



30 DAY PRAYER MOVEMENT

A guide to **share** and **grow** your faith



Word of Life®
Youth Ministry

www.wol.org.au

30 DAY PRAYER

MOVEMENT

Each day, write the name of a lost friend in the blank. Use the prayer and Scripture to intercede for them specifically. This 30-day prayer movement is designed to help you intentionally pray for your friends who do not yet know Christ, guiding them toward God's love and truth.

Doing this helps you grow in several important ways:

First, it teaches you to pray with purpose. By focusing on a specific friend each day, you lift them directly before God, learning to bring others' needs to Him with intention and care.

Second, it strengthens your understanding of Scripture. As you pray God's Word for someone, your prayers are rooted in His truth, not just your own ideas or feelings.

Third, it helps you grow in compassion, patience, and faith. Regularly praying for a friend allows you to see God's work in their life and in your own heart.

Over these 30 days, this practice will deepen your love for others and your relationship with God. Writing your friend's name and praying Scripture for them equips you to be a faithful, Christ-centred intercessor — boldly lifting others to God every day, while participating in a movement that can change lives through prayer.



WEEK 1: GOD'S HEART FOR THE LOST (DAYS 1-7)

DAY 1 – GOD'S LOVE FOR THE LOST

Today I'm praying for: _____

Lord, Your love for _____ is deeper than I can imagine. Let that love overflow in my heart as I pray for their salvation. May they come to know the love of Jesus personally.

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

John 3:16

DAY 2 – A HEART OF COMPASSION

Today I'm praying for: _____

Father, give me Your heart for _____. Let me feel Your compassion, and not judgment. Help me approach them with grace and truth.

"When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd."

Matthew 9:36

DAY 3 – BROKENNESS FOR THE LOST

Today I'm praying for: _____

Break my heart for _____ as Yours breaks. Let me be moved to consistent prayer, longing for their soul to be saved.

"I have great sorrow and unceasing anguish in my heart."

Romans 9:2-3

DAY 4 – GOD'S PATIENCE AND DESIRE

Today I'm praying for: _____

Thank You, Lord, that You are patient with _____. Give me endurance to keep praying, believing You want to save them.

"The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance."

2 Peter 3:9

DAY 5 – GOD'S PURSUIT OF THE ONE

Today I'm praying for: _____

Jesus, pursue _____ like the shepherd seeks the lost sheep. Surround them with reminders of Your love and truth.

"Suppose one of you has a hundred sheep and loses one of them. Doesn't he leave the ninety-nine in the open country and go after the lost sheep until he finds it?"

Luke 15:4

DAY 6 – GOD’S PLAN OF SALVATION

Today I’m praying for: _____

Father, help _____ understand the good news and respond in faith. Open their heart to the truth of Your salvation.

“If you declare with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved.”

Romans 10:9

DAY 7 – A NEW HEART

Today I’m praying for: _____

Lord, remove the heart of stone from _____ and give them a new heart. Breathe life into their spirit through Jesus.

“I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.”

Ezekiel 36:26

WEEK 2: PRAYING FOR BREAKTHROUGH (DAYS 8-14)

DAY 8 – SPIRITUAL BLINDNESS REMOVED

Today I'm praying for: _____

God, remove the blindfold from _____'s eyes. Let them see Jesus clearly as Savior and Lord.

"The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the Gospel that displays the glory of Christ, who is the image of God."

2 Corinthians 4:4

DAY 9 – FREEDOM FROM BONDAGE

Today I'm praying for: _____

Lord, break every chain in _____'s life. Set them free from sin, shame, and addiction by Your power.

"So if the Son sets you free, you will be free indeed."

John 8:36

DAY 10 – WALKING IN FREEDOM

Lord, today I thank You not only for freedom, but for the grace to walk in it. I pray that _____ would learn to live unbound, no longer returning to what once held them captive. Where old habits try to resurface, give them strength to choose You. Where fear or guilt whispers lies, speak truth louder.

Teach them how to stand firm in the freedom You have already won. Renew their mind daily, replacing destructive patterns with Your peace, Your wisdom, and Your self-control. Help them recognise triggers, resist temptation, and lean on You instead of old comforts. When the road feels difficult, remind them they are not walking alone.

Lord, surround _____ with godly support and accountability. Place people in their life who encourage righteousness, speak life, and reflect Your love. Give them courage to ask for help and humility to receive it. Heal the deeper wounds beneath the struggle—the pain, rejection, trauma, or disappointment that once drove them into bondage.

