

# HEALTHY AND WHOLE PEOPLE PRAY

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A 21 DAY PRACTICAL PRAYER DEVOTIONAL

SETH M. ROLFE



## INTRODUCTION

A consistent prayer life is the foundation of a healthy and whole person. Inconsistent prayer is the leading cause of a person's unbalanced life in Christ. Most people pray when they need something but, a healthy and whole person pray because of their desire to have a relationship with God.

They commit to daily communication through meditation, prayer, and worship. Lastly, a healthy and whole person acknowledges total dependency on God, which allows them to clearly understand direction from God, minimizing their mistakes and failures. As our world continues to rapidly change, it is imperative for us to develop daily communion with Christ as a foundation. This is why I felt compelled to write this devotional. Although 21 days is just a start, it is my hope that you will continue on this prayer journey until prayer becomes a permanent part of your lifestyle.

I grew up in a household where both of my parents attended daily morning prayer at church. Afterwards, they would come home and pray for my sisters and me as we left for school. As a result, I learned to pray at an early age. We

lived next door to the church, and it felt like we were there every time the lights came on. While there, I learned to mimic what I saw and prayed the way my parents prayed. Unfortunately, by my teenage years, I discovered I didn't have a genuine relationship with God. I was coasting on my parents' prayers.

However, that changed when I started to attend the monthly men's Friday night prayer with my father. These meetings would start with the pastor teaching on a certain bible passage, followed by men praying and singing until the sun came up Saturday morning. Initially, prayer was the furthest thing from my mind. Eventually, I stopped playing under the pews and began to internalize the prayers being prayed. Once I became a young man, though, I began to do things contrary to my spiritual upbringing. Hebrews 2:1 KJV states, "Therefore, we ought to give the more earnest heed to the things which we have heard, lest at any time we should let them slip." I failed to take heed to those things that I heard, and I was drawn away by my choices. As an adult, unbeknownst to me, I began to rely on my dad's spiritual wisdom. We would speak infrequently but once we connected, we spent hours talking about anything and everything.

When my father passed unexpectedly in 2019, I felt I was on the spiritual rollercoaster once again. I felt God abandoned me, and my faith was shattered. As I looked for professional counselors, I came up empty. I made my mind up that, this time, I would trust God with my whole heart. The more I read and spent time with God and developed a consistent prayer life, God became my counselor. While praying one morning, He directed me to intercede for others. Not long after, I felt a nudging to start a weekly prayer call, and I was shocked. I pleaded with God that I was

barely able to pray for my own needs, and definitely felt ill-equipped to commit to praying for others consistently. I resisted. While praying one morning, God took my mind back to when I was a teenager, attending those prayer meetings. God assured me I was ready. I started the healthy and whole men's prayer call the next Saturday. I have prayed every week since. Many of those weekly prayers make up this prayer devotional from 21 practical moments in my life. In each devotional, you will find a topic with specific scriptures, including a brief context of each scripture where I relate my life to the scripture. You will also be challenged with thought-provoking questions to apply your own life's circumstances in the Prayer Prompt section. By sharing my story, it is my prayer that you not only relate your own practical moments to the topics and scriptures but that you are also inspired to create your own daily Healthy and Whole prayer life. Be Blessed

## A PRAYER FOR THE READER

Dear Heavenly Father,  
Thank you for the opportunity to speak into the life of the person reading this devotional. May your Holy Spirit stir their hearts to commit to the process to form a stronger prayer life. I pray their willing heart will give them the opportunity to share their truth to encourage others.

It's in Jesus' name I pray, amen.

## DAY 1

### HAVE YOU BEEN CALLED?

“I see Jesus in every human being. I say to myself, this is hungry Jesus, I must feed him. This is sick Jesus. This one has leprosy or gangrene; I must wash him and tend to him. I serve because I love Jesus.”

Mother Teresa

*And Jesus, walking by the sea of Galilee, saw two brethren, Simon called Peter, and Andrew his brother, casting a net into the sea: for they were fishers. And he saith unto them, follow me, and I will make you fishers of men.*

*Matthew 4:18-19 KJV*

These scriptures are the epitome of giving up all to follow God. Simon-Peter and Andrew heard the call to be fisherman of men and left their livelihood on that very day. Jesus accepted them as they were and knew they would lead people to salvation. Has Jesus called you to leave your current situation? God called me to start a prayer line. I thought of all the things I could do; Intercessory prayer

leader wasn't at the top of my list. I hesitated because of fear, and I simply didn't want to pray. God reminded me that I had been groomed for prayer all my life. My parents were prayer leaders throughout my childhood and my father regularly took me to the church men's all night prayer meetings. Although I was playing under the pews most of the night, prayers of Godly men were reaching heaven. Through obedience, today, you're reading this devotional as a byproduct.



