

SEPTEMBER 16-26

THE RETURN  
**10 DAY**  
PRAYER PLAN  
for Families



THE RETURN

NATIONAL AND GLOBAL DAY OF  
PRAYER AND REPENTANCE

THE RETURN.ORG



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GLOBAL UPPER ROOM

10 DAYS .NET



## HOW TO USE THIS PRAYER PLAN

Children are so good at trusting and believing God. And you are their primary teacher! As you protect and nurture them, they learn what it means to count on those who love them and have their best interest at heart. You are the laboratory for their developing faith. When your children learn to trust the parents they see, they will learn to trust the God they can't see.

During these 10 days you have the wonderful opportunity to teach your children how to pray. The kind of praying your family will be involved in will be more than simple blessings at mealtime or bedtime prayers. The prayers you participate in will involve adoration, repentance and intercession.

### IN ADORATION WE:

- **Praise** His character.
- **Acknowledge** His attributes.
- **Describe** His beauty.
- **Worship** Him as Savior.

In the Father's redemptive plan, it is His intention for Jesus, "the image of the invisible God" (COLOSSIANS 1:15), to be seen, known, and worshipped by every tribe and tongue throughout the nations of the earth. Praying the Bible and worshipping Jesus for who He is, joins the prayer and worship in Heaven (REVELATION 4) that continually adores Jesus in this way.

What makes Adoration prayer unique?

- Adoration is "He" centered vs. "We" centered.
- Our focus is on who He is not how we are doing.
- Our focus is on His worth not our circumstances.

Adoration builds faith in **who He is** so we can have **confidence** when we make our requests and **open hearts** when He speaks. As we pray, our hearts become positioned to "boldly come before the throne of Grace" (HEBREWS 4:16) in intercession.

**ADORATION** is agreement with who God is.

**REPENTANCE** is our acknowledgment that we are not where He is, but want to turn from our ways to align with Him.

**INTERCESSION** is agreement with what God has promised to do.

Why do we anchor our prayer and intercession in the Bible?

- The Bible is God's language, the language of His heart, the language of Heaven.
- The Bible is positive in nature and encouraging to our spirit and renewing to our minds.
- The Bible is faith-filled and has no doubt or unbelief.



## DAY ONE: A TIME TO FAST AND PRAY



Explain to your children that when people want to make their relationship with God the most important thing in their life, they often give up something that has been important to them. Invite your children to discuss what this might be for them. Share what this is for you and explain that we are fasting as a church for the next 10 days.

### ADORATION: YOU ARE COMPASSIONATE

Read these verses: “Yet even now...Return to Me with all your heart, and with fasting, weeping and mourning; and rend your heart and not your garments. Now Return to the LORD your God, for He is gracious and compassionate, slow to anger, abounding in lovingkindness, and relenting of evil. **Who knows** whether He will not turn and relent, and leave a blessing behind him?” (JOEL 2:12-14)

Ask your children: Who is compassionate? What does it mean to be compassionate?

Pray and thank God for His compassion. LORD we thank You for being gracious and compassionate, slow to anger and abounding in lovingkindness and turning away from evil. Thank You for being a God who loves us with compassion.

### REPENTANCE:

“We have sinned, committed iniquity, acted wickedly, and rebelled, turning aside from Your commandments... Open shame belongs to us... and to our kings... because we have sinned against you... because of our sins... your people have become a reproach to those around us... we are not presenting these supplications because of any merits of our own, but because of your great compassion.” (DANIEL 9:1-20 excerpts)



**Father, forgive us for great sins in our nation and in our family. We have let other things become more important than You, and we have ignored your Word. We have been angry, and some people have hated others. We have participated in many things that are evil in Your eyes. We have worshipped what money can buy and trusted in ourselves rather than in You, Forgive us LORD!**

### INTERCESSION:

“O Lord, Hear! O Lord, Forgive! O Lord, Listen and Take Action!” (JOEL 2:12-14)

Father, let your eyes be open and your ears attentive to our prayers for our church and for our nation. Forgive us for our sins that have made you sad and caused you to have to punish us. We cannot fix what is broken in our world. We don't put our confidence in who wins the election, or in any of our leaders. Our eyes are on you. You alone can rescue us from the trouble we've caused.

