

Prayer Guide

Based on the Book of Hebrews
A 7-Day Guide to Praying Through Scripture

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How to Use This Guide

This prayer guide takes you through one theme from Hebrews each day for seven days. It works alongside *Greater Than: Unveiling the Matchless Greatness of Jesus*, but you can use it on its own as well.

Each day includes a truth anchor, four prayer prompts, and a declaration to carry with you. You don't have to pray all four prompts — let one or two go deep rather than rushing through all of them.

There is no perfect way to pray. Come as you are. God already knows what's in your heart. These prompts are simply an invitation to put words to what's already there.

A simple daily rhythm:

1. Read the verse reference slowly and let it land.
 2. Read the truth anchor and sit with it for a moment.
 3. Pray through one or more prompts — out loud or in writing.
 4. Speak the declaration out loud before you close.
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Day 1 — Sunday

Worship & Revelation — *Hebrews 1:1–3*

Truth Anchor: *God spoke through prophets for centuries, and then spoke fully through His Son. Jesus is the exact image of the Father — everything we need to know about God is revealed in Him.*

PRAYER PROMPTS

- Lord, open my eyes to see You more clearly through Jesus today.
- Thank You that You didn't stay silent — You kept reaching toward us until You came Yourself.
- Show me one thing about Your character today that I haven't fully understood before.
- I worship You because You are [fill in what comes to mind — faithful, close, good, patient...].

DECLARATION

| ***Jesus, You are the brightness of God's glory. I fix my eyes on You today.***

Day 2 — Monday

Anchoring in Truth — *Hebrews 2:1, 6:19*

Truth Anchor: *We drift not by deciding to leave God but by failing to anchor ourselves to Him. Faith is an anchor — deep, steady, and holding even when the storm is fierce.*

PRAYER PROMPTS

- Lord, show me where I've been drifting — in my thoughts, habits, or priorities.
- I anchor myself in who You are today. You are [name a truth about God].
- Help me build one daily habit this week that keeps me connected to You.
- Thank You that no storm is bigger than my anchor.

DECLARATION

| ***My soul is anchored in You, Jesus. I will not drift.***

Day 3 — Tuesday

Listening & Obedience — *Hebrews 3:7–8, 15*

Truth Anchor: *Today, the Holy Spirit is speaking. The danger is not that God has gone silent — it's that we can grow hard and stop hearing. Softness is a daily choice.*

PRAYER PROMPTS

- Holy Spirit, soften my heart today. Show me any area where I've grown hard.
- Is there something You've been asking me to do that I've been putting off? I'm listening.
- Help me respond to You today — even in small ways — rather than just hearing and moving on.
- Thank You that Your voice is not harsh or condemning. It calls me toward life.

DECLARATION

| ***I will not harden my heart. I choose to listen and obey today.***

Day 4 — Wednesday

Rest & Trust — *Hebrews 4:1–3, 9–11*

Truth Anchor: *God invites us into rest — not laziness, but the deep peace of trusting that Jesus has already done what we cannot do. We don't have to strive to earn our place with God.*

PRAYER PROMPTS

- Lord, I surrender my striving today. I rest in what Jesus has already done.
- Where am I trying to earn Your approval instead of receiving Your grace?
- Help me carry only what You've asked me to carry today — nothing more.
- Thank You that Your rest is not something I have to earn. It's a gift.

DECLARATION

| I enter Your rest today, Lord. I trust You with what I cannot control.

Day 5 — Thursday

Bold Access to God — *Hebrews 4:14–16*

Truth Anchor: *We have a High Priest who knows what it feels like to be us. Jesus was tempted in every way we are — and He sympathizes with our weakness. Because of Him, we can come boldly before God.*

PRAYER PROMPTS

- Jesus, thank You that You understand what I'm going through from the inside.
- I bring You the thing I've been too ashamed or too afraid to bring.
- Give me the courage to come to You boldly, not cowering in shame.
- I receive Your mercy and grace for today. I don't have to face this alone.

DECLARATION

| I come boldly to Your throne today, not because I'm worthy, but because Jesus is.

Day 6 — Friday

Faith That Acts — *Hebrews 11:1, 6*

Truth Anchor: *Faith is not just belief — it is belief that moves. The heroes of Hebrews 11 all acted on what they couldn't yet see. Faith pleases God, and He rewards those who seek Him.*

PRAYER PROMPTS

- Lord, where are You calling me to act on what I believe but haven't yet seen?
- I choose to trust Your promises even when circumstances say otherwise.
- Show me who in my life needs to see faith in action through me today.
- I believe You are good, You are faithful, and You are working — even when I can't see it.

DECLARATION

| By faith, I take the next step. I trust You with the outcome.

Day 7 — Saturday

Running the Race — *Hebrews 12:1–2*

Truth Anchor: *We are surrounded by a great cloud of witnesses — everyone who has gone before us in faith. They ran their race. Now it's our turn. We fix our eyes not on the distance still to go, but on Jesus, who both started and will finish our faith.*

PRAYER PROMPTS

- Jesus, You are the author and finisher of my faith. I trust You to complete what You started in me.
- What weight or sin do I need to lay down today so I can run more freely?
- I think of someone who has modeled faith for me. Thank You for placing them in my life.
- Help me finish well — not just today, but in the long race of a life given to You.

DECLARATION

I fix my eyes on Jesus. I run with endurance. He will finish what He started in me.

"Let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith." — Hebrews 12:1–2

Greater Than: Unveiling the Matchless Greatness of Jesus | www.tonyalcruz.com