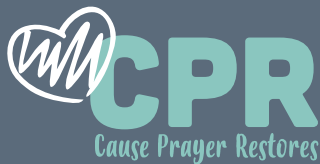


40

BLESSINGS

A **CPR**
Prayer Guide For Singles



Copyright© Thompson Station Church, 2018. All rights reserved. No portion of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopy, recoding, or any other—except for brief quotations in printed review, without prior written permission.
Revised 2018.

Written by Karen Philpott (inspired by Sylvia Gunter)
Designed by Chad DeBoard



Introduction

Each year we encourage married couples to pray together between Mother's Day and Father's Day. We are passionate about seeing the Lord's Name made known to our community as He works wonders in the lives of our married couples. And although this is a noble endeavor, we realize that it might be a difficult season for those members of our Faith Family who are single, divorced, widowed, or spiritually single.

The 40 Blessings Prayer Guide was put together with you in mind. We encourage you to pray with a friend each day of this year's CPR challenge. But rather than put the emphasis on you praying with another, we'd like for you to sit at your Father's feet, and savor the sound of His voice. Use these 40 Blessing to encourage your spirit, and to refresh your faith.

We are praying for you as together we let the world know "there is a God in Thompson Station, TN".

Leighann McCoy
Family and Prayer Minister
Thompson Station Church
www.tsclife.org



Day ONE

Blessing for Godly mentors

Today be blessed as you allow the Most High God to nurture, tutor and instruct you all the days of your life as His apprentice learning all the skills from the master!

The Lord wants to mentor you, to coach you in being like Christ. Speak a blessing upon yourself for knowing that the Lord's hands are on all your circumstances, so every situation becomes a learning opportunity. Trust God for blessing you with receiving into your life from other people's giftings, and that you begin contributing to others. Today ask the Lord for the blessing of reconciliation as He leads you into rebuilding. Thank Him for your spiritual eyes, ears and tongue to be opened to see the world the way He does and therefore respond as He would. Full of love, compassion, forgiveness, wisdom and bold righteousness!

Be blessed in the name of the One who conforms you into the image of Christ!



Day TWO

Blessing for the Peace of Jesus

Jesus gave His peace to the disciples before He left them. Today, ask the Lord to bless you with the peace of Jesus which is beyond anything the world can give you. His peace transcends all other things that come against you. I pray our Lord fill you with the peace He had of being at the right place at the right time, living with the urgency of His purpose within Himself without being overwhelmed by fear or anxiety from that urgency, because He knew His Father's time was perfect. I speak a blessing over you today to be peaceful because you know ahead of time that your Father God will partner with you to provide adequacy for each day, whether a day with pain or pleasure.

I speak this blessing upon you in the name of Jesus, who wants you to be in perfect peace with Him!



Day THREE

Blessing from the fear of man

Today, speak out loud a blessing prayer over yourself for the desire to go into the Word of God and see specific promises He has made to you, standing on them, and savoring the joy, security, and excitement that comes when your Father answers your prayers based on His specific promises! Be blessed with the realization that when God calls you to battle, He will be there with you and for you, and victory will lie in His hand, not your expertise or resources. Pray today that you will experience God's pleasure in who you are and how He sees you today and for all of your tomorrows.

Be blessed in the covenant name of Jehovah-Shalom, peace in all circumstances!



Day ^{FOUR}

Blessing of the knowledge that God fights for you

Be blessed today with the knowledge that God fights for you! Your Father intends for you to rest at peace in Him as He takes care of your enemies. You will stand or move forward doing the things God has called you to do, and He will fight your battles. Pray His blessings upon you for daily steps of obedience in little things and in radical and unthinkable things to position you for God to fight your battles. Speak blessing upon yourself with circumstances orchestrated by Him to eliminate your enemies, and speak blessings upon your ways as being pleasing to the Lord in such a profound way that your enemies will live at peace with you and seek out your God!

**Be blessed in the Name of the Mighty Warrior
High above all!**



Day FIVE

Blessing for life-giving leaders

Today's prayer is for a blessing over your life with great deposits of wisdom that come from many Godly men and women. Speak this prayer for yourself asking God for leaders who give life by showing you favor and opening doors for you and also those who are firm and require you to learn discipline and demonstrate diligence. Pray the Lord blesses you with leaders who teach you to love the Word of God, who lead you to meditate on the Word so your wisdom continually grows. Ask Him for leaders who model for you how to relate to other people. Speak out-loud a blessing prayer asking the Lord to bless you with those people who can make a path for you in difficult situations!

