

40 Days of Prayer



Day 1

Philippians 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

When worries and anxieties creep up into our mind, we have a Godly strategy to confront these thoughts and remain in God's peace. What is this strategy? It's prayer! When we lay down our concerns at the feet of Jesus, we can be confident that He hears us and is able to address our worries so that we can remain in His peace.

There are two questions for you to ponder today: What am I anxious or worried about? What am I grateful for? Take a few moments to jot down your answers to these questions. When you're ready, start praying by thanking God for the things you are grateful for. Thank Him for the blessings you enjoy. When you've finished, transition your prayers to the things you're concerned about. Bring them before the Lord and ask Him to work in your life. Ask God if anything needs to change in you. Ask God to release His peace over your anxious thoughts as you navigate the difficult situations in your life.

Be sure to write down anything you feel God is showing you through these prayers.

Day 2

Psalm 145:16

You open your hand and satisfy the desires of every living thing.

God's goodness is vast, His majesty splendid, and His love deep beyond measure. He is the author of our story, and His hands are always open ready to give us everything we need to live this life. Yet so often, our own hands are full. Full of responsibilities, self-sufficiency, and burdens we were never meant to carry.

As we enter this season of Lent, pause and ask "Lord is there anything I am holding that is stopping me from receiving what you have for me? Maybe it's the weight of work, the need to control, or the fear of letting go. Whatever it is, He invites you to place it in His hands. When you release what you're holding, you make room for His grace, His peace, and His provision.

Prayer: *Lord, my hands are full, and my heart longs for You. Show me what I need to release today. Help me trust that what You offer in exchange is far greater than what I cling to. Fill me with Your goodness and satisfy my soul. Amen.*

Day 3

Matthew 5:6-8

But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.

In the simplest sense, prayer is a conversation between you and God. There are no secret techniques or phrases that only the holiest of people know to communicate with God. Prayer is an opportunity to express your heart to God and experience time in His presence. It is a two-way conversation that doesn't need to be formal or organised to be accepted. God wants to talk to you, and you to talk to Him. When you pray, do it authentically, humbly, and from your heart. Fancy words or public displays are not necessary for God to hear you and respond. When you pray today, try talking to God like a close friend over a cuppa. Make space for silence so you can listen to Him as well.

Be sure to write down anything you sense God is saying to you as you pray.

Day 4

Romans 8:26

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.

Did you know that we don't need words to pray? Sometimes, we may lack the words or feel like words are insufficient to express what is going on in our hearts and minds. When this happens, the Holy Spirit can intercede on our behalf. He becomes a spiritual interpreter translating the cries of our heart to God's heart. This means that even when our words fail us God knows what we need and how to respond to us. God wants us to come to Him with every need and problem. He is faithful to listen to us and answer our prayers. Even when we don't know what to say, He has made a way for us to come into His presence and share our burdens. Today, try coming before God in silence. Just sit before Him without using words.

Take a moment to write down how this silent prayer went for you. Was it difficult? Did you get distracted? Did you feel "heard" despite not using words?

Day 5

James 5:13-16

Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. Therefore, confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

Prayer is one the greatest tools at the Christian's disposal. Prayer can take many different forms. We can pray when we're in trouble. We can pray when we experience God's blessing. We can use prayer as a weapon against evil and darkness in the world and in our lives. We can pray when we're sick, depressed, or burdened. We can even pray when we've been sinful and receive God's forgiveness. Prayer is a central activity of a Christian's life. When we pray, we can come before God with our needs, our gratitude, and our concerns. He wants us to pray because it demonstrates our dependence on His love, care, and provision. What will you bring before God today?

Make a list of your prayer requests and come back to them as God answers your prayers. How did God work in these situations? Be sure to thank Him when He answers.

Day 6

Mark 11:25

"And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins."

As Christians, we must cultivate a lifestyle of forgiveness. The Bible clearly teaches that we must forgive others when they hurt or offend us. This is because God forgave all our sins at our moment of salvation. Jesus had to die on the cross to forgive our sins and bring us into relationship with God. His expectation is that we forgive others when they sin against us. When Jesus forgave our sins there was no fine print. Every sin, both great and small, was forgiven in that moment. Likewise, we must forgive others, even if they have hurt us deeply. Holding onto unforgiveness can create a barrier between us and God. When we hold onto unforgiveness we remain attached to our offender and our pain may continue to be raw. The quickest way to healing is to forgive and place our offender into the hands of God who is the righteous judge.

