



Back to the Basics

A 10-DAY PRAYER PLAN

Foreword

““Even now,” declares the LORD, “return to me with all your heart, with fasting and weeping and mourning.” Rend your heart and not your garments. Return to the LORD your God, for He is gracious and compassionate, slow to anger and abounding in love, and He relents from sending calamity.”” - Joel 2:12-13

This passage full of hope comes from one of the most dreadful passages of the Bible, in which the old testament prophet Joel is announcing the Day of the Lord: one of darkness, gloom, devouring fires and people in anguish. However, in the midst of announcing the judgment and destruction that is to come, Our God, in the compassionate and pleading voice of a father yearning for his wayward children, reminds us that it is not too late to return to Him!

Maybe this invitation to *return* to God resonates with you today. Maybe you feel like you are the prodigal son - wearied by what this world has offered you. Maybe you feel as though you are the older son in the parable, who has forgotten the compassionate heart of his Father because of laws and customs. Or maybe... like Peter, you have discounted yourself from the Father's love because of the things you have done in the past, of which you cannot forgive yourself. The voice that issued the invitation through the prophet Joel, is inviting **you** as well: return to the Father's love; step back into truth - lay down your burdens and come back to the one who created you.

May this prayer plan guide you back into the Father's embrace, back to the simplicity of loving God and being loved by Him.

God bless you!

-Prayer Spring Team

PRAYER
SPRING

Day 1: Return to your first love

Welcome to the first day of this prayer plan! We are happy that you chose to embark on this journey with us. Back to the Basics is all about returning to our first love for God. Maybe you feel like you are far away from God, You turned away from Him or you disobeyed His will and are struggling to find your way home. Then this is the right plan for you. On the other hand, maybe you feel like your life is great: You love Jesus, go to church, pray, read your Bible etc, and you wonder if this plan is relevant for you. Remember that sometimes we might not intentionally turn away from God, but we might simply drift away, little by little, without noticing, unless we actively self-examine ourselves. We invite you to do just that with us throughout this prayer plan.

In His letter to the Church in Ephesus, Jesus says,

“Yet I hold this against you: You have forsaken the love you had at first. Consider how far you have fallen! Repent and do the things you did at first. If you do not repent, I will come to you and remove your lampstand from its place” -Revelation 2:4-5

Jesus is warning a church that He just commended for its patience and endurance, a few verses above ([Rev 2:2-3](#)). Though they are believers, part of Christ's body, they drifted away. Jesus says that they *have forsaken the love they had at first*, implying that they were still active and doing things, but not in the right way, nor with the right posture of heart. As Paul says in [1 Corinthians 13:1-3](#), doing things without love amounts to nothing. They also *stopped doing the good things they did at first*. Maybe they got caught up in the worries of this world and its riches, busy with work, captivated by selfish ambitions, and like the seed that fell in thorns ([Matthew 13:22](#)), they stopped bearing fruit for God's glory.

“The Lord says: “These people come near to me with their mouth and honor me with their lips, but their hearts are far from me. Their worship of me is based on merely human rules they have been taught.”. -Isaiah 29:13

Today, let us repent before God for drifting or turning away from Him. Let us ask the Holy Spirit to show us where we have drifted away and to lead us back to the basics of His love.

Prayer points for today

- Ask the Lord for forgiveness for turning/drifting away from Him.
- Ask God to restore the love you have for Him, as He is the perfect Love.
- Pray that you can love God with your whole being every single day, with the help of the Holy Spirit.
- Pray that everything that you do stems from the love for Him.

Day 2: Returning to the Father

Yesterday, we humbled ourselves before God in prayer, asking for forgiveness for our shortcomings and His guidance to bring us back home. But *where is home*? In the kingdom of God, home is not a place but a person. It is not a location, it is the Father's presence. Therefore today we will focus on returning to the Father.

