

# 40 DAYS OF PRAYER



*"I am convinced that prayer is not only our greatest privilege, but also our greatest source of power."* – **Pete Greig**

Even though we know it's important to our journey with God, a lot of us struggle to pray. It can be hard making the time for prayer; we ask God for things but forget to say thank you; we can make it all about us and not about Him. There are lots of ways to pray, but some of them can feel a bit "out there" and not for us. Or perhaps we've been let down by prayer in the past - feeling that we didn't connect with God, or that our prayers were unheard or unanswered.

So, over Lent, we're inviting you to try praying. We've put together 40 different prayers; from quick prayer prompts and ancient pre-written prayers to things to light a candle for or pray for on your daily walk. There's all sorts to try - and it might not all be your cup of tea - but why not give it a go and see what happens?

You might not manage all 40 days, or you might need to move the prayer prompts around to fit into your routine - and that's completely fine. This isn't a "challenge" or a to-do list; it's simply a resource to help you pray more often, more deeply, and in new and exciting ways. All that matters is you show up, and God will do the rest.

Get in touch at [info@maybridge.org.uk](mailto:info@maybridge.org.uk) to let us know how it goes - whatever your experience is, we'd love to hear from you.

## BEFORE WE BEGIN, LET'S LOOK AHEAD TO EASTER...

### MAUNDY THURSDAY

1 APRIL

*As this is the day we remember The Last Supper, why not have a Passover meal with your household? Click [here](#) for ideas of how to do it.*

### GOOD FRIDAY

2 APRIL | 10AM

*Over Easter Weekend, we'll be having two online services: a guided reflection on Good Friday and a Celebration Service on Easter Sunday. Join us at **[maybridge.online.church](https://maybridge.online.church)***

### EASTER SUNDAY

4 APRIL | 10:30AM

# WEEK 1



## DAY 1

Read out this Lutheran prayer and pray it over this season of Lent.

*Heavenly Father,  
let your blessing be on us  
as we pass through these  
holy days  
in which we remember  
the sufferings and death  
of our dear Lord.  
Set his example before us,  
that we may follow him  
in willing obedience,  
learn his gracious humility,  
and be filled with his love  
and spirit of self-sacrifice,  
and learn the lessons of a  
life pleasing to you  
and helpful to our  
neighbors;  
through him who loved us  
and gave himself for us,  
Jesus Christ our Lord.  
Amen.*

WED 17 FEB

## DAY 2

Pray for your spouse  
or a loved one.

THU 18 FEB

## DAY 3

Pray for India. You might like to spend some time getting informed before you begin - [opendoorsuk.org](https://opendoorsuk.org) and [operationworld.org](https://operationworld.org) are great places to start for country-by-country info and prayer points.

*Pray for EMC and Pursuit International, our global partners working in Kolkata. Prime Minister Modi is keen to keep India a Hindu country, and Christian organisations are facing more and more restrictions, or even being forced to stop operating in India altogether.*

*Pray for farmers, who have been protesting new regulations to agricultural practices due to fears of losing earnings and their protection over guaranteed prices.*

*India is the world's 3rd highest ranking country for cases of coronavirus and covid-related deaths. Pray for those affected by the pandemic, particularly those living in slum communities where social distancing, proper hygiene and access to healthcare is near-impossible.*

FRI 19 FEB

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**40 DAYS OF PRAYER**



# WEEK 1

## DAY 4

*"When I kept silent, my bones wasted away through my groaning all day long." Psalm 32:3*

Prayer gives us the chance to give our difficult situations over to God, but we can often make the mistake of thinking that means we shouldn't have any worries or anger or 'negative' thoughts at all. The Psalms are full of examples of people coming to God in complete honesty about their circumstances - be that lamenting, talking about what they're afraid of or even asking God to smite their enemies. The Psalmists often **then** proclaim they will trust in God and praise Him, but they don't skip the step of confessing their darkest thoughts and fears - it's part of the process.

Mark out 20 minutes to not ignore, but actively focus on a situation you're worried/stressed/angry/upset about (you might like to set a timer so you can stop looking at your phone). Write down and explore every thought and feeling and fear you have about this situation - bringing it all honestly before God - and when your 20 minutes up, hand the situation over to Him. You might like to rip up, bin or burn the paper as a sign of this. You might want to ask God to help you to find a solution, or forgive someone. You might like to end with a verse or phrase - such as "You will never leave me or forsake me" to affirm God is in control, and loves you no matter what.