### THINK ON THESE THINGS:

Is now a good time to fast and pray? If so, decide now how you will participate.



## DAY TWO: FROM HEAVEN'S VIEW



### ADORATION: YOU ARE BEAUTIFUL TO BEHOLD

Read these verses: "Your eyes will see the King in His beauty..." (ISAIAH 33:17)

"I have asked one thing from the LORD; it is what I desire: to dwell in the house of the LORD all the days of my life gazing on the beauty of the LORD and seeking Him in His temple. (Psalm 27:4)

Invite your children to describe the most beautiful thing they can think of. Ask this question: How does the beauty of (what they described) make you feel?

Pray: Lord, You are so beautiful that we feel (use your children's words). We can't see you right now, but we know that when we do see you we will be captivated by Your beauty. You will be more beautiful than (let your children take turns mentioning things). Lord, You are beautiful to behold.

### REPENTANCE:

"I have heard of You by the hearing of the ear; But now my eye sees You; Therefore I retract, And I repent in dust and ashes." (JOB 42:5-6)



**Father, we repent of worrying and things and of being focused on the pleasures of this world. We thank You for all that we get to experience but we know that when we choose to focus all our attention on what is here in this world, we miss your power and your beauty.**



### INTERCESSION:

"Oh, give ear, Shepherd of Israel, You who lead Joseph like a flock; You who are enthroned above the cherubim, shine forth!" (PSALM 80:1)



**Father, give us the ability to know You. As we give this time and attention to You, show us Your beauty and connect our hearts with each other and with You.**

### Think on these things:

- What has Jesus done in my life today? Share your answer then help your children see the activity of God in their lives.
- Have I shared with anyone what Jesus has done for me?
- What is the difference between talking about Jesus and telling people how you've experienced Jesus?



## DAY THREE: HUMILITY

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### ADORATION: YOU ARE GRACIOUS TO THE HUMBLE

“My grace is all you need. My power works best in weakness. So now I am glad to boast about my weaknesses, so that the power of Christ can work through me.” (2 CORINTHIANS 12:9)

“God blesses those who are humble, for they will inherit the whole earth.” (MATTHEW 5:5)

Talk about what it means to be humble. What makes you humble? How can your children be humble? Explain that God loves it when we are humble.

LORD, thank You for being a God who loves us when we are weak. Thank You for wanting us just the way we are—that we don’t have to perform for You or work to please You. You are gracious to the humble. You know that we are weak and that we desperately need You.

### REPENTANCE:

“Let all that I am wait quietly before God, for my hope is in him. He alone is my rock and my salvation, my fortress where I will not be shaken. My victory and honor come from God alone. He is my refuge, a rock where no enemy can reach me. O my people, trust in him at all times. Pour out your heart to him, for God is our refuge.” (PSALM 62:5-8)



**Lord, I know that we get in a hurry. We make decisions and do things without considering You. We forget that You are near, and we live as if you aren’t right here in my heart. Let us experience Your peace as we wait for You to fill us up with a new understanding of what it means to live our lives filled with You.**

### INTERCESSION:

“For the LORD of Heaven’s Armies has a day of reckoning. He will punish the proud and mighty and bring down everything that is exalted... Human pride will be humbled, and human arrogance will be brought down. Only the LORD will be exalted on that day of judgment...”

(ISAIAH 2:12, 17)



**Lord, You are the judge of the earth. You will judge human pride and you will destroy the wisdom of this age. Send us Your light and open our hearts and minds with Your truth so that we will bow down and worship Jesus. Let those who’ve ignored You, or who have been wrong about You admit their error and turn to worship and serve you.**

### Think on these things:

- What does humility look like?
- Is there anything you are doing that comes from pride?