Throughout the Bible, God has repeatedly said that He is gracious and compassionate, slow to anger and abounding in love ([Psalm 103:8](#)). If we come back to Him, He cannot help but to relent from His wrath, because He takes no pleasure in the death of the wicked ([Ezekiel 33:11](#)). Jesus emphasizes this by telling us the story of the prodigal son in [Luke 15:11-32](#).

This is the story of a son who is fed up with life in his father's house and demands his share of the inheritance (while his father is still alive!). After obtaining it, he leaves to a foreign land where he squanders his riches in reckless living until he hits rock bottom. He becomes so poor that He ends up working in a pig farm and desiring to eat the same food as the pigs he is tending to, but no one will even let him have that. He then decides to head back to his father's house, thinking to himself 'I will go back to my Father and repent. I am not worthy to be his son anymore, but I can be employed as one of his servants; at least they are well fed'. Little did he know that his father had been waiting for him. The father received him back without asking anything. He didn't ask for the money back, the report on how he lost all the money, nor did he punish him for wasting the money. Instead, look at what he did:

"But the father said to his servants, 'Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet. Bring the fattened calf and kill it. Let's have a feast and celebrate. For this son of mine was dead and is alive again; he was lost and is found.' So they began to celebrate." - [Luke 15: 22-24](#)

So, what are you waiting for? There is no formula or complicated scheme to return to the Father. Even if you feel like you have hit rock bottom, there is still hope. Leave the desolate place in which you are and head back home. Your Father is eagerly waiting for you, not to judge you, but to save you. He is just one prayer away...

Prayer points for today

- Thank God for His abounding love and mercy to receive us back home.
- Repent from all your sins and mistakes.
- Ask the Lord for forgiveness to wash your sins with the blood of Jesus.
- Make a commitment to live in His home, following His rules, obeying His commandments.

Day 3: Renewal of the heart

“A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.” - Luke 6:45

Today, we discuss one of the first things that happens when we return to the Father: *He transforms us*. We left off yesterday with the story of the prodigal son, and how his father welcomed him in a spectacular way. Let us rewind a little and think about this story, in particular the part where the father asks for a ring and robe to be put on his son...this is the same son who worked in a pig farm, and traveled a long and rough journey to get back home...He must have been filthy! And this is how we all look like, in the beginning: filthy, yet clothed with a royal garment. The deception of the enemy is that we have to clean ourselves before we can be admitted into God's presence. But the liberating truth of the word of God is that He is the One who makes us holy and cleanses us from the inside out! He does not only change our appearance, He goes deeper...all the way into our heart. As a matter of fact, He gives us a new heart!

“I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your impurities and from all your idols. 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.” -Ezekiel 36:25-26

All we have to do is to let the Father work in us. He is the great surgeon. He will replace our hearts of stone with a heart of flesh. Let us be like little children who trust their loving Father and believe that He is faithful to do what He has promised. And let us guard the new heart that He has given us above all else, for from it flows the springs of life ([Proverb 4:23](#)).

Prayer points for today

- Ask God to create in you a new heart and grant you a steadfast spirit. [Psalm 51:10](#)
- Pray that God would cleanse your heart from negative thoughts against yourself or others. [Zechariah 13:9](#)
- Ask God to fill your heart with excellent and praiseworthy thoughts that glorify Him. [Philippians 4:8](#)
- Pray to have a heart that discerns God's voice and is quick to obey him. [Ezekiel 36:26](#)

Day 4: Back to the Word

We thank God, for we believe that He has renewed our heart, taking out the stubborn heart of stone to replace it with a new heart of flesh. Now we are ready for the next step that God speaks about through the prophet Jeremiah:

“I will put my law in their minds and write it on their hearts. I will be their God, and they will be my people. No longer will they teach their neighbor, or say to one another, ‘Know the LORD, because they will all know me, from the least of them to the greatest,” declares the LORD.” - Jeremiah 31:33-34

God wants us to know Him personally. Intimately. Directly. To have access to Him without needing an intermediate like a pastor or priest. He wants to be our teacher, our guide, our master, our friend, our Father. He wants us to feel comfortable sharing our joys, sorrows and struggles with Him, to know who He is and what His plan is for us. This is why He gave us a new heart, one on which He could write His perfect law. He instructed prophets and scribes throughout history to speak and write on His behalf ([2 Timothy 3:16](#)), so that all who seek Him wholeheartedly would be able to find Him ([Jeremiah 29:13](#)). This is why He sent His son to this earth: to reveal the Father to mankind ([Matthew 11:27](#)).

