

PRAY LIKE AMAN

A 14-DAY
PRAYER CHALLENGE

JUSTIN CAMP



PRAY LIKE A MAN

A 14-DAY PRAYER CHALLENGE FOR MEN

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BEFORE YOU START

Prayer is mighty. *Your prayer is mighty.* Other than the stories we tell, prayer is the most powerful tool in the human toolbox. James, the brother of Jesus, wrote this: “The prayer of a righteous person has great power as it is working” (James 5:16 ESV). You might be saying to yourself ... “Well, that’s great for righteous men, but what about me?” I understand the question, but here’s the truth: because of the death and resurrection of Jesus, all of us can rightfully adopt the “righteous” adjective. “If we confess our sins,” wrote the apostle John, “he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness” (1 John 1:9 ESV).

So, I say again, *your prayer is mighty.* When you pray, God moves. He moves in your heart, and he sometimes moves in the world.

Whether you pray often or less than you’d like, this slim volume will be helpful to you. Here’s how I suggest you experience it.

- (1) **Make it a devotional experience:** Start by using this as a 14-day devotional, praying one prayer each day. During your two weeks, once you’ve prayed a prayer for a given day, make sure to remain for a few minutes in stillness and silence. Don’t try too hard, but listen with your heart for God’s response. His Holy Spirit dwells within you after all, so listen for an *inner* voice.
- (2) **Make it a prayer tool:** When you’ve reached the end of the devotional experience, return to this book whenever a need arises in the circumstances of your life or whenever the inspiration arises during your regular prayer time, finding just the right prayer for the particular moment.

I sincerely hope that this book helps you to usher more of God’s goodness and love into your life and circumstances—all by the mighty power of prayer.

A handwritten signature in black ink that reads "Justin Camp". The signature is written in a cursive, flowing style.



A PRAYER FOR
THOSE WHO
SOMETIMES
FELL LIKE
IMPOSTERS

Give the godless world evidence that you've sent me and loved them In the same way you've loved me (John 17:20-23 MSG).

Pause and take a slow, deep breath or two; become aware that you are in God's presence.

Jesus, Prince of Princes ... Of all human stories, yours is the best. It's the story behind all stories. It's one outrageous love and unexpected mercy—the story of a good father and a beloved son united in the majestic, miraculous work of rescuing and restoring the whole world—all by the power of the Holy Spirit. *It's my story too.*

But I confess ... Too often, I try to write another story altogether. I try to write one in which the son lives and works apart from his father. One in which the son is strong and successful on his own, never needing help. Rather than accepting my place in your greatest of stories, I try to write a story about a king. Because that's what I have wanted to be.

I thought it was your story that wasn't big enough, exciting enough, but I see now that it's this other story that's too small, too boring. Forgive me, because when I slow down and think about it, I'm overwhelmed by the fact that the Author of Creation—who could write any story—would make me a principal character in his greatest. To be included at all is astonishing, but included as another beloved son? It's better than I could ever imagine

So, right now, right here, I choose to be swept into your story. Today, this week, this month, each day, I want to walk into every room, every situation, not as some small and supposed king but in the self-assurance of a true son of the *true* King. Teach me to embrace this identity—my own.

Amen



A PRAYER FOR
THOSE WHO
NEED MORE
GOODNESS
IN THEIR LIVES

Stand by the roads, and look, and ask for the ancient paths, where the good way is; and walk in it, and find rest for your souls (Jeremiah 6:16 ESV).

Pause and take a slow, deep breath or two; become aware that you are in God's presence.