## DAY FOUR: TURNING FROM EVIL DEEDS



### ADORATION: YOU ARE FORGIVING TO THOSE WHO TURN FROM EVIL

“Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions.” (PSALM 51:1)

“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” (1 JOHN 1:9)

“He does not treat us as our sins deserve or repay us according to our iniquities. For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us. As a father has compassion on his children, so the Lord has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust.” (PSALM 103:10-14)

O God, have mercy on us, according to your unfailing love; according to your compassion blot out our sins. Thank You for being faithful and just to forgive us our sins and to cleans us from our bent toward doing the wrong things. Thank You LORD that you don't give us what we deserve, instead your love is so great that you choose to never hold our wrong doing against us. You are full of compassion and are eager to forgive us when we come asking you to.

### REPENTANCE:

“In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace.” (EPHESIANS 1:7)



**Father in heaven, You know us so well. You understand that we are like sheep, and that we've all followed our own paths instead of following You. Blot out our sins through the finished work of Christ. Forgive us for all that we've done against You and Your Name. Restore us through your grace as sons and daughters.**



**Wash us and make us white as snow. Clean up our thinking. Renew our umph so that we will do the right things. Don't cast us away from Your presence and please don't take Your Holy Spirit from us. Restore us to the joy that we felt when we first realized You are calling us your own.**

### INTERCESSION:

“Though your sins are like scarlet, I will make them as white as snow. Though they are red like crimson, I will make them as white as wool.” (ISAIAH 1:18)



**Father, thank you for your patience with me, our family, our church and our nation. Make us sorry so that we can experience the joy of repentance and so that we can turn from our evil and sinful ways back to you.**

### Think on these things:

What would it look like to live openly before God?



## DAY FIVE: TURNING OUR HEARTS TO GOD



### ADORATION: YOU ARE THE SOURCE OF TIMES OF REFRESHING

“Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.” (2 CORINTHIANS 5:17)

“Grace and peace to you from God our Father and the Lord Jesus Christ, who gave himself for our sins to rescue us from the present evil age, according to the will of our God and Father, to whom be glory for ever and ever. Amen.” (GALATIANS 4:3-5)

“To him who is able to keep you from stumbling and to present you before his glorious presence without fault and with great joy—to the only God our Savior be glory, majesty, power and authority, through Jesus Christ our Lord, before all ages, now and forevermore!” (JUDE 1:24-25)

Lord, You are the source of our life. We understand that You alone are the One who can save us from the evil in our world today. You keep us from stumbling, from getting confused and from being separated from you.

### REPENTANCE:

“The reason the world does not know us is that it did not know him. But we know that when Christ appears, we shall be like him, for we shall see him as he is. All who have this hope in him purify themselves, just as he is pure.” (1 JOHN 3:1-3)



**Father we confess that we have sinned against you. Holy Spirit come and work repentance into our hearts. Make us sorry for our sins and strong to live more obedient to You.**



**Jesus, as a nation we have turned away from You. As a church we’ve been timid in sharing our faith and in letting our people know that You are holy and righteous. We’ve worshipped things and people and recreation and sports because it’s easier than dealing with our stuff with You. Hear our cries and forgive our sins so that times of refreshing may come.**

### INTERCESSION:

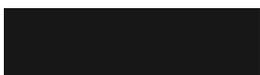
“I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.” (GALATIANS 2:20)



**Holy Father, where we are weak, You are strong. Help us to abide in you that we may have faith to live according to the calling you have placed on our lives. Jesus wipe out all our sins. Take away our impure thoughts. Heal the broken places in our hearts and let us experience peace and refreshment.**

### Think on these things:

- What benefits or blessings are promised for those who turn to God?
- What would “times of refreshing” look like in our family?



## DAY SIX: WAITING ON GOD

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“In repentance and rest you will be saved. In quietness and trust is your strength.”  
(ISAIAH 30:15)

### ADORATION: YOU ARE GOOD TO THOSE WHO WAIT ON YOU

“The Lord is good to those who wait for Him, to the person who seeks Him. It is good that he waits silently for the salvation of the Lord.” (LAMENTATIONS 3:25)

“Peace I leave with you. My peace I give to you. I do not give to you as the world gives. Your heart must not be troubled or fearful.” (JOHN 14:27) “

Lord, You are good. You reward those who seek You; those who wait for You. We will keep silent as we trust in You. You are the peace giver. We will not be troubled or fearful.