Let their freedom become a testimony. Use their story to bring hope to others who feel trapped or defeated. May they no longer identify with their past, but with who You say they are: redeemed, restored, and made new. Teach them to walk by the Spirit, not by the flesh, and to trust You one step at a time.

“For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery.”

Galatians 5:1

DAY 11 – PULLING DOWN STRONGHOLDS

Today I'm praying for: _____

In Jesus' name, I come against every lie and barrier keeping _____ from knowing You. Tear down strongholds in their mind.

"The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds."

2 Corinthians 10:4

DAY 12 – DRAWING NEAR TO GOD

Today I'm praying for: _____

Father, awaken _____'s hunger for truth. Draw them into a desire to know You deeply.

"Come near to God and he will come near to you."

James 4:8

DAY 13 – DIVINE APPOINTMENTS

Today I'm praying for: _____

God, arrange divine moments in _____'s life today. Let them meet people who reflect Your love and speak Your truth.

"Then the Spirit told Philip, 'Go to that chariot and stay near it.'"

Acts 8:29

DAY 14 – HOPE IN CHRIST

Today I'm praying for: _____

Let _____ see that real hope, identity, and peace are found only in You, Jesus. Fill them with hope today.

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”

Romans 15:13

WEEK 3: PRAYING FOR THE MESSENGER (DAYS 15–21)

DAY 15 – PERSONAL BOLDNESS

Today I'm praying for: _____

Make me bold, Lord. Give me courage to share the Gospel with _____ in truth and love.

“Now, Lord, consider their threats and enable your servants to speak your Word with great boldness.”

Acts 4:29

DAY 16 – OPEN MY MOUTH

Today I'm praying for: _____

Holy Spirit, give me words when I speak to _____. Let me not miss the moment to speak life.

“Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the Gospel.”

Ephesians 6:19

DAY 17 – LOVING ACTION

Today I'm praying for: _____

Help me love _____ in tangible ways that reflect Jesus. Let my actions match my words.

“Dear children, let us not love with words or speech but with actions and in truth.”

1 John 3:18

DAY 18 – LIVING AS A LIGHT

Today I'm praying for: _____

Let my life be a light to _____. May they see something different in me that leads them to You.

“In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”

Matthew 5:16

DAY 19 – OVERCOMING FEAR

Today I'm praying for: _____

Remove my fear of rejection, Lord. Let me love _____ more than I fear discomfort.

“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.”

2 Timothy 1:7

DAY 20 – COMPASSION OVER COMFORT

Today I'm praying for: _____

Give me a deeper concern for _____'s soul than for my convenience. Move me to action.

“Save others by snatching them from the fire; to others show mercy, mixed with fear.”

Jude 1:23

DAY 21 – FAITHFULNESS IN PRAYER

Today I'm praying for: _____

Keep me praying for _____ even when I don't see progress. You are faithful and always working.

“Devote yourselves to prayer, being watchful and thankful.”

Colossians 4:2

WEEK 4: SALVATION & DISCIPLESHIP (DAYS 22–30)

DAY 22 – A NEW CREATION

Today I'm praying for: _____

Lord, make _____ new in Christ. Let their old life fall away as they step into Your grace.

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

2 Corinthians 5:17

DAY 23 – TRUE REPENTANCE

Today I'm praying for: _____

Father, bring _____ to a place of genuine repentance. Let them turn from sin and toward You.

"Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord."

Acts 3:19

DAY 24 – CONFESSING JESUS AS LORD

Today I'm praying for: _____

Let _____ come to believe in their heart and confess with their mouth that Jesus is Lord.

“For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved.”

Romans 10:10

DAY 25 – BAPTISM AND BOLD STEP OF FAITH

Today I'm praying for: _____

Give _____ boldness to publicly declare their faith in You through baptism.

“Those who accepted his message were baptised, and about three thousand were added to their number that day.”

Acts 2:41

DAY 26 – FINDING CHRISTIAN COMMUNITY

Today I'm praying for: _____

Lord, guide _____ into a life-giving church community that will disciple, support, and love them well.

“Not giving up meeting together, as some are in the habit of doing, but encouraging one another — and all the more as you see the Day approaching.”

Hebrews 10:25

DAY 27 – GROWING IN THE WORD

Today I'm praying for: _____

Help _____ fall in love with Your Word. Let them grow daily in truth and wisdom.

“Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation.”

1 Peter 2:2

DAY 28 – FILLED WITH THE HOLY SPIRIT

Today I'm praying for: _____

Fill _____ with Your Spirit, empower them to live a victorious and fruitful life.

“Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.”

Ephesians 5:18

DAY 29 – BECOMING A WITNESS

Today I'm praying for: _____

Let _____'s life and testimony draw others to You. Use them as a light in their circle.

“Go home to your own people and tell them how much the Lord has done for you, and how he has had mercy on you.”

Mark 5:19

DAY 30 – THANKSGIVING AND PRAISE

Today I'm praying for: _____

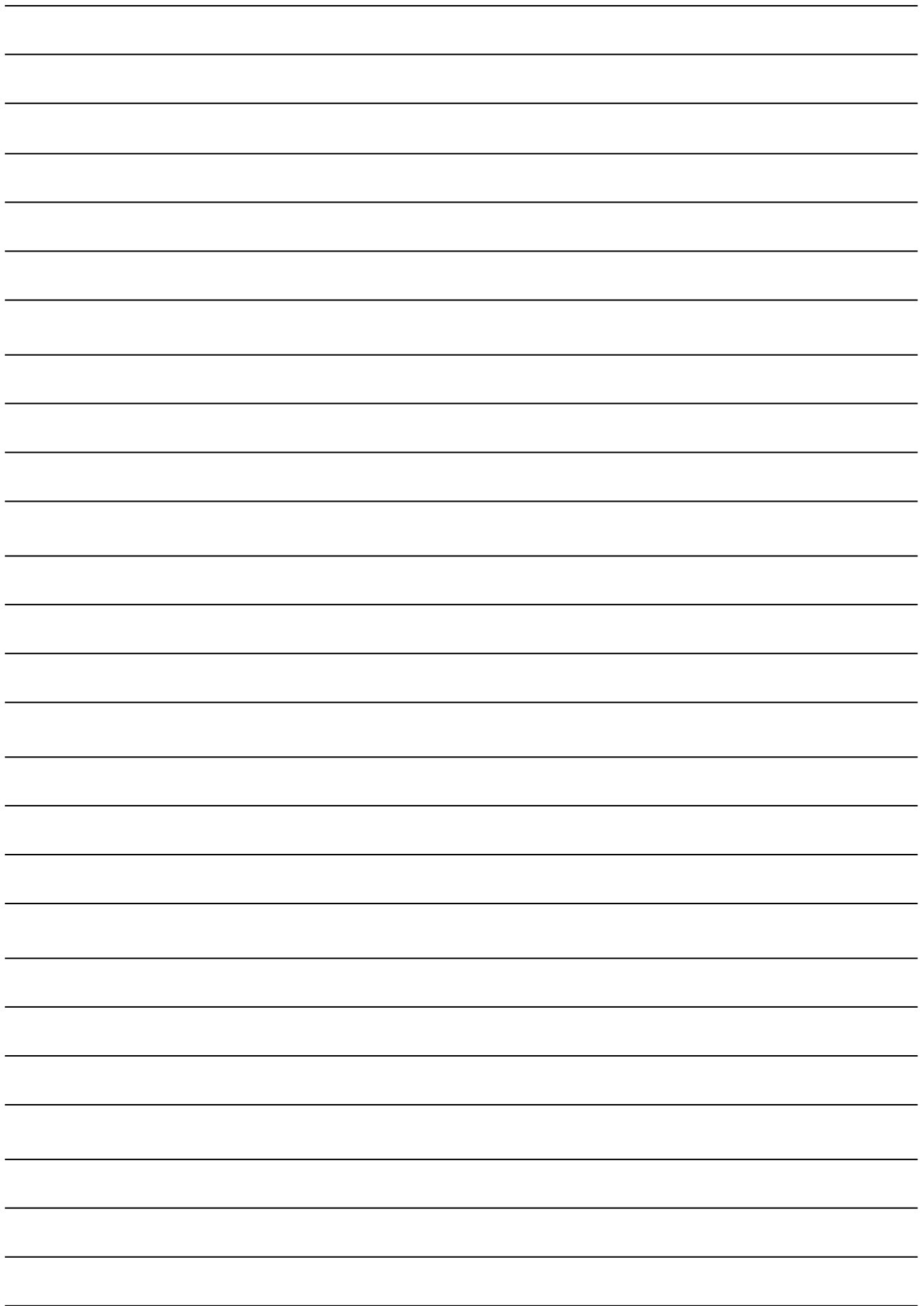
Thank You, God, for every step toward salvation in _____'s life. I praise You in advance for the miracle of their salvation!

"I will give you thanks, for you answered me; you have become my salvation."

Psalm 118:21

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