Be blessed in the name of the One who goes ahead of you!



Day SIX

Blessing in the name of Jehovah- Jireh, your provider

Today speak out-loud a prayer for the Lord's blessing upon you with the knowledge that GOD made a provision for a Redeemer, and His name is Jesus! He is the worthy Lamb of God. Ask the Lord to bless you to have a deep consciousness of sin and knowing that God has provided an acceptable sacrifice. Ask Him for the blessing of brokenness over your own past sins but a complete freedom as you run into the open arms of your forgiving Father who has declared you unconditionally loved, redeemed, and accepted! Speak to your tomorrows knowing that He has already made a way for you, a straight path, a ram is waiting in the bush, the perfect sacrifice has already been made.

Be blessed as you walk out all of your days not under condemnation, but with freedom under the complete provision and redemption of Jehovah-Jireh!



Day SEVEN

Blessing for the Glory of the Lord!

Today ask the Lord for a blessing upon you to experience the legitimate, powerful presence of God! Ask Him to give you a desperate hunger and thirst for bringing the manifest glory of The Lord our God into our nation! Thank Him for blessing you with vision and anointing to see what is necessary to prepare the way. Pray for eyes that see outside your religious traditions. Praise the Lord for the ability He has placed into you to sing the song of the gospel in a different key, doing no harm to the Word or message that must remain unchanged. But to sing it from your spirit in a fresh way as to cause people to hear and understand as never before! Blow the trumpet in Zion!

**Be blessed today in the name of the Glorious One,
the God of Israel!**



Day EIGHT

Blessing for trusting God for a mate

Today ask the Lord for His complete guidance and blessing over the person you are to be equally yoked to. Be blessed with the knowledge that the Lord provides only the very best. Thank Him for the peace which passes all understanding that rests upon you as you wait upon the Lord's timing. Thank your Father that this helpmate will be full of the wisdom and knowledge of God, and that he or she walks totally in love, esteeming and preferring others higher than himself. Pray that the Lord will perfect His word in this person's life to the exact timing of your relationship. Trust Him that He will work all things out for your good!

**Be Blessed in the name of the One true
Bridegroom!**



Day NINE

Blessing in the name of your Abba Father

Today's prayer is for a blessing of knowledge in the security and joy of your Father's relationship with you. Ask Him to deepen the experience of knowing how deep His joy is when you turn your face to Him. Ask him to bless you with a profound sense of safety that can only come in knowing your heavenly Father's heart, not just His strength. Be blessed today with seeing your Abba Father and having intimacy, safety, joy, and security with Him in the church, out of it, at work, in your home, in times of pain and times of joy.

Be blessed in the name of Jehovah-Nissi, your banner!



Day ^{TEN}

Blessing for an alert Spirit!

Your Father designed your spirit, soul and body in His image, and He ordains and oversees their alignment. Today pray for the Lord to bless slumbering spirit to wake up. The Lord says it is time; it is safe, it is right to look outward and upward into the face of your Father. Hear Him say that you are accepted, affirmed, capable, and beloved in Him. He is well pleased with the way He made you. He is not intimidated by areas in you that are lacking. He is perfectly sure of His ability to heal those areas, to restore broken places, to finish His parenting. He longs to have complete unhindered communication with you His precious child.

Be blessed in the name of the One who has given you great and precious promises!



Day ELEVEN

Blessing of your identity and legitimacy in Christ Jesus

Your Father made you special. You are a very unique, one of a kind person, created and crafted and designed by God your Father. He planned for you. You are no accident. Your Father made you beautiful and He calls you beloved. God invested an incredible amount of effort and concentration in designing you! God has thought extensively about you. He smiled the day he created you. He designed your spiritual heritage. There is a spiritual treasure chest of generational blessings with your name upon it. You are a joint heir with Christ Jesus, His beloved!

Be blessed today in the name of the God of Abraham, Isaac, and Jacob!



Day TWELVE

Blessing of the knowledge for your God given purpose!

