

365 DAYS *to a*
PRAYER-FILLED
LIFE



GERMAINE
COPELAND

Best-selling author of *Prayers That Avail Much*

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Details in some anecdotes and stories have been changed to protect the identities of the persons involved.

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*To my late parents, Rev. A. H. "Buck" and Donnis Brock Griffin
who taught me the power of prayer;*

*To my mother-in-law, Mrs. Evelyn Amerson Copeland
who lived a consistent faith;*

*To Everette, my husband,
who encourages me and keeps everything in working order;*

*To my children, David, Renée, Terri, and Lynn,
who continue to provide me with opportunities to
explore the manifold wisdom of God;*

*To my grandchildren and great-grandchildren
who keep me young;*

To every intercessor who prays to bring God's will to earth;

To my Lord Jesus Christ, who is my life and my inspiration.

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HAPPY NEW YEAR!

New Year's Day is considered a day of new beginnings. God chose you before the foundation of the world that you should be holy and without blame before Him in love. Your life is hidden in Christ Jesus. Often we forget that God sees us holy and without blame, and we bring disappointments and regrets of the past year with us into the new year. I can still hear my dad's deep voice saying, "The old things of yesterday have passed away and today all things are brand new."



Heavenly Father, I choose to let go of the past and by Your grace, I accept who I am in Christ Jesus. I may make mistakes but I am not a mistake; I may be wrong sometimes but who I am is not wrong. I am here for such a time as this. I receive the transformation that You are working in me according to Your Word. You uphold me with Your victorious right hand, and I make it my primary goal to know You better and more intimately. I ask You to fill me with Your glorious strength so that I can keep going no matter what happens—always filled with the joy of the Lord. Thank You for choosing me before the foundation of the world. This year I will love, laugh, and spread the joy that You have set before me in the Name of Jesus. Amen.

Scripture References: Ephesians 1:4; Colossians 3:3;
Philippians 3:13; 2 Corinthians 3:18; Isaiah
41:10

Suggested Bible Reading: Ephesians 1

OVERCOMING FEAR

Yes, we are living during perilous times in a dangerous and volatile world. This calls for the declaration of your faith—not your fears. Again and again you read in God’s Word, be not afraid, do not fear, have no fear. God has not given you a spirit of fear; let not your heart be troubled. Wait upon the Lord, take time to pray, listening for Him to speak. Read the Word of God, and meditate on His goodness and faithfulness. He is your Heavenly Father. The Holy Spirit is present to help and guide you.



My Father, You are my refuge, my strong tower, my safe place. Remember [earnestly] the fear and misery I have endured. My soul is bowed down within me. But this I recall and therefore have I hope and expectation: it is because of Your mercy and loving-kindness that I am not consumed, because Your [tender] compassions fail not. They are new every morning; great and abundant is Your stability and faithfulness. Surely You will deliver me from the snare of the fowler, and from the noisome pestilence, in the name of Jesus. Because I abide in You and Your Word abides in me, I ask for the good things that You have provided for me—salvation, deliverance, healing, prosperity, and health. Amen.

Scripture References: Isaiah 41:10; John 14:1;

1 Samuel 30:6; Psalm 61:3; Lamentations

3:19–23 (AMP); Psalm 91:1–3 (KJV)

Suggested Bible Reading: Psalm 3

SECURITY

Once we were children of darkness; now we are called children of light. As followers of Jesus, let us gird up the loins of our minds, and not allow our thoughts to be molded in the beliefs of this age and culture. We have been delivered out of darkness, translated into the Kingdom of God's dear Son. With God's grace you can renew your mind and replace fear-filled words by speaking God's Word. Whenever you feel afraid declare, "Today, I have a spirit of power, love, and a sound mind... If God be for me, who can be against me?" God is with you. He will never leave you and His plans for you are for good and not evil.



Father, thank You for comforting and assuring me of Your divine intervention as I walk this journey. I dwell, remain, and settle down under the shadow (defense, protection) of the Almighty. I abide in You and Your Word abides in me. You are my refuge, my place of protection. You are my God, true and faithful. You are my security. You gave me a spirit of power and of love and of a calm and well-balanced mind. In You I have discipline and self-control. I replace feelings of insecurity with confidence, faith, and assurance. You are my great hope. In Your name I bind my emotions to the control of the Holy Spirit and go forth with confidence. Amen.

