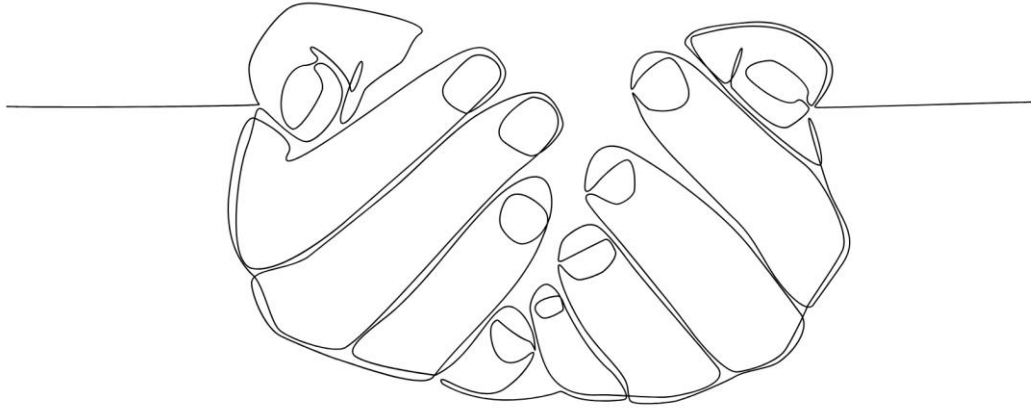


At the Name of Jesus



Therefore God exalted him to the highest place and gave him the name that is above every name,
that at the name of Jesus every knee should bow, in heaven and on earth and under the earth,
and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.

Philippians 2:9-11 NIV

24/7 Prayer

September 6-13, 2026

Devotionals based on the book

Praying Like Monks, Living Like Fools

by Tyler Staton

Sources

20 Quotes From Tim Keller's New Book on Prayer – Matt Smethurst – November 4, 2014

<https://www.thegospelcoalition.org/article/20-quotes-from-tim-kellers-new-book-on-prayer/>

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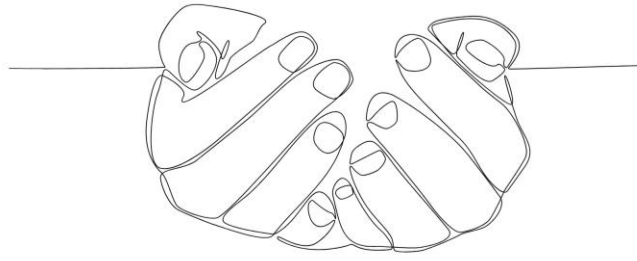
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Devotional for Monday, September 7th, 2026

“Above every name – no other name can be compared with his. It stands alone. He only is Redeemer, Saviour. He only is Christ, the Anointed of God.” Barne’s Notes on the Bible

Today we will reflect on who God is.

Let’s start by pausing for a moment, closing our eyes, inhaling a slow breath, and breathe it out, and then a slow breath once more. In this moment, we consider the following:

Who is God?

How has He redeemed me?

How has He saved me?

How has He changed my life?

Read: Philippians 2:9-11 and reflect:

“The name that is above every name...” “Every knee should bow...and every tongue acknowledge that Jesus Christ is Lord.” As we go about our days, do we consider this? Do our actions and our lives reflect that we believe that He is above all? If not, what is hindering?

We consider that Christ is our Redeemer, Saviour, the Anointed One. To be above all means that only He could save us through His death and resurrection as payment for our sins. Only He could redeem us, exchanging our record of sin for His perfect record of righteousness. He was anointed, in that the Holy Spirit and the power of God rested upon Him (Ac. 10:38).