SAT 20 FEB

## DAY 5

Light a candle for someone who's grieving right now.

SUN 21 FEB

## DAY 6

How many names of Jesus can you name in one minute? Thank Him for being all of those things, or choose one that stands out to you to focus on.

MON 22 FEB

## DAY 7

On your daily walk, pray for your neighbours as you pass each house.

TUE 23 FEB



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# WEEK 2

## DAY 8

Read out The Lord's Prayer - what particularly stands out to you today?

*Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever.  
Amen.*

WED 24 FEB

## DAY 9

Pray for someone at Maybridge - who comes to mind? Text them to let them know you're praying for them today - trust us, people love hearing that - or ask for their prayer requests.

THU 25 FEB

## DAY 10

Pray for the Persecuted Church. Open Doors has created a World Watch List of 50 countries where Christians face the most extreme persecution. Why not choose a country from the list to get informed about and pray for?

[opendoorsuk.org/persecution](https://opendoorsuk.org/persecution)

FRI 26 FEB

## DAY 11

Choose a Bible verse to memorise. Spend time writing it out, illustrating it, highlighting key words or phrases. If there's something you particularly need help with, try Googling "Bible verses for xxx" and see what comes up. Or choose a verse from our list - they're all about, funnily enough, prayer.

SAT 27 FEB

*Isaiah 1:17  
Psalm 141:2  
Ephesians 6:18  
Romans 12:12  
Romans 8:26  
Jeremiah 29:12  
1 John 5:14-15  
1 Chronicles 16:11  
1 Thessalonians 5:16-18*



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# WEEK 2 & 3

## DAY 12

Try praying the Examen. There are many versions and variations of the five-step Daily Examen that St. Ignatius practiced, but it largely follows these five steps:

1. *Become aware of God's presence.*
2. *Review the day with gratitude.*
3. *Pay attention to your emotions.*
4. *Choose one feature of the day and pray from it.*
5. *Look toward tomorrow.*

You can just give it a go yourself (you might like to play music or light a candle to help you) You can search "the Examen" for guided videos/podcasts (there's one on our **Guided Meditation** playlist on YouTube), or try this one to start your day:

**[godinallthings.com/prayer/morning-examen/](https://godinallthings.com/prayer/morning-examen/)**

SUN 28 FEB

## DAY 13

In one minute, how many loved ones can you name? Even if you only have time for a quick sentence, turn that list into prayer; say thank you to God for putting these people in your life, or pray for each of them.

MON 1 MAR

## DAY 14

On your daily walk, what do you notice? Take some time to thank God for his creation. You might like to share a picture online with "Thanking God for this today".

TUE 2 MAR

## DAY 15

Use Psalm 27 as a prayer. You might like to try the Psalm 27 video from our Bible Reading playlist at:

**[youtube.com/maybridgecc/playlists](https://youtube.com/maybridgecc/playlists)**

WED 3 MAR

## DAY 16

Pray for the children in your life. You might like to pray protection over their development during the pandemic, or simply name them before God and thank Him for them.

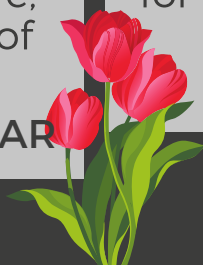
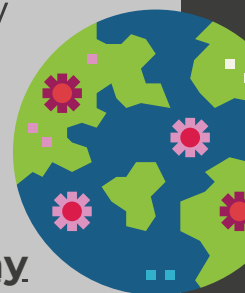
THU 4 MAR

## DAY 17

It can be difficult to know where to start when praying for a crisis as large as coronavirus. Try starting with Tearfund's simple prayer guide at:

**[tearfund.org/get-involved/pray](https://tearfund.org/get-involved/pray)**

FRI 5 MAR



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# WEEK 3

## DAY 18

'Lectio Divina' means 'Sacred Reading'. Have a go using the steps below (if you enjoy this, try downloading the Lectio 365 app).