Who do you need to forgive today? Ask God, "Is there anyone I need to forgive?" Write down the names or faces that come to mind. Spend a few moments forgiving them and ask God to heal the places of your heart that have been wounded.

Day 7

Colossians 4:2

Devote yourselves to prayer, being watchful and thankful.

Have you ever brought a need before God in prayer, and it took a long time for Him to answer you? Maybe you needed a new job. Maybe it was for the salvation of a loved one. Sometimes God takes longer than we anticipated to answer our prayers. When this happens, we must remain watchful and thankful. What does that mean practically? It means that we continue to bring our needs before Him in faith believing that He hears our prayers and is working in our favour even when it seems like nothing is happening. We can also give God thanks in advance of receiving His answer because we know that God is good and He loves His children. As we wait, we continue to trust Him in faith and thankfulness.

Spend some time today remembering all of God's answered prayers in your life. Give Him thanks and if you're able, spend a few minutes worshipping Him for His goodness.

Day 8

John 10:10

The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full.

Life can feel heavy and uncertain at times, and maybe you've experienced seasons where abundance seemed far away. Yet Jesus speaks a powerful truth: He came so that we might have life, life overflowing, life beyond what we could dream or imagine. It is a life rich with His presence and grace, a life where we are not merely surviving but truly living and thriving in Him.

As you pause with this verse, invite God to reveal where the enemy has tried to steal your joy, drain your strength, or destroy what He has given you. Bring those places before Him. Then, listen for His voice of truth, truth that restores, renews, and fills every empty space in your heart. Let His promise of abundant life sink deep into your soul. He is greater than every scheme of the enemy, and His life in you is unstoppable and victorious.

Take a moment now to pray: *Lord, show me what your abundance looks like in my life. Silence the lies of the enemy that try to rob me of joy, drain my hope, and destroy my peace. Let your truth sink into the deepest part of my heart and sustain me as I go about my day. Amen.*

Day 9

Ephesians 1:15-16

For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God's people, I have not stopped giving thanks for you, remembering you in my prayers.

It is easy to get focused on our personal needs and concerns when we pray. There is nothing wrong with bringing these things before the Lord, however it is important to pray for others as well. This is one way we can demonstrate our love for one another. It shows that we care about what matters to someone else. It is likely that there are times in your life that could have gone badly if it weren't for that faithful parent or friend praying for you. Praying for others is one of the easiest ways we can support one another through difficult times. It helps all of us to feel like we're not alone as we navigate life's challenges.

Ask God for three people in your life that you can pray for. Spend a few moments of time praying for each of them today. You may want to make this a part of your daily prayer times noting when God answers your prayers on behalf of someone else.

Day 10

Matthew 6:9-13

"This, then, is how you should pray: "Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.

The Lord's Prayer should be familiar to most of us. It is the model prayer Jesus gave to His disciples when they asked Him how they should pray. It has a few key elements we can include in our prayers. It starts with adoration and submission to God. We can praise His name by giving Him glory. We can also submit our desires and expectations to His heavenly will. Next, we can ask for our needs. God is a good Father and has promised to take care of His children. We don't have to worry about whether our needs are too insignificant or too big to bring before God. He loves us and cares about our requests. Thirdly, God wants us to recognize the forgiveness we've received and to demonstrate forgiveness to others. Finally, we can ask God for His protection and care in the world.

As you pray today, try using this template of adoration, needs, forgiveness, and protection. Write down anything God shows you.

Day 11

1 John 5:14-15

This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.

If we want God to hear our prayers and answer us, there is one key element we must apply: we must pray according to His will. The language of this verse is quite strong. We can have confidence to ask God for anything according to His will and know that we have what we have asked of Him. So, how do we know what God's will is so we can pray in alignment with it? A simple way is to pray from God's promises to us. There are too many to list here, but the following are a few. God promises to meet our physical needs, to give us rest, to give us wisdom, to provide direction for life, to never leave or forsake us, to be our refuge and strength, to give us grace, and to give us a way to overcome temptation. God always keeps His promises to His children. You can trust Him and have confidence that He hears our prayers and will answer us when ask.