Today, let us return to Jesus, the Word of God made flesh ([John 1:1-5](#)). Let us return to the Bible: the compilation of teachings, stories and prophecies from and about Jesus. Let us meditate on this written word so we may know God and know His law and principles about love, life, money, community, family, worship and so much more. Let us go back to the Word of God, the spiritual milk that feeds our souls and spirit ([1 Peter 2:2](#)).

“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.” -Joshua 1:8

Prayer points for today

- Ask God for consistency in meditating on the Bible, and for Him to be your teacher as you study His Word.
- Ask God to transform you and turn your life around as you meditate His Word.
- Ask God to help you in your unbelief and replace your doubts with unwavering Faith in His Word.
- Pray that God will help you always hunger and thirst for His Word, and never get bored or tired of His presence.
- Pray that God would help you live in accordance with His commandments.

Day 5: Dependence on the Holy Spirit

Yesterday, we prayed that God would lead us back to His Word and we believe that this prayer was answered. As you practice your new habit of meditating on the Bible, sooner or later, you will stumble upon a verse or passage that you struggle with; either because it is hard to understand, relate with, or put in practice. Though you might be tempted to give up, don't! Jesus knew that such a time would happen, and He reassures us through the following words:

"All this I have spoken while still with you. But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you." -John 14:26

There is no proper meditation of God's Word without the Holy Spirit. Even in school, reading the textbook by yourself is usually not enough to understand the course material fully. That is why you need a teacher; someone with knowledge of the material who can guide you through it and give you the clarifications you need. In the case of the Holy Spirit, you are not just reading the 'book' with a teacher, but with the author Himself!

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work." -2 Timothy 3:16-17

Because all scripture is inspired by the Holy Spirit, reading it with Him will give us true clarity; not only will we be able to understand the 'hard-to-get' passages, we will also be able to discern the heart of the Father behind the many symbols and stories in the Bible ([1 Corinthians 2:10-12](#)). Most importantly, it is the Holy Spirit who empowers us to obey the Word of God, living the life that we have been called to. It is not by our wishful thinking or determination that we can obey God, but by the Holy Spirit ([Zechariah 4:6](#)) who will give us the desire and ability to practice what we have read, to walk in holiness, to perform signs and wonders, and to be ambassadors of Christ ([Acts 1:8](#)).

'How then, do I receive the Holy Spirit?', you might ask. By accepting Jesus Christ in your life. He is standing at the door of your heart and knocking ([Revelation 3:20-21](#)). If you are willing to invite Him in, He will come and dine with you, and will never leave you again. Your body will become the temple of the Holy Spirit ([1 Corinthians 6:19-20](#)) and as He dwells in you, you will bear His fruit in your life ([Galatians 5:22-23](#)). Click [here](#) to pray the prayer of salvation and receive the Holy Spirit today.

Prayer points for today

- Pray that God would fill you with the Holy Spirit.
- Pray that you may be sensitive to His voice, yield to His prompting, and obey Him.
- Pray that you will manifest the fruit and gifts of the Holy Spirit in your life.
- Ask God to make you fully dependent and submitted to the Holy Spirit in all you do.

Day 6: Return to Obedience

During the first few days of this prayer plan, our main focus has been to (re-)learn how to experience intimacy with God by listening to Him and receiving from Him, particularly through His Word and through His Spirit. However, listening to what God has to say is of no value, if we are not ready and willing to put it into practice. Therefore today, we will talk about obedience.