## PRAYER PROMPT

Based on today's reading, what insight can you put into practice?

What is one thing God is calling you to do?

What might you have to leave behind? What is challenging about this that you need to seek God's guidance for?

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## PRAYER

Father God, help us not to procrastinate when we hear the voice of the Lord to come and follow you.

Help us to trust you in faith and move in the direction of obedience. In our obedience, teach us your perfect will and way for our lives so we will fulfill the purpose that you have given.

It's in Jesus' name we pray, amen.

## TODAY'S REFLECTION

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**DAY 2**  
**KEEP TRYING**

“Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.”

Mark Twain

*Fear thou not; for I am with thee be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.*  
*Isaiah 41:10 KJV*

These scriptures relate to the promise that God gave to the children of Israel. Although they knew God was faithful, like many of us, their faith waivered because of their current circumstances. In spite of the trials they faced, they encouraged themselves and took God at his word.

My wife and I have two children. They seem to find inspiration through television shows. When our son was younger, he was a fan of Daniel Tiger. When Daniel is faced with a difficult or new situation he would sing, “Keep trying,

you'll get better." My son would sing the same song when he was faced with obstacles like putting a puzzle together or learning how to read. Just as a child, I have learned to keep trying when it seems that obstacles are never ending. I firmly believe, if we keep our mind stayed upon God, He will keep us in perfect peace.

## PRAYER PROMPT

What one thing would you try if you weren't afraid to fail?

Is God calling you beyond your comfort zone to try  
something new ?

What current project can you give more effort towards?

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## PRAYER

Father God, when we get weak and want to throw in the towel, help us to keep trying. In some instances, we have allowed others to kill our confidence and unconsciously magnified our failure. God help us to find that place in you where distractions are muted, and we can only hear your encouragement.  
It's in Jesus' name we pray, amen.







## DAY 3

### FREE WILL

“Being open to correction means making ourselves vulnerable, and many people are not willing to do that.”

**Myles Munroe**

*But Jonah rose up to flee unto Tarshish from the presence of the Lord, and went down to Joppa; and he found a ship going to Tarshish: so, he paid the fare thereof, and went down into it, to go with them unto Tarshish from the presence of the Lord.*

*Jonah 1:3 KJV*

Free will gives us the ability to choose our own path or have faith in God. In the above mentioned scripture, Jonah, the prophet, chose his will over God's will. He made a conscious decision to disobey God's directive to go to Nineveh because he believed the people of Nineveh weren't worth saving. Jonah's decision led him to being thrown overboard the ship to Tarshish and swallowed by a big fish. Jonah was ultimately given a second chance; however, his free will nearly cost him his life.

In high school, I was caught drinking liquor on a band trip headed to a competition. Although I had been raised in the church and taught to behave differently, I made a deliberate decision to defy the teachings of my parents. I, along with the other band members that I was drinking with, was sent home immediately. My father was waiting at the Greyhound station to pick me up once I'd returned later that day. Travelling home from the station, he never said a word; he just cried. The sincerity of his response has made me question my free will to drink liquor to this day.

## PRAYER PROMPT

Are you guilty of going in a different direction when God has instructed otherwise?

In what areas have you gone in a different direction based solely upon your ideas?

Are you ready to change course?

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## PRAYER

Lord, help us to stay the course and not be deterred by our own free will. Remind us not to use our freedom to satisfy our sinful nature but to serve one another in love. God, help us to not fall prey to the temptation to go against what you have instructed. Lead us to your will for our lives.  
It's in Jesus' name, amen.

## TODAY'S REFLECTION

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## DAY 4

### DON'T DWELL ON THE PAST

“Yesterday is history, tomorrow is a mystery, today is a gift of God, which is why we call it the present.”

Bil Keane

*But his wife looked back from behind him, and she became a pillar of salt.*

*Genesis 19:26 KJV*

God destroyed Sodom and Gomorrah because of sin. Prior to the destruction, two angels of the Lord came to Lot and urged him to leave the city with his family and to never look back. Unfortunately, Lot's wife looked back, and she became a pillar of salt.

When she turned back, it represented her association with a place that God had delivered her and her family from. Maybe she had connections in the past she didn't want to leave. Whatever the reason, she lost her life dwelling on the past. Over 20 years ago, God told me that I

had run my course with my passion for music and it was time to move on. I didn't know how to respond.

