

GUIDED PRAYER

40 Day Prayer Devotional



Purpose

What does it mean to “pray Scripture”? Evan Howard in his book *Praying the Scriptures* writes, “To pray the Scriptures is to order one’s time of prayer around a particular text in the Bible.” This can mean either praying the prayers of the Bible word-for-word as your own prayers, personalizing portions of the Scriptures in prayer, or praying through various topics of the Bible.

Are you ever unsure about what you should pray? Do your prayers become dull or repetitive? Do you feel like you’re praying “wrong”? Your confidence in your prayers will be strengthened when you pray God’s words. Praying the Scriptures allows you to use the words and emotions of the Bible to gain more confidence in your own prayers.

As we enter this season; 40 days of prayer, we want to equip you and guide you in this intentional time of seeking the Lord. *Before each day’s study, spend 2-3 minutes in silence before God. Ask Him for clarity of mind and purity of heart as you approach Him in prayer.*

DAY 1

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.”

INHALE

“Gracious Father in Heaven”

EXHALE

“You meet my needs each day”

HEAD


Who is Jesus talking to and in what context?

HEART

How can I put this prayer into my own words for my specific life circumstances?

HANDS

How can I live out this prayer to my own life?



DAY 2

Colossians 2:6-8

“So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness. See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ.”

INHALE

“I receive you Lord Jesus”

EXHALE

“Overflow out of me and onto others”

HEAD

Who is writing these words and to whom?

HEART

How can I put the words in this passage into my own words as a prayer for my specific life circumstances?

HANDS

How can I live out this passage to my own life?



DAY 3

Galatians 5:22-26

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other.”

INHALE

“O precious Spirit of God”

EXHALE

“Bear healthy fruit in and through me”

HEAD

What is this section of scripture about (v.13-26)?

HEART

How can I pray for the Spirit’s guidance and the bearing of good fruit over my own life?

HANDS

Where do I see this fruit of the Spirit in my life? Where don’t I?



DAY 4

Psalm 100

“Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations.”

INHALE

“We give thanks to You, our God”

EXHALE

“Your love for us is everlasting”

HEAD

Who wrote this psalm?

HEART

What do I have in my life that I can thank God for? If you can't think of anything, try again!

HANDS

How can I express this everlasting love to those around me?



DAY 5

Psalm 139:23-24

“Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

INHALE

“Uncover every part of me, God”

EXHALE

“Replace me with Yo

HEAD


What can we learn about God throughout Psalm 139?

HEART

What do I need to confess to God and possibly others?

HANDS

Who in my life can hold me accountable?



DAY 6

Psalm 30:11-12

"You have turned my mourning into dancing; you have loosed my sackcloth and clothed me with gladness, that my glory may sing your praise and not be silent. O Lord my God, I will give thanks to you forever!"

INHALE

"You bring dead things back to life"

EXHALE

"You've done this in me, I give you praise"

HEAD

How would you summarize this psalm?

HEART

Cry out to God for what has you mourning. Thank God for what He's already done in and through you. Praise Him in both circumstances.

HANDS

Not out of obligation, but out of overflow, what can you do to show God your love for Him?



DAY 7

Ephesians 1:16-19

"I have not stopped giving thanks for you, remembering you in my prayers. I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe."

INHALE

"Pour your Spirit on us, Father"

EXHALE

"Help us see to You more clearly"

HEAD

Read Ephesians 1. What can we learn about Jesus and what He has done for us?

HEART

How can I pray for wisdom and revelation from the Spirit today?

HANDS

Who in my life can I share this good news with?



DAY 8

Philippians 1:9-11

“And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.”

INHALE

“May Your love fill me up today”

EXHALE

“Give me Your eyes to see and heart to feel”

HEAD

Who wrote this book? To whom and why?

HEART

How can I pray for the abounding love of God to fill me and pour out of me today?

HANDS

What can I do to cultivate a time with God today?



DAY 9

1 Thessalonians 3:11-13

“Now may our God and Father himself and our Lord Jesus clear the way for us to come to you. May the Lord make your love increase and overflow for each other and for everyone else, just as ours does for you. May he strengthen your hearts so that you will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones.”

INHALE

“Increase my love for You and others”

EXHALE

“Overflow Your love from me to others”

HEAD


What makes us blameless and holy in the presence of God?

HEART

How can the answer to question 1 enhance our prayer lives?

HANDS

Who in my life can I pray for God’s love to overflow on from me?



DAY 10

Hebrews 13:20-21

“Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen.”

INHALE

“O Lord Who calms the chaos”

EXHALE

“Provide for our good and Your glory”

HEAD

What can we learn about Jesus from Hebrews 13?

