
7-Day Prayer Guide

From Pastor Jimmy Witcher

ABOUT

As a church family, we fasted and prayed daily during our annual Zion week in 2025. This guide includes seven days of action steps and prayers, and it's a great resource for anytime you'd like to reset and put God at the center of your life.

Consider fasting something, whether a meal, a food group, or entertainment (social media, TV), as you focus on prayer and connection with God this week.

NOTES

I've included excerpts from Scripture under the daily action steps. I encourage you to read the full versions of these references in your Bible.

LEARN MORE

Visit tfc.org/zion to find more resources, including my Zion 2025 message and many of the prayers in this guide, prayed through by our pastoral staff.



Zion

2025

DAY ONE

Return to God

ACTION STEPS

Repent of distractions: Ask God to reveal anything that draws your focus away from Him.

"...Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion..." (From Luke 10:41-42)

"...If you return, I will restore you, and you shall stand before me..." (Jeremiah 15:19)

Seek His face: Commit to refocusing your heart on Him daily.

"...My heart says to you, 'Your face, Lord, do I seek.'" (From Psalm 27:8)

"But seek first the kingdom of God and his righteousness..." (From Matthew 6:33)

Acknowledge His Lordship: Surrender every area of your life to Him.

"Who is the man who fears the Lord? Him will he instruct in the way that he should choose. His soul shall abide in well-being, and his offspring shall inherit the land..." (From Psalm 25:12-15)

PRAYER

Heavenly Father,

I come to You, laying down every distraction that pulls my heart away from You. Reveal to me anything—whether tasks, worries, or ambitions—that competes for the devotion You alone deserve. Like Mary, I want to choose the one thing necessary: sitting at Your feet and listening to Your words. As I repent and turn back to You, thank You for Your promise to restore me and make me stand in Your presence. Lord, I seek Your face above all else. Teach me to hunger and thirst for Your righteousness every day and to trust that all other things will fall into place as I prioritize You. I surrender my heart, my plans, and every area of my life to Your Lordship. Lead me in the path of wisdom, for I know Your ways are perfect. I delight in being guided by You, and I lift my eyes to You, the Author and Finisher of my faith.

In Jesus' name, Amen.



DAY TWO

Rest in God's Presence

ACTION STEPS

Lay down your burdens: Bring every worry and burden to Jesus.

"Come to me, all who labor and are heavy laden, and I will give you rest..." (From Matthew 11:28-30)

Find peace in stillness: Pause from the busyness of life to listen for God's voice.

"Be still, and know that I am God..." (From Psalm 46:10)

Trust His provision: Rest in knowing He meets all your needs.

"The Lord is my shepherd; I shall not want... he restores my soul..." (From Psalm 23:1-3)

PRAYER

Lord Jesus,

Thank You for the invitation to lay my burdens at Your feet. Today, I bring every worry, fear, and stress that weighs me down. I give them to You, trusting in Your promise to give me rest. Quiet my heart and mind as I pause from the busyness of life. Help me to listen for Your voice, knowing that You are with me in the stillness. Teach me to be still and know that You are God, sovereign over all things, including my circumstances. Lord, You are my Good Shepherd who leads me beside still waters and restores my soul. I find comfort in Your care, knowing that You provide for all my needs according to Your riches in glory. Remind me that true rest comes from abiding in You and trusting in Your unchanging character. Let this time in Your presence refresh me and fill me with peace that surpasses understanding.

In Jesus' name, Amen.



DAY THREE

Restore Your Relationship With God

ACTION STEPS

Renew covenant with God: Commit to deeper intimacy with the Lord.

“The one thing I ask of the Lord—the thing I seek most—is to live in the house of the Lord all the days of my life...” (From Psalm 27:4-5)

Spend time in God’s Word: Let the life of God’s Word refresh and restore your soul.

“When I discovered your words, I devoured them. They are my joy and my heart’s delight...” (From Jeremiah 15:16)

Celebrate His faithfulness: Praise Him for how He has restored you in the past.

“Give thanks to the Lord, for he is good, for his steadfast love endures forever.” (From Psalm 136:1)

“The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. ‘The Lord is my portion,’ says my soul, ‘therefore I will hope in him.’” (From Lamentations 3:22-24)

PRAYER

Heavenly Father,

I long for deeper intimacy with You. I renew my commitment to seek You with all my heart, soul, mind, and strength. As I set my heart on gazing upon Your beauty, teach me to dwell in Your presence and to delight in Your unfailing love. Your Word is life to me, and I ask that it refresh and restore my soul. Let the truths of Scripture fill me with joy and bring clarity to my path. Thank You for the ways You have faithfully restored me in the past. I celebrate Your goodness, knowing that You are the same yesterday, today, and forever. Stir my heart to remember Your faithfulness so I may trust You for the future. Help me to abide in Your presence, listening for Your voice and aligning my life with Your will. I praise You for Your steadfast love that never ceases and Your mercies that are new every morning.

In Jesus’ name, Amen.



DAY FOUR

Worship The King of Glory

ACTION STEPS

Exalt His name: Focus your worship on the greatness of God.

“Lift up your heads, O gates! ... Who is this King of Glory? The Lord of hosts, he is the King of Glory!” (From Psalm 24:9-10)

Join in corporate praise: Pray for unity in worship as the body of Christ.