Music had been my life up to that point, and I was in my last year in college on a full music scholarship. I spoke to God saying, "If this is you, bless me." Earlier in this difficult journey, I felt like turning back to my familiar. As I perused a life I didn't know in hospitality, I had to stop dwelling on what colleagues and professors thought of my decision. Once I realized it was halting my progression, I recommitted and began to experience success in hospitality.

## PRAYER PROMPT

What things are you holding onto that you know that you should give up?

What have you learned from your past that will help you reach your next destination?

What stories have you read that will motivate action within you?

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## PRAYER

Father God, we know you want the best for us; however, when we can't see where we are going, we become fretful. Help us to be like the man in Mark 9:24 KJV, "I do believe, but help me overcome my unbelief." Help us to overcome, not dwell on the past, and trust you.

It's in Jesus' name we pray, amen.

## TODAY'S REFLECTION

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**DAY 5**  
**TAKE A SEAT**

“Live as if you were to die tomorrow. Learn as if you were to live forever.”

Mahatma Gandhi

*And it came to pass, that after three days they found him in the temple, sitting in the midst of the doctors, both hearing them, and asking them questions.*  
*Luke 2:46 KJV*

Throughout the bible, we read where people learned by taking a seat. The text above reference Jesus taking a seat among the teachers at the age of 12. In Acts 22:3 KJV, the Apostle Paul took a seat and learned from Gamaliel, the perfect law of the fathers. Luke 10:40-41 KJV reference Martha showing irritations with Mary taking a seat at the feet of Jesus. He informs Martha that Mary is learning how to live a Christian life sitting at his feet.

When I first started in hospitality, I walked into my

general manager's office and asked, "How can I get your job?" He replied, "Seth, take a seat."

For the next hour, he shared his journey from bellman to general manager. Over the next few years, I was inspired and became a general manager. Taking a seat among the wise can prove beneficial at any stage of life.



## PRAYER PROMPT

Who can you learn the most from by taking a seat in their presence?

When was the last time you sat at the feet of Jesus?

What did you learn?

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## PRAYER

Lord, in a world where distractions are certain, quicken us to take a seat in your presence daily. Help us not to take yesterday's grace for today and commit to developing intimacy with you.

It's in Jesus' name we pray, amen.





## DAY 6

### BELIEVE

“A sacrifice to be real must cost, must hurt, and must empty ourselves. Give yourself fully to God. He will use you to accomplish great things on the condition that you believe much more in his love than in your weakness.”

Mother Teresa

*But blessed is the one who trusts in the LORD, whose confidence is in him.*

*Jeremiah 17:7 KJV*

I love this verse from Jeremiah. This prophet has confidence in prayer, and he realizes his relationship in Christ. He asks, according to God’s word, to be saved from his enemies and healed from his sufferings. I’m convinced that Jeremiah’s relationship with Christ enabled him to ask this request in faith and trust that God would come through for him.

In the past, when things didn’t go the way I had planned, it was easy for me to forget that God is the omnipotent one. I’m sure I have felt this way because I spent more time,

consciously or unconsciously, trusting more in people than God. Trust can be tricky when dealing with people. They can be fickle, and if I'm honest, I have sometimes put God in that same category. The more time you spend with God, the more you will begin to believe.

## PRAYER PROMPT

Where can you increase your faith?

Based on today's reading, what is one thing God is saying to you about trusting Him?

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## PRAYER

Father God, we know as a people of faith that we should believe in you. Release us from negative thoughts that hold us captive, so we can look beyond our struggles and renew our belief in you. Help us to understand that you are all knowing and all powerful, and release you from the box that we so often put you in.

It's in Jesus's name we pray. Amen







## DAY 7

### WILL YOU BE THE ONE?

“If a man is called to be a street sweeper, he should sweep streets even as a Michelangelo painted, or Beethoven composed music or Shakespeare wrote poetry. He should sweep streets so well that all the hosts of heaven and earth will pause to say, ‘Here lived a great street sweeper who did his job well.’”

Martin Luther King Jr.

*And Peter answered him and said, Lord, if it be thou, bid me come unto thee on the water. And he said, Come.*

*And when Peter was come down out of the ship, he walked on the water, to go to Jesus.*

*Matthew 14:28 KJV*

I can imagine the disciples questioning Peter’s willingness to step out onto the water. “Where are you going? You can’t walk on water.” Out of all the disciples in the boat, Peter was the only one to trust God and literally stepped out on faith. No other person in the Bible walked-on water again.

After graduating from college, I didn't know a lot about hospitality management. The company that hired me offered leadership classes and offered to pay for leadership courses. I was the only associate at the hotel who took them up on their offer. I was called unkind words for seizing the opportunities. Those opportunities prepared me for my journey from the front office to the general manager's office.