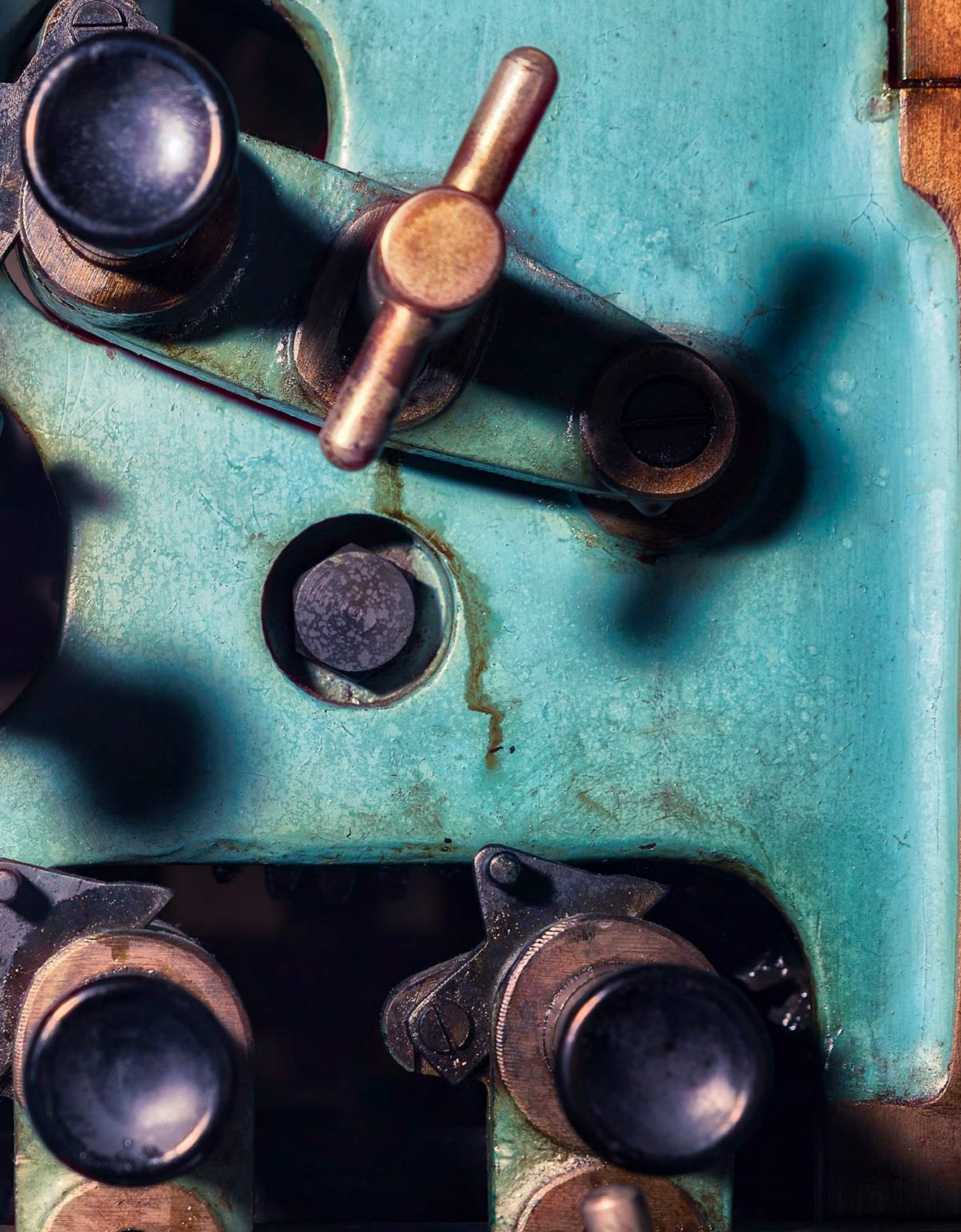
Holy Spirit, my Guide ... I'm standing at a crossroads. There are two ways ahead and two behind. I've covered many miles along these roads, but this spot is familiar. I've been here before, standing at this same fork. One way ahead is the one Jesus forged; the other is my own ... or maybe it's the world's. I'm not sure, but it's never been too difficult for me to tell the roads apart. The hard part has been the choosing. Generosity versus accumulation. Aspiration versus ambition. Sacrifice versus protection. Love versus indifference. Mercy versus victimhood.

Looking behind me, I see that I've most often taken the second road. So often, my prime concern has been *me*. Too often, I've ordered personal and work and relationship priorities according to selfishness and self-protection. I've ignored your voice, your wisdom, your love. Again and again, I've asked the people and culture of this world for directions.

And so, my life is not where I'd like it to be. There's too much loneliness, not enough love. Too much worry, not enough peace. Too much strife, not enough joy.