### REPENTANCE:

“Now he waited... but Samuel did not come... and the people were scattering from him... so I [Saul] forced myself...” (1 SAMUEL 13:8-12)

Explain that this verse is telling about a time when Saul chose not to wait on God. Ask, what should we do when it's hard to wait on God?



**Father, we repent for choosing to trust in ourselves instead of waiting on you. We choose to wait on You, we want to wait now for You to speak to our hearts.**



### INTERCESSION:

“Let him put his mouth in the dust, perhaps there is hope.” (LAMENTATIONS 3:29)



**God of all hope! Fill us with all joy and hope and peace so that we may abound in hope by the power of the Holy Spirit.**

### Think on these things:

- Am I satisfied and content with the Lord in silence?
- Where is God calling me to be still and wait for Him to act, rather than taking matters into my own hands?
- What does it look like for a nation to wait on God?



## DAY SEVEN: FROM DISPAIR TO HOPE

### ADORATION: YOU ARE THE GOD WHO GIVES HOPE

“For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.” (JEREMIAH 29:11)

“I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So, don’t be troubled or afraid.” (JOHN 14:27)

“And we know that all things work together for good to those who love God, to those who are called according to His purpose.” (ROMANS 8:28)

Father God, you give hope to us. Even when we don’t know, You know what is going on in our lives and what’s coming around the next corner. You are the peace giver, the trouble taker. We do know that all things work together for good and we are so very grateful.

### REPENTANCE:

“Then Jesus said, ‘Come to me, all of you who are weary and carry heavy burdens, and I will give you rest’.” (MATTHEW 13:8-12)



**Forgive us for putting our hope in things other than You, We confess that by doing this we have lost our peace and confidence. Instead we experience fear and anxiety. We come now exchanging our anxiousness for Your rest. We lay down our burdens of fear...fear of the unknown, people,**



**disease, the economy, war or even death. We choose to set our minds on perfect Love that casts out fear.**

### INTERCESSION:

“But as for you, you meant evil against me; but God meant it for good, in order to bring it about as it is this day, to save many people alive.” (GENESIS 50:20)



**We want to trust You like Joseph trusted you when he went through a lot of terrible things before, He could see what You were doing. Fill our hearts with courage. May we look at our broken world not in fear but in the light of your ability and purpose to work all these things for good.**

### Think on these things:

- Corrie ten Boom once said: “God has no problems, only plans... When I try, I fail. When I trust, He succeeds.”
- Turn your thoughts to a hopeless situation in your own life... is it possible for God to bring this situation from despair to hope?



## DAY EIGHT: FOR SALVATION AND A GREAT HARVEST



### ADORATION: YOU ARE THE GOD WHO SAVES

“For you are saved by grace through faith, and this is not from yourselves; it is God’s gift—not from works, so that no one can boast.” (EPHESIANS 2:8-9)

“For God so loved the world, that He gave His only begotten son, that whosoever believes in Him should not perish, but have everlasting life.” (JOHN 3:16)

“If you confess with your mouth, “Jesus is Lord,” and believe in your heart that God raised Him from the dead, you will be saved. One believes with the heart, resulting in righteousness, and one confesses with the mouth, resulting in salvation.” (ROMANS 10:9-10)

You are the God who saves. When we confess with our mouths and believe in our hearts, You are faithful to Your Word and You save us. Thank You for this gift You’ve given to us. Thank You for loving the world this much. Thank you, Jesus, for being our Savior so that we can live forever in heaven with you.