Your Father has a purpose for you He blesses you with everything He designed you to be. As you fulfill your purpose, you will benefit, others will benefit and the world will be blessed. You are blessed as a child of the Most High God with knowledge of the things your Father has called you to know and doing the things he has called you to do. Ask Him for blessings for you to be able to carry out God's work with honor, peace, and joy. As His child, you will not spend your days or any effort doing things God has not called you to do. Celebrate the beauty God has nurtured in you. And rejoice with our God that you will be filled with all knowledge, purpose and His direction for your path!

Be blessed In the name of your Creator, your Holy Father God!



Day THIRTEEN

Blessing of Obedience!

Today pray and ask the Lord for a blessing of obedience. No more bondage! Praise God as you experience the unique joy of obeying your Heavenly Father in great detail because you are motivated by love.

As you experience the rich love of your Father by walking in that obedience to Him, rejoice for eyes that see the natural results of your obedience. Praise God your place in the new generation will blot out the old bondage of legalism, and the world will see you in the complete merging of obedience and love.

Rejoice that as you follow your Lord's plans for your life that the abundant life He desires for you will take over every area.

Be blessed in the name of the One who was obedient unto death for you!



Day FOURTEEN

Blessing for the knowledge of your identity as God's Child

Today ask the Lord to reveal to you the blessing for a deep heart identity as God's very own child, securely loved in His family. Calling Him "Abba, dear Father," pray for the settled assurance He has a future and a hope for you, for your best interests and His ultimate glory.

Rejoice in the knowledge that He blesses you in knowing that your "Abba" knows what you need and has all the resources of the universe to meet your needs.

May His blessing be upon you with confidence that you lack nothing you need in any way. Speak out loud the blessing of certainty that you are an heir with your brother Jesus to all your Father's treasures.

Be Blessed in the name of Jesus, the One that is closer than a brother!



Day FIFTEEN

Blessing for friends during transition and times of change

Today let your prayer be that the Lord according to His word will bless you with men and women of faith coming alongside you, committed to you personally for those times when He calls you to transition. Ask Him for His appointed leaders to walk beside you in unity in difficult transitions. Thank Him for the blessing of life-giving people to mentor you and be shining examples to you of how a faith-filled life will thrive even during difficult times. Pray that the Lord will show you the new thing He is doing in your life as He works all things out for your good according to His riches in Glory! You will be blessed with a strong personal and corporate sense of His presence as His signature on your calling grows stronger day by day.

Be Blessed in the name of the Paraklete, the One who comes alongside!



Day SIXTEEN

Blessing to focus on the prize

Let your prayer today be for a clear picture of what is before you, the thing that God has called you to do, so you can endure the pain to get there! All of us have experienced pain in our lives. Today, ask the Lord to bless you with the ability to have His joy help you transcend that pain! The enemy will magnify the pain and cause you to focus on it, but the Lord wants to create within you a spirit that is aware of the joy set before you. The Joy of the Lord is your strength! Be blessed with sufficient understanding of that joy so you will not count the cost as you focus on the Prize.

Be Blessed in the name of Jesus, the One who is the prize



Day SEVENTEEN

Blessing to be a problem solver

You were designed by your Father to face problems and solve them, not just escape them. Thank the Lord today for blessing you with a spirit of rejoicing over each one, instead of complaining and turning back. Ask the Lord for His blessing of perseverance to dig into His word to solve problems as if you were looking for gold, silver and jewels. He wants to bless you with the mind of Christ Jesus, so you can see things from His perspective and solutions others can't see. May you have God's wisdom to embrace His solutions, even if they seem painful, and nobody has ever walked that way before.

Be Blessed in the name of the God of the impossible!



Day EIGHTEEN

Blessing of the Joy of the Lord

Today be blessed with feeling the joy your Father has as He thinks of all the blessings He has prepared for you—the surprises, divine encounters, unexpected treasures. Thank Him today for knowing His joy when He sees you are different today than you were yesterday. You are His unique creation, designed with His plans and His purposes. Ask Him to bless you today with the profound knowledge of the pleasure He has in you that the opposition of other people means nothing.

**Be blessed today in the name of the laughing God of
Zephaniah 3:17**



Day NINETEEN

Blessing for your spirit to come out of hiding

Your Father designed you with a spirit, soul and body, and He ordains and oversees their alignment. Today as you pray, speak out-loud a blessing over your spirit man, to wake up! It's time; it's safe, it is right to look up into the face of your heavenly Father. Hear Him say that you are accepted, affirmed, capable, and beloved by Him. He likes you just the way He created you. He is not intimidated by any area that you feel is lacking. He is perfectly sure of His ability to heal those areas, to restore broken places, to finish His parenting.