Scripture References: Ephesians 5:8; Psalm 91; John 15:7 (NKJV); Psalm 46:11; Revelation 19:11; 2 Timothy 1:7 (AMP)

Suggested Bible Reading: Matthew 5:8–10

TRUST IN THE LORD

Years ago I attended a codependency support group. I considered leaving after the first night because my unresolved issues seemed trite compared to the others. One young lady shared about taking care of her parents from the time she was five years old until she left home. She found it frightening to trust a God she could not see. We met, we talked, and we prayed for each other for the next nine months. The last time we talked, Carrie's trust issue was not completely resolved, but she purposed to renew her mind by reading her Bible and praying *Prayers That Avail Much*. She knew that with time and prayer, she would grow in her ability to trust a loving Father who would never leave her without support.



Lord, I ask You to give me the grace to trust You. I thank You for being my rock, my fortress, my deliverer, my God, my strength, in whom I will trust; my buckler and the horn of my salvation. You are my high tower. For Your name's sake lead me. You brought me up out of a horrible pit, out of the miry clay, and set my feet upon a rock. You are my strong habitation, whereunto I may continually resort. You gave the commandment to save me, for You are my rock and my fortress. In the name of Jesus, You are my foundation. Amen.

Scripture References: 2 Peter 1:2; Psalm 18:2 (KJV);

Psalm 40:2 (KJV); Proverbs 10:25; Psalm 71:3 (KJV)

Suggested Bible Reading: Hebrews 13

A PLACE OF STRENGTH

A physician approached the petite, vivacious great-grandmother who had just completed her lecture on “The Power of Joy.” Introducing himself, the doctor said he wished every young person in America could hear her. The physician had been impressed with her message of how God wants His people whole—spirit, soul, and body—and how words have power, and our bodies will try to fulfill the word we speak; even a thought gives off self-fulfilling power to build up or tear down. The doctor loved how she encouraged the audience to think and speak “energy, vitality, strength, vigor” to their minds and bodies.



Father, I shout it with all that I am: blessed be the God and Father of our Lord Jesus Christ, who has blessed us with all spiritual blessings in heavenly places in Christ. Be to me a rock of refuge in which to dwell, and a sheltering stronghold to which I may continually resort, which You have appointed as a safe place for me, for You are my fortress. O Lord, my strength, You are my refuge in the day of affliction, anguish, distress, and adversity. If God be for me, who can be against me? In the name of Jesus, I decree that I am strong in the Lord and in the power of His might. Amen.

Scripture References: Ephesians 1:3 (KJV); Psalm 71:3
(AMP); Jeremiah 16:19 (NKJV); Romans 8:31;
Ephesians 6:10 (NKJV)

Suggested Bible Reading: Joshua 1:1–8

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ABIDING IN JESUS

The follower of Jesus has been given a promise in the book of John: “If you remain in me and my words remain in you, ask whatever you wish, and it will be given you.” You have the freedom to choose life. Either choose to abide in despair, depression, guilt, and condemnation, or choose the higher road—abiding in Jesus. Exchange despair, depression, and condemnation for faith and hope, and the God of hope will fill you with joy. As you give attention to God’s Word and take time to practice the presence of Jesus, you will abide in Him.



Father, in the name of Jesus, I am abiding in the vine, and He abides in me to cultivate a harvest of love, joy, peace, forbearance, kindness, benevolence, faithfulness, meekness, and self-restraint in my life. I belong to Christ, having nailed my natural evil desires to His cross where they were crucified. Father, I am not desirous of vainglory and will not provoke or envy others, but rather I seek to bring forth those good fruits, which are to the praise and glory of God. Amen.

Scripture References: John 15:7; Romans 15:13;

Galatians 5:22–23 (AMP); Romans 6:6;

Philippians 2:3 (KJV)

Suggested Bible Reading: John 15

CHOOSE LIFE

Whom the Son has set free is free indeed. Without God, our natural tendency is to choose darkness over light. But His love, expressed through His Son, exposed us to the light. Now the choice is yours. He has set before us life and death. Choices began with Adam and Eve in the Garden of Eden; they made the wrong choice. God gave Noah and Abraham choices, and they chose to do the will of the Father. In the New Testament, a glorious event took place! Jesus came to give abundant life. "In him was life, and that life was the light of men." When you receive Jesus, you receive life. A great exchange takes place when you choose to renew your mind to the Word of God. Read and meditate on God's Word, memorize and personalize Scripture. Put God's Word first. Choose life!