To obey simply means hearing the word of God and acting on it. Many believers have become ritualistic about their faith, perhaps assuming one can please God by doing what they think God will like. *1 Samuel 15:22-23* says: *“But Samuel replied: “Does the LORD delight in burnt offerings and sacrifices as much as in obeying the LORD? To obey is better than sacrifice, and to heed is better than the fat of rams. For rebellion is like the sin of divination, and arrogance like the evil of idolatry. Because you have rejected the word of the LORD, He has rejected you as king.””*

Though God loves our sacrificial offerings, and even gave His Son as a sacrifice for our sins on the cross, He is not after these offerings, but after our hearts. He desires a heart that loves Him to the point of sacrificing its own will, not mere possessions. Obedience to God is exactly that: laying our opinion, expectations and desires on the altar and trusting God’s instruction fully, out of utmost love and trust. As a wise man rightly said ‘God’s love language is obedience’.

““Teacher, which is the greatest commandment in the Law?” Jesus replied: “‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’ All the Law and the Prophets hang on these two commandments.”” -Matthew 22:36-40

As you persevere in the meditation of the Word of God and in dependence on the Holy Spirit, God will speak to you and show you His perfect plan for your life. As He promised, He will instruct you on the way to go (*Psalms 32:8*), and provide you with the strength necessary for the journey ahead. He will never leave nor forsake you, but the question is: are you ready to walk in obedience? How genuine is your love for Jesus?

“If you [really] love Me, you will keep and obey My commandments.” -John 14:15 AMP

Prayer points for today

- Ask God to forgive you for any act of disobedience knowingly or unknowingly.
- Pray for the spirit of discernment; to know what God requires of you at a particular time and season.
- Ask God to help you not to take advantage of His grace and mercies.
- Pray that God would help you not to be too familiar with Him, leading you to not value His counsel and become disobedient.

Day 7: Come back to prayer

The primary habit every believer has to cultivate is prayer. This is how we communicate with our heavenly Father. Jesus Himself modeled a lifestyle of prayer, praying continually ([1 Thessalonians 5:17](#)), even while He hung on the cross, headed towards death ([Luke 23:34](#)). He also taught believers how to pray. In [Matthew 6:9-13](#), Jesus prays: *"Our Father in heaven, hallowed be thy name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil."*

Our relationship with the Father is not one-sided, where He does all the speaking. On the contrary, God is interested in what we have to say and is eager to listen to us. Even though He is omniscient, He enjoys our company and cherishes the moments we set apart just for Him, during which we can sincerely let go of all our burdens without the fear of judgment. God promises to reward us with grace and forgiveness, provision for our needs, His joy, peace, strength, and most importantly His presence every time that we reach out to Him. Jesus says in [Matthew 6:6](#), *"When you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you."*

Prayer, however, should never be confused with wishful thinking, as our God is not a wish-granting genie trapped in a lamp. As Christians, we ought to pray according to the Word, led by the Holy Spirit. Like Jesus, our prayers should aim at bringing God's kingdom on earth and asking for His will to be done as it is in heaven. So if you are tempted to pray about winning the lotto jackpot or for revenge over your enemies, take a pause and meditate on the Lord's prayer in Matthew 6, then ask the Holy Spirit to inspire you with prayers that truly bring glory to God.

Prayer points for today

- Pray that you will live a life of prayer, and understand the purpose and value of talking to God daily. Ask God to make your home a house of prayer in which He dwells forever.
- Pray that the Holy Spirit will remind and teach you how to pray in every battle of life.
- Ask God to pour into your heart the spirit of prayer and intercession in every season.
- God should remove any spirit or thought within you that makes you feel reluctant or forget to pray. Ask the Lord to forgive you if you have neglected prayer for a long time.
- Lastly, if you have any request, this is the hour to petition before God. Do so in faith, according to [John 16:24](#), *"Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete."* Amen!

May God in His faithfulness and mercy incline His ear towards you and grant answers to your petitions. Thank you for completing this day with us. God bless you.

