

Take a New Grip

Part 1 My Relationship with God

August 2, 2026

21 Days of Prayer
August 2-22

Take a New Grip with God

Hebrews 12:12–13 (NLT) ¹²So take a new grip with your tired hands and strengthen your weak knees. ¹³Mark out a straight path for your feet so that those who are weak and lame will not fall but become strong.

Misalignment

Isaiah 53:6 (NIV) ⁶We all, like sheep, have gone astray, each of us has turned to our own way...

√ _____

James 4:17 (NLT) ¹⁷Remember, it is sin to know what you ought to do and then not do it.

√ Wrong _____ & _____

1 John 2:15–16 (MSG) ¹⁵Don't love the world's ways. Don't love the world's goods. Love of the world squeezes out love for the Father. ¹⁶Practically everything that goes on in the world—wanting your own way, wanting everything for yourself, wanting to appear important—has nothing to do with the Father. It just isolates you from him.

√ _____ & _____ Fatigue

Isaiah 40:28–31 (NKJV) ²⁸Have you not known? Have you not heard? The everlasting God, the LORD, The Creator of the ends of the earth, Neither faints nor is weary. His understanding is unsearchable. ²⁹He gives power to the weak, And to those who have no might He increases strength. ³⁰Even the youths shall faint and be weary, And the young men shall utterly fall, ³¹But 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.

Daily Time with God

P.R.E.P. -Physically and Spiritually

_____. _____ . _____ . _____ .

1 Timothy 4:8 (NKJV) ⁸For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.

1. Dedicate a _____.

Psalms 5:3 (NIV) In the morning, LORD, you hear my voice; in the morning I lay my requests before you and wait expectantly.

Mark 1:35 (NIV) Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

2. Prepare a place with _____.

3. Focus on three _____.

√ I listen to God through His _____.

√ I speak to God in _____.

√ I give God my _____.

4. Overcome the _____ that get in the way.

√ The problem of _____.

√ the problem of _____.

√ The problem of _____.

√ The problem of _____.

Luke 10:38–42 (NIV) ³⁸As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. ³⁹She had a sister called Mary, who sat at the Lord's feet listening to what he said. ⁴⁰But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" ⁴¹"Martha, Martha," the Lord answered, "you are worried and upset about many things, ⁴²but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."

What did I hear God say to me today? _____

What will I do with what I heard today? _____

Who will I share what I heard today with? _____