But you are the way, the truth, and the life. I know that in my heart. So now, my eyes fixed on one road ahead, I'm choosing the one you've laid for me. I'm turning that direction at this old crossroads and setting off now. And I'll turn and turn and turn here again.

Amen



A PRAYER FOR
THOSE WHO
NEED THINGS
TO CHANGE

*For God gave us a spirit not of fear but of power
and love and self-control (2 Timothy 1:7 ESV).*

Pause and take a slow, deep breath or two; become aware that you are in God's presence.

Jesus, Bright Morning Star ... I've tried so hard, yet here I am. Stuck. Once again, stuck in this same place. And I'm weary. I don't know what to do, but I know this: things have got to change. Somehow. Because I can't keep going like this. So, please come. Please, help me find the answers I need. Help me find the way out ...

And here's the part I don't want to pray ... But I'm going to do it anyway ... This change I need ... *let it begin in me*. Rather than complaint—*I'm so tired of complaining*—help me re-discover joy and gratitude. Rather than judgment, help me learn to bring honor and encouragement to my world. And instead of blaming other people, help me to step forward in the firm confidence of one who's loved outrageously, one who's willing to allow you to work in my heart—even its deepest places. I give you permission now to access my life and my past.

I've been reluctant to pray this last part because there are places and things that I'd rather keep secret. But I'm tired of doing nothing, expecting things to get better. I'm ready now and willing to do my part. I want to be a courageous man—the man you created me to be. But not according to the world's definition of masculinity: stoic, silent, never letting anyone in, never getting vulnerable and talking about pain and loss. I want to be a man according to your definition: open and honest, willing to let you and others heal my wounded heart, willing to get better for the people I love, willing to get better for the people who *need* me to get better.

I trust you, Jesus; I want to trust you more. Continue the work in me that you've already begun.

Amen



A PRAYER FOR
THOSE WHO
JUST NEED A
BIT OF PEACE

There is no fear in love, but perfect love casts out fear (1 John 4:18 ESV).

Pause and take a slow, deep breath or two; become aware that you are in God's presence.

Jesus, Prince of Peace ... In Philippians, Paul wrote about a specific type of peace. He called it the "peace of God, which surpasses all understanding." I haven't found that kind. But what I have found is the worry of the world. And if I'm honest, that type of worrying has become the center of my life. I find myself anxiously fearful, anxiously ambitious, anxiously angry.

Most days, I feel worn and hollow and desperate for something different. I want to be well and whole. I want to pray more and worship and sit and do nothing and read and learn and laugh and confess and go to church. I need more sabbath and recreation and celebration—and hard work, too. And after all my work, I want to sleep well, falling asleep quickly and resting undisturbed. And when I wake in the night, I want to slip back into sleep easily. And in the morning, I want to awaken refreshed.

I cannot do all these things on my own, so I'm asking for help. Settle my anxious heart, Jesus. Slow my racing mind. Teach me about *your* kind of peace. I trust I'm made for it, so show me how to find it. Train me to access it, to experience it—to dwell in the peace of God so that I might become the man you made me to be, ready and excited for each and every day.

Amen



A PRAYER FOR
THOSE WHO
WONDER
ABOUT THEIR
PURPOSE

We are the clay, and you are our potter; we are all the work of your hand (Isaiah 64:8 ESV).

Pause and take a slow, deep breath or two; become aware that you are in God's presence.

God my Maker ... Long before you set the earth's foundations, you dreamt of me. Eons later, you formed me in the secret place, skillfully, painstakingly shaping me from nothing into exactly what you wanted. But what did you dream about me over those countless years? What kind of man do you long for me to become? What did you shape me to do?

I should've asked you these questions long ago. But, instead, I listened to voices that were not yours. Some were well-meaning, but none of them knew me like you. None could see what you can see. As a result, much of my life has been about ascent—*ascent* in my career, an ascending number in my accounts. But it's starting to feel like I'm missing something ... *big*.

Your son, Jesus, showed me not how to ascend but descend. "If anyone would come after me, let him deny himself and take up his cross and follow me." "When you are invited, go and sit in the lowest place." "Go, sell what you possess and give to the poor." He taught that it's far better for the world—*far better for us, too*—if we live lives of descent. He taught that to notice, to care, to love, to give, to serve, to offer our strength to others, to *live* for others is what brings the purpose, significance, and excitement that we look for everywhere else.