Be Blessed in the name of the One who has given you great and precious promises!



Day TWENTY

Blessing for your citizenship in the kingdom of peace

God said in Isaiah 45, "I make peace." Ask the Lord to bless you today with the knowledge that God makes peace regardless of your circumstances. Be blessed with the understanding of the kingship of the Prince of Peace and bowing your knee and submitting to Him is the true path to peace. Thank the Lord for establishing your life from this day forward into that kingdom of peace. Receive the peace that He decrees into your life and around your life. Be the one who is known for carrying the peace of God with you wherever you go!

**Be Blessed today in the name of the Prince of Peace,
Christ Jesus!**



Day TWENTY ONE

Blessing for the awareness of God's presence

Today as you pray ask the Lord to bless you with the great joy that comes from experiencing the presence of God, sensing Him watching over your life. You are not alone! As you praise Him in private and in public He is blessed by your worship! Trust in Him alone, knowing that His presence is with you in the night as He watches over you and ministers to your subconscious mind and spirit while you sleep so nothing can hinder or clutter your thinking. Pray for the blessing of sensing the presence of God in those things which the world calls problems and pain.

Be Blessed in the name of Jehovah Shammah, God who is always there for you!



Day TWENTY TWO

Blessing for rescue

Your Father never stops His intervening hand from the work of rescuing you from your enemies. Be blessed today as you have new eyes to see Him enjoying His creativity in rescuing you, in little things and big things, monumental crises and little confusions. May you have enough problems in life and seeing God rescuing you from those problems that you no longer fear them, because they are an opportunity for God to show Himself strong. May your Father's intervention come so often and on such a profound level that you are emotionally secure.

Be Blessed in the name of the Shelter of The Most High God, the Strong Tower to which you run and are safe!



Day TWENTY THREE

Blessing for a hunger for God

Today may your prayer be for the Lord to give you a fresh taste of the presence and glory of your Father God in this decadent culture. Ask the Lord to bring a fresh manifestation of His power into your day. May you then be the one who ignites such a measure of hunger and holiness in your family, your community, and your nation that many will experience a visitation of God. Today, be blessed with the extravagant joy of being a man or woman experiencing a visitation of God in a fresh way in your everyday life, now and for the rest of your life.

Be Blessed in total fullness in the name of the One who fills the hunger.



Day TWENTY FOUR

Blessing for God's covenant of life and peace

As you ponder the marvel and privilege of God's covenant of life and peace with you, pray that your Father will place His true instruction in your mouth. Ask Him today for the blessing that comes from truly knowing Him and being able to speak about Him so that many others may come to know Him. Thank Him for eyes that will see many turn from their sin and change into those that have the same reverence of the Most High God that you have. Be forever blessed with waking up each new morning with awe that God would choose to be in covenant with you.

Be Blessed in the name of your Covenant- keeping God!



Day TWENTY FIVE

Blessing for a reproduction of your values

Today ask the Lord to bless you with the fulfillment of seeing those you love embrace your Lord and Savior. Thank Him in advance for the joy that comes as you see the beautiful imprint upon their faces as they experience the grace of God. Let your prayer be for Him to get all the glory as the example you have set makes an indelible mark upon those many lives. Praise Him for the many testimonies from these people whom you did not even know were watching you.

Be Blessed in the name of Jesus who said, "Follow me."



Day TWENTY SIX

Blessing for the authority to destroy chaos

You are a peacemaker with the spiritual authority to demolish strongholds that bring chaos into your family and community. Ask the Lord to bless you today with being a student of the peacemaking skills of Jesus. Let your pray today be for your Father to lead you in situations where there is a division and alienation, so you can practice the art of peacemaking. He wants to bless you with patience, with kindness, with long suffering skills. His desire is for you to conform to His peace; the one peace that passes all understanding. Thank Him today in advance of all the situations that will come where you can be the one who with His help can bring peace in the midst of a storm!

Be Blessed in the name of the One in whom is All-Authority!