HEART

How can I pray more for God’s will in my life and less of my own?

HANDS

In Christ, we are equipped to do the will of the Father. Are we doing just that?



DAY 11

Jeremiah 17:7-8

“But blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.”

INHALE

“Help me trust in You, O God”

EXHALE

“To bear fruit and trust in You”

HEAD

What psalm famously has the same imagery as this passage?

HEART

How can I pray this imagery over myself and others today?

HANDS

What does it look like for me to be planted by the water in my own life?



DAY 12

Matthew 11:28-30

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

INHALE

“You give rest to the broken”

EXHALE

“Your heart is for us”

HEAD

What does he mean by “yoke”?

HEART

How can I create a rhythm slowing down with Jesus?

HANDS

What would it look like in your life to take Jesus’ yoke and learn from Him?



DAY 13

Psalm 19:14

“May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.”

INHALE

“May we please you, O Lord”

EXHALE

“Inside and out”

HEAD


Read Psalm 19. What is this psalm about?

HEART

How can I pray against those thoughts and actions in me that aren't of God and then pray for my words and meditations to be pleasing to God?

HANDS

How might the relationships in your life look differently if the words of your mouth and meditations of your heart were pleasing to God?



DAY 14

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.”

INHALE

“You endured temptation and pain”

EXHALE

“So we don’t have to do it alone”

HEAD

Who is the “high priest” mentioned in this passage?

HEART

Knowing that God is able to empathize with us in all ways, how can that change the way that we pray?

HANDS

Jesus feels what we’re feeling. Just take time to meditate on that truth.



DAY 15

Exodus 34:6-7

“And he passed in front of Moses, proclaiming, “The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, maintaining love to thousands, and forgiving wickedness, rebellion and sin.”

INHALE

“Your love is overflowing”

EXHALE

“Pour it out on me”

HEAD

Who is speaking in this passage?

HEART

How can we celebrate God for who He is in our prayers?

HANDS

How has God’s abounding love reached your heart?



DAY 16

Genesis 1:1-2

“In the beginning God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.”

INHALE

“You are a creative God”

EXHALE

“In what and how you create”

HEAD


Using John 1:1-4 as a reference, how do you see all three Members of the trinity at work in creation?

HEART

How can remembering God as the creator and sustainer of life help our prayer lives?

HANDS

Where in your own life can you worship God for His creation?



DAY 17

1 John 1:8-10

"If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and his word is not in us."

INHALE

"You hear our cries of confession"

EXHALE

"You bring us in and wash us clean"

HEAD


How can we have confidence that God can and will forgive our sins?

HEART

How can I make confession a regular rhythm in my prayers?

HANDS

Who in your life may you need to confess sin to?



DAY 18

Romans 3:23-25

...“for all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus. God presented Christ as a sacrifice of atonement, through the shedding of his blood—to be received by faith.”

INHALE

“Your grace is free to me”

EXHALE

“Through the finished work of Jesus”

HEAD


What is Romans 3 about?

HEART

How can having the confidence of the finished work of Jesus and the redemption that comes with it shape how I approach God in prayer?

HANDS

Is there someone in your life you need to share this good news with?



DAY 19

Isaiah 62:3-5

“You will be a crown of splendor in the Lord’s hand, a royal diadem in the hand of your God. No longer will they call you Deserted, or name your land Desolate, But you will be called Hephzibah, and your land Beulah for the Lord will take delight in you, and your land will be married. As a young man marries a young woman, so will your Builder marry you; as a bridegroom rejoices over his bride, so will your God rejoice over you.”

INHALE

“You delight in me, O Lord”

EXHALE

“Help me rest in that reality”

HEAD

Who is God talking to in Isaiah 62? How does it apply to us?

HEART

How can the reality of this passage stir up your affections for Jesus?

HANDS

God rejoices over you. Take some time and let that truth sink in.



DAY 20

John 15:1-4

"I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. You are already clean because of the word I have spoken to you. Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me."

INHALE

"Lord help me to trust"

EXHALE

"My heart in Your hands"

HEAD


What kind of vine does Jesus have in mind as He's speaking? Let that imagery sink in.

HEART

How can you open your heart up to God to allow for pruning?

HANDS

When have you gone through a time of "pruning"? How did you receive that? Was there growth?



DAY 21

Romans 8:14-17

“For those who are led by the Spirit of God are the children of God. The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, “Abba, Father.” The Spirit himself testifies with our spirit that we are God’s children. Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.”

INHALE

“Your Spirit brings freedom”

EXHALE

“I rest in my adoption”

HEAD


What can you learn about the Holy Spirit from Romans 8?

HEART

How can the Holy Spirit help us pray?

HANDS

What does it mean for us to share in Christ’s suffering?