“I will proclaim your name to my brothers and sisters. I will praise you among your assembled people.” (From Psalm 22:22)

Proclaim His goodness: Let your life reflect His glory to others.

“I shall look upon the goodness of the Lord! ... Wait for the Lord; be strong, and let your heart take courage...” (From Psalm 27:13-14)

“Worthy are you, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they existed and were created.” (From Revelation 4:11)

PRAYER

King of Glory,

I lift up my heart to You in worship, exalting Your name above all else. You are holy, worthy, and majestic. Let every breath I take declare Your greatness and give You honor. Lord, I join with all creation and the hosts of heaven in declaring that You are the King of Glory, strong and mighty, victorious in battle. Unite us as Your Church to bring You praise with one voice and one heart. I pray for unity in worship among Your people, that we may reflect Your glory to a watching world. Let my life proclaim Your goodness and reflect Your love, drawing others closer to You. I wait on You, trusting in Your promises and taking courage in Your strength. May my worship today and every day rise as a sweet fragrance to You, bringing You the glory You deserve.

In Jesus' name, Amen.



DAY FIVE

Restore Your Relationship with Others

ACTION STEPS

Forgive as Christ forgives: Seek and extend forgiveness.

“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.” (From Ephesians 4:32)

“Put on then, as God’s chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony.” (From Colossians 3:12-14)

Pray for reconciliation: Ask for healing in strained relationships.

“Blessed are the peacemakers, for they shall be called sons of God.” (From Matthew 5:9)

Serve others in humility: Be a blessing and encourager to others.

“Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves.” (From Philippians 2:3)

PRAYER

Gracious Father,

Thank You for the forgiveness I have received through Christ. Teach me to forgive others as You have forgiven me, with grace and mercy. Help me to release any bitterness or resentment that hinders my relationships. I pray for reconciliation in places where there is division, misunderstanding, or hurt. Pour out Your healing love on these relationships and restore what has been broken. Lord, give me the humility to consider others as more significant than myself and to serve them with the love of Christ. Let my actions reflect the kindness, gentleness, and compassion that comes from Your Spirit. Use me as an instrument of peace, shining Your light in every interaction. I trust in Your power to bring restoration and unity, for nothing is impossible with You.

In Jesus’ name, Amen.



DAY SIX

Seek the Kingdom First

ACTION STEPS

Align your priorities: Pray for God's will to be first in all areas of your life.

"Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need." (From Matthew 6:33)

Trust His timing: Pray to partner with God. Have peace in knowing He is moving on your behalf.

"Wait for the Lord; be strong, and let your heart take courage..." (From Psalm 27:14)

"And we know that for those who love God all things work together for good, for those who are called according to his purpose. For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers." (From Romans 8:28-29)

Pray for God's Kingdom to come: Intercede for His Kingdom to manifest on earth.

"Your kingdom come, your will be done, on earth as it is in heaven." (From Matthew 6:10)

PRAYER

Father,

I seek first Your Kingdom and righteousness, desiring that Your will be done in every area of my life. Align my priorities with Yours so that my time, energy, and resources reflect my devotion to You. Teach me to trust in Your perfect timing as I wait for the fulfillment of Your promises. Strengthen my faith as I place my hope in You, knowing that You work all things together for good. Lord, I pray for Your Kingdom to come and Your will to be done on earth as it is in heaven. Bring Your light to the darkest places, transforming lives and nations for Your glory. Use me as Your vessel to advance Your kingdom and to show others the love of Christ. Let Your Spirit guide me in every decision, empowering me to walk in obedience and faith.

In Jesus' name, Amen.



DAY SEVEN

Enter Into Sabbath Rest

ACTION STEPS

Commit to a weekly Sabbath: Set apart a day for rest and worship.

“Remember the Sabbath day, to keep it holy...” (From Exodus 20:8-10)

Honor God in your rest: Acknowledge that Sabbath rest is worship.

“I am humbled and quieted in your presence. Like a contented child who rests on its mother’s lap, I’m your resting child and my soul is content in you.” (From Psalm 131:2)

Trust God’s provision: Release anxiety about your needs.

“Therefore I tell you, do not be anxious about your life ... Look at the birds ... they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ... Do not be anxious about tomorrow...” (From Matthew 6:25-34)

“...No good thing does he withhold from those who walk uprightly.” (From Psalm 84:11)

“If you, imperfect as you are, know how to lovingly take care of your children and give them what’s best, how much more ready is your heavenly Father to give wonderful gifts to those who ask him?” (From Matthew 7:11)

“But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.” (From Isaiah 40:31)

PRAYER

Lord of the Sabbath,

Thank You for the gift of rest. Today, I set aside my work and distractions to honor You and reflect on Your goodness. Teach me to rest in Your presence and honor Your sabbath, trusting that You are my provider and sustainer. Help me know that only from a place of peace and rest can I truly be productive. Quiet my soul and fill me with Your peace. I give you my anxieties about tomorrow, and I choose to focus on the blessings of today. Lord, let my rest be an act of worship, acknowledging that all I have comes from You. As I delight in Your presence, refresh my soul and renew my strength. Remind me that true rest is found in abiding in You and trusting in Your care. May this Sabbath be a time of renewal, reflection, and joy, drawing me closer to Your heart. Thank you for Sabbath rest that energizes me to accomplish your will.

In Jesus’ name, Amen.