How could you pray for your needs according to God's will today? Give it a try.

Day 12

Ephesians 6:18

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

The activity of prayer should not be limited to specific times and places such as Sunday church services, before a meal, or at bedtime. We can pray anytime and anywhere! This verse encourages us to pray on all occasions for many different reasons. However, it does encourage us to pray in the Spirit. What does that mean? It means that our prayers should be led by the Holy Spirit and come into alignment with God's will. If we pray from the flesh, often our prayers can become selfish, inward, and vain. When we pray from the Spirit, we will be partnering with what God wants for us, for others, and for the world. Think about the content of your prayers you pray normally. Are they full of personal requests and needs?

As you pray today, ask the Lord, "How should I pray?" Another question might be, "What or who should I pray for?" Did the content of your prayers change? Write down any observations you see in how you prayed when you let God lead your prayers.

Day 13

Jeremiah 29:11-12

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you.”

God is always the Initiator. He reaches out to us first and we must respond. 1 John 4:19 puts this succinctly, “We love because he first loved us.” God demonstrates His love to us first. Our love for Him is in response to the love we have been shown. We didn’t go to God to find forgiveness for sin; He sent His Son to die on the cross so that our sins could be forgiven. Jeremiah reminds us that God has prosperous, hopeful plans for us. As we begin to grasp the depth of God’s love for us we should respond by praying to Him. We should respond to His kindness and provision by turning to Him and putting our trust in His faithfulness toward us. The only way to experience the blessed future and hope God has prepared for us is to turn to Him and be obedient to His Word.

Think about the ways God has blessed you. How will you respond to Him today? Write down your thoughts.

Day 14

Matthew 5:44-45

But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous.

Being a Christian is not always easy. One of the hardest things is demonstrating love to those that are against you. Our natural impulse is to seek out justice, an eye for an eye, when someone says or does something that is hurtful and hateful. Jesus teaches us to react in a different way. He says we are to pray for the people that persecute us and to love our enemies the same as those we care about. Prayer is a powerful weapon. It can change our heart as well as the heart of our enemy. Love is also powerful. It is what differentiates us from the world. As Christians, we are to respond to the hate and pain we receive from world with love and prayers of blessing. This may seem weak, but we must remember that prayer is what engages God’s power over a situation. He says that He has overcome the world (John 16:33), so when we pray and demonstrate love to those that hate us, we are living from the victory that He has already won.

Who are your “enemies?” Spend a few moments praying for them today. Ask God how to pray for them. Ask God to give you His love for those that you consider to be your enemies.

Day 15

Psalm 17:6

I call on you, my God, for you will answer me; turn your ear to me and hear my prayer.

This is part of a Psalm written by King David. He has confidence that when he calls on God, He gives him attention and will hear his prayer. Why? Because God was David's God. David knew Him and trusted His faithfulness to listen to him when he prayed. It is easy to turn to other gods when things aren't going well in our lives. We may turn to the god of recreation to distract us from our worries. We may turn to the god of comfort in alcohol or doom-scrolling. There are many gods we can turn to, but only one God hears our prayers and gives true answers and that is God Almighty. If He is your God, turn to Him and only Him. He must be on the throne of our hearts. He alone is worthy of our worship. Other gods may satisfy temporarily, but God Almighty is the only One who can truly meet our needs and give us lasting satisfaction.

Do you have more than one "god" you turn to for your needs? Ask God if there is anything taking His place on the throne of your heart. If so, ask for forgiveness and restore God back on His throne.

Day 16

Psalm 102:17

He will respond to the prayer of the destitute; he will not despise their plea.

In society, we celebrate and promote things such as fame, success, and wealth. We look up to professional athletes and celebrities of various sorts. We give honour to the powerful and often dismiss the weak, the wounded, and the insignificant. In God's kingdom this is reversed. He shows kindness to the least, the lame, and the lost. He is near to the downtrodden and the poor. In His kingdom, the least is the greatest. You do not need status to approach God with your needs. He hears the prayers of those that are desperate and destitute. He cares for all of humanity regardless of social status or position. No matter your position in this world, God loves and cares for you. He hears the prayers of the smallest hearts and does not turn them away. In God's kingdom, every person matters. Do not be afraid to approach God through prayer. He hears your prayers and responds to them because He loves you completely.