DAY 22

Ephesians 3:10-12

“His intent was that now, through the church, the manifold wisdom of God should be made known to the rulers and authorities in the heavenly realms, according to his eternal purpose that he accomplished in Christ Jesus our Lord. In him and through faith in him we may approach God with freedom and confidence.”

INHALE

“Jesus has done the work”

EXHALE

“Let freedom flow”

HEAD


Read Ephesians 3:1-13. Why is this especially good news for us?

HEART

How can you incorporate the theme of this passage (freedom and confidence in Christ) in your prayer life?

HANDS

Do you view God this way? In freedom and with confidence because of the finished work of Jesus.



DAY 23

Philippians 4:4-7

“Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. 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.”

INHALE

“May Your peace”

EXHALE

“Surpass my understanding”

HEAD

What can we learn about loving one another from Philippians 4?

HEART

How can I pray the truths of this passage in my own life?

HANDS

What does my fear of the unknown look like if this passage is true?



DAY 24

Deuteronomy 6:4-7

“Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up”

INHALE

“You are God and You are one”

EXHALE

“I love you with all that I am”

HEAD

Does this passage look familiar? Where else do we see this commandment?

HEART

How can I pray this commandment over my life?

HANDS

What would it look like to impress this truth about God upon my children, family or friends?



DAY 25

Psalm 34:17-19

“The righteous cry out, and the Lord hears them; he delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit. The righteous person may have many troubles, but the Lord delivers him from them all; he protects all his bones, not one of them will be broken.”

INHALE

“You know me in my pain, O God”

EXHALE

“You are my great deliverer”

HEAD

What can we learn about God from this psalm?

HEART

How can the truth of this passage affect your prayers to God? Especially when you're going through tragedy.

HANDS

What does it look like for God to deliver us? Does it always look the same in every situation?



DAY 26

Ezekiel 11:19-20

“And I will give them one heart, and a new spirit I will put within them. I will remove the heart of stone from their flesh and give them a heart of flesh, that they may walk in my statutes and keep my rules and obey them. And they shall be my people, and I will be their God”

INHALE

“You give Yourself to me”

EXHALE

“A new heart and Your very Spirit”

HEAD

How do we see this prophecy fulfilled in the New Testament?

HEART

Pray a prayer of thanksgiving today for the new heart that is given by a God who loves us deeply!

HANDS

What does it look like in your life to walk in God’s statutes, to obey Him?



DAY 27

Psalm 145:1-3

"I will exalt you, my God the King; I will praise your name for ever and ever. Every day I will praise you and extol your name for ever and ever. Great is the Lord and most worthy of praise; his greatness no one can fathom."

INHALE

"You are a worthy King"

EXHALE

"I lift my praises to You"

HEAD


What can we learn about God from Psalm 145?

HEART

How can we incorporate praises to God in our prayer life?

HANDS

What praises can you think of for today?



DAY 28

Luke 15:20

“But while he was still a long way off, his father saw him and felt compassion, and ran and embraced him and kissed him.”

INHALE

“When I was far off”

EXHALE

“You saw me and ran after me”

HEAD


Who is speaking and what parable is this passage from?

HEART

How can the heart of the Father toward you impact how you pray to God? How can you pray this passage over yourself?

HANDS

Do you believe God views you this way? Why or why not?



DAY 29

Romans 11:33-36

“Oh, the depth of the riches of the wisdom and knowledge of God! How unsearchable his judgments, and his paths beyond tracing out! “Who has known the mind of the Lord? Or who has been his counselor?” “Who has ever given to God, that God should repay them? For from him and through him and for him are all things. To him be the glory forever! Amen.”

INHALE

“You are worthy of it all”

EXHALE

“I give you my life”

HEAD

What is Romans 11 about?

HEART

How can the supremacy of God impact your view of His capabilities and His discernment in answering prayer?

HANDS

Pray these words to God. Give Him praise for His richness.



DAY 30

1 Peter 1:6-9

“In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honor when Jesus Christ is revealed. Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the end result of your faith, the salvation of your souls.”

INHALE

“You take my grief”

EXHALE

“And turn it into praise”

HEAD


‘In all this you greatly rejoice’ What is the “all this” Peter is referring to? (Hint: see v.3-5)

HEART

How can this passage help you pray through a dark season?

HANDS

How would you define joy? Can you be joyful in all circumstances?



DAY 31

John 10:7-11

“Therefore Jesus said again, “Very truly I tell you, I am the gate for the sheep. All who have come before me are thieves and robbers, but the sheep have not listened to them. I am the gate; whoever enters through me will be saved. They will come in and go out, and find pasture. The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. “I am the good shepherd. The good shepherd lays down his life for the sheep.”