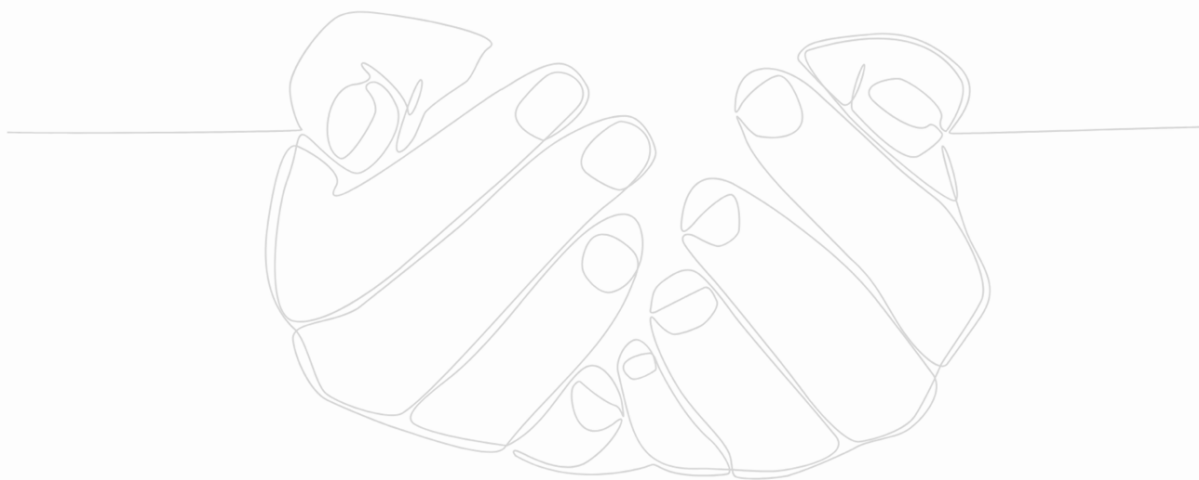
When we consider the sovereignty of God, as it relates to prayer, how might we respond? In knowing that only He could free us, offer hope, and meet our every need, what stirs in our hearts and minds? In considering His power, how bold might our prayers be?

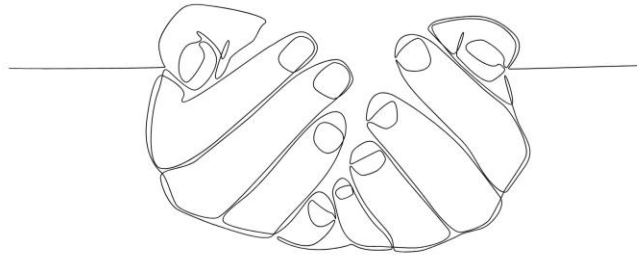
Prayer

- Thank God for the ways in which you have seen Him at work in your life.
- Ask God to show you the ways in which you have not acknowledged Him as Lord of your life and confess.
- Ask God to grow in you a desire for more of Him.

Journaling prompt:

Take a moment to write out some of your thoughts such as a prayer to God, or an action that you would like to take going forward.





Devotional for Tuesday, September 8th, 2026

“When we work, we work; when we pray, God works.” Hudson Taylor

Today we will reflect on the authority of Jesus.

Let's start today with a breath prayer, pausing for a moment and closing our eyes. We will focus on Psalm 56:3, and on the inhale, we will contemplate the first part of the verse, and on the exhale, the remainder. Let's try it. Inhale a slow breath... “When I am afraid...” Now, slowly release that breath... “I put my trust in you.” Once more; *inhale* “When I am afraid...” *exhale* “I put my trust in you” (Ps. 56:3). In this moment, we consider the following:

What does the authority of Jesus look like in my life?

Is it evident? If so, how does my understanding of Jesus' power and authority shape my time of prayer?

Read: Ephesians 1:20-21 and reflect:

“... he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age, but also in the one to come.”

Christ was obedient to the Father, in every way, living a perfect and sinless life, and dying on the cross to atone for the sins of humankind. Raised to life, he is now glorified and seated at God's right hand. He has authority over sin and death.

If we believe in the authority of Jesus, that He has power and dominion over all, do our prayers reflect this reality?

Do we believe there is no problem too big or too small that cannot be brought before God?