I should've asked you these questions long ago, but I'm asking now. God, tell me about the man you dreamt I would become and teach me to living in true purpose, deepest identity.

Amen



A PRAYER FOR
THOSE WHO
NEED SOME
FAITHFUL
BROTHERS

*Behold, how good and pleasant it is when
brothers dwell in unity! (Psalm 133:1 ESV).*

Pause and take a slow, deep breath or two; become aware that you are in God's presence.

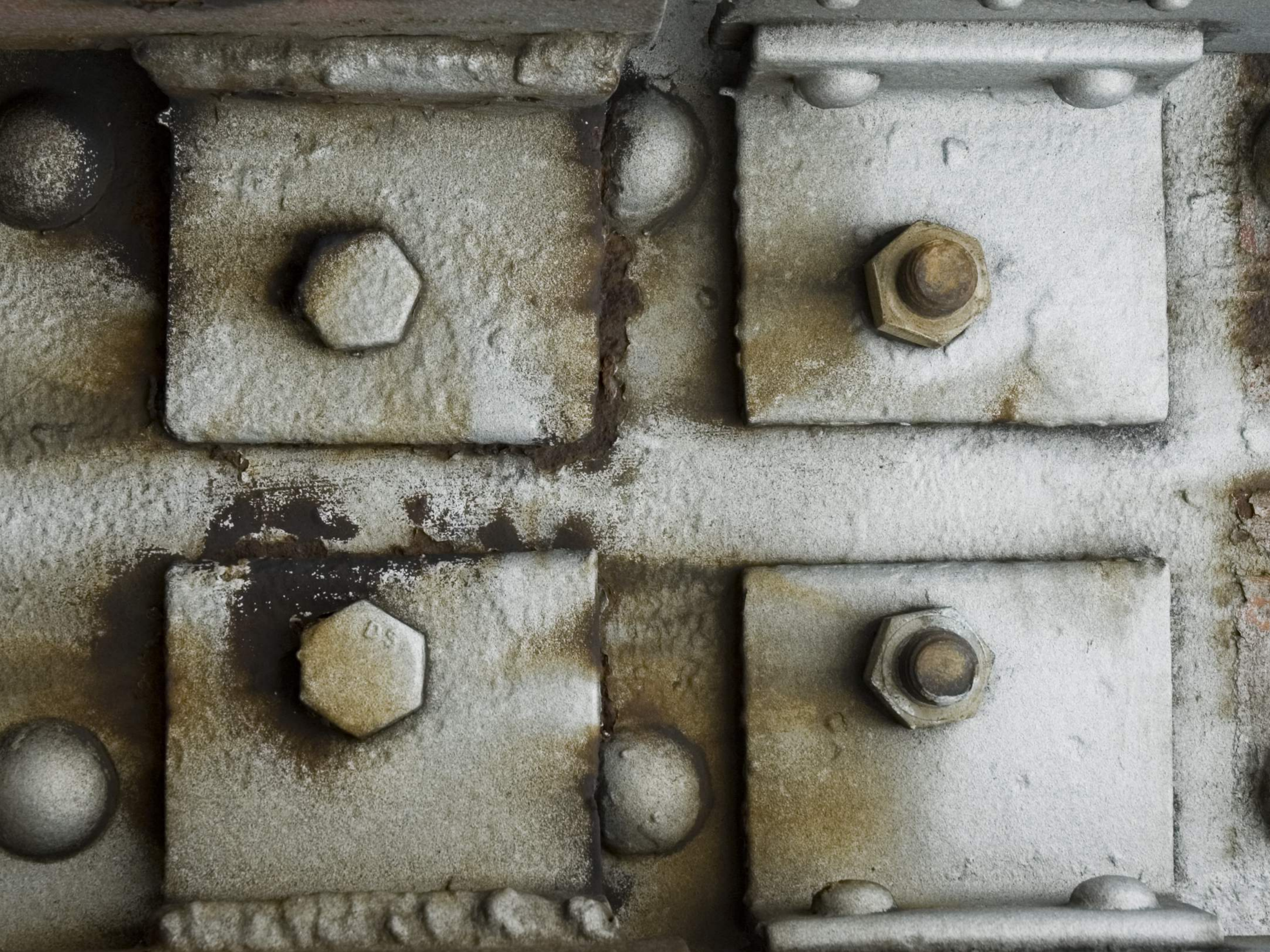
Holy Spirit, Spirit of Counsel and Might ... Scripture is clear: we're meant to be together, to do life together, to care for one another, to be united with God and our brothers in Christ Jesus. When we're united like that, then we can be strong and healthy and free.