### REPENTANCE:

“I will bless you and you shall be a blessing. And in you all the families of the earth shall be blessed.” (GENESIS 12:2-3)



**We have been given a lot, and therefore we will give. We repent of our selfish hearts and seek to be a blessing. Forgive us for always asking You to bless us rather than ask You to let us bless others. We repent of thinking Jesus saved us so that we could be saved rather than so that we could share Him with others.**

### INTERCESSION:

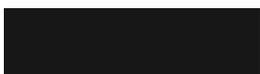
“How beautiful on the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation...” (ISAIAH 52:7)



**Father, fill us with compassion for the lost. Replace our self-centered plans with Your better plans. Let us see all our needs through your eyes. We pray for a great harvest of souls. Do a supernatural work so that people will receive you into their hearts and their homes. Fill us with boldness to share and declare who you are.**

### Think on these things:

- What keeps you from sharing your faith?
- What is the boldest you have ever been for Christ? Why were you so bold in that situation?



## DAY NINE: TRANSFORMATION FOR INDIVIDUALS, CITIES AND NATIONS



“I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.” (EZEKIAL 36:26)

### ADORATION: YOU ARE THE GOD WHO TRANSFORMS

“May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.” (1 THESSALONIANS 5:23)

“Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – his good, pleasing and perfect will.” (ROMANS 12:2)

You alone are the God who transforms. You change people from the inside out. You change me. Thank You for being the One who renews my mind so that I can do Your pleasing and perfect will.

### REPENTANCE:

“He has shown you o man, what is good and what does the Lord require of you? To do justly, to love mercy and to walk humbly with your God.” (MICAH 6:8)



We repent for living less than what You’ve taught in Your Word. We repent for ignoring our heart problem and instead being fine with just doing what is expected of us. We repent for not allowing you to transform our hearts by showing mercy and justice in our cities and nations.

### INTERCESSION:

“You are the light of the world... let your light shine before others, that they may see your good deeds and glorify your Father in heaven.” (MATTHEW 5:14-16)



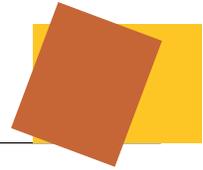
Lord, we want to be a family who walk in your light. We want to shine your light into the world. We give you the darkest corners of our towns, cities, and nation because we know that Your light brings transformation. Lead us to do good deeds that bless our communities and bring honor to your name.

### Think on these things:

What areas of your life does God want to transform?



## DAY TEN: FOR GOD'S PEOPLE TO BE BOLD



### ADORATION: YOU ARE THE GOD WHO GRANTS BOLDNESS

"Blessed be the name of God forever and ever, for wisdom and might are His. And He changes the times and the seasons; He removes kings and raises up kings; He gives wisdom to the wise and knowledge to those who have understanding." (DANIEL 2:20-21)

"Oh, the depth of the riches both of the wisdom and knowledge of God! How unsearchable are His judgments and His ways past finding out!" (ROMANS 11:33)

You are the King of Kings and Lord of Lords. We find our courage in You, Blessed be your name. You are the God who gives boldness to your people.

### REPENTANCE:

"Even when there was no reason for hope, Abraham kept hoping, believing that he would become the father of many nations... And Abraham's faith did not weaken, even though... he figured his body was as good as dead, and so was Sarah's womb. Abraham never wavered in believing God's promise. In fact, his faith grew stronger, and in this he brought glory to God. He was fully convinced that God is able to do whatever he promises."

(ROMANS 4:18-21)



Lord, Abraham tried to help you out by coming up with his own ways to bring about your promises. There are times when we do the same, we try to make your plans work because we are too impatient to wait on you. Show us why we do this and fill us with great expectation of your timing to accomplish every promise made in Christ.

### INTERCESSION:

"The LORD shall send the rod of Your strength out of Zion. Rule in the midst of Your enemies! Your people shall be volunteers in the day of Your power..." (PSALM 110:2-3)



Lord Jesus, we want to be a part of what you are doing. Prepare us to walk in obedience and to have hearts of mercy so that we might give of ourselves freely in whatever you ask us to do.

### Think on these things:

- Has God given your family an opportunity to show mercy to someone who needed to know God?
- What have you experienced during these 10 Days?