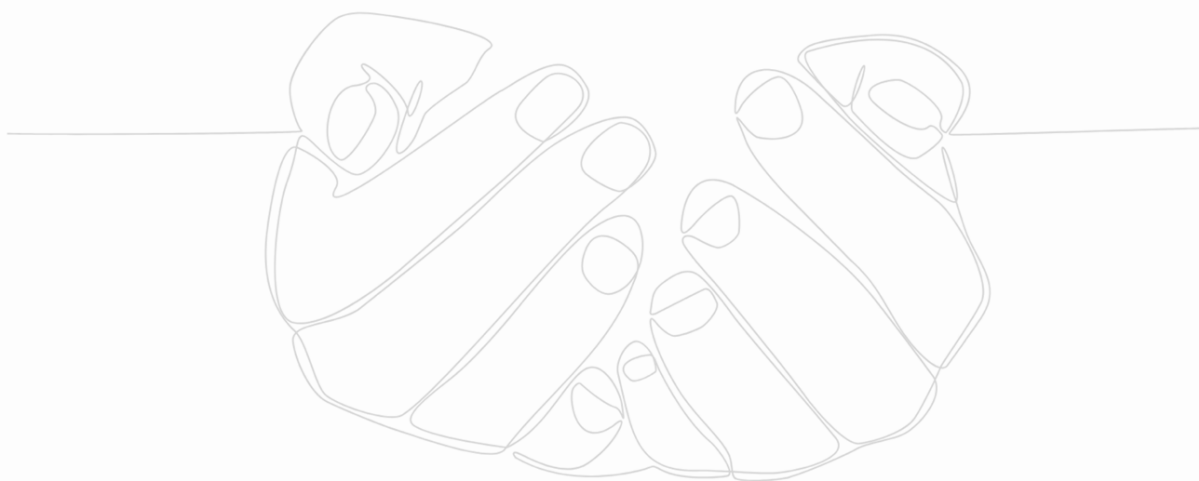
Do we submit all of our worries and our cares to Him? If not, how come?

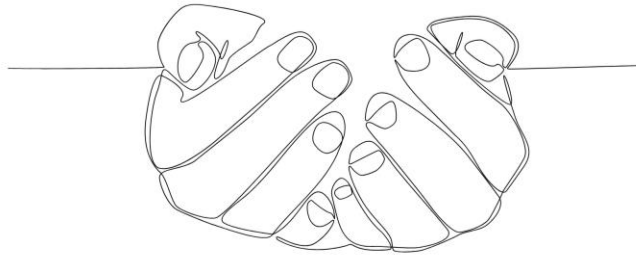
Prayer

- Thank God for the gift of salvation offered through Jesus Christ and His atoning work on the cross for our sins. Thank Him for His sovereignty and authority over all.
- Ask God to show you which areas of your life, can be submitted more fully to Him in prayer.
- Ask God to reveal to you the ways in which you can surrender more to His lead (Prov. 3:5-6).

Journaling prompt:

Take a moment to write out some of your thoughts such as a prayer to God, or an action that you would like to take going forward.





Devotional for Wednesday, September 9th, 2026

“Prayer is an act of worship. Prayer is an act of submission. Prayer is an act of obedience. But prayer is also an act of admission. Every instance of prayer is a confession in which I own my condition and embrace my need...”

Paul David Tripp

Today we will reflect on how our prayer to God is worship.

Let’s take a moment. The to-do lists, the thoughts, they can wait. For now, let’s set them aside, as we focus our hearts and minds on He who sustains us. In this moment, we consider the following:

When we consider worship, what often comes to mind?

Is it limited to Sunday morning songs, or does it encompass all of one’s life lived for God?

In considering the Lord’s Prayer, Tyler Staton notes that, “adoration is not always the overflow of our hearts. In fact, it rarely is. It is an act of rebellion against the empty promises of this world and of defiance in the face of circumstances. Prayer flows from the posture of our hearts toward God, not from reaction to the world around us.” Such a prayer starts with the intimacy of calling upon “Our Father,” a reminder that He is personal, before recalling His hallowedness – not for His benefit, but as an invitation for “God to reorder our affections.”

Read Psalm 141:2 and consider the following:

What does it mean for our prayers to be like incense before God? (hint: Old Testament tradition)

Why might the lifting of hands be compared to sacrifice?

Read Psalm 95:6 and further reflect:

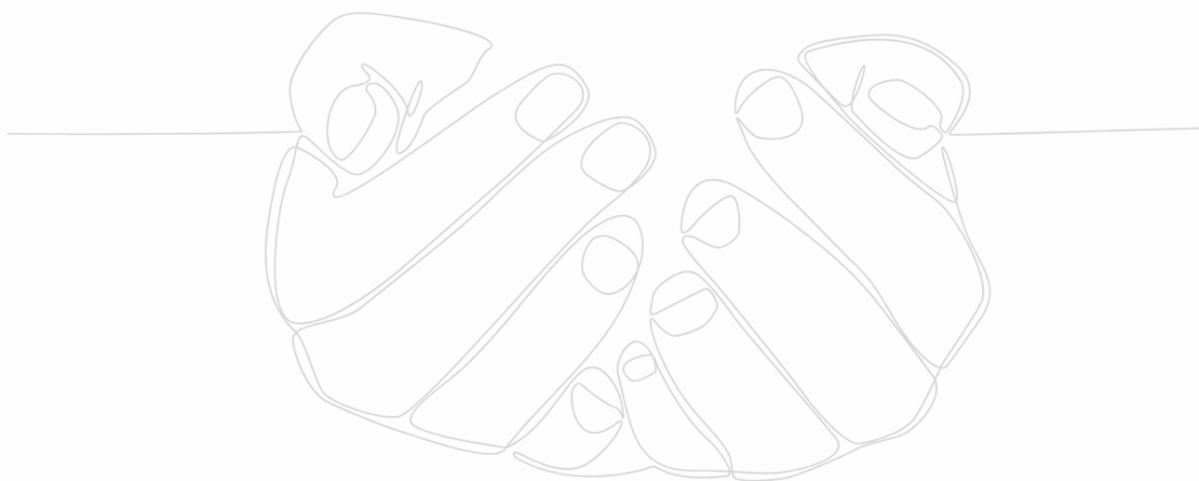
What might the posture of one be as they approach God in prayer and worship?

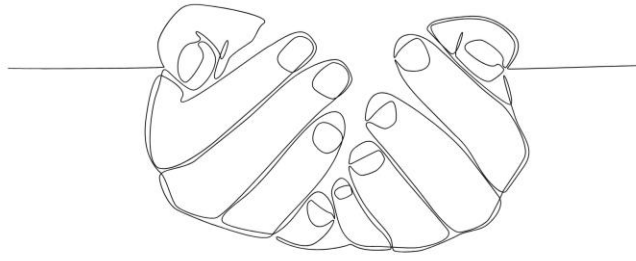
Prayer

- Thank God for the ways in which we can approach Him in worship and prayer, made possible through Christ’s death and resurrection.
- Ask God to “reorder our affections,” to notice His glory as evidenced around us and to respond in prayer as an act of worship to Him.

Journaling prompt:

Take a moment to write out some of your thoughts such as a prayer to God, or an action that you would like to take going forward.





Devotional for Thursday, September 10th, 2026

“Prayer is both conversation and encounter with God...We must know the awe of praising his glory, the intimacy of finding his grace, and the struggle of asking his help, all of which can lead us to know the spiritual reality of his presence.” Timothy Keller

Today we will reflect on how our prayer to God is conversation, in relationship with Him.

Let's start today with a breath prayer, pausing for a moment and closing our eyes. We will focus on James 4:8, and on the inhale, we will contemplate the first part of the verse, and on the exhale, the remainder. Let's try it. Inhale a slow breath... “Draw near to God...” Now, slowly release that breath... “and He will draw near to you.” Once more; *inhale* “Draw near to God...” *exhale* “and he will draw near to you” (Ps. 56:3). In this moment, we consider the following:

What might it look like to be in relationship with Christ?

What are the ways in which we approach and talk to God?

What does our current prayer life communicate about our relationship with Him?

In considering prayer as being relational communication with God, and participating in His will, Tyler Staton notes God's “participatory sovereignty.” Of prayer, he writes, “it is the language of Edenic relationship...In prayer, Jesus invites us back into the relationship we knew in Eden but then lost.” Relationships take work, they are ongoing, if we are to know one well. They aren't developed overnight, but rather thorough faithful and continual interactions over time. God desires to be in relationship with those whom He created and so loves. James 4:8 reminds us that when we draw near to God that He too draws near to us (Jas. 4:8).

Read Psalm 17:6 and consider how the psalmist views God's response to our prayer.