I confess, though, I've thought of myself as the exception to these rules. At times, I've convinced myself that I didn't need community—that work and family were enough. At others, I've convinced myself that rich, long-term community just wasn't available to me.

But I've decided ... Despite my instincts, isolation is not good for me. I need faithful men in my life. I've turned my life over to you, and I need men around me who are willing to do the same. I'm ready to commit to brothers like that—and I need men who will commit to me and make me a priority in their lives, too. I need men to whom I can confess, with whom I can be honest and vulnerable. I need men who will encourage me and help me to keep focused on you. I need men who will stand with me in hardship.

Lead me to these men or gather them to me. You know who they are. Build a brotherhood that, in your name, will stand apart.

Amen



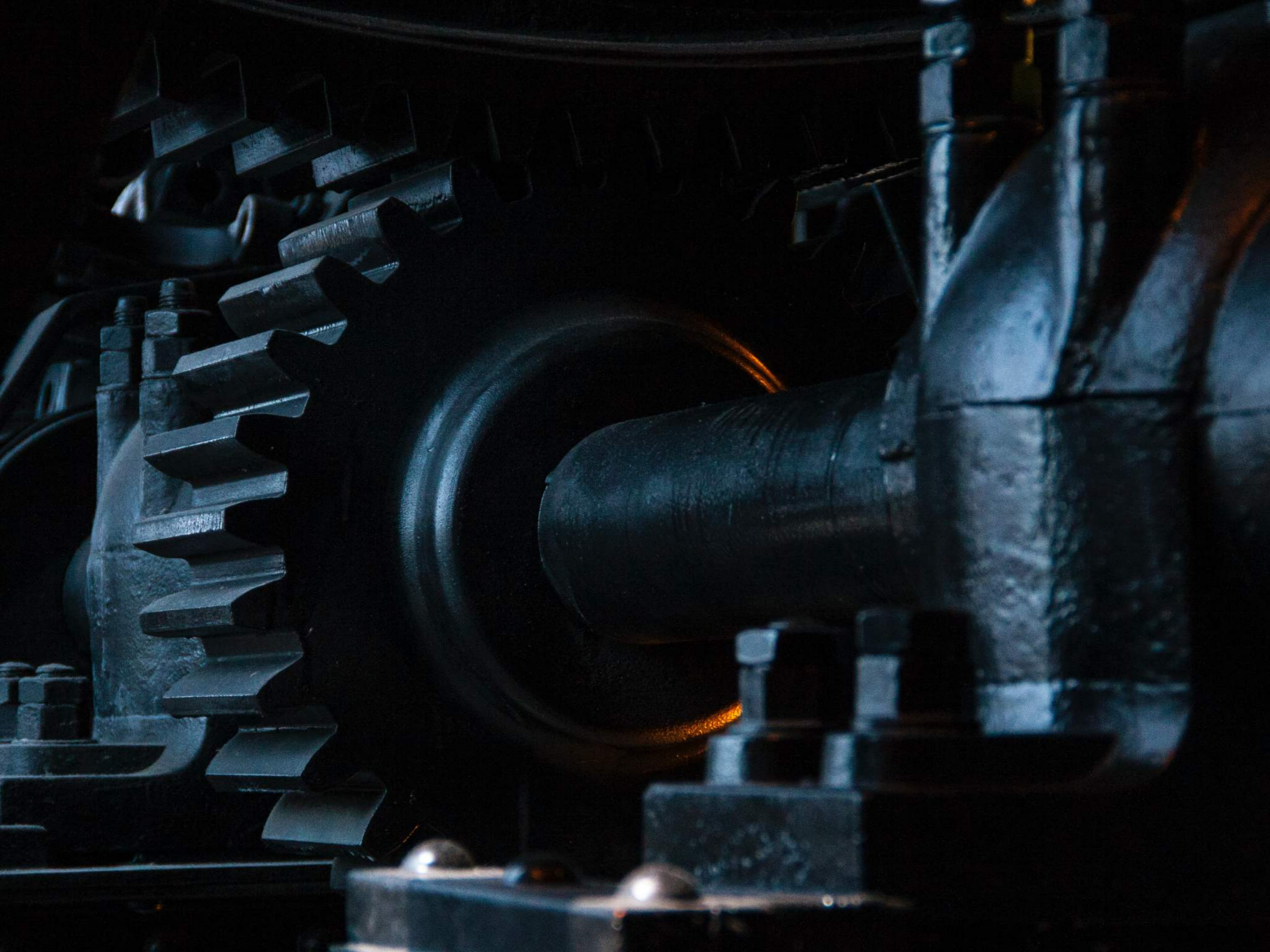
A PRAYER FOR
THOSE WHO
ARE IN AN
AWFUL OR
IMPOSSIBLE
SITUATION

Fear not, I am the one who helps you (Isaiah 41:13 ESV).

Father God ... help!

*(When we pray, our prayers don't need to be long or eloquent—only earnest and honest.
And one of the best we can ever bring is this simplest.*

Trust me, brother, he hears you now. He is for you. He is coming.)



A PRAYER FOR
THOSE WHO
NEED TO
WORSHIP

Oh come, let us worship and bow down; let us kneel before the Lord (Psalm 95:6 ESV).

Pause and take a slow, deep breath or two; become aware that you are in God's presence.

Abba Father ... You are a good dad, strong and kind, never neglectful, never forgetful, and always full of love. Just when I think I've gotten a hold of who you are, you prove that you're better than I ever thought. You are bigger, stronger, deeper, wiser, kinder, more merciful, and more fascinating than I can ever imagine. I love returning home to you.

Lord Jesus ... You are my King, pure and powerful, showing me the way forward, training me to be a man, and how to love the people in my life. It's astonishing that when the battle comes, rather than demanding that I lay down my life for you (as other kings do), you fight and bleed and die *for me*. You *are* my King, and I will follow you anywhere.