Day TWENTY SEVEN

Blessing for friendship during pruning times

As you go through seasons of God's pruning, ask the Lord to bless you with life-giving friendships. Thank your Holy Father as He designs, nurtures, and gives you new friendships, even as He takes away others you have thought to be important and necessary.

Praise Him for that one person who will come alongside you as your covenant keeper relationship who will stand with you in your darkest hour and encourage you in the Lord.

Be Blessed in the name of the One who sticks closer than a brother.



Day TWENTY EIGHT

Blessing for victory over your enemy

Today as you pray, ask the Lord for the regular joy of seeing Satan's plans to destroy people turned upside down and God bringing good out of painful circumstances. Praise your Father for allowing you to see Him make a public spectacle of His enemy and yours.

You are a partner of God, working with Him as His purposes unfold, using problems and difficulties as a platform to show the world that God alone is the problem solver! God alone works all things out for good to those that love Him.

Be Blessed today in the name of the One who triumphed on the cross!



Day TWENTY NINE

Blessing for you to be at peace with God

Start your prayer today by asking the Holy Spirit to do a work in you that gets you past your barrier of sin and into intimacy with your Father and His Son Jesus. Ask the Lord to bless you with coming into peace with yourself, with God, and with others through the work of Jesus removing your sins and repairing your brokenness to bring you to peace. Be blessed with the truth of this wonderful salvation coming to you in a profoundly transforming way, because your Lord Jesus desires it for you! He desperately wants you to be fully reconciled to Him.

Be Blessed in the name of the One who was wounded for your transgressions



Day THIRTY

Blessing for Hope

You are in God's waiting room, anticipating and expecting, learning to hope. Today as you pray, know that your Father's eyes are on those who hope; He rewards those who hope in Him. Trust as you pray that you are standing on a solid rock of God's faithfulness and timing. Ask Him for your heart's desire. May you be blessed with unshakable confidence that your Father is in charge of your circumstances. Praise Him in your prayers for faithfulness and fruitfulness in circumstances that look hopeless. Ask Him for unshakable hope to take hold of your faith.

Be Blessed in the name of the God of hope!



Day THIRTY ONE

Blessing for Faith

Today as you pray ask the Lord for strong faith, faith made strong by Christ Jesus, the author and finisher of your faith. You will be fully satisfied that God is keeping His word to you, no matter how long it takes or how contrary your circumstances may look. Thank Him for the test of faith that has been tested and proved genuine in your life. May you be blessed with seeing joy on the other side of trials as you keep the faith! Know that He is refining your faith day by day until it is as pure as gold. Rejoice in the knowledge that your ever-growing faith in Him brings inexpressible joy to your heavenly Father.

Be Blessed in the name of the Faithful One who is totally trustworthy.



Day THIRTY TWO

Blessing for Love

Did you know that as a child of the Most High God, you are identified by Him as His own beloved, secure for all eternity in your Abba's family? As you pray to Him today, ask Him for the complete knowledge of that inclusion, and worth as He nurtures you in His complete love. Be blessed as you pray with the knowledge that nothing in your past, present, or future can take His love away from you.

You can do nothing to make Him love you more or love you less. Receive His love today as you pray, and rejoice as it casts out any fear you may have. You are the apple of His eye; you are who He seeks intimacy with and who He prefers.

Be Blessed in the name of God who is love!



Day THIRTY THREE

Blessing for the fingerprints of God on your life

Your Father's plans for you are numerous. As you seek Him today in prayer, ask Him to allow your eyes to see the tracing of His hand and understanding how particulars of your life fit into His cosmic picture.

He desires to reveal glimpses of His whole design, as His image within you longs to see the beauty of it all, know its meaning, discern its ultimate purpose. Entrust your desires into His All-knowing. Receive a fresh perspective of what your Abba Father has done for you and testify of His miracles in your life. As you submit your life into His hands trust that His desires for you are marvelous, beyond anything you could ever think or imagine!

Be Blessed in the name of your Awesome God!



Day THIRTY FOUR

Blessing for time as God sees it

God wants you to have certainty knowledge. Knowledge of how you fit into His time, space, history and future. Ask Him today for the reassuring knowledge of knowing your Father's appointed and anointed time, for everything is beautiful from His perspective of eternity. Everything will make sense when you place your trust in His bigger picture, when you can see Him in the details of your life. Thank Him for the peace that will come into your life as you place all your tomorrows in His hands. Be anxious for nothing as you trust in the One who has been to your tomorrows!

