



A CORNERSTONE FAITH PRAYER GUIDE

7 Days of Guided Prayer



*A week of Scripture-anchored prayers to help you
find the words.*

CORNERSTONE FAITH





WELCOME

Before you begin

Some weeks, prayer comes easily. Most weeks, it doesn't. We sit down, we mean well, and the words don't come.

This little guide is for those weeks.

Each day gives you four things: a theme, a verse of Scripture, a written prayer, and a question to sit with. None of it takes more than ten minutes. Read the verse slowly. Pray the prayer honestly, out loud if you can. Then let the question follow you into your day.

There is no wrong way to do this. God is not grading your prayers. He is simply glad you came.

“Let us then approach God's throne of grace with confidence.”

(Hebrews 4:16)



DAY 1

Coming Home

“Come to me, all you who are weary and burdened, and I will give you rest.”

(Matthew 11:28)

Father, I'm here. That's the whole of it, and I trust it's enough to begin.

I bring You a scattered mind and a tired heart, and I hear Jesus say *come*. Not once I've collected myself. Not once I've been better. Just come.

So I come. I set down what I've been carrying: the worry I've rehearsed, the guilt I've replayed, the pace I can't keep. You already know the weight of each one.

Teach me this week to arrive without pretending. You are not waiting for a performance. You are waiting for me.

In Jesus' name, Amen.

SIT WITH THIS

What have you been carrying into prayer that you could simply set down?

JOURNAL

Today I am coming to God with...



DAY 2

Honesty

“Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.”

(Psalm 62:8)

Lord, I've learned to say the polite version of things. To You, and to everyone else. Today I want to tell You the true version.

You invite me to pour out my heart, not filter it. David prayed angry. Hannah prayed in tears. Jesus prayed in anguish, honestly, the night before the cross. If they could bring You the unpolished truth, so can I.

So here it is, God: the thing I haven't said out loud. *(Say it now. Take your time.)*

Thank You for being a refuge and not a courtroom. Thank You that honesty doesn't push You away. It's the door You've been holding open.

In Jesus' name, Amen.

SIT WITH THIS

What's one thing you've been telling God the polite version of?

JOURNAL

If I'm honest, what I really feel is...



DAY 3

Forgiveness

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

(1 John 1:9)

Father, I confess I've been avoiding this one.

You know the thing. The words I shouldn't have said, the thing I should have done and didn't, the pattern I keep promising to break. I've been managing the guilt instead of bringing it to You.

So I bring it now. Plainly, without excuses. I'm sorry. Forgive me.

And Lord, help me believe what Your Word actually says: not that You *might* forgive, but that You are faithful and just to do it. Purify what I cannot scrub clean myself. Let me walk out of this prayer lighter than I walked in. Not because the sin was small, but because Your grace is not.

In Jesus' name, Amen.

SIT WITH THIS

Is there a difference between feeling forgiven and being forgiven? Which one does 1 John 1:9 promise?

JOURNAL

The thing I'm releasing to God today is...



DAY 4

Worry

“Cast all your anxiety on him because he cares for you.”

(1 Peter 5:7)

God, I've been holding my worries like they're my job.

As if the outcome depends on my rehearsing it. As if lying awake is a form of protection. You tell me to cast my anxiety on You. Not to review it with You and then take it back.

So one by one, I hand them over. The one about money. The one about health. The one about the person I love and can't fix. *(Name yours now.)*

You care for me. Not in theory. In fact. The same hands that hold the galaxies are not too full for my Tuesday. Where worry circles back today, and it will, let it find me already praying.

In Jesus' name, Amen.

SIT WITH THIS

Which worry do you most often take back after giving it to God?

JOURNAL

Today I am casting on Him...



DAY 5

Gratitude

“Give thanks in all circumstances; for this is God's will for you in Christ Jesus.”

(1 Thessalonians 5:18)

Father, forgive me for how much I notice what's missing and how little I notice what's here.

Today I want to say thank You. Slowly, specifically. Thank You for the people I'd be lost without. Thank You for the ordinary mercies I've stopped seeing: food on the table, breath in my lungs, a place to sleep, another morning. Thank You for the hard seasons You carried me through, the ones I only recognized as grace afterward.

And above everything: thank You for Jesus. For the cross I didn't earn and the mercy I can't outrun.

Make gratitude my reflex, not my afterthought.

In Jesus' name, Amen.

SIT WITH THIS

Name three ordinary things you would desperately miss if they were gone tomorrow.

JOURNAL

Three things I'm thanking God for today...



DAY 6

Others

“I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people.”

(1 Timothy 2:1)

Lord, so many of my prayers begin and end with me. Today, let me spend this one on someone else.

I lift up the person who came to mind before I finished that sentence. You know their name. You know what they're facing, better than they've told anyone.

Meet them there, God. Be strength where they're worn down, peace where they're afraid, provision where they're stretched thin. If there's something You want *me* to do for them, a call or a word or a kindness, make it plain and make me willing.

And Lord, the person who is hard to pray for... You know that name too. Soften me. Bless them anyway.

In Jesus' name, Amen.

SIT WITH THIS

Who did you think of first? What would it look like to be part of the answer to your own prayer?

JOURNAL

Today I'm praying for _____, that God would...



DAY 7

Rest

“Be still, and know that I am God.”

(Psalm 46:10)

Father, on the seventh day, You rested. Not because You were tired, but because it was good.

I don't rest well. I fill silence with noise and stillness with scrolling. Even my quiet time gets hurried. So today, before this prayer ends, I'm going to do the harder thing: stop talking, and be still with You.

Quiet my mind the way You quiet storms. Remind me that the world will keep turning while I keep still. You are God, and I am not, and that has always been good news.

(Now sit in silence for two minutes. Don't fill it. Just be with Him.)

Thank You, Lord, for this week. For hearing every word, and everything underneath the words.

In Jesus' name, Amen.

SIT WITH THIS

What did you notice in the silence?

JOURNAL

After this week, my prayers feel...

KEEP GOING

Don't let this be the end

Seven days is a beginning, not a finish line.

If this week helped you find the words, the **Cornerstone Series** was written for you: guided devotionals with daily Scripture, written prayers, and journaling prompts like the ones you just finished. Each book walks one theme, four weeks at a time. Find them on Amazon.

→ Explore the Cornerstone Series: cornerstonefaith.net/books

And from time to time, we'll send a quiet word of encouragement to your inbox: a Scripture, a written prayer, a thought to carry. No noise, ever. You're already on the list. We're glad you're here.

*“The Lord bless you and keep you; the Lord make His face
shine on you and be gracious to you.”*

(Numbers 6:24-25)

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