Day 8: Back to the heart of worship

Oftentimes, when we hear the word ‘worship’ we immediately think about a particular song or a moment during church service, but we couldn’t be more wrong. More than a moment, worship is a lifestyle. When we hear terms in church like ‘worship team’ referring to the singers and instrumentalists, we tend to forget that we are all called to be true worshipers of the living God, and associate worship with having the gift of singing or playing an instrument. But this is not the worship that God is looking for. Jesus explains in [John 4:23-24](#), *“Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. God is spirit, and his worshipers must worship in the Spirit and in truth”*

The true worshipers whom the Father seeks, who worship Him in the Spirit and in truth are those who have been redeemed by Christ and received His Spirit, the seal of the everlasting covenant between Jesus and His Bride, the Church. *“The Lord says: “These people come near to me with their mouth and honor me with their lips, but their hearts are far from me. Their worship of me is based on merely human rules they have been taught”* ([Isaiah 29:13](#)). Unfortunately, we often sing a song without understanding it; we say things to God that we don’t really mean, or perform religious acts without having a heart behind it. Worship is not just about music or songs; it is our response to the majesty and the greatness of our God. The more we know God, the more we are filled with awe for Him. How could God be so righteous yet loving, that He gave His own Son to die on our behalf and make us His own? How can the Creator of the universe care for every detail of our simple, short-lived existence? How can the King of kings oversee all the events in this world so that *all things work together for the good of those who love Him and are called according to His purpose* ([Romans 8:28](#))? Worship is the only response we can give, as our hearts overflow with awe, gratitude and love for this God who loved us first!

The Bible tells us in [Romans 12:1](#), *“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.”* True and proper worship requires us to offer ourselves completely to God. Not just giving Him the first place but the whole place. Letting Him sit on the throne of our hearts, giving Him our all in all. So today, examine yourself. How are you worshiping God? With your lips or with your heart? Are you trying to please God or man? Are you catering to His desire or to your own preference? Is God the only exalted One in our life?

Prayer points for today:

- Ask the Lord for forgiveness and for help to become a true worshiper.
- Ask God for the revelation of His goodness and majesty, so you would worship Him out of love and awe, not compulsion.
- Pray to live in a way that is wholly committed and focused on God.

- Ask the Holy Spirit to teach you how to worship God in Spirit and in truth, in and with every aspect of your life, in ways that are pleasing to the Lord.



Day 9: Back to fellowship

Fellowship is often viewed merely as an association of like-minded people sharing the same faith. The concept of fellowship, though, existed from the beginning of times, long before people came into the equation. The Father, the Son and the Holy Spirit were in perfect fellowship before the creation of the world, and still are. How the trinity can be different yet inseparable is a mystery to our human comprehension, but a truth that we ought to grasp to be able to understand the fellowship that God wants us to share with Himself, and others. Before we discuss fellowship with other believers, it is paramount that we remember our fellowship with God, from which all the rest emanate. From the beginning when God created us, He wanted to dwell among us - fellowshiping with us in love - as He was already doing within the Trinity. But man rejected this fellowship by disobeying in the garden of Eden. God, however, never gave up on us. Through His son Jesus Christ, He made a way to restore this fellowship, so that all who receive Jesus would have the privilege to be called children of God ([1 John 3:1](#)) and enjoy His presence again. In the previous days of this prayer plan, we elaborated on how to enjoy and grow in our fellowship with God, therefore today we will focus on fellowship with other believers.

In [John 17:20-21](#) Jesus prays for His disciples in these words, *“My prayer is not for them alone. I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me.”* The ultimate purpose of our fellowship as believers is to bear a true reflection in this world, of the divine origins of love in fellowship ([John 13:35](#)). Therefore, a godly fellowship should satisfy three main conditions: It should have the right foundation, accomplish the right purpose, and bear the right fruit.