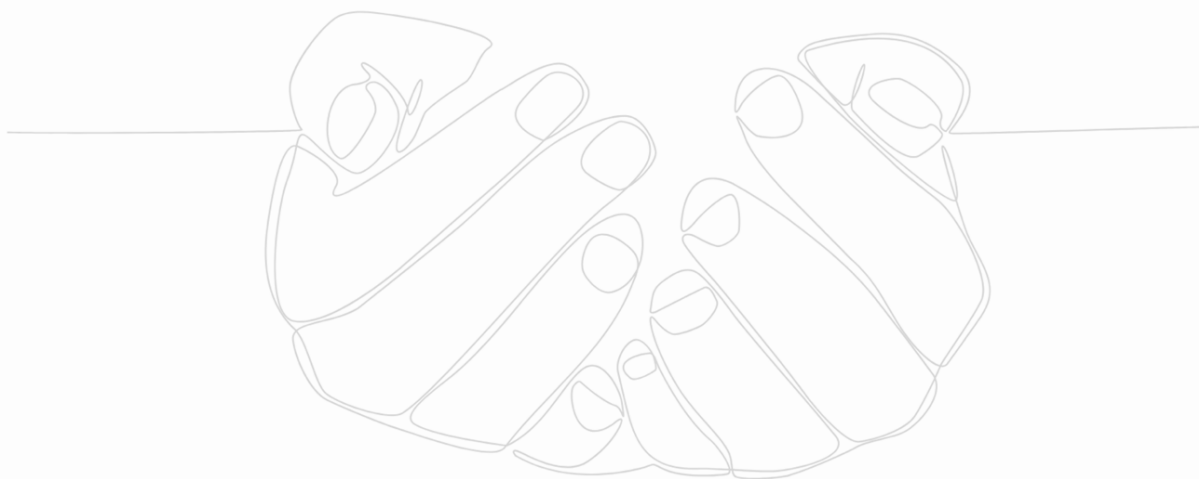
So too, does Matthew 11:28-30 highlight the relational desire of God. It states, “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.” (Matt. 11:28-30 MSG). In knowing that He is relational, how, if at all, does that shape our response to prayer?

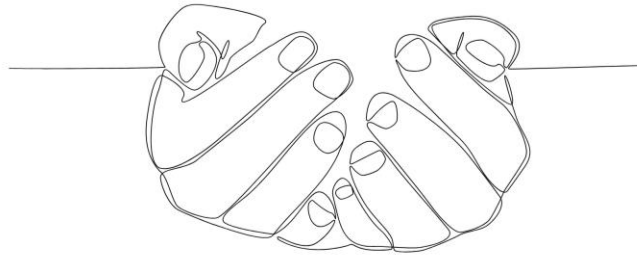
Prayer

- Thank God for the ways in which we are able to approach Him in conversation and prayer.
- If prayer tends to come less easily, consider asking God to increase your desire for more of Him. Additionally, consider praying and reading through the Psalms which cover a variety of emotions and thoughts ranging from thanksgiving to lament. Or try writing out your prayers, or Scripture.

Journaling prompt:

Take a moment to write out some of your thoughts such as a prayer to God, or an action that you would like to take going forward.





Devotional for Friday, September 11th, 2026

“One way to think of Christ’s intercession, then, is simply this: Jesus is praying for you right now. ‘It is a consoling thought,’ wrote theologian Louis Berkhof, ‘that Christ is praying for us, even when we are negligent in our prayer life.’” Dane Ortlund

Today we will reflect on Jesus as our intercessor.

Let’s begin today’s devotional with a posture of thankfulness. At times when the busyness and weightiness of life consume, one of the ways that we can push against it by fixing our minds on that which is above (Col. 3:2). In Him, there is hope, and it abounds. In this moment, we reflect:

In what ways have you known or experienced the faithfulness of God?

What is one thing that we can be thankful for today?

Then, turning our minds to the topic of intercessory prayer, can you think of a time when you’ve experienced intercession of or for another?

On intercessory prayer, Tyler Staton notes that it is “a willing and intentional choice to turn from the endless spiral into the self – my desires, my needs, my circumstances – to the desires, needs and circumstances of another...[it] is a profound act of love.” Scripture notes that when we pray, that Jesus intercedes on our behalf (Rom. 8:34). Intercessory prayer for another, is then modelled after Christ’s perfect example.

Read Romans 8:26 and 1 Timothy 2:5 while reflecting upon the following:

Following Christ’s death and resurrection, why might Christ still intercede and mediate on our behalf?

