



# 21 DAY PRAYER GUIDE

FOR THE POOR & SUFFERING



DR. THOMAS E. TRASK



## **A 21-Day Prayer Guide**

*Praying for the poor and suffering  
using Psalms and Proverbs*

**Dr. Thomas E. Trask**

# Pray For Hope

## A 21-Day Prayer Guide

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are taken from the *King James Version*.

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## **Dedication**

*To Shirley, my beautiful wife. She has been my support in the ministry, my prayer partner, my great Christian friend, and the wonderful mother of my children. She truly is a woman of grace and charm.*

*And to our four children: Kimberly, Bradley, Todd, Thomas II and their mates.*

*I am a blessed man because of them!*



## Introduction

The psalmist David said, “I give myself unto prayer” (Psalm 109:4). I know you share that same commitment, and I am so very grateful you have joined Convoy of Hope’s Global Prayer Initiative. Your prayers for the poor and suffering will have an incalculable impact throughout the world and in the lives of countless people.

Furthermore, I am convinced that it delights the heart of God to have followers of Christ praying earnestly for those whom He loves who are hurting because of difficult circumstances.

The Global Prayer Initiative exists to encourage and support your prayers for the poor and suffering. To help accomplish this goal, we have prepared this prayer guide.

In this guide you will find a daily selection from Psalms or Proverbs with instruction on what to focus on as you pray. But please do not feel

limited to the focus we provide. There is also space provided on each page to jot down any prayer requests or praises you may have.

Our hope is that this guide will encourage you to pray steadfastly for the poor and suffering throughout the day for each of the 21 days. When you have finished the 21-day cycle, please feel free to begin it again or pass the guide on to another prayer partner.

Thank you for dedicating your time to pray for those who are hurting. Your prayers are needed. God is listening!

*God bless,*

**Thomas E. Trask**  
***Chairman***  
**Global Prayer Initiative**

# DAY 1:

## **Promises from Psalm 41:1-3 for those who have a heart to pray for the poor and suffering**

- Promise # 1** Blessed – One is happy!
- Promise # 2** The Lord delivers them in time of trouble.
- Promise # 3** The Lord preserves (keeps) them.
- Promise # 4** The Lord keeps them alive.
- Promise # 5** They shall be blessed upon the earth.
- Promise # 6** The Lord protects them from enemies.
- Promise # 7** The Lord strengthens them upon their bed of languishing.
- Promise # 8** The Lord makes them a bed in their sickness.

### **Prayer requests or praises:**

# DAY 2:

## Pray for the poor who are abused and persecuted

*Psalm 10:2 "The wicked in his pride doth persecute the poor."*

*Psalm 82:3 "Defend the poor and fatherless: justice to the afflicted and needy."*

Many of the poor and suffering are taken advantage of and have no one to turn to for help. Pray today that God brings trusted and honest friends into their lives.

*Psalm 94:14 "For the Lord will not cast off His people, neither will He forsake His inheritance."*

### **Prayer requests or praises:**

**Idea:** Use a status update or a tweet to say a prayer for the poor.

# DAY 3:

## Pray for the fatherless

*Psalm 10:12, 14 "Arise, O Lord; O God, lift up thine hand. . . . Thou art the helper of the fatherless."*

*Psalm 68:5 "A father of the fatherless, and a judge of the widows, is God in His holy habitation."*

We are living in a world today where there are millions of children whose fathers have abandoned their responsibilities to their sons and daughters. This scourge has only fueled poverty and left countless children feeling hopeless. Pray today that God brings hope into the lives of fatherless children.

*Psalm 27:10 "When my father and my mother forsake me, then the Lord will take me up."*

**Prayer requests or praises:**

# DAY 4:

## Pray for those who are in need

*Psalm 12:5 "For the sighing of the needy, now will I arise, saith the Lord."*

*Proverbs 21:13 "Whoso stoppeth his ears at the cry of the poor, he also shall cry himself, but shall not be heard."*

One does not have to look far before discovering people who are in need spiritually, physically, financially and emotionally. Pray today that God miraculously meets the needs of those who are suffering.

*1 Peter 5:7 "Casting all your care upon Him; for He careth for you."*

**Prayer requests or praises:**

# DAY 5:

## Promises for those who pray

*Psalm 5:3 "My voice shalt thou hear in the morning, O Lord; in the morning will I direct my prayer unto thee."*

*Psalm 91:15 "He shall call upon me, and I will answer him: I will be with him in trouble."*

Pray today that God opens amazing doors for Convoy of Hope to reach the poor and hurting with Christ's love and compassion.