- ★ The right **foundation** is none other than Jesus, the cornerstone of our Faith. *“For where two or three gather in my name, there am I with them.”* ([Matthew 18:20](#)). God’s presence is a ‘must’ for a godly fellowship.
- ★ The **purpose** of every godly fellowship is to fulfill the great commission entrusted to us by Jesus Himself: *“Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.”* -[Matthew 28:19](#)
- ★ The **fruit** of fellowship is spiritual maturity, for by spending time with other believers, we get the opportunity to exercise our spiritual gifts and practice God’s instruction to love and serve one another by praying, encouraging, admonishing, rebuking, teaching and edifying each other ([Colossians 3:15-16](#), [Ephesians 5:18-21](#)). *“As iron sharpens iron, so one person sharpens another.”* -[Proverbs 27:17](#).

Maybe you have been hurt by a church community or christian friends before, but the Bible tells us not to give up on fellowship ([Hebrew 10:24-25](#)). Therefore, ask the Holy Spirit to restore you and guide your steps into the right fellowship, where you will give and receive the love of God.

Prayer points for today

- Thank God for reconciling you to Himself through Jesus’ sacrifice.
- Ask the Holy Spirit to heal you from past experiences and lead you to the right community, where peace, love, selflessness, encouragement, and God’s presence reign.
- Ask God to make the church become a symbol of His unconditional love to this world. Ask Him to make you an ambassador of this great love to those around you today.

Day 10: Back to the great commission

A common misconception about the gospel is that it is about Jesus and you/me, when in reality it is about Jesus and His Bride, the Church. We hear statements like ‘Jesus loves you and died and for you’ or ‘the Bible is God’s love letter to you’, and though these statements are true, they can give the feeling that all Jesus did was only for you, as an individual. But we couldn’t be more wrong. The loving sacrifice that Jesus did, the pain He went through and the victory He won; He did it all for His Bride! The good news is that we get to be part of this Church, each of us a unique and essential member for the proper functioning of the whole body. But this also means that all what Jesus did is not just for you or me, but for all of us. He dies for that neighbor in your building, that colleague at work, that stranger in the coffee shop... This is why today, on the last day of this prayer plan, we want to remind you of Jesus' last instructions to His disciples as He was ascending to the Father: *“Go, therefore, and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to follow all that I commanded you; and behold, I am with you always, to the end of the age.”* -Matthew 28:18-20

In the very beginning, God commanded Adam and Eve to go forth and multiply ([Genesis 1:27-28](#)); Jesus gives us this same commandment. The joy, peace, freedom and love we have found in the Lord are not meant to be hidden in our private lives but to be shared with others ([Matthew 5:14-16](#)). If you had the antidote to a deadly pandemic, would you not share it to save others? The gospel is the only antidote to sin and death, and God is mandating us to distribute it to all, freely, until the ends of the earth! ([Acts 1:8](#)) How do you do it practically? By showing love and care to people around you, by praying for them, inviting them to your fellowship, or even sharing this prayer plan! The Holy Spirit is there to help you through it all. He will fill you with courage and create the right opportunities for you to share the Gospel. All that is required of you is the willingness to be used by God to bless others ([Isaiah 6:8](#)).

God’s desire is clear; His will is that none will perish but all would be saved ([2 Peter 3:9](#)). He is like the Father of the prodigal son ([Luke 15:11-32](#)), who waited for the return of his rebellious son. Are you willing to partner up with God to bring your lost brothers and sisters back home? Like Paul, are you ready to say: *“Though I am free and belong to no one, I have made myself a slave to everyone, to win as many as possible. To the weak I became weak, to win the weak. I have become all things to all people so that by all possible means I might save some. I do all this for the sake of the gospel, that I may share in its blessings.”* -1 Corinthians 9: 19, 22-23

Prayer points for today

- Ask God to fill you with love and compassion for all those who are still lost in sin.
- Pray to receive the mantle of intercession, and for God to show you who to pray for specifically. Ask the Holy Spirit to create opportunities for you to share the gospel.
- Pray for all the missionaries and evangelists to receive God’s grace and strength.
- Thank God for enabling you to complete this prayer plan, and ask for his help to practice all that you have learned from Him in your daily life.