INHALE

“You are my shepherd”

EXHALE

“Help me follow You”

HEAD


What is Jesus foreshadowing in this chapter?

HEART

How can you pray for God to be your shepherd today?

HANDS

Where in your life have you seen God be your shepherd? Where do you need Him now?



DAY 32

2 Corinthians 5:17-19

“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting people’s sins against them. And he has committed to us the message of reconciliation.”

INHALE

“You’ve brought me close to You”

EXHALE

“Through the finished work of Christ”

HEAD

What is the finished work of Jesus?

HEART

How can the reality of reconciliation affect how we view God in prayer?

HANDS

Have you been reconciled to God through Christ?



DAY 33

Revelation 5:12-13

“Worthy is the Lamb who was slain, to receive power and wealth and wisdom and might and honor and glory and blessing!” And I heard every creature in heaven and on earth and under the earth and in the sea, and all that is in them, saying, “To him who sits on the throne and to the Lamb be blessing and honor and glory and might forever and ever!”

INHALE

“Worthy are you, Lord”

EXHALE

“I give you my all”

HEAD

Who will confess Jesus as Lord in the final days?

HEART

Pray this passage to God? Give Him praise for Who He is.

HANDS

“Forever and ever” How can the scope of eternity affect our outlook on those around us?



DAY 34

Romans 8:26-27

“Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God”

INHALE

“Spirit of God”

EXHALE

“You are ever present”

HEAD


“Likewise” What is Paul referring to? (Hint: look backwards)

HEART

How can the reality of the Spirit’s work impact our prayer lives?

HANDS

Be confident that God is near! Even when you don’t know what to say, be confident that the Spirit is praying on your behalf. Lean on Him.



DAY 35

Hebrews 12:28-29

“Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe, for our “God is a consuming fire.”

INHALE

“Our hope is in You; unshakable”

EXHALE

“Let my life be worship to You”

HEAD

What’s the ‘Therefore’ there for? Read Hebrews 12.

HEART

How can we ask God for opportunities to worship Him acceptably with reverence and awe?

HANDS

‘Let us be thankful’ What would it look like for us to operate out of thankfulness today?



DAY 36

Isaiah 53:3-5

“He was despised and rejected by mankind, a man of suffering, and familiar with pain. Like one from whom people hide their faces he was despised, and we held him in low esteem. Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted. 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.”

INHALE

“You bore the weight of my sin”

EXHALE

“So I’d be set free”

HEAD


Who is Isaiah talking about?

HEART

Spend time today reflecting on the sacrifice that Jesus made for us. Take time to praise and thank God for His redeeming love for you.

HANDS

Who in your life needs to be loved sacrificially? How can you ask God to help you love that person?



DAY 37

Colossians 1:15-17

“He is the image of the invisible God, the firstborn of all creation. For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities – all things were created through him and for him. And he is before all things, and in him all things hold together”

INHALE

“Creator and sustainer of all things”

EXHALE

“I give you praise”

HEAD

Who is Paul talking about here?

HEART

How can we pray this passage to God, giving Him praise for who He is?

HANDS

How can I make much of Jesus in my life today?



DAY 38

Titus 2:13-14

“For the grace of God has appeared that offers salvation to all people. It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ, who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good.”

INHALE

“Your perfect grace”

EXHALE

“Teaches me to say ‘Yes’ to You”

HEAD

What is ‘the blessed hope’ referenced in v. 13?

HEART

Use this passage as a template to thank God for His grace and love toward us.

HANDS

How has God’s grace taught you to say ‘no’ to ungodliness and live upright?



DAY 39

Hebrews 1:1-4

“ In the past God spoke to our ancestors through the prophets at many times and in various ways, but in these last days he has spoken to us by his Son, whom he appointed heir of all things, and through whom also he made the universe. The Son is the radiance of God’s glory and the exact representation of his being, sustaining all things by his powerful word. After he had provided purification for sins, he sat down at the right hand of the Majesty in heaven. So he became as much superior to the angels as the name he has inherited is superior to theirs.”

INHALE

“Radiance of God’s glory, Jesus”

EXHALE

“You cleanse my sins and give me freedom”

HEAD

How did the Son provide purification of sins?

HEART

How can you pray this passage to God, giving Him praise for what He’s done?

HANDS

How has this good news changed your heart?



DAY 40

Matthew 6:16-18

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”

INHALE

“You know my heart, O Lord”

EXHALE

“Help me to seek Your face above all”

HEAD

Look at the first word of this passage. Is fasting a suggestion or an expectation?

HEART

How can you prepare your heart to hear from the Lord through fasting?

HANDS

What would it look like for you to commit to a rhythm of fasting in this season?