## PRAYER PROMPT

Based on today's reading, what's one thing that you need to step out in faith on?

What is one thing God is saying to you about trusting him wholeheartedly?

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## PRAYER

Lord, we live in a world where trust is quickly fading.  
Sometimes, when we finally take steps toward  
you, we can often feel isolated. Help your people to stop  
looking at what we see and take you at your  
word. Help us know that you are there, and you won't leave  
us nor forsake us.  
It's in Jesus' name we pray, amen.







## DAY 8

### WE NEED YOU

“Sir, my concern is not whether God is on our side; my greatest concern is to be on God’s side, for God is always right.”

Abraham Lincoln

*For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that which is good I find not.*

*Romans 7:18 KJV*

I was blown away regarding Paul’s words in this passage. Paul’s sinful nature brought him to make a declaration to develop an innate relationship with Christ. Here is an apostle that walked with Christ, performed miracles, and wrote books in the Bible, yet he recognized that he couldn’t do it on his own.

Today, we have books, podcasts, and courses that teach us about the power within, although we can initiate change, we need God to clarify the power. The ultimate power

should be Christ. Like Paul, I have come to the realization in my life that I'm not enough alone. Every time I try to proceed in any endeavor without him, God gently reminds me. The adversary knows that if he can get us comfortable to thinking we have everything within, he can isolate us and ultimately defeat us. Help us always consider 1 Peter 5:8 KJV: "Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour."

## PRAYER PROMPT

In what areas of your life have you been trying to do something on your own power or strength but were unsuccessful?

What is the one thing God is saying?

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## PRAYER

Father God, although sometimes decisions may seem senseless to move forward with, prompt us to consult you first. When we need reference, give us assurance with scriptures like Proverbs 4:26 KJV: “Ponder the path of thy feet and let all thy ways be established.” Through focused time with you, give us the confidence that if we consult you in our decision that you will answer.

It's in Jesus' name we pray, amen.





**DAY 9**  
IN THE ROOM

“It isn’t what you have or who you are or where you are or what you are doing that makes you happy or unhappy. It is what you think about it.”

Dale Carnegie

*And they laughed him to scorn. But when he had put them all out, he taketh the father and the mother of the damsel, and them that were with him, and entereth in where the damsel was lying. And he took the damsel by the hand, and said unto her, Talitha cumi; which is, being interpreted, Damsel, I say unto thee, arise.*

*Mark 5:40-41KJV*

Jarius was a ruler at a local synagogue in Galilee. He heard about Jesus’s reputation and asked him to come and heal his dying daughter. Upon arrival, a crowd was at the house mourning the death of the child. Jesus informs the crowd that she was asleep and they began heckling him. Jesus

approaches the room and takes in his closest disciples and the child's parent inside.

This story reminded me that when you are seeking God for something in your life, it matters who is in the room. I applied for a job earlier in my career only to be met with immediate opposition. I asked if I could speak with the general manager, and the manager informed me that he wasn't available. After a quick prayer, I was assured I could convince him to hire me if I could get him in the room. Ironically, he came out, and I told him my story and he said, "If God told you to come, who am I to tell you different? Welcome to the team."



## PRAYER PROMPT

Where can you begin to include God and take Him into the room?

What room(s) do you need to take Him into?

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## PRAYER

Lord, sometimes we feel overly confident that we have a situation under control, believing that we can handle a situation without you. In spite of our well intentions, help us to take you in every room knowing that you will provide the favor needed to overcome any obstacle.

It's in Jesus' name we pray, amen.





**DAY 10**  
ARE YOU SURE?

“Patience is not the ability to wait but the ability to keep a good attitude while waiting.”

Joyce Meyer

*And David enquired at the Lord, saying, Shall I pursue after this troop? shall I overtake them? And he answered him, pursue for thou shalt surely overtake them, and without fail recover all.*  
*1 Samuel 30:8 KJV*

Earlier scriptures tell us that David was on the run from King Saul because of an anointing from God. He found shelter and favor among King Achish. The king gave him the small city of Ziklag for his possessions. David headed into battle to help King Achish until the army convinced him that David was a traitor. As David and the troops reached their home in Ziklag, they found everything destroyed. Faced with the tremendous pain and pressure from his troops, David knew he had to go after the men that took from them.

