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TRANSFORMED

A 7-DAY PRAYER GUIDE

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Introduction

The world mourns as so many people have been afflicted by COVID-19. We are forced to change the way we live and distance ourselves from those who were a part of our everyday lives. During this time, our biggest weapons are the word of God, praise, and prayer.

Be Transformed.

In this season, as we are confined to our homes, let us draw closer to God than ever before. Let us not simply list out all of our request with an expectation that the Lord will deliver on those requests as we want him to when we want Him to. Instead, let us go to Him in prayer in hopes to be transformed and our minds be renewed. The purpose of prayer is not for us to command things of the Lord but for us to be changed by it.

Be Encouraged.

I want you to know that the Lord hears your prayers just as much as a pastor or members of the prayer team at a church. Yes, it is powerful and needed for others to intercede on your behalf and know that you have the ability to pray powerful prayers too! Do not be afraid to pour your heart out to God, unfiltered and raw because He knows and He hears you.

My hope is that as you pray through the scriptures in this 7-day prayer guide and reflect, that your prayer life will be enhanced and you will feel a new hope and encouragement through the Lord. I pray that your heart will be transformed more and more as you pray to our heavenly father that loves you with an everlasting love. This guide is not meant to be all encompassing; this is just to get you started in studying and praying scriptures or to go even deeper than you already do. After these seven days, my hope would be that you would continue to invest in your relationship with the Lord and in the transforming of your hearts through prayer.

A Prayer for Transformation

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will. **Romans 12:2***

Father God, I pray for each person that is praying through this prayer guide that you would use this time to transform their hearts and mold them to be more like you Lord. Help them to see themselves each day and pray a sincere prayer of transformation. As they go through each scripture, renew their minds Lord. In this time of such chaos, fear, and anxiety, I pray that you would flood their minds and hearts with peace, joy and love. Send a wave of calm into their homes Lord! Help them not to conform to the patters of this world- the panic that seems to be taking over but help them to lean into your promises and your word even more. I pray you reveal to them your plans and will for them in this season. That as they go through the scriptures they will surrender their will and plans onto you. Lord, I pray this guide be a blessing to whomever picks it up. That you do a mighty work to and through each person. That in this season, they completely turn their plans, their wills, their family, their hurt, pain, convictions, and hearts over to you. I pray they be transformed for your glory and for their good. In Jesus Name- Amen.

Day 1

Scripture:

*Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. **1 Thessalonians 5:16-18 (NIV)***

Reflection Questions

- This scripture gives us three commands: Be Joyful. Never Stop Praying. Be Thankful. What comes up for you when you read this scripture? Do you feel like this is possible for you?
- What do you see as barriers to being joyful, praying, and being thankful?
- What do you need to let go of in this moment?
- Read this scripture in a different translation. Is there anything else that stands out to you?
- How may you allow this scripture to transform your heart?

Prayer

Father, open my heart. Open my heart to your will for my life and your call to rejoice always, pray continually, and give thanks in all circumstances. Lord, give me a great thirst for your word and a deep desire to draw closer to you in prayer. May my prayers be authentic, sharing my true heart knowing that you already know how I feel. Father, transform my heart through prayer and time spent with you. Give me an attitude of praise so that even in times I may not be able to kneel in prayer, the posture of my heart is always in full worship to you. In Jesus name- Amen.

Continue your prayer by praying through specific barriers that keep you from rejoicing, praying, and being thankful. Invite Jesus into those hard spaces.

Affirm: I am grateful and cultivate joy in ALL circumstances. Prayer is transforming me as I draw near to God.

A Time To Listen

Sit in silence and stillness for 5-10mins. Allow God to speak to your heart. Have a journal ready so that you can write or draw what is revealed to you during this time. If you do not have anything to write down, that is okay too!

Dig Deeper

Read, reflect, and pray on the following scriptures. What is the Lord saying to you through these scriptures?

- 2 Corinthians 5:17
- Isaiah 41:18-20
- Isaiah 65:17

Day 2

Scripture:

*Be merciful to me, my God, for my enemies are in hot pursuit; all day long they press their attack. My adversaries pursue me all day long; in their pride many are attacking me. When I am afraid, I put my trust in you. In God, whose word I praise— in God I trust and am not afraid. What can mere mortals do to me? **Psalm 56: 1-4 (NIV)***

Reflection Questions

- Are there any areas in your life where you are currently feeling attacked? Write these areas down in your journal. Be specific.
- What does trust in God look like in these areas of your life?
- In verse four, David poses the question “what can mere mortals do to me?” What do you think he meant? How does this apply to the areas in your life you named in the previous question?
- How may you allow this scripture to transform your heart?
- Read this scripture in a different translation. Is there anything else that stands out to you?

Prayer

Father God, I come to you boldly and confidently because of who I know you are. There are areas in my life where I am being attacked and it feels like adversity is pursuing me. Lord, in this moment I am making the decision to trust you in the midst of it all. Help me God to trust you in this season and beyond. Lord, in the moments of fear bring to my remembrance your promises. Lord, remind me of other times in my life that I faced adversity and opposition and YOU brought me through. I praise you Lord that people have no control over my spirit, even when in positions of authority. I thank you God for victory in you! In Jesus name, Amen.