Father, You have set before me life and death, blessings and curses. I choose life that I and my children might live. I choose to love You, Lord, to obey You and to cling to You, for You are my life. Thank You for blessing me with all spiritual blessings in heavenly places in Christ Jesus. I turn away from wrong, whether of body or spirit, and purify myself, living in the wholesome fear of God. In the name of Jesus, I give Your Word preeminence in my life. Amen.

Scripture References: John 1:4; Romans 8:6;

Deuteronomy 30:19–20; Ephesians 1:3 (KJV);

2 Corinthians 7:1 (AMP)

Suggested Bible Reading: Proverbs 4

A LIVING SALVATION

In the book of Acts, the Philippian jailer asked Paul what he must do to be saved, and I believe he was referring to his eternal destiny. Paul's answer for him applies to us today: "Believe in the Lord Jesus Christ [give yourself up to Him, take yourself out of your own keeping and entrust yourself into His keeping] and you will be saved, [and this applies both to] you and your household as well." This is an amazing promise to you and your household. Salvation includes forgiveness of sins, healing of all diseases, and redemption from eternal destruction.



Father, I believe in my heart that You raised Jesus from the dead, and I confess Jesus is Lord over my spirit, soul, and body. You planted me like a strong and graceful oak for Your own glory, and anointed me to rebuild the ancient ruins, reviving them though they have lain there many generations. I thank You for forgiving all my iniquities and healing all my diseases. I decree that my family and future generations shall come to the knowledge of the truth and be saved. I offer this prayer in the name of Jesus. Amen.

Scripture References: Acts 16:31 (AMP); Romans
10:9–10; Isaiah 58:12; Isaiah 61:3; Psalm 103:2–
3 (NKJV)

Suggested Bible Reading: Psalm 103

BREAK GENERATIONAL CURSES

God looks for at least one believer in each family who will stand in the gap and build a hedge to turn away His wrath. Abraham prayed for Lot, Moses prayed for Israel, Rahab asked that her family be spared, and those requests were answered. In Luke, the father celebrated the prodigal son's return. Many times we are only a prayer away from seeing transformation if we will continue to stand in the gap. Despair over family circumstances, situations, and patterns of destruction can be averted through supplication and intercession. You can be that one who stands before the Father on behalf of your family and future generations. The path of your family can be transformed as you pray the promises found in the Word of God.



Abba Father, I thank You for sending Jesus who brought me out from under doom by taking the curse for my wrongdoing upon Himself. I have witnessed the fruit of disobedience—the iniquities of the fathers passed down to the present generation. I repent and renounce my sins and the sins of my ancestors, and ask You to forgive me and cleanse me from all unrighteousness. In the name of Jesus, I break generational curses of my earthly fathers, and bow myself before You, my Heavenly Father who is faithful, forgiving, loving, kind, compassionate, and full of mercy. Amen.

Scripture References: Ezekiel 22:30; Galatians 3:11;

1 John 1:9 (NKJV); Nehemiah 9:2; Exodus 20:5

Suggested Bible Reading: Psalm 143

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TEARING DOWN FAMILY STRONGHOLDS

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Your family, environment, and educators shaped your thought patterns. These thought patterns (positive or negative) control relationships and behavior. God has given us spiritual weapons for the destruction of wrong thinking—those theories, reasonings, religions, metaphysics, and doctrines contrary to God's Word. Your mind can be renewed as you feed it with Scripture. As you replace your wrong thinking with truth, you will live out that example to your family, paving the way for them to do the same. You not only pray but become an example as you exchange ungodly thinking for God's thoughts. Transformation can happen. Let it begin with you.



In the name of Jesus, I demolish, annihilate, crush, and smash wrong strongholds (thought patterns) handed down from my forefathers. I capture and bring into obedience mind-sets that are in opposition to the Word of God. Forgive me for exalting my family culture, customs, and traditions above the Word of God, and for loving the world more than I love You. Forgive me for being stiff-necked and rebellious, and for insisting on having my own way. I repent of and renounce those things that would hinder me from being an example of the power of Christ to transform. Father, I thank You for loving me and my family and for cleansing us from all unrighteousness in the name of Jesus. Amen.

Scripture Reference: Romans 12:2; 2 Corinthians
10:3–6

Suggested Bible Reading: Ephesians 5