Like David, we are faced with life altering decisions, and face pressure from those we love to decide. I genuinely believe that most of us pray for the decisions we make. The most crucial time after prayer is the WAIT. The wait should draw us back to the original question, "Are you sure?" During the waiting period, we wonder if waiting is the right decision. The prophet Isaiah encourages us to wait upon the Lord and He will renew our strength. The only way to be sure is to make certain God's voice is louder than ours. When we don't wait on answers from God, that's when things tend to go in the wrong direction.

## PRAYER PROMPT

What decisions are you being faced with but are unsure about?

Why are you unsure?

Ask God to show you clarity or confirmation.

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## PRAYER

Father God, although decisions may sometimes be senseless to move forward on, prompt us to consult you first in all things. When we reference, give us assurance with scriptures like Proverbs 4:26 KJV: “Ponder the path of thy feet and let thy ways be established.” Through focused time with you, give us the confidence that when we consult you in our decision, you will answer if we wait upon you.

It's in Jesus' name we pray, amen.







**DAY 11**  
JUST WAIT

“Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish.”

John Quincy Adams

*And therefore, will the LORD wait, that he may be gracious unto you, and therefore will he be exalted, that he may have mercy upon you: for the LORD is a God of judgment: blessed are all they that wait for him.*

*Isaiah 30:18 KJV*

In the aforementioned scripture, Isaiah encourages the people of Judah to wait upon the Lord. Judah's thoughts were on defending themselves from the Assyrian army. They needed immediate protection, so they sought to form an alliance with the Egyptians. This lack of patience caused Judah to be defeated by the Assyrians.

Waiting on God can be one of the hardest things in our walk with Christ. Who wouldn't respond to God's assistance? I have a confession; impatience has caused me to

move without God. Since we have freedom, we will do whatever, whenever we want? We sometime choose the more difficult way because we want things to happen in our timing. If we focus on pleasing the Lord, we will grow in grace towards patience and waiting on Him.

## PRAYER PROMPT

In what times of your life do you wish you had just waited  
or will just wait?

In what areas do you need to remove yourself or take your  
hands away and simply wait on God?

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## PRAYER

Father God, we know you want the best for us; however, when we can't see where we are going, we become impatient. Help us to trust your plan for our lives and value it above our own plans. When we feel like we just can't, remind us of scriptures like Isaiah 41:10 KJV: "But those that wait for the LORD shall have new strength; they shall mount up with wings as eagles; they shall run and not be weary; and they shall walk, and not faint." Help us to overcome and trust you and wait upon you.

It's in Jesus' name we pray, amen.







## DAY 12

### PREPARE YOURSELF

“Ask for what you want and be prepared to get it!”

Maya Angelou

*They that were foolish took their lamps and took no oil with them: But the wise took oil in their vessels with their lamps.*

*Matthew 25:2-4 KJV*

This parable embodies preparing ourselves for the savior and having what it takes to reign with Him. I also interpret this to mean, are you ready for where God wants to take you. Preparation can seem mundane, however, it's essential to being ready. The time will come; will you be prepared to seize the moment?

Preparation put you in position to handle what you can't see in the future. I remember so vividly when I fully prepared myself. I changed my major in my senior year from music to hospitality. I made an “A” in every hospitality class because I was focused on ensuring success in my new major. I was promoted instantly, and I never look back to

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music. God honored my preparation and continues to favor every company I have been associated with since that decision.

## PRAYER PROMPT

Based on today's reading, what insight can you put into practice?

What is one thing God is saying to you?

What are you currently doing to prepare for your next destination?

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## PRAYER

Father God, at times when we set out to accomplish a task, preparation can be difficult because we are eager for the outcome. For reasons unknown, we feel that the morning prayer on the way to the gym will do. Help us to develop our plan with you so we can prepare for the journey ahead.

It's in Jesus' name we pray, amen.





**DAY 13**  
DON'T RUN AHEAD

“In God’s plan, nothing happens by chance.”

St John Paul II

*And Saul said, Bring hither a burnt offering to me, and peace offerings. And he offered the burnt offering.*

*Samuel 13:9 KJV*

In earlier scripture, Samuel the priest warns King Saul to wait seven days before he went into battle. King Saul was influenced by the people of Israel’s frustrations to run ahead offered the sacrifice to God. The seventh day, Samuel returned to offer the sacrifice, only to find King Saul’s disobedience. Although, King Saul’s intentions were admirable, only the priest could offer the sacrifice. This defiance was the beginning of the decline of King Saul’s kingdom and the spirit of the Lord departing from him.

When I ran my first marathon, I was given a training schedule by the coach of the training group. This schedule listed how many miles per week I could run to reduce

injury. A couple of months into training, I was in the best shape of my life, and I felt incredible. Unadvisedly, I moved ahead a couple of weeks on mileage and injured my foot. The doctor put me into a walking boot for nearly six weeks, derailing my training plan. Ultimately, I was able to complete the marathon, but I was forced to walk due to me running ahead.