Holy Spirit ... You are my Helper, my Counselor. With inexhaustible wisdom and endless availability, you guide me into ever-increasing wholeness and holiness—helping me live as I want to. You are the fire in my heart, giving me energy and excitement to follow your guidance. I love sensing your presence and hearing your voice.

I'm overcome with gratitude because things could so easily be different. Thank you, God, that you are who you are—and that I am who you say I am. Thank you that these will never change. I love and trust you and never want to take your goodness for granted. I want to worship you with my voice. I want to worship you with my life.

Amen

1881



1881



1881



3



2



1



A PRAYER FOR
THOSE WHO
NEED TO GET
SOMETHING
OFF THEIR
CHESTS

Now it's time to change your ways! Turn to face God so he can wipe away your sins, pour out showers of blessing to refresh you (Acts 3:19-23 MSG).

Pause and take a slow, deep breath or two; become aware that you are in God's presence.

Jesus, Friend of Sinners ... My heart is heavy. Sin has me trapped, and I can't get free. Oh, how I've tried. And though I'm reluctant to come to you because of my shame, I'm coming now. Thank you for never turning away or turning me away. Thank you that no matter how deeply I've trapped myself, you always greet me with the same love you would offer me if I'd never sinned at all. I know your hate sin, but I also know that it's mostly because of how it hurts me, how it causes your beloved son pain and grief.

I want to be free from the power that my sin has over my life. And you've promised us that if we confess and repent, you'll forgive our sins and cleanse us from all unrighteousness. So I'm here to do both.

Right now, right here, I confess to you that I have _____
_____.

No longer do I want to be the kind of man who willingly engages in these things. I want to turn away from them. But I'm going to need your help. You alone can free me from them in any lasting way. So, free me, Jesus. Change my heart. Do your work there—cleansing and healing, restoring and redeeming. I give myself over to you.

