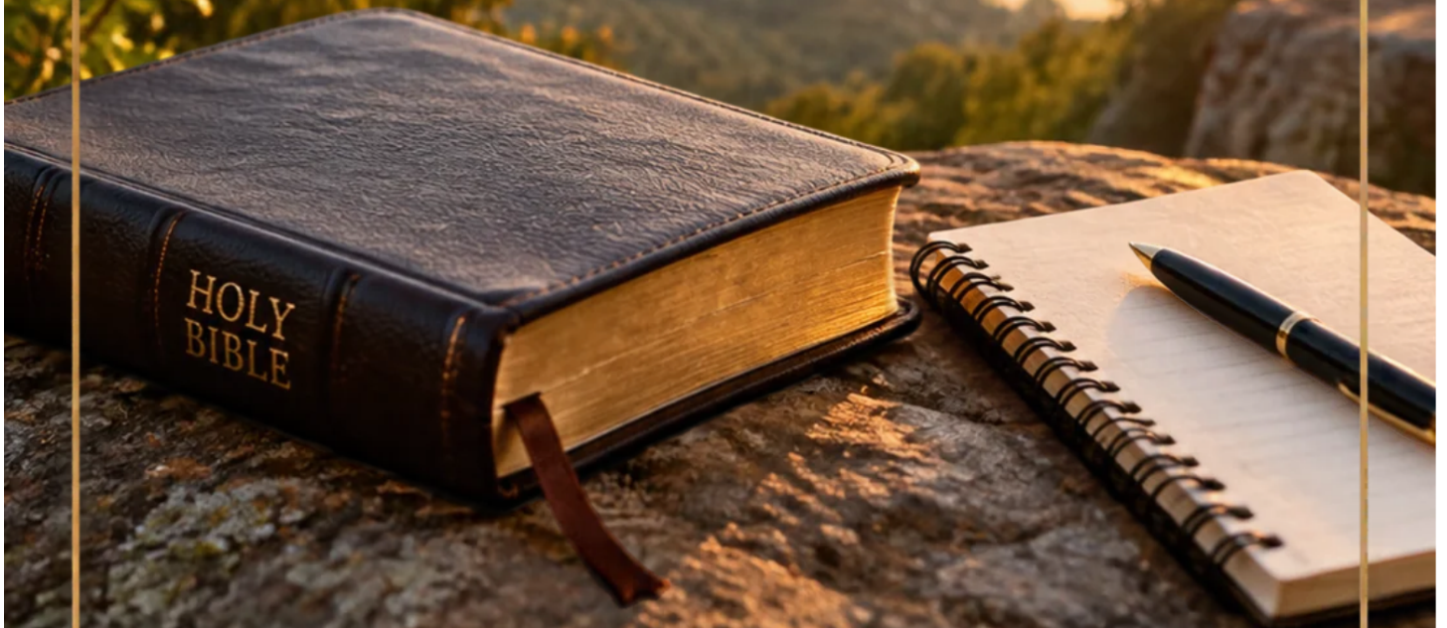




7-Day Prayer Journal

3 John 1:1–14

November 1-7, 2026



Dear Promise Land Church Family and Ministry Partners,

Grace and peace to you in the name of our Lord and Savior, Jesus Christ!

It is with a grateful heart that I invite you to join me for Seven Days of Prayer. What a blessing it is to come together as a family of faith, seeking God's presence, listening for His direction, and allowing Him to renew our hearts and strengthen our walk with Him.

Our focus, 3 John 1:1–14, reminds us of the joy of walking in truth, remaining faithful, showing hospitality, and encouraging one another in the work of the Lord. As we journey through these seven days, my prayer is that God will help each of us grow deeper in our faith and become even more intentional about how we love, serve, and support one another.

I encourage you to set aside time each day to pray for your family, our church, our leadership, our ministry partners, and the community we are called to serve. Let us also pray for one another, remembering that we all need God's grace, strength, wisdom, and encouragement along the way.

PLC Family, may these seven days be more than a scheduled time of prayer. May they draw us closer to God and to one another. As John reminds us, there is great joy in knowing that others are walking in truth. May our lives reflect that truth and leave a lasting witness of God's love wherever we go.

Thank you for joining me in this time of prayer and consecration. I appreciate you and am grateful for the privilege of serving alongside you. Let us seek the Lord together with expectant hearts, trusting Him to lead us in all things.

Amazed By His Grace,

Elliot R. Shelton, Sr.

Elliot R. Shelton, Sr.

Senior Pastor, Promise Land Church - Memphis

Day 1 – November 1, 2026

“Beloved, I wish above all things that thou mayest prosper and be in health,
even as thy soul prospereth.” — 3 John 1:2

Thought: We trust and know God to be a Healer. Just because there are times we question in times of sickness, death and/or peril does not mean God has diminished healing/delivering abilities.

Sometimes our mind and Faith is under attack, and it simply means we have human frailties. In the strength of God, we are believing for your/our Healing, Deliverance, Wholeness, Favor, Longevity and Peace.

Prayer: Father, there are times we are weak, but we know and trust you are Strong, Omnipotent. Thank you for keeping and carrying us during all times and seasons. We are believing for Healing, Deliverance, Wholeness, Favor, Longevity and Peace. In the name of Jesus Christ, Amen!