Continue your prayer by praying for specific battles you are fighting in your life. Invite Jesus into those hard spaces.

Affirm: I place my trust in God. I am an overcomer because He already overcame.

A Time To Listen

Sit in silence and stillness for 5-10mins. Allow God to speak to your heart. Have a journal ready so that you can write or draw what is revealed to you during this time. If you do not have anything to write down, that is okay too!

Dig Deeper

Read, reflect, and pray on the following scriptures. What is the Lord saying to you through these scriptures?

- Hebrew 13:6
- Isaiah 41:13

Day 3

Scripture:

*I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me. **Galatians 2:20 (NIV)***

Reflection Questions

- When you think about your “old self”, in what ways have you seen transformation in your life?
- What evidence do you see in your life that Christ lives in you?
- How may you allow this scripture to transform your heart?
- Read this scripture in a different translation. Is there anything else that stands out to you?

Prayer

Jesus, thank you. Thank you for loving me and giving your life so that I can live mine freely and for your glory. Thank you Lord that I am no longer who I use to be nor do I look like what I've been through but I am a new creature in you. Every day as I live my life, help me to make decisions that honor and please you. Holy Spirit guide me and help me to walk in purpose and light, even in dark places and seasons. God I honor you and love you! Amen

Continue this prayer in gratitude for the ways He has transformed your life and for the ultimate sacrifice of Christ.

Affirm: Christ lives on the inside of me.

A Time To Listen

Sit in silence and stillness for 5-10mins. Allow God to speak to your heart. Have a journal ready so that you can write or draw what is revealed to you during this time. If you do not have anything to write down, that is okay too!

Dig Deeper

Read, reflect, and pray on the following scriptures. What is the Lord saying to you through these scriptures?

- Proverbs 3:5-6
- Colossians 1:9

Day 4

Scripture:

*Cast all your anxiety on him because he cares for you. **1 Peter 5:7 (NIV)***

Reflection Questions

- What is causing you to worry right now?
- Looking at the list of your worries, notate what is within your control and what is not. What do you notice?
- What is stopping you from surrendering your worries and cares to the Lord? Be honest with yourself.
- How may you allow this scripture to transform your heart?
- Read this scripture in a different translation. Is there anything else that stands out to you?

Prayer

Heavenly Father, I have worries and cares burdening my heart and I surrender them to you right now. Those worries that I am carrying that I have no control over, help me Lord to let go of them and replace the worry and stress with YOUR peace and comfort. Those worries that are within my control, give me wisdom Father and provision to take action. Lord, help me to release control and deliver me from finding comfort in stress, drama, and worry. God, help me to REST in your care. Help me to believe that I can turn over my worries to you because YOU are in complete control and your love for me is more than I can comprehend. Father, give me peace! Teach me Holy Spirit to not dwell in stress and worry but to immediately let go of what I cannot control and instead dwell in joy, peace, and love. In Jesus name- Amen.

Continue your prayer by praying for specific worries that are weighing heavy on your heart. Invite Jesus to take over these burdens.

Affirm: I release the worries I have been holding and rest in the love and care of the Lord.

A Time To Listen

Sit in silence and stillness for 5-10mins. Allow God to speak to your heart. Have a journal ready so that you can write or draw what is revealed to you during this time. If you do not have anything to write down, that is okay too!

Dig Deeper

Read, reflect, and pray on the following scriptures. What is the Lord saying to you through these scriptures?

- Philippians 4:6-7
- John 14:27
- Psalm 55:22

Day 5

Scripture:

*But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. **Galatians 5:22-23 (NIV)***

Reflection Questions

- Which of these fruit of the spirit do you desire for the Holy Spirit to produce in you? ·
- Where in your life do you see the fruit of the spirit showing up in this season?
- Describe what it looks like when the fruit of the spirit is at work in your life? What does your behavior look like? What do your words sound like? What do your relationships look like?
- How may you allow this scripture to transform your heart?
- Read this scripture in a different translation. Is there anything else that stands out to you?

Prayer

God, thank you for the opportunity to grow in you... to become more like Christ for your glory. Thank you Jesus for leaving us the Holy Spirit to guide us as I journey through my life. Holy Spirit, produce in me YOUR fruit so that others may know who I serve... the most high God. Help me to love like you, give me joy and peace that surpasses all understanding. Help me to be patient and kind to others and to myself. Help me Father to embody your goodness and faithfulness. Help me to be gentle and have self-control in every area of my life. Holy Spirit, produce in me this fruit because I cannot on my own. May the evidence of my life be a witness to my faith in you and to your goodness. In Jesus name, Amen.

Continue your prayer by praying in gratitude for the work that the Holy Spirit is doing in your life. Invite the Holy Spirit into the areas in your life where you have been unaware of His presence before.

Affirm: The Holy Spirit is producing the fruit of the spirit in my life. The fruit of my life is my witness.

