late for those who have never repented of their sins and trusted You.

I pray this reality will create a sense of urgency in my life and cause me to share with boldness. I ask that Your kindness will lead \_\_\_\_\_ to repent of his/her sins and experience life with You now and forever.

## JOURNAL YOUR PRAYERS

# DAY 29

And they sang a new song: You are worthy to take the scroll and to open its seals, because you were slaughtered, and you purchased people for God by your blood from every tribe and language and people and nation.

## REVELATION 5:9, CSB

God, You are worthy of the worship of all people. You created all things for Your glory and made every person who has ever lived to proclaim Your excellence. This is true of \_\_\_\_\_, as well. When I read John's picture of the worship of every tribe, tongue, and nation in heaven, I picture \_\_\_\_\_ among that group. Save him/her, so he/she would join in the chorus of those who praise You as worthy. As I seek to share with \_\_\_\_\_, burden my heart for all people around the world who do not know You. Save \_\_\_\_\_, and use him/her to declare Your glory among the nations as well.

## JOURNAL YOUR PRAYERS

# DAY 30

Then I heard a loud voice from the throne: Look, God's dwelling is with humanity, and he will live with them. They will be his peoples, and God himself will be with them and will be their God. He will wipe away every tear from their eyes. Death will be no more; grief, crying, and pain will be no more, because the previous things have passed away. Then the one seated on the throne said, "Look, I am making everything new." He also said, "Write, because these words are faithful and true." Then he said to me, "It is done! I am the Alpha and the Omega, the beginning and the end. I will freely give to the thirsty from the spring of the water of life."

## REVELATION 21:3-6, CSB

Lord, I long for the day when You will make all things new. This world is broken, and I know You will come and recreate all things. I know You have set a day when Christ will return and do just that. I ask You to save \_\_\_\_\_ before that great day. Make him/her thirsty for the water of life You freely give. Use the witness of Your people to point him/her to salvation through Jesus Christ. I know You are the Beginning and the End—the only hope for salvation for all people. So, I ask You to give \_\_\_\_\_ new life in Christ.

## JOURNAL YOUR PRAYERS



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