### Prayer requests or praises:



Idea: Read what's being said right now about helping the poor.

# DAY 6:

## **Pray that the poor would receive good counsel**

*Psalm 10:17 "Lord, thou hast heard the desire of the humble: thou wilt prepare their heart."*

Good counsel is absolutely essential for those in need, and godly wisdom provides answers for their problems. Pray today God will prompt people to give good counsel to those who are suffering.

*Proverbs 8:14 "Counsel is mine, and sound wisdom: I am understanding; I have strength."*

**Prayer requests or praises:**

# DAY 7:

## Pray for the dreams of the poor

*Psalm 14:6 (The Message) "Do you think you can mess with the dreams of the poor? You can't, for God makes their dreams come true."*

Those who find themselves in need dream of the day when things will change and be better. God uses people to help fulfill those dreams. Pray today that God shows you what you and your family can do to help make the dreams of the poor and suffering come true.

*Isaiah 41:17 "When the poor and needy seek water, and there is none, and their tongue faileth for thirst, I the Lord will hear them."*

**Prayer requests or praises:**

# DAY 8:

## Pray for the poor who are weak

*Psalm 35:10 "Lord, who is like unto thee,  
which deliverest the poor from him that is  
too strong for him?"*

*Proverbs 19:17 "He that hath pity upon  
the poor lendeth unto the Lord."*

Many of the weak and hurting have lost hope. Pray today that they have strength and hope and be encouraged to turn to God.

*1 Peter 5:7 "Casting all your care upon Him;  
for He careth for you."*

**Prayer requests or praises:**

# DAY 9:

## Pray for the poor who are cast down

*Psalm 37:14 "The wicked have drawn out the sword  
... to cast down the poor and needy."*

*Proverbs 14:20 "The poor is hated  
even of his own neighbor."*

Because the poor are often taken advantage of, they need to know God cares for them. They need courage to seek help. Pray today that God brings followers of Christ into their lives to love them, encourage them, and help them.

*Isaiah 49:15 "Can a woman forget her sucking child,  
that she should not have compassion on the son of  
her womb? Yea, they may forget, yet will I not  
forget thee."*

**Prayer requests or praises:**

# DAY 10:

## Promises for those who pray

*Psalm 6:9 "The Lord hath heard my supplication; the Lord will receive my prayer."*

*Psalm 4:3 "The Lord will hear when I call unto him."*

Pray today that God continues to build up your faith and answer your petitions on behalf of the poor and suffering.

*Psalm 46:1 "God is our refuge and strength, a very present help in trouble."*

### Prayer requests or praises:



**Idea:** Watch this video about hearts, yours and God's.

# DAY 11:

## Pray for those who care for the poor

*Psalm 41:1 "Blessed is he that considereth the poor:  
the Lord will deliver him in time of trouble."*

This Scripture promises two things for the person who cares for the poor. First, he will be blessed (happy). Second, he will be delivered in his own time of trouble. Pray today that the staff and volunteers of Convoy of Hope will be blessed and delivered from any trouble they may be facing.

*Psalm 43:5 "Why art thou cast down, O my soul?  
And why art thou disquieted within me? Hope  
in God."*

### Prayer requests or praises:

# DAY 12:

## Pray for the families of the poor

*Psalm 107:41 "Yet setteth he the poor on high from affliction, and maketh him families like a flock."*

Pray today for the leadership of families who are poor and suffering. Many are single mothers or fathers who are trying to provide for the needs of the family. They need strength, determination and hope that only God can provide.

*Isaiah 54:13 "And all thy children shall be taught of the Lord; and great shall be the peace of thy children."*

**Prayer requests or praises:**

# DAY 13:

## Pray for the safety of the poor

*Psalm 109:31 "For he shall stand at the right hand of the poor, to save him from those that condemn his soul."*

*Proverbs 17:5 "Whoso mocketh the poor reproacheth his Maker."*

Many of the poor and suffering live in dangerous environments. Because of drugs, alcohol, violence and crime, their lives can be in danger every day. Pray today that God shields them from harm.

*2 Thessalonians 3:3 "But the Lord is faithful, who shall stablish you, and keep you from evil."*

**Prayer requests or praises:**

# DAY 14:

## Pray for provision for the poor

*Psalm 112:9 "He hath dispersed, he hath given to the poor."*

For the poor, often the basic necessities of life are lacking. Pray today that God supplies food, clothing, housing, and medical and dental help, which are necessities of life.