Be Blessed in the name of the God of Kairos Seasons!



Day THIRTY FIVE

Blessing for Righteousness

Ask the Lord today for an uncompromising lifestyle based on what Jesus would do, because He is living in you to do your Father's good and perfect will. Let your prayer today be for Him to bless you with life-giving righteousness, wisdom and justice in every relationship you have.

Seek the Lord's guidance for doing the right thing in all circumstances from your inner motivation. May He give you a heart that fights for and shepherds others, particularly your family. Let your prayer be for eyes that look past others outward behaviors and into the heart to enable you to be a voice of healing, restoration, affirmation and validation.

Be Blessed in the name of Jehovah-Tsidkenu your righteousness!



Day THIRTY SIX

Blessing for hearing your Shepherd's voice

Jesus is your Great Shepherd. As you pray today, ask Him to bless you with ears to hear his reassuring voice, ask Him for a settled spirit within you that is confident that you have everything you need from His outstretched hand. Pray for His guidance along the right paths. Thank Him that you can walk unafraid, because your Shepherd is close by you, even through dark valleys. Be blessed with a feast knowing your Father's presence is with you in the presence of your enemies.

Praise Him for the cup that overflows with blessings from His hand.

Be Blessed in the name of the One who promises goodness and unfailing love all the days of your life!



Day THIRTY SEVEN

Blessing from the God who makes you Holy

Your Father is Holy. Ask the Lord today as you pray to reveal the knowledge of how His holiness is counted to your credit in the death of Jesus on the cross. Pray for freedom from your own perfectionism and the perfectionism of others, because through your Abba's eye's He sees you as perfect in His perfect and beloved Son. Take joy today in the blessing of God's Holiness.

Be Blessed today with celebrating the beauty of His holiness and the glory of your Holy One who accepts you completely and calls forth the best in you!



Day THIRTY EIGHT

Blessing in the name of Yahweh self-existent God

Today as you pray may you be blessed with knowing the truth of the nature of Yahweh, and the immensity of His love for you. Ask Him to bless you with experiencing the all-sufficiency of God, not just knowing it with your mind. Trust Him to give you eyes to see His provision as He goes before you, as He makes a way for you, as He brings resources and gifts into your life in many different ways.

Be Blessed today with open eyes of your spirit that recognize the gifts that Yahweh gives to you through different means and different people at different times in your life.



Day THIRTY NINE

Blessing in the name of the Lord of Hosts

From time to time, God raises up individual men and women who know the Lord of Hosts, who know their God, who stand alone in their relationship with Him. Ask the Lord of All to create in you a deepening knowledge of Him. That you to may become like them, so confident, so certain of your relationship with the Lord of Hosts that you can stand, one person connected with the Lord of Hosts, and speak His Word of Truth on His behalf as a mighty witness to His everlasting love for all mankind.

Be Blessed today in the name of the One Lord of Hosts who knows your name!



Day FORTY

Blessing in the name of the God of gods

The Lord wants you to be a reflection, a manifestation, a light on earth that reveals the nature of Him, the One and only true God.

Today as you pray ask your Abba Father for understanding your place as His child, a child of the incarnate God who knows no partiality. As you walk among men and women of power and authority in your life, thank Him in advance for that invisible shield He has placed around you. The favor of being His beloved. Ask Him to bring unsaved men and women into your life so that His power can be manifested to the point that they cannot resist His beautiful testimony in you.

Be Blessed in the name of the one true God who calls you His beloved, His precious child!



Singles

Thank you for participating in the CPR emphasis. We trust that you've experienced the power of God and the depth of His love as you've spent time with Him on a daily basis these past few weeks. If you'd like to learn more about prayer, consider working through the book *Pray Right!* I wrote this prayer study several years ago when we hosted a church-wide prayer emphasis, and I've sold it to hundreds of churches across the nations (and around the world). You can order *Pray Right!* online at www.leighannmccoy.org.

Please e-mail me at lmccoy@tsclife.org if you have a story to share. We'd love to hear how the CPR emphasis has impacted you this year. You've come a long way, don't stop praying now! Keep praying and wait and see what the Lord will do!

Sincerely,

Leighann McCoy
Family and Prayer Minister
Thompson Station Church
www.tsclife.org