### READ

Choose a passage of scripture (anything from one to 15 verses). Read it through slowly several times. If possible, read it out loud. To get you started, try John 15:1-8

### MEDITATE

Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

### PRAY

Respond to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

### CONTEMPLATE

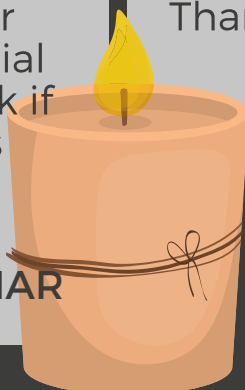
Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

SAT 6 MAR

## DAY 19

Light a candle for someone who might be struggling right now (even if that someone is you). You could post a picture of your candle on social media and ask if anyone needs prayer.

SUN 7 MAR



## DAY 20

In one minute, how many things can you name that make you happy? It could be anything from your partner to a good caramel doughnut. Thank God for them.

MON 8 MAR

## DAY 21

On your daily walk, pray for the schools, care homes and local businesses you pass.

TUE 9 MAR

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# WEEK 4

## DAY 22

Read **Psalm 139**. What stands out to you? How is God speaking to you through this today? Use this as a prompt for prayer.

WED 10 MAR

## DAY 23

Thank God for food; for the privilege of having food in your cupboards; for food that's good for us; for delicious meals that bring joy.



THU 11 MAR

## DAY 24

Since 2011, Syria's brutal civil war – together with attacks from ISIS – has created one of the greatest human tragedies in living memory. For some 11 million Syrian people – nearly half the population – the only choice was to risk their lives by fleeing for safety and survival. Many left with only the clothes on their back and what they could carry. Pray for refugees around the world; millions of whom live in vast camps awaiting a new place to call home. Pray that Worthing might be that place for more and more refugees and asylum seekers, and pray for the work of Worthing 4 Refugees to flourish.



FRI 12 MAR

## DAY 25

Go to [youtube.com/maybridgecc/playlists](https://www.youtube.com/maybridgecc/playlists) and choose a video from our **Guided Meditations** playlist.

SAT 13 MAR

## DAY 26

Light a candle, and try contemplative prayer – quietly sitting in God's presence. **Session 6 of 24-7 Prayer's Prayer Course** gives a great in-depth explanation and guide for getting started.



SUN 14 MAR

## DAY 27

What do you have to be grateful for? A roof over your head? Health? Nice colleagues? List as many as you can in one minute, and thank God for them. You might like to write them down to help you practise gratitude...

MON 15 MAR

## DAY 28

Just like plants depend on sunlight, we depend on God for our needs. On your daily walk, find a leaf to take home. Write a need on your leaf and ask God to hear your prayer. Hang the leaf up somewhere and let it remind you to turn to God for all your needs.

TUE 16 MAR



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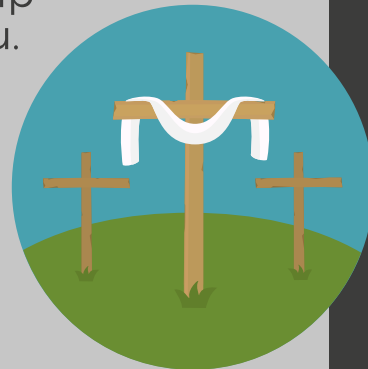
# 40 DAYS OF PRAYER

# WEEK 5

## DAY 29

This Lutheran prayer is traditionally prayed towards the end of Lent. As Holy Week approaches, use this prayer to help you focus on the Easter story, and what it means for you.

*Lord God, heavenly Father,  
in your fatherly grace you did not spare your only Son  
but gave him up to death on the cross.  
Pour your Holy Spirit into our hearts  
that we may find our highest comfort in your grace.  
Protect us from temptations to sin more,  
and help us patiently bear whatever hardships may come,  
so that through him we may have eternal life.*



WED 17 MAR

## DAY 30

*"Even though I  
settle on the far  
side of the sea,  
you are there."  
- Psalm 139*

Pray for someone  
you know outside  
the UK.

THU 18 MAR

## DAY 31

Slowly and  
mindfully eat  
some bread,  
and meditate  
on how Jesus  
is the "bread of  
life". What  
does that  
mean?

FRI 19 MAR

## DAY 32

The pandemic has hit  
families hard financially,  
and food poverty is rising  
in the UK as a result. Pray  
for families facing holiday  
hunger over Easter, and  
pray for our Easter delivery  
of Boxes of Hope to local  
families in need.