You are always loving and kind in this work; please teach me to be loving and kind to myself.

Amen



A PRAYER FOR
THOSE
FACING A BIG
DECISION

If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. (James 1:5 ESV).

Pause and take a slow, deep breath or two; become aware that you are in God's presence.

Holy Spirit, Spirit of Wisdom and Understanding . . . I'm struggling to choose between two alternatives. The time is coming, though, and I will have to make a choice. As you know, this is a big deal for me. Whatever decision I make will have far-reaching implications. So, I want to make the right one. That's why I am asking for your help.

Your wisdom and understanding are far beyond my own. As the heavens are higher than the earth, so are your ways higher than my ways and your thoughts than my thoughts. So, guide me as I investigate my alternatives. Help me locate trustworthy people who can provide me with wise counsel. Open my eyes to new and useful information, to things I might not yet have noticed. And as I ponder, speak to me. Direct my thinking. Originate a thought or two in my mind—or a word, or a picture—something that brings clarity and peace.

And once I've decided, calm my heart. Help me to remember that you'll be with me always and no matter what—even if things go wrong.

Amen



A PRAYER FOR
THOSE WHO
ARE LEAVING
HOME

The Lord is my strength and my shield; in him my heart trusts, and I am helped” (Psalm 28:7 ESV).

Pause and take a slow, deep breath or two; become aware that you are in God's presence.

Jesus, my Shepherd ... By your Spirit, be with me as I pack and prepare. Please remind me of anything I might have forgotten. Cover any mistakes I might have made in planning—with tickets, reservations, or anything else.

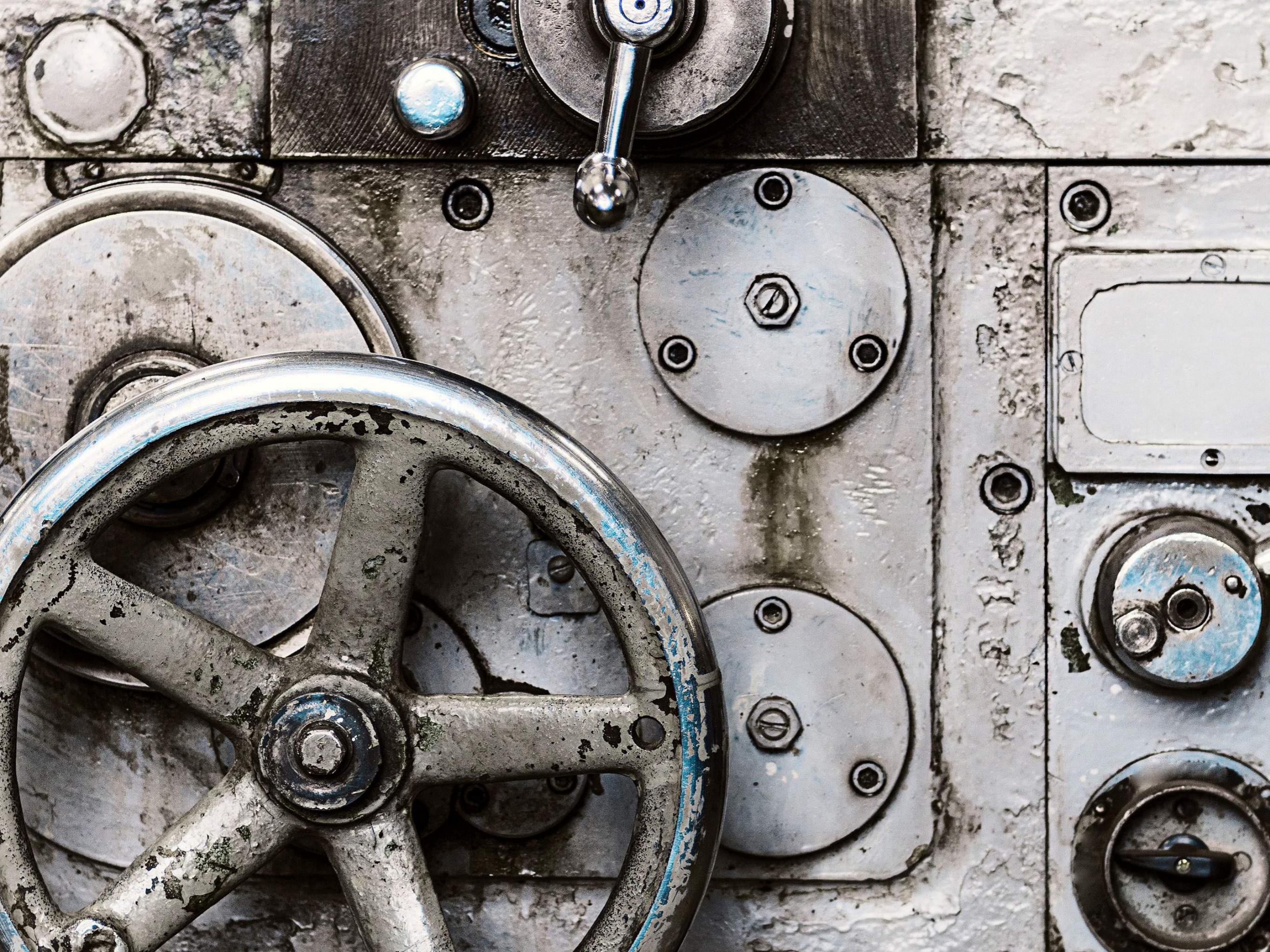
As I step out of my home, go with me. Watch over me and protect my every step after that. Shield me from every danger as I drive in cars, ride on trains, and fly in airplanes. When I get weary from travel, give me energy and strength.