## PRAYER PROMPT

What decisions are you struggling with in waiting on God?

Have you made up your mind to wait?

Could you spend more daily devotional time with God?

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## PRAYER

Father God, as you know, we are faced with making decisions daily. The wait can sometimes feel longer than we expect, resulting in us moving ahead without receiving confirmation from you. Help us to keep our patience, so we don't fall prey to disobedience. As we spend time with you, I pray that impatience will be replaced with renewed faith in you.

It's in Jesus' name we pray, amen.





## DAY 14

### BE STILL

“The best way to find out if you can trust somebody is to trust them.”

Ernest Hemingway

*Be still, and know that I am God: I will be exalted among the  
heathen, I will be exalted in the earth.*

*Psalms 46:10 KJV*

God’s main focus is that you learn even in the times you’re trying to escape the teaching process. As I was practicing patience, God allowed my mind to roam regarding trials that I have gone through in my life. Never once did I need to complete a trial ASAP. I needed to learn the lesson to ensure I was prepared for the next opportunity. I had to be still.

I was terminated from a position at what was, to me, the most inopportune time. My wife and I bought a house in September, the termination was October, and our first child was born in November. During the first few months, I was overwhelmed. While being still, I noticed that I had become

so dependent on a salary that I stopped believing in God's provision. One day in January, it snowed, and I witnessed what seemed like a bird playing in the snow not concerned that it was cold or that food wasn't in sight. In the stillness of that moment, I felt the presence of God assuring me that everything will be fine. Remember Psalm 56:3 KJV, which states, "What time I am afraid, I will trust in thee."

## PRAYER PROMPT

What has God instructed you to be still regarding?

Is God's voice louder than yours?

Based on today's reading, what insight can you put into practice?

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## PRAYER

Lord, I know first-hand how difficult it can be to quiet my mind to find stillness. God, help us to be still enough when you speak, so that we can decipher your voice from our own. Lastly, I pray that we become more dependent on knowing that you won't fail us concerning our situations.

It's in Jesus' name we pray, amen.







**DAY 15**  
DECEPTION

“Some people think they have discernment when actually they are just suspicious. Suspicion comes out of the unrenewed mind; discernment comes out of the renewed spirit.”

Joyce Meyer

*For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil.*

*Genesis 3:5 KJV*

God instructed Adam and Eve that they could eat from any tree in the Garden of Eden except the tree in the center. The serpent approached Eve and challenged her obedience to God by telling her what would happen if she ate the fruit, leaving her intrigued. This gave birth to the deception. The serpent said, “You won’t die and as so as you eat of the tree your eyes will be open, you be like him knowing good and evil.” The serpent was correct. They came into knowledge

and immediately knew their faults. They were later judged by God and had to leave the Garden of Eden.

It is the adversary's objective to put deception in our mind. Once this feat is accomplished, you will instantly invoke your deception on others. It happened in biblical days, and it is happening in our lives today. Developing Godly discernment and a love for the word of God will help us conquer doubt within ourselves.

## PRAYER PROMPT

What are you having a hard time or struggling with?

Are you trying to battle it alone or with God?

Is there an accountability partner that could help?

What is one thing God is saying to you?

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## PRAYER

Lord, I know first-hand how difficult it can be to quiet my mind to find stillness. God, help us to be still enough when you speak, so that we can decipher your voice from our own. Lastly, I pray that we become more dependent on knowing that you won't fail us concerning our situations.

It's in Jesus' name we pray, amen.







## DAY 16

### TRUST

“Faith is about trusting God when you have unanswered questions.”

Joel Osteen

*Trust in the Lord with all thine heart and lean not unto thine own understanding.*

*Proverbs 3:5 KJV*

Solomon lived by the words he wrote in the scriptures. At the beginning of his forty-year reign, Solomon made a covenant with God. He asked God for wisdom. As a result, he was granted honor, long life, and riches. His faithfulness gives testimony; if we trust God, He won't fail.

I have to confess; I sometimes lean unto my own understanding. As a husband, I can sometimes feel pressure to perform, causing me to lean on my bank account, abilities, or ego. The honest reason is because I love to be in control of situations; uncertainty makes me feel lost. After I run into failure, I finally find myself trusting the Lord with all my

heart. When I give up my ability, I realize trusting in God gives me all the guarantees I need: never betrayal, never abandonment, but thoughts, hopes, and plans for good, even when the opposite was intended.