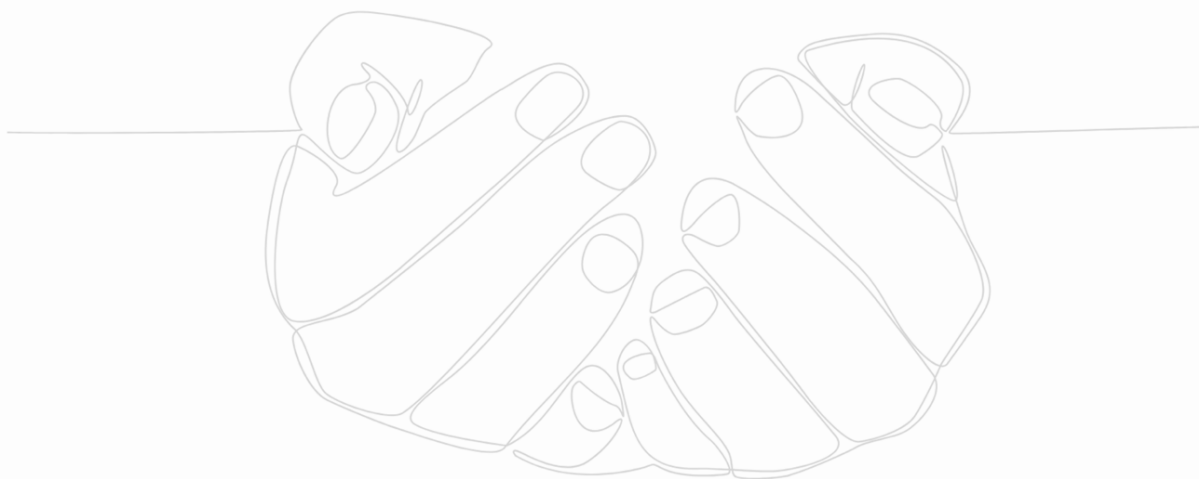
If we are confident in this, how might it shape or change our prayer life?

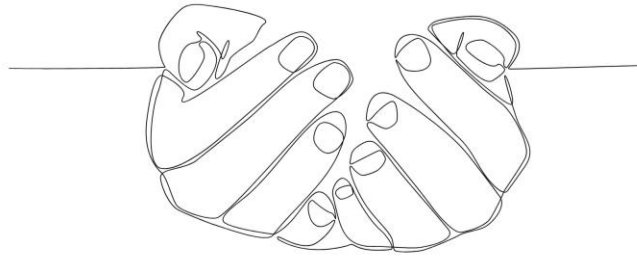
Prayer

- Thank God for Christ’s continued work in our lives, advocating before the Father on our behalf (1 Jn. 2:1). Thank Him for the perfect example of Jesus, who shows us how to care for and pray for others.
- Ask God to remind you of those in your life in need of continued prayer and then present those requests before God.
- If praying for another is new to you, consider keeping a prayer journal or simple scribbler in an area where you often pray. In it, you can write out your prayers, note the needs of others, and God’s response.

Journaling prompt:

Take a moment to write out some of your thoughts such as a prayer to God, or an action that you would like to take going forward.





Devotional for Saturday, September 12th, 2026

"In Gethsemane the holiest of all petitioners prayed three times that a certain cup might pass from Him. It did not." C.S. Lewis

Today we will reflect on the call to be persistent in prayer.

In our time of devotion, try to escape to a quiet place, maybe that's the car, a park bench, a corner of the home, and let's prepare our minds to talk with God. He is near. In this moment, we consider:

What are the ways in which God has responded to our prayers?

Were such responses instant? Did they come after some time of waiting? Are they still unanswered in a way that we had hoped that they would be?

How might the times of waiting shape our life of prayer?

In our time of prayer, "before [it] is about power or outcomes...it's about love. It's the way we freely choose the God who freely chose us first." Persistent prayer is a way of meeting with God, time and again, with a desire to seek Him being greater than our desire for anything that He could ever do. It is communion with a holy God, while believing in perfect tension, both His sovereignty, and His desire to listen to His people.

Read 1 Thessalonians 5:16-18, Romans 12:12, and Ephesians 6:18 and reflect:

How does Scripture describe a life of continued prayer, and what might the result of such be?

In considering friends and loved ones still awaiting answers, those facing disappointments, or the many needs that exist within our community and around the world, how ought we respond?

Prayer

- Thank God that we are able to bring our thoughts, worries, hopes, dreams, fears, needs and more before the Lord who hears our prayers and is faithful to walk with us (1 Jn. 5:14; Ps. 23:4; Ps. 139:7-8)
- If praying is something that feels inaccessible, ask God to stir in you a desire for more of Him, for a fresh excitement for talking to Him in prayer.
- Unsure where to start? Prayer is conversation with God. It can begin with praise and thanksgiving, confession and acknowledgement of the ways in which we need Him. It can include asking for His help and expressing the desire to yield to His plans for our day. Whether we come to God with good news, lament, questions, or otherwise, know that He is relational, and He wants to hear it all.

Journaling prompt:

Take a moment to write out some of your thoughts such as a prayer to God, or an action that you would like to take going forward.