Day 2 – November 2, 2026

“For I rejoiced greatly, when the brethren came and testified of the truth that is in thee, even as thou walkest in the truth. 4 I have no greater joy than to hear that my children walk in truth.” — 3 John 1:3-4

Thoughts: It is a joy when someone tells me how much manners my boys have. I’m thankful for that. It makes you joyful when people say nice things about the people you love. Recently, a pastor I bumped into was telling me about another pastor who is always kind and encouraging whenever they cross paths. He said that he is always the same. That was encouraging to know that people still encourage others. There is no greater joy than hearing that my children walk in Truth, the Truth of the Word of God. Well, my dad was the pastor he was talking about! He was sharing how my dad exemplifies Christian character. No greater joy than to hear that my children walk in Truth. The Truth of the Word of God. Keep walking in Truth. Someone is being encouraged by Your Walk!

Prayer: Father God, help us to talk and walk in Your love and model true Christian character. We want to walk in Truth. In the name of Jesus Christ, Amen!

Day 3 – November 3, 2026

“Beloved, thou doest faithfully whatsoever thou doest to the brethren, and to strangers;” — 3 John 1:5

Thoughts: Many of us can only be nice and say nice things about people that are gonna do something for us. If it’s not anything in it for us, we are not touching it. What if God did us the same way? What if God said, “Well they are not trusting me. They are not putting me first. They are not living according to my word.” As we go about, let’s be faithful and do good to all. Whether it’s a stranger in a restaurant, a person sitting beside us in the office or someone trying to get over in traffic. Let’s do Good, because it’s of God!

Prayer: Father God, thank You for allowing our mind and hearts to be attuned to the things of You. We want to be sensitive about doing good because we know it’s of You. We ask that we look for nothing in return, that we don’t get frustrated. We know in due season we will reap, if we faint not. In the name of Jesus Christ, Amen!

Day 4 – November 4, 2026

“I wrote unto the church: but Diotrephes, who loveth to have the preeminence among them, receiveth us not. Wherefore, if I come, I will remember his deeds which he doeth, prating against us with malicious words: and not content therewith, neither doth he himself receive the brethren, and forbiddeth them that would, and casteth them out of the church.”
— 3 John 1:9-10

Thoughts: There are some people that have to always shine. Always have to have the spotlight on them. Have to have the largest house, brightest car, newest this or that. Well, understand it’s all vanity

(empty/nothing) and passing away. The things that matter are the things we do for the Lord! Keep working for the Lord. Do Good, not to be seen, but because it's what the Lord would have us to do.

Prayer: Father God, we acknowledge that You have the preeminence in our life. There is nothing like You. Nothing compares to You. Allow our selfish ways to be removed and for us to reflect Your Light. Let us show the world, we belong to You. In the name of Jesus Christ, Amen!

Day 5 – November 5, 2026

“Beloved, follow not that which is evil, but that which is good. He that doeth good is of God: but he that doeth evil hath not seen God.” — 3 John 1:11

Thought: Doing good should be the natural way of living. However, it seems that many of our natural ways of living is evil. Take time with God, and on today Do Good and allow the world to know you are of God and belong to Him!

Prayer: Father help us to do Good. Allow the Holy Spirit to prompt us to do Good. Not just think of good or talk about those that do Good. We want to be the Good in the world as we represent You. In the name of Jesus Christ, Amen!

Day 6 – November 6, 2026

“Demetrius hath good report of all men, and of the truth itself: yea, and we also bear record; and ye know that our record is true.” — 3 John 1:12

Thought: The antithesis between these two personas is amazing. In verse 9, we have a man with a bad report, but in verse 11, we have a servant of God that has a good report. And not just one good report, Demetrius has a track record, a pattern of doing good to all. John adds by phrase, “of the truth itself.” What does that mean, you may ask? Not only do people know this servant does good and has a good report, but the Truth itself bears witness to it. Let the record show that it's not just people who know you have a good report, but the Truth itself knows it, too.

Prayer: Father, we thank You for allowing us to have this time in Your Word. We know that even Truth itself displays our record. Give us the power to leave a mark on the world, that we are carriers of the gospel of Jesus Christ. That you sent Your only begotten Son-Jesus, to be born of a Virgin, Victim one Friday, but you won the Victory on Sunday morning. In the name of Jesus Christ, Amen!

Day 7 – November 7, 2026

“I had many things to write, but I will not with ink and pen write unto thee: 14 But I trust I shall shortly see thee, and we shall speak face to face. Peace be to thee. Our friends salute thee. Greet the friends by name.” — 3 John 1:13-14

Thought: We all think we have time to do, write and even say things later. John was hoping to see them later so he could share the things he wanted to say. However, time is not promised to any of us. Yes, we want to live a life of longevity and in the words of Martin King, “longevity has its place.” However, don't wait until later to express what is in your heart. Make it a practice to write that note, send that text, call that person, and offer a word of encouragement. You may not always have tomorrow to do or say what you can do or say today.

Prayer: Father God, we thank You for allowing us to have this day. We ask that you would give us time to encourage and motivate others to be the best them for You. Help us to articulate the correct

words, say the right things that it will help lift them higher and see You. In the name of Jesus Christ,
Amen!

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