SAT 20 MAR

## DAY 33

Light a candle for someone with health  
struggles. Pray for healing and for answers. Or  
you might like to light a candle for someone  
you know working in the NHS. Pray for energy,  
safety, wisdom and resources.



SUN 21 MAR

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# WEEK 5 & 6

## DAY 34

*"No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us."*  
- *Philippians 3:13-14*

Grab a piece of paper and, in one minute, make a list of things in this past year that you want to leave behind. Then, flip the paper over and spend a minute listing all the things you want to move towards. Thank God for hope and new beginnings.

MON 22 MAR

## DAY 35

Walk around the Maybridge estate, or your own local community. Pray that God would bring tangible transformation into the area, and ask Him to show you how you can be a part of that transformation.

TUE 23 MAR

## DAY 36

Pray for your household. You might like to use this Celtic prayer:

*Bless this house and those within.  
Bless our giving and receiving.  
Bless our words and conversation.  
Bless our hands and recreation.  
Bless our sowing and our growing.  
Bless our coming and our going.  
Bless all who enter and depart.  
Bless this house, your peace impart.*

WED 24 MAR

## DAY 37

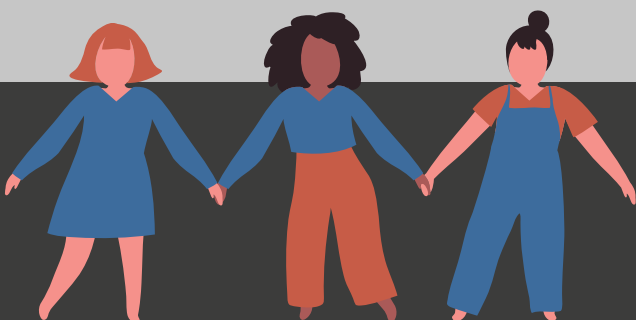
From child marriage and trafficking to female genital mutilation and gender-based violence, millions of women and girls across the world face untold dangers and challenges simply because they're women. Spend some time praying for women - **this resource from World Vision** has plenty of information and written prayers to help you.

THU 25 MAR

## DAY 38

Pray for someone you've never prayed for before.

FRI 26 MAR



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# 40 DAYS OF PRAYER

# WEEK 6

## DAY 39

*"Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behaviour. Instead, be kind to each other, tender-hearted, forgiving one another, just as God through Christ has forgiven you."*

- Ephesians 4:31-32

Is there someone you need to forgive? Write their name(s) on your hands. Then wash the names off as a sign of forgiveness, asking God to help you as you do so.



SAT 27 MAR

## DAY 40 - HOLY WEEK

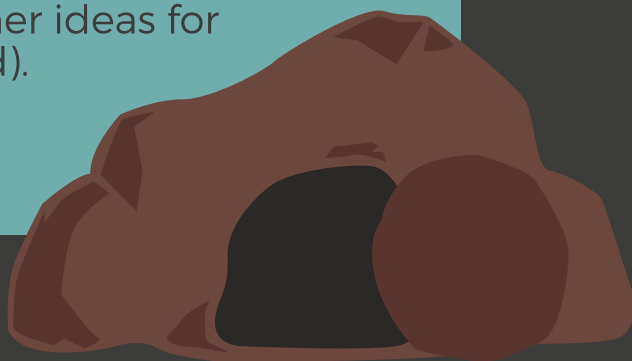
To finish off 40 days of Prayer, try the first of our Holy Week videos over on **Facebook**, **Instagram** or **YouTube**. Each day between Palm Sunday and Easter Sunday, a different person from Maybridge will take us through the last week of Jesus's life, reading and explaining a Bible passage and leading us in prayer. Join us there to connect and engage with the Easter story (and look back to the first page of this resource for other ideas for Easter weekend).

SUN 28 MAR

## YOU DID IT!

Whether you managed every single day of prayer, or you just tried one or two things, we'd love to hear how it went. Did you discover ways of praying you'd like to continue? Did you meet with God? Was it just OK or even a bit rubbish? Even if nothing much happened, hey, at least you showed up, and we'd love to hear all about it

[info@maybridge.org.uk](mailto:info@maybridge.org.uk)



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