Spend a few moments praying for those the world has ignored or relegated to a position of insignificance.

Day 17

Romans 12:12

Be joyful in hope, patient in affliction, faithful in prayer.

There are many Bible verses that encourage us to pray, and to pray regularly. Why does God value prayer so much? Prayer is our connection to God. Prayer can equally humble and strengthen us. We find humility in recognizing that only God can transform our lives spiritually and meet our needs physically. When we pray, it demonstrates that we are dependent on God for life. Prayer strengthens us because we connect with the One who is omnipotent and able to deal with whatever struggles we face in life. When we are weak, God is strong. Prayer gives us direct access to the Creator of the universe. It is through prayer that we find renewed hope, experience joy, and are comforted through our pain. Romans tells us to be joyful because our hope is in God and He never fails. We can be patient in difficult times because we know God is working out everything for our good, and one day, our temporary suffering will be replaced with an eternity of blessing in His presence. It is through faithful prayer that we can experience these things while we wait for Jesus' return.

If you are going through a difficult situation, ask God to release His comfort and patience over you. If you know someone that is going through a hard time, pray for them and ask God to be near to them today.

Day 18

Exodus 14:14

The Lord will fight for you; you need only to be still.

The Israelites stood at the edge of the Red Sea sensing the fear rising as the Egyptians closed in behind them. Though they had seen God's power displayed many times they started to doubt the promise of a better future as the enemy's voice whispered louder than God's promises in their ears. The enemy uses the same tactics today as He did in the Garden of Eden, "Did God really say?" His mission - to plant seeds of fear and uncertainty about God's goodness and provision.

Maybe you've heard those whispers too, "*Will God be enough?*" It may even sound like "*Will I be enough or Will things ever change?*" In those moments, remember this truth: God fights for you. Your part is to be still, still enough to hear His voice above the noise, still enough to lean into Him, to trust His strength over your own.

Prayer: Lord, quiet my heart today. Silence every voice of fear and doubt and help me rest in Your promise that You fight for me. Teach me to be still and trust You completely. Amen.

Day 19

James 4:8

Come near to God and he will come near to you.

Practically, what does it mean to come near to God? Drawing near means we actively seek Him through repentance, humility, and a pure heart. We lay aside our agendas and desires to simply be with God. He is the goal, not the satisfaction of our material needs. The reciprocal promise of this verse is that God will respond to you by drawing closer to you. You will have a clearer awareness of His presence with you. In His presence we experience peace, joy, guidance, and life transformation through His love. Posturing ourselves to simply be with God demonstrates that we trust Him with our needs and circumstances, but we recognize our greatest need is intimacy with Him.

Spend the next few minutes in silence. You may want to put on some quiet worship music in the background. Posture yourself before God. Don't bring requests or needs to Him. Just wait on Him. Focus on Him and your love for Him. Write down your experience. Was it hard to sit silently? Were you regularly distracted? Were you able to rest in His presence?

Day 20

Jeremiah 33:3

Call to me and I will answer you and tell you great and unsearchable things you do not know.

Often when we pray, we do all the talking. Prayer was never meant to be a one-way conversation. Yet, most of the time our prayers consist of us speaking until we're finished and never listening to see if God has something to say in the interaction. Could you imagine getting to meet an extraordinary person of history and not giving them a chance to speak? Most of us would probably want to hear what that person had to say. When we pray, we need to give space for God to speak to us too. In Jeremiah, God says to call to Him and He will answer us with great and unsearchable things you do not know. If we are not listening, we will miss these great things. We won't grow in our understanding of God, ourselves, or the world if we don't give God space in our prayers to answer and communicate with us.

Try journaling your prayers today. Write down your prayer as you would pray it. Ask God questions and then pause for His response. Write His responses down as well. Did God show you something great and new today?

Day 21

James 4:1-3

What causes fights and quarrels among you? Don't they come from your desires that battle within you? You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.