Remember: We've all fallen short. Be patient and (continue to) walk in the Holy Spirit as He'll endure, you're walking in the right direction.

## PRAYER PROMPT

What things have you neglected to trust God with?

What steps can you take to stop leaning on your own understanding?

How can you move the clutter out of your life to begin to trust God fully?

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## PRAYER

Father God, I pray that we do more than say we trust you. I pray that we literally act out the definition of trust and have a firm belief in the reliability in you. While trusting you, help us not to be naive believing that we will have a problem free life. However, keep us in perfect peace because we trust in you.

It's in Jesus' name we pray, amen.





## DAY 17

### REST

“So, to prevent fatigue and worry, the first rule is: Rest often. Rest before you get tired.”

Dale Carnegie

*You are to do your work for six days, but on the seventh day you are to refrain from work.*

*Exodus 23:12a KJV*

Every time I read this passage and reflect on what God did in six days, I am astonished how some of us rarely take rest, vacation, or spend quality time with ourselves much less with the people we love. Hebrews 4:1b gives reference of the Israelites failing short of the Promise Land, mainly because they rest in God's promises. When we lack unbelief in God, he can't provide the rest we need, and we ultimately the promises that God has for us.

In the weeks leading up to my birthday, my wife continued to ask me what I wanted to do or where I wanted to go. My response was the same each time she asked,

“Nothing.” Leading up to my birthday, I was working longer hours, starting a new business, and writing. I really needed a little time to rest. Birthday gift—a day of rest. It was hard, but I did it! That rest brought a time of reflection and revelation. Reflection: trust that rest is essential for the mind, body, and soul.

Revelation: God wants us not to question rest and know He’s a provider. If God did it, so can we! I purposed to rest more frequent and trust in the promises of God.



## PRAYER PROMPT

How can you implement rest in your life?

What areas do you need to take rest from?

What can you do to help you maintain this new  
commitment?

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## PRAYER

Lord, we first ask for forgiveness for not trusting in your ability to provide for our every need. Help us to take you at your word and have assurance that you will direct our paths. As we continue this journey through life, help us to find rest knowing that you won't ever fail us.

It's in Jesus' name we pray, amen.





## DAY 18

### BE CONSISTENT

“Successful people do ordinary things with extraordinary consistency, commitment and focus.”

Jon Gordon

*If we suffer, we shall also reign with him: if we deny him, he also will deny us.*

*Timothy 2:12 KJV*

Paul pens the book of Timothy while bound in chains in a jail cell near the end of his life. This scripture gives counsel to Timothy about the blessings and difficult times he could experience as a teacher of Jesus.

Later on in the scriptures, Paul implies Timothy's consistent faith would be rewarded with a crown of righteousness and Timothy's reward would be the same as a faithful servant.

I played alto saxophone throughout grade school and went to college on a full scholarship. Although, I was a decent musician, I didn't realize the importance of consis-

tency until All West competitions. Here, all the saxophonists were also accomplished. However, you could immediately tell the select few who practiced perfectly because their performance was astounding. Hearing them made me think of the times where I could have practiced longer and more consistently. The difference in whether you are perfect or not, is based upon your consistency.

## PRAYER PROMPT

Based on today's reading, what insight can you put into practice?

How can you be more consistent in different areas of your life?

Are you being consistent in the purpose God has given you?

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## PRAYER

Father God, since you created everything, help us to know that you are the only thing consistent in this world. When in doubt of your greatness, remind us of Romans 12:12 KJV: “Rejoicing in hope; patient in tribulation; continuing instant in prayer.”

It's in Jesus' name we pray, amen.







**DAY 19**  
CONFIDENCE

“This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.”

1 John 5:14 NIV

*In all thy ways acknowledge him, and he shall direct thy paths.*  
*Proverbs 3:6 KJV*

These scriptures are a result of David instilling a love for God in his son, Solomon. David’s final words to Solomon found in 1 Kings really set the foundation for Solomon’s life. He admonishes him to be strong, a man of character, walk in the ways of God, and keep all of His laws. Solomon’s honor for his father’s requests and his reverence for God, produced Israel’s wisest and most celebrated King.

My father taught me the word of God as a child. I felt like I learned more scriptures than history or math at school. As I grew older, I didn’t go to church as much. In doing this, my confidence in God became less important: I

felt my problems, anxiety, and frustrations increase with each passing year: Only when I asked God for wisdom and began to spend time in his presence did confidence return. The only way to be led into the promises of God is by trusting that he knows better than you.

## PRAYER PROMPT

Based on today's reading, what insight can you put into practice?

What is one thing God is saying to you?

What have you learned from your past that will help you reach your next destination?