*Philippians 4:19 "But my God shall supply all your need according to His riches in glory by Christ Jesus."*

### Prayer requests or praises:

**Idea:** Give time or money to an organization that is providing for the poor.

# DAY 15:

## Promises for those who pray

*Psalm 30:2 "O Lord my God, I cried unto thee, and thou hast healed me."*

*Psalm 65:2 "O thou that hearest prayer, unto thee shall all flesh come."*

God answers our prayers. He delights in communicating with us. Pray today that your prayers continue to be heard, and give thanksgiving for all God is doing to help the poor and suffering.

*Mark 11:24 "Therefore I say unto you, what things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them."*

**Prayer requests or praises:**

# DAY 16:

## Pray for the poor as they call upon the Lord for help

*Psalm 69:33 "For the Lord heareth the poor."*

*Psalm 145:18, 19 "The Lord is nigh unto all them that call upon Him. ... He also will hear their cry and will save them"*

Pray today that the poor and suffering come to know the Lord Jesus Christ as their personal Savior and friend, and that He will be their help in time of need.

*Philippians 4:6 "Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God."*

**Prayer requests or praises:**

# DAY 17:

## Pray for those who minister to the poor

*Proverbs 19:17 "He that hath pity upon the poor lendeth unto the Lord."*

Pray today that God raises up people across America and around the world who pray regularly and use their resources to assist and care for the poor and suffering.

*Colossians 3:23 "And whatsoever ye do, do it heartily, as to the Lord, and not unto men."*

**Prayer requests or praises:**

# DAY 18:

## Pray for compassion for the poor

*Proverbs 21:13 "Whoso stoppeth his ears at the cry of the poor, he also shall cry himself, but shall not be heard."*

The Scripture states that Jesus was moved with compassion when He saw the throngs. Pray today that we, as God's people, are moved with a Jesus-like compassion when looking upon and ministering to the poor.

*Matthew 20:34 "So Jesus had compassion on them."*

### Prayer requests or praises:



Idea: Watch this quick video of New Yorkers praying for the poor.

# DAY 19:

## **Pray for those who are able to give generously to care for the poor and suffering**

*Proverbs 22:9 "He that hath a bountiful eye shall be blessed; for he giveth of his bread to the poor."*

God promises that he who gives to the poor will be blessed. Pray today that a spirit of generosity moves upon those who have the ability to give to the poor and hurting.

*Luke 6:38 "Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over."*

**Prayer requests or praises:**

# DAY 20:

## Promises for those who pray

*Psalm 118:5 "I called upon the Lord in distress: the Lord answered me and set me in a large place."*

*Psalm 141:2 "Let my prayer be set forth before thee as incense."*

God is listening. Call upon Him, and He will answer you. Pray today that God answers your prayers for the poor and suffering and delivers you from any distress you may be facing.

*Isaiah 58:9 "Then shalt thou call, and the Lord shall answer; thou shalt cry, and he shall say, Here I am."*

**Prayer requests or praises:**

# DAY 21:

## A season of thanksgiving

Thank the Lord for His promises. Thank Him for people who are praying. Thank Him for those who are ministering to the poor and those in need.

*Psalm 118:7 "The Lord taketh my part with them that help me."*

*Psalm 110:3 "Thy people shall be willing in the day of thy power."*

God delights in our thanksgiving as much as in our prayers. Today, thank God for the wonderful 21-day journey you've just completed. Pray today that God continues to give you strength and determination to pray for the poor and suffering.

### **Prayer requests or praises:**

**Idea:** Find someone to give this guide to.



Along with responding to disasters around the world and holding up to 50 community outreaches each year, **Convoy of Hope feeds tens of thousands of children** each day and hopes to expand that in the months ahead. For many children, the meal they receive from Convoy of Hope is their only meal of the day.



*"All they asked was that we should continue to remember the poor, the very thing I was eager to do"  
Galatians 2:10 (NIV).*

## God is Listening.

In this book by Thomas E. Trask you will read Psalms and Proverbs each day that will bring you encouragement and remind you of God's promises as you take a 21-day journey to help the poor and suffering.

But this is no ordinary journey. You will be praying specifically for 1 billion people who do not have access to clean water and for tens of millions of children and their families who will go to sleep tonight without food.

Your commitment to pray for and help them is born in the heart of God. Thank you for demonstrating your love for God and His creations through prayer.

Hal Donaldson,  
*President, Convoy of Hope*

*Use your smart-phone's QR reader to scan the code and watch a video on your phone. >>>*