This is a sharp passage of Scripture. The message is still relevant today. There is still jealousy and quarrelling among people. Some choose to take what they want because they think they deserve it and those who have it obtained it did so unfairly. Hopefully, most Christians wouldn't resort to theft and violence to satisfy their wants and desires. However, we may be praying with the wrong motives. If our prayers are selfish and self-seeking, we may find that God is not answering those prayers. God is not required to answer our prayers just because we pray them. He is not our personal genie in the sky waiting to grant our wishes. God does answer prayer. Sometimes His answer is "no". He is a good Father and He knows what is best for our lives. Like a child asking for a snack just before dinner, God says no to our insincere and selfish prayers because they will bring negative consequences into our lives.

Ask God to search your heart. Have you been praying from the wrong motives? Ask for His forgiveness and try praying from a new motive; one that is aligned with His will.

Day 22

Psalm 46:10

He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

In today's world, it is a challenge to 'be still'. There is always something that needs our attention, something that should have been completed yesterday, something that gnaws away at the edges of our mind until we cannot ignore it any longer. And so, we keep moving and working which keeps us busy and distracted. But God's call to us in the midst of the busy chaos of life is to 'be still'. And not only to be still, but to be still and know that He is God. Do you find yourself craving for a moment just to sit in His presence and be aware of His glory? What is it that prevents this from happening? It is sometimes hard to find that peaceful moment during our busy days. Perhaps you are currently in a season where everything seems overwhelming. Maybe God is calling you to be still.

When you come before God today, come in a posture of stillness, reverence and expectation. Before you ask anything of Him, take a moment to be still, allowing Him to speak into your heart and fill you with His peace.

Day 23

Jeremiah 29:13

You will seek me and find me when you seek me with all your heart.

There are many things in this world that people seek. For some it is fame, for others it is power. For many it is money or the luxuries of a rich lifestyle. For still others it is the approval of their peers. For numerous people it is meaning, the meaning of life, love, and existence here on earth. For many people, their search is fruitless and leaves them feeling despondent and without hope, but the promise of God is that we can find Him. If we come to Him in prayer and earnestly seek Him, we will find Him. Our search will not be in vain. God brings hope to those who are feeling lost and broken-hearted, and to those searching for meaning.

Have you found yourself searching for things that remain just out of reach? Or reaching things that in the end do not satisfy? Spend some time in prayer reflecting on your journey of seeking God. Immerse yourself in God's Word, allowing Him to reveal His love and wisdom. In so doing, let Him become the fulfillment of your search.

Day 24

Psalms 145:18

The Lord is near to all who call on Him, to all who call on Him in truth.

To call on the Lord in truth means to cry out with sincerity and honesty, a cry steeped in faith, obedience, and surrender to the Creator. When we call on the Lord, He is near, whether we are calling in our darkest moment or our brightest day. God is near to all who call on Him. There are many moments in life when in desperation we call on the Lord. Sometimes they are moments when we feel emotionally or physically spent, or moments when we find ourselves at a crossroad and an important decision needs to be made. Sometimes we are navigating our way through a period of confusion or grief, and we cry out to God in our sorrow. Be assured that God always hears us and that He is always near to His children.

Spend some time today remembering past events in your life when you called on God and He drew near. It may be useful to write your thoughts and memories into a journal which you can look back on. Do you need to call on Him again today? Commit your way to Him and pray that you will be able to sense His closeness and comfort in every moment of your life.

Day 25

Matthew 18:19-20

“Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. For where two or three gather in my name, there am I with them.”

Praying in unity with others is a powerful practice. When we come together in His name to pray, Jesus tells us that He will be with us. This is because a small group of believers still embodies the Church. Jesus loves the Church. When we pray in His name we are acting in obedience to His Word. God loves when His children operate in unity for the sake of His kingdom. Praying with others builds community and helps everyone grow in their faith. Committing to pray with other believers reminds us that we are not alone but a part of a greater body aligned under Christ. God responds to our unified prayers and will do what we ask for as we align our hearts and agree in purpose. When we pray in His name it means that we are acting under His authority and for His will.

Today, try to find another believer to pray with you. It may be your spouse or other family member. If there are times of prayer offered at your church, why don't you join them this week. Praying together is powerful!

Day 26

John 15:7-8

If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.