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## PRAYER

Lord, help us to genuinely have confidence in you. You gave us the word of God so we can believe and develop the confidence that you will bring us through any situation. Give us the strength not to be ashamed of where we are in our relationship, just give us the tenacity to work to build our assurance in you.

It's in Jesus' name we pray, amen.







## DAY 20

### LEGACY

“If you’re going to live, leave a legacy. Make a mark on the world that can’t be erased.”

Maya Angelou

*Now the days of David drew nigh that he should die; and he charged Solomon his son, saying, I go the way of all the earth: be thou strong therefore, and shew thyself a man; And keep the charge of the Lord thy God, to walk in his ways, to keep his statutes, and his commandments, and his judgments, and his testimonies, as it is written in the law of Moses, that thou mayest prosper in all that thou doest, and whithersoever thou turnest thyself;*  
*1 Kings 2:1-3 KJV*

These are the beginning of David’s final words to Solomon. When most think of the wisdom in bible terms, we think of Solomon, after all, he wrote Proverbs. I think of his father David. David set the godly foundation for Solomon and

groomed him to be the king. David's leadership enabled us to witness Solomon's wisdom.

I am Larry's only son. He instilled two character traits as a child. First, an opportunity to have a relationship with Jesus Christ, which groomed me for the Healthy & Whole Men's Prayer Call and this devotional. He made sure I was in church; sometimes, more than I would have liked. The second character trait he instilled in me was work ethic. He had a small business, and he ensured I learned the trade and worked long hours beside him. Through my father's legacy, I have at least two things to pass on to my son, Landon.

## PRAYER PROMPT

Based on today's reading, what legacy was passed to you?

What do you need to do to ensure your legacy is  
memorable?

What legacy would you like to leave?

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## PRAYER

Lord, help us not to get caught up in doing everything we want to do and forget who and what we're working for. Help us not to neglect to raise our children in the admonition of you. Give us the desire to lead our friends to a relationship with you. Lastly, help us to leave a legacy to empower multiple generations in our family.  
It's in Jesus' name we pray, amen.





## DAY 21

### GRIEF

“What we have once enjoyed deeply we can never lose. All that we love deeply becomes a part of us.”

Helen Keller

*Jesus wept. John 11:35 KJV*

Jesus wept out of compassion for Mary and Martha because their brother, Lazarus, was dead. This verse showed me that although Jesus committed no sin, He was human. Even though He knew His intentions to raise him, He was still empathetic with his family.

Grief will inevitably affect all of us at some point in our lives. It is said that the best way to handle grief is to embrace the difficult feelings. When my father passed unexpectedly, I was shocked. I spoke to him a couple of days prior, and he stated he was feeling the best he had ever felt. Yet, he was dead. I was angry at God for taking my counselor and friend. I felt lost, empty, and speechless all at once. As I cried, God reminded me that earlier in the year, I asked him

for more time and he honored my request. In that moment, God immediately gave me strength. I can bear witness to Deuteronomy 31:6 KJV: “Be strong and of a good courage, fear not, nor be afraid of them: for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee.” Today, I can say that God didn’t abandon me in my time of need and He continues to give me daily strength.



## PRAYER PROMPT

What grief have you tried to handle in your own strength?

In what ways can you trust God to help you?

How can you help someone else that is going through grief?

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## PRAYER

Lord, it is often said that you know best. To be honest, when we encounter grief, it just doesn't feel that way. Grief can leave us upset or even angry. Help us to remember that you are near the brokenhearted, and you will keep us in perfect peace if our mind is on you. Give us the strength to lean on you even though we may not understand.

It's in Jesus' name we pray, amen.





## ACKNOWLEDGMENT

To my parents: Thank you for life and teaching me how to pray.

Dad, I love and miss you.

To my wife, Damia, thanks for always supporting me. I love and appreciate you.

To my children, Landon and Carleigh, I'm honored to be your father.



## ABOUT THE AUTHOR



Seth M. Rolfe is a husband, father, business owner, and prayer warrior. He created and now conducts a weekly prayer call with men through his social media platform, Healthy & Whole Men Prayer Group, to reach the heart of God in faith and on one accord.

In addition to helping men reach their full potential through prayer, Seth's company, SR Hospitality Resources, helps businesses and professionals reach their full potential in the corporate arena. Seth also works alongside his wife of

over fifteen years, Damia, in their marriage ministry, Healthy & Whole Marriage Conferences, Inc., a Christian organization that provides resources to encourage and cultivate healthy and whole marriages thereby.

You can follow more of his great work at  
<https://healthyandwholemarriages.com/>