

FORTY *day* PLAN



40 DAYS TO REBUILD YOUR LIFE AROUND PRAYER
WITH DAILY BIBLE VERSES



WEEK 1

PRAYER IS OUR COMMUNICATION
WITH GOD

DAY 1

If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. – John 15:7

Pray that the Lord would transform your desires to His desires.

DAY 2

'Call to me and I will answer you and tell you great and unsearchable things you do not know.' – Jeremiah 33:3

Pray that the Lord would open your heart to understand Him more.

DAY 3

The righteous cry out, and the Lord hears them; he delivers them from all their troubles. – Psalm 34:17

Ask the Lord to help you through your top worries.

DAY 4

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. – Matthew 6:6

Be alone and quiet, with no other distractions, for a set amount of prayer time.

DAY 5

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.

– Romans 8:26

Confess an area of weakness in your life and ask the Lord to strengthen you to obedience.

DAY 6

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. – Philippians 4:6

Make a list of your current worries and pray through each one.

DAY 7

In my distress I called to the Lord; I cried to my God for help. From his temple he heard my voice; my cry came before him, into his ears. – Psalm 18:6

Ask the Lord to reveal His nearness to you.



WEEK 2

PRAY LIKE JESUS

DAY 8

"This, then, is how you should pray: "Our Father in heaven, hallowed be your name, 10 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. – Matthew 6:9-13

Humbly praise God as you pray.

DAY 9

During the days of Jesus' life on earth, he offered up prayers and petitions with fervent cries and tears to the one who could save him from death, and he was heard because of his reverent submission. – Hebrews 5:7

Pray for someone else with compassion and concern.

DAY 10

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. – 1 Thessalonians 5:16-18

Set 4 reminders on your phone today to give thanks to God.

DAY 11

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. – Mark 1:35

Seek an intentional moment to be by yourself and pray.

DAY 12

Be joyful in hope, patient in affliction, faithful in prayer. – Romans 12:12

Lift up one of your greatest struggles to the Lord and praise the Lord with hope.

DAY 13

But I tell you, love your enemies and pray for those who persecute you, - Matthew 5:44

Pray earnestly for someone who has treated you poorly.

DAY 14

They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. – Acts 2:42

Pray for your Christian friends who help you grow in your relationship with the Lord.



WEEK 3

PRAY WITH CONFIDENCE

DAY 15

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. – Hebrews 4:16

Humbly praise God as you pray.

DAY 16

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. – Matthew 7:7

Ask the Lord to do something only He can do.

DAY 17

Cast all your anxiety on him because he cares for you. – 1 Peter 5:7

Pray for the Lord's comfort on your life.

DAY 18

Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. - Mark 11:24

Ask the Lord to give you an unshakeable faith.

DAY 19

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. That person should not expect to receive anything from the Lord. Such a person is double-minded and unstable in all they do. – James 1:5-8

Pray that the Lord of wisdom would give you His discernment.

DAY 20

In that day you will no longer ask me anything. Very truly I tell you, my Father will give you whatever you ask in my name. Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete. – John 16:23-24

Ask the Lord to fill you with His joy.

DAY 21

For I am convinced that neither death nor life, neither angels nor demons,[a] neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. – Romans 8:38-39

Praise the Lord for His unconditional and unmatched love.



WEEK 4

PRAY AND OBEY

DAY 22

and receive from him anything we ask, because we keep his commands and do what pleases him. – 1 John 3:22

Ask the Lord to show you where you need to be obedient.

DAY 23

The Lord is far from the wicked, but he hears the prayer of the righteous. – Proverbs 15:29

Pray that the Lord would check your heart and your motives.

DAY 24

All a person's ways seem pure to them, but motives are weighed by the Lord. - Proverbs 16:2

Ask the Lord to reveal hidden sin in your life.

DAY 25

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

– 1 John 1:9

Pray and give thanks to the God of forgiveness and grace.

DAY 26

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it. – 1 Corinthians 10:13

Pray your way through your greatest temptation.

DAY 27

We know that God does not listen to sinners. He listens to the godly person who does his will.– John 9:31

Worship the Lord through prayer.

DAY 28

But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear. – Isaiah 59:2

Ask the Lord to reveal anything that is stifling His work in your life.



WEEK 5

PRAY AND TRUST

DAY 29

And this is the confidence that we have toward Him, that if we ask anything according to His will He hears us. And if we know that He hears us in whatever we ask, we know that we have the requests that we have asked of Him.

– 1 John 5:14-15

Pray that the Lord would give you more faith in His work.

DAY 30

It does not, therefore, depend on human desire or effort, but on God's mercy. – Romans 9:16

Ask the Lord to go before your tasks and interactions.

DAY 31

The Lord is near to all who call on him, to all who call on him in truth. He fulfills the desires of those who fear him; he hears their cry and saves them. – Psalm 145:18-19

Pray that the Lord would direct and fulfill your life.

DAY 32

*Look to the Lord and his strength; seek his face always.
– 1 Chronicles 16:11*

What an amazing opportunity: Seek the Lord's presence today!

DAY 33

And I will do whatever you ask in my name, so that the Father may be glorified in the Son. You may ask me for anything in my name, and I will do it. – John 14:13-14

Pray for God to do something where He alone would receive glory.

DAY 34

For there is one God and one mediator between God and mankind, the man Christ Jesus, - 1 Timothy 2:5

Praise Jesus for His work in fixing our broken relationship with God.

DAY 35

You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you. – John 15:16

Pray that the Lord would work in you to produce His fruit.



WEEK 6

PRAY

DAY 36

Then Jesus told his disciples a parable to show them that they should always pray and not give up. – Luke 18:1

Strive to remain in an attitude of prayer today, with ongoing thoughts and communication with the Lord.

DAY 37

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.

– James 5:16

Pray with someone who is hurting.

DAY 38

When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures. – James 4:3

Ask the Lord to reveal your motives as you pray.

DAY 39

Ask the Lord of the harvest, therefore, to send out workers into his harvest field.” – Matthew 9:38

Pray that the Lord would use you to reach people who are far from Christ.

DAY 40

Ask the Lord of the harvest, therefore, to send out workers into his harvest field.” – 2 Chronicles 7:14

Repent and pray for our community.