This verse comes from a familiar passage in which Jesus calls Himself the vine and calls us the branches. As we know, a branch that has been removed from the vine will not produce fruit and ultimately dies without the nourishment the vine provides. In the same way, if we are not connected to Jesus, we lose our ability to produce spiritual fruit. If we remain in the vine, we will bear much fruit because Jesus is our source and His Word fills us. As a branch on the vine of Jesus we can pray and God will answer our prayers because our prayers will be in alignment with God's plans and purposes. We can ask for whatever we wish because our desires should match God's desires. Our prayers and our lives will bring glory to God and demonstrate to the world that we are His disciples.

Is your life “bearing much fruit”? Do you feel connected to the vine? If not, ask God to graft you into the vine that you may be refreshed and filled with the spiritual nourishment you need to bear fruit in your life.

Day 27

Hebrews 4:15-16

For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Jesus is our high priest who offered Himself as a sacrifice for our sin. In the Old Testament, the high priest would regularly offer up sacrifices for the sins of the people. He was the only one that could perform the sacrifices for the forgiveness of sins. It was a highly responsible position. Jesus became our high priest when He died on the cross for our sins. His personal sacrifice was the ultimate and final sacrifice required to reestablish our standing with God. As Christians, we can now approach God without worry or fear of punishment and judgment because we have been forgiven of all our sins and washed clean in the blood of Jesus. God’s holy wrath has been turned away. Our guilt and sin have been removed. Consequently, we can approach God as our loving Father and receive grace and mercy. We can bring our needs before Him and He will respond in love.

If you are a Christian, you are a child of God. Do not be afraid to bring your needs before Him today through prayer. Mercy and grace await you.

Day 28

Psalms 143:1

Lord, hear my prayer, listen to my cry for mercy; in your faithfulness and righteousness come to my relief.

Our God is not distant and aloof. He loves us and is near when we cry out to Him. We don’t have to plead and beg to convince God that He should listen to us. He is faithful and always ready to hear our prayers. When we need mercy, He gives it in abundance. When we need comfort, He is near with loving arms ready to embrace us. Unlike other gods that must be provoked or persuaded to act on behalf of the worshipper, God is righteous and faithful to His children not holding back any good thing. Like a loving father, His heart is motivated by compassion for those that belong to Him.

Whatever you need today, cry out to God with your prayers. He is listening and will respond. Write down your requests and note when God answers your prayers. Be sure to thank Him for His faithfulness.

Day 29

Luke 11:9-10

So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

What an incredible promise from God! This demonstrates the relational nature He carries. God does not want to be distant, apathetic, and unavailable to His children. As believers, we have access to the Creator of the universe. He is not hidden and difficult to find. When we need Him, He is close by. He answers our questions when we ask. He welcomes us in and will show us the mysteries of His great love when we seek Him with all our heart. If you don't understand something, ask God. If you have a need, knock on His door. If you look diligently, you will find what you are looking for.

Bring your questions and needs before God today in prayer. He will not turn you away. He will not remain silent. Ask so you may receive.

Day 30

Psalm 10:12

Arise, Lord! Lift up your hand, O God. Do not forget the helpless.

Many times, when we pray our prayers can be self-focused and centred on our personal needs. We must not forget that there are many in the world that need our prayers as well. There are many that are only surviving day to day. As we watch the news or read the latest report on what is happening in other places in the world, our hearts should be moved with compassion. All believers should be praying for those suffering in faraway lands. We should also pray for those suffering close to home. We have so many in our country who are doing it hard every day. Prayer for those we do not know does not fall on deaf ears. We may never know the impact of our prayers for those nameless faces, but God knows each one of them by name and cares for them deeply. Your prayers may be the thing that gets them through.

Spend some time praying for those around the world who are suffering and helpless in their situations.

Day 31

2 Chronicles 7:14

If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

There is a pattern that we see in the Old Testament between the Israelites and God. As God's chosen people, God established a covenant between Himself and the people. If they kept His commands and worshipped Him exclusively, He would be their God and He would bless them. Unfortunately, the people often strayed from God and worshipped other gods and sinned in His sight. This brought judgment and at times, exile from the land they loved. Eventually, the people would repent and turn back to God. He would then forgive them and restore His covenant with them. We now live under a new covenant with God through Jesus. When we sin, we may feel distanced from God. If we will humble ourselves and repent of our sins, God is faithful to forgive us and restore our relationship with Him.