As I experience new places and encounter new people, please help me slow down and be present to every moment you create for me. I want to learn from everything and everyone you place in my path. When things feel chaotic, or I get confused, bring me clarity and direction.

When I encounter difficulties and delays, please help me to be patient and kind. Help me to be grateful too—and to experience your peace. Allow me to see what you have for me in those moments, as well.

And when my journey has come to its end, bring me safely back home.

Amen



A PRAYER FOR
FOR WHEN
YOU WAKE

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope. (Jeremiah 29:11 ESV).

Pause and take a slow, deep breath or two; become aware that you are in God's presence.

God, my Strength ... I wake in the mighty knowledge that I'm your true and beloved son—and that my sonship is secure. There's nothing I can do to make you love me more, and there's nothing I can do to make you love me less.

I arise with fierce confidence that I'm a good and honorable man. After the death and resurrection of your Son—and as I've made my sins known—his righteousness was and is conferred to me.

I begin this day grasping firmly to the truth that I'm never alone. By your Spirit, fill me with the strength and courage, the inspiration and energy to become the man you made me to be. Give me the wisdom to make good and godly choices with my life, my family, and my work.

Amen



A PRAYER FOR
FOR BEFORE
YOU GO
TO BED

Weeping may tarry for the night, but joy comes with the morning. (Psalm 30:5 ESV).

Pause once again, and become aware that you are in the Father's presence.

Father, God Who is Near... Today was no ordinary day for you walked with my every step. As I prepare to sleep and ponder all that happened, sit beside me. Teach me. Comfort my heart.

Thank you for the moments when I felt strong and alive, joyful or peaceful, secure or connected. Those were gifts of your love and signs of your closeness, each created just for me.

And thank you for allowing me to feel weary or burned out, angry or anxious, sad or self-disdainful, frustrated or irritated, alone or lonely too. Help me learn from those moments, as well, and see them as further reminders of your proximity and love and willingness to help.

Of those moments, this one is at the top of my mind: _____.

Your mercy is new every morning. As I look toward tomorrow, my hope is in you.

Amen



Hello. I'm Justin Camp,
and I'm glad to have gotten to do this with you.

I co-founded Gather Ministries with my wife, Jennifer, and created the WiRE for Men devotional. I get to encourage and equip men to pursue God more earnestly and to enjoy more of His goodness and love. It's an honor and a joy.

I wrote The WiRE Series for Men—a set of books for the publisher David C Cook. My writing has also been featured and seen on Charisma, Moody Radio, Focus on the Family, GOD TV, The Christian Post, Crosswalk, Beliefnet, LifeWay Men, Outreach Magazine, CBN, and other media outlets.