



Pausing With God Ministries - Early Morning Prayer

JULY 2026

“SET FREE & WALKING IN FREEDOM”

“So if the Son sets you free, you will be free indeed.” — John 8:36

Day 1: Free Indeed	Scripture: John 8:36
Prayer Point: Pray for freedom from anything keeping you spiritually or emotionally bound.	
Day 2: No More Condemnation	Scripture: Romans 8:1
Prayer Point: Pray for healing from past mistakes and self-condemnation.	
Day 3: Chains Broken	Scripture: Psalm 107:14
Prayer Point: Pray against fear, addiction, unhealthy habits, and emotional bondage.	
Day 4: Released from Fear	Scripture: 2 Timothy 1:7
Prayer Point: Pray for courage and peace in difficult situations.	
Day 5: Letting Go	Scripture: Philippians 3:13–14
Prayer Point: Pray for strength to let go of hurt, disappointment, and regret.	
Day 6: Healing for My Heart	Scripture: Psalm 147:3
Prayer Point: Pray for emotional healing and restoration.	
Day 7: Delivered from Worry	Scripture: Matthew 6:34
Prayer Point: Pray for freedom from anxiety, stress, and overthinking.	
Day 8: Liberty in the Spirit	Scripture: 2 Corinthians 3:17
Prayer Point: Pray for spiritual growth and renewed joy.	
Day 9: Burdens Lifted	Scripture: Matthew 11:28–30
Prayer Point: Pray for relief from emotional and mental burdens.	
Day 10: Free from Bondage	Scripture: Galatians 5:1
Prayer Point: Pray against returning to unhealthy cycles and habits.	
Day 11: Peace Over Anxiety	Scripture: Philippians 4:6–7
Prayer Point: Pray for calmness and trust in God’s provision.	
Day 12: Freedom Through Truth	Scripture: John 8:32
Prayer Point: Pray for discernment and understanding of God’s Word.	
Day 13: New Mindset	Scripture: Ephesians 4:23
Prayer Point: Pray for healthy thoughts and spiritual maturity.	
Day 14: Walking by Faith	Scripture: Hebrews 10:23
Prayer Point: Pray for consistency and endurance in your faith walk.	
Day 15: Strengthened Daily	Scripture: Isaiah 41:10
Prayer Point: Pray for strength during difficult seasons.	
Day 16: Restored Joy	Scripture: Nehemiah 8:10
Prayer Point: Pray for joy, laughter, and emotional renewal.	
Day 17: Free to Worship	Scripture: Psalm 100:2
Prayer Point: Pray for a deeper relationship with God through worship.	
Day 18: Breaking Strongholds	Scripture: 2 Corinthians 10:4
Prayer Point: Pray against negative thinking and spiritual attacks.	
Day 19: Guided by Peace	Scripture: Colossians 3:15
Prayer Point: Pray for clarity and wisdom in decision-making.	

Day 20: Courage to Move Forward	Scripture: Joshua 1:9
Prayer Point: Pray for boldness to embrace change and growth.	
Day 21: Overflowing Hope	Scripture: Romans 15:13
Prayer Point: Pray for renewed hope and encouragement.	
Day 22: Chosen & Loved	Scripture: 1 Peter 2:9
Prayer Point: Pray for confidence in your God-given identity.	
Day 23: Freedom from Comparison	Scripture: Galatians 6:4
Prayer Point: Pray against insecurity and comparison.	
Day 24: Peaceful Rest	Scripture: Exodus 33:14
Prayer Point: Pray for physical, emotional, and spiritual rest.	
Day 25: Victorious Living	Scripture: 1 Corinthians 15:57
Prayer Point: Pray confidently for victory in ongoing battles.	
Day 26: Free to Love Others	Scripture: 1 John 4:19
Prayer Point: Pray for healthy relationships and forgiveness.	
Day 27: Joy After the Storm	Scripture: Psalm 30:5
Prayer Point: Pray for encouragement during difficult seasons.	
Day 28: Walking Boldly	Scripture: Proverbs 28:1
Prayer Point: Pray for bold faith and spiritual confidence.	
Day 29: A New Thing	Scripture: Isaiah 43:19
Prayer Point: Pray for readiness to embrace new opportunities.	
Day 30: Kept by Grace	Scripture: Jude 1:24
Prayer Point: Pray for continued strength and stability.	
Day 31: Living Free	Scripture: Psalm 118:5
Prayer Point: Pray for lasting freedom and continued spiritual growth.	

 **Pausing With God Ministries**

 Encouraging • Empowering • Engaging

 PausingWithGod.com