Are there sins in your life that you need to repent of? Would you be willing to humble yourself before the Lord and ask for His forgiveness? Spend a few moments searching your heart with God to see if there is anything you need to lay down today.

Day 32

Psalm 18:16-19

He reached down from on high and took hold of me; he drew me out of deep waters. He rescued me from my powerful enemy, from my foes, who were too strong for me. They confronted me in the day of my disaster, but the Lord was my support. He brought me out into a spacious place; he rescued me because he delighted in me.

As you read these verses and prepare your heart during this season of Lent, pause and remember all that Jesus has done for you, **because He delights in you**. He has rescued you, supported you, and brought you into a spacious place of freedom and grace.

Take a moment to ask God to show you if there are any areas of your life that feel constricted and not like the spacious place He has promised. Take some time to sit with the truth that He delights in you. Take time to know what that feels like and how the truth of that will change your outlook as you go about your day.

Prayer: Lord may the truth of your delight fill every part of my being. May your love overflow through me to everyone I meet today. Help me to see your delight in them and help me to love them as you do. Amen.

Day 33

Proverbs 13:10

Where there is strife, there is pride, but wisdom is found in those who take advice.

Conflict often reveals something deeper within us. This verse reminds us that pride can quietly take root in our hearts, oftentimes showing up as comparison, control, or the need to always be right. Pride rarely announces itself; it slips in unnoticed and uninvited and before we know it, strife follows. God offers us a better way: wisdom. Wisdom grows when we humble ourselves and listen, when we seek counsel from those who are mature and grounded in truth. Lent is a perfect time to pause and ask “Lord, where am I striving instead of surrendering? Are there places in my life where pride has crept in and disrupted peace?”

Invite the Lord to search your heart today. Let Him show you areas that need His gentle correction and grace. Wisdom begins with humility, and humility opens the door to peace.

Prayer: Lord, search my heart and reveal any pride that has taken root. Teach me to listen, to seek wisdom, and to walk in humility. Surround me with people of peace and understanding and help me reflect Your grace in every conversation. Amen.

Day 34

1 Thessalonians 5:16-18

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

These three short verses can be some of the most challenging to apply in our life. Life is hard sometimes. We don't feel like rejoicing when we face injustice, rejection, and sorrow. It can also be difficult to give thanks when we feel like nothing is going our way. Practically, how can we pray continuously and still attend to our daily responsibilities and tasks? Yet, the Bible tells us that this is God's will for us. We are to be a people who rejoice, pray, and give thanks as a lifestyle.

Today, take a few moments to pause and reflect on your life. What do you have to rejoice about? How can you extend your conversations with God throughout your day? What are you thankful for despite your circumstances? Write the answers to these questions down somewhere. Spend a few moments praying where you are. As your day progresses, try to be intentional to continue your prayers even if only for a few seconds at a time.

Day 35

Psalm 145:18

The Lord is near to all who call on him, to all who call on him in truth.

Our God is a relational God. That means that He likes to be near to us. He is not far away in a celestial throne room apathetically unaware of our existence. He created each and every one of us with care and precision. He knows the number of hairs on your head (Matthew 10:30). He created us for relationship. He wants to be close to us. His meticulous knowledge of us demonstrates how much He cares for us and how valuable we are to Him. Prayer is the vehicle every Christian can use to come into His loving presence. When we pray, God turns His head toward us with receptive attention. If you're feeling far away from God today, take a few moments to pray. Set your heart's affection toward Him. Choose to press in. He will not turn you away but will draw near to you as you call on Him.

Write down what you sense when God is close to you. How do you feel?

Day 36

Psalm 27:4–5

One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek Him in His temple. For in the day of trouble He will keep me safe in His dwelling; He will hide me in the shelter of His sacred tent and set me high upon a rock.

David's words reveal a heart anchored in one desire: to dwell with God and gaze upon His beauty. Through seasons of triumph and trial, David discovered that when God is first, everything else finds its place. In His presence, there is safety, peace, and freedom.