A Time To Listen

Sit in silence and stillness for 5-10mins. Allow God to speak to your heart. Have a journal ready so that you can write or draw what is revealed to you during this time. If you do not have anything to write down, that is okay too!

Dig Deeper

- Read 1 Corinthians 13: 4-7.
 - Replace the word "Love" with your name and then read again. What is true about this and where do you see room for transformation?
- Read Romans 15:13
 - Pray this scripture over your life

Day 6

Scripture:

*I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. **Ephesians 3:16-19 (NIV)***

Reflection Questions

- What stands out to you in this passage? Why?
- Is there anything that keeps you from accepting the fullness of God's love for you? If so, what? If not, how are you resting in God's love this season?
- How may you allow this scripture to transform your heart?
- Read this scripture in a different translation. Is there anything else that stands out to you?

Prayer (Pray Ephesians 3:16-19 (NLT) over yourself)

I pray that from his glorious, unlimited resources he will empower me with inner strength through his Spirit. Then Christ will make his home in my heart as I trust in him. My roots will grow down into God's love and keep me strong. And may I have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May I experience the love of Christ, though it is too great to understand fully. Then I will be made complete with all the fullness of life and power that comes from God. Amen.

Continue your prayer by praying to experience God's love in a fresh new way in your life and to know God more deeply and intimately.

Affirm: I rest in the fullness of God's everlasting love for me.

A Time To Listen

Sit in silence and stillness for 5-10mins. Allow God to speak to your heart. Have a journal ready so that you can write or draw what is revealed to you during this time. If you do not have anything to write down, that is okay too!

Dig Deeper

Read, reflect, and pray on the following scripture. What is the Lord saying to you through this scripture?

- Romans 8:38-39

Day 7

Scripture:

*I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength. **Philippians 4:11-13 (NIV)***

Reflection Questions

- Reflect on the current season you are in. In what areas of your life are you content and what areas of your life are you desiring more?
- What is your reaction to what Paul is saying in this passage? How are you inspired by his message?
- Do you think it is possible to be content AND have goals and dreams to work toward? Why or Why not?
- How may you allow this scripture to transform your heart?
- Read this scripture in a different translation. Is there anything else that stands out to you?

Prayer

Father God, help me to be content in all circumstances knowing that you are in full control. Let me not be anxious for anything but come to you in prayer to calm my heart and mind. Father God, help me to let go of my will but desire your will for my life. Help me to lean into the confidence I have in you and for the plan you have for my life. Thank you that contentment is learned and that even if I am not there now, with your guidance and in YOUR power, I can learn to be content in every situation. Help me to see you and hear you clearly. Thank you that I do not have to muster strength in my own power but that it is YOU that gives me strength. In Jesus name, Amen.

Continue your prayer by praying for the Holy Spirit to help you be content and thank Him for giving you the strength to get through this season.

Affirm: I can do all this through Christ Jesus who gives me strength.

A Time To Listen

Sit in silence and stillness for 5-10mins. Allow God to speak to your heart. Have a journal ready so that you can write or draw what is revealed to you during this time. If you do not have anything to write down, that is okay too!

Dig Deeper

- Read 1 Timothy 6:6-10
 - What is your initial reaction to this passage?
 - Pray for God to give you deep understanding of how this passage applies to you

Transformation Through Reflection

Scripture:

*Let us examine our ways and test them, and let us return to the Lord. **Lamentations 3:40 (NIV)***

Reflection Questions

- How have you seen God at work in your life this week?
- What is your expectation of transformation after praying through the scriptures this week?
- What has been challenging for you as you have journeyed through the prayers this week? How can you invite God into those challenges that you are facing?
- In what areas in your life are you operating from a place of unbelief? Pray for the Lord to reveal to you the root of your unbelief.
- What plans can you put in place today to ensure you are spending time each day with God and in prayer?

A Personal Prayer of Transformation

Spend some time going back through the scriptures and what you have written in your journal this week and write out your own prayer of transformation. Post your prayer some place where you can revisit it and pray it often.

Grow. Evolve. Mature.

When God put it on my heart to write this guide, I felt scared and unqualified. Who am I to guide others in prayer, especially in this season? The more I tried to avoid it, the more He burdened my heart to be obedient to His call. I am believing that in my limited understanding and ability, this week has blessed your spirit and has drawn you closer to God in new ways!

Transformation through the word of God requires continual surrender and prayer. I pray that this guide encourages you and inspires you in your prayer life. In this intense season of anxiety and fear with the COVID-19 crisis, lean into God's promises and use this time to grow in Him and be transformed by His word. Transformation is not a destination but a continuum on this journey of life. I have been on a new journey of transformation since my brother was killed in October 2019. Although the road is painful and intense, God has shown up in incredible ways and continues to refine me as I walk through life towards healing. May the Lord bless you and keep you on your journey in life- you are not alone. I pray you continue to be transformed for God's glory and your good.

To follow my journey, check out my blog at www.jaralynroberts.com.

In Love & Light,

Jaralyn Roberts