As you reflect during this season of Lent, ask yourself, "Is there anything taking up space where God wants to break through?" He longs for you to know that you are safe in Him, hidden in His love. Through Jesus the price has already been paid, and He invites you to rest in the security of His grace.

Take a few quiet moments to consider what dwelling with God looks like in your life right now? How can you make space for Him today?

Prayer: Lord, my heart longs to dwell with You. Clear away anything that keeps me from Your presence. Remind me that I am safe and hidden in You. Help me to gaze on Your beauty and find peace in Your shelter today. Amen.

Day 37

Proverbs 3:5-6

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

What challenges are you facing today? What keeps you up at night? Is there a circumstance that that you have no idea how to resolve? It is not unusual to be intimidated or overwhelmed by the difficulties of life. God has not left us to figure it all out on our own. However, we must trust Him and submit our ways to Him. If we only look at life through our earthly eyes and our earthly perception, we can easily feel powerless to overcome our obstacles. Our own understanding is limited when compared to God's infinite power and wisdom. When we trust our lives to God He will make our way straight. He removes the curves and potholes so that we can journey with Him unhindered. Where we see a roadblock, God sees a detour and way forward.

Are there obstacles you're trying to overcome on your own? As you pray today, why don't you submit them to God trusting that He will lead you through your obstacles and set your feet on a straight path. Lay your burdens down because He cares for you!

Day 38

John 3:16-17

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him.

What a tremendous love God has for humanity. None of us deserve His love and attention, but He unconditionally gives it anyway. He has held nothing back, not even His own Son to demonstrate how much He loves us. How can we not respond to such an incredible gesture? God's desire is for everyone experience His love and spend eternity with Him. Sadly, we know that is not the case. Many people have rejected God's love and rejected Jesus. As believers, it is our responsibility to demonstrate God's love in the world. Others see God through our lives if we live lives in God's love. How could you demonstrate God's love to others today?

Today, pray for those that you know that have not experienced God's love through salvation. Ask the Holy Spirit to draw them with loving kindness to the Saviour. Thank God for your salvation and the promise of eternal life with Him.

Day 39

Isaiah 53:5-6

But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed. We all, like sheep, have gone astray, each of us has turned to our own way; and the Lord has laid on him the iniquity of us all.

What a terrible price Jesus paid for our sin and redemption. The cruelty and pain He endured as He was arrested, falsely accused, rejected and abandoned by His people, severely beaten, and finally executed upon a crude cross was all done for the sake of love. God knew that we could not resolve our sin problem on our own. It took the sinless sacrifice of Jesus to cover our sins and redeem us to the Father. Jesus alone was worthy and able to pay the price required to forgive sins and restore those that believe to a right standing with God. In this way, His wounds bring healing to those that believe.

Prayer: Thank you, Jesus for Your willingness to suffer and die on a cross for my sins. Thank you for restoring my relationship to the Father and the healing I received when I believed on Your name. Thank you for forgiving my sins. Thank you for doing what I could not do. I bless Your name on high. Amen.

Day 40

Luke 24:1-8

On the first day of the week, very early in the morning, the women took the spices they had prepared and went to the tomb. They found the stone rolled away from the tomb, but when they entered, they did not find the body of the Lord Jesus. While they were wondering about this, suddenly two men in clothes that gleamed like lightning stood beside them. In their fright the women bowed down with their faces to the ground, but the men said to them, "Why do you look for the living among the dead? He is not here; he has risen! Remember how he told you, while he was still with you in Galilee: 'The Son of Man must be delivered over to the hands of sinners, be crucified and on the third day be raised again.'" Then they remembered his words.

Can you imagine being one of the people who loved and followed Jesus in this time. Your teacher and friend has just been tortured and crucified before your eyes. All the hope in your heart would have been stolen away as you watched Him die and be buried. Now, a few days later you go to properly care for His body and He is no longer there. Your fear and dread are suddenly overwhelmed by joy as two angels remind you that He had predicted His resurrection. He is not in the tomb because He is alive! Jesus is still alive today. As believers we have an eternal hope that will never be taken away. We can now share eternal life with our Saviour because He conquered sin and death. Amen!

Spend a few moments contemplating the glory of Jesus. In your own words, give Him the praise that He deserves.

*Therefore, God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father. – **Philippians 2:9-11***

