



# 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 a 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 (plus, over Lent did you know you get Sundays off?)

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.

# WEEK 1

## DAY 1

Pray this Lutheran prayer 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 neighbours; through him who loved us and gave himself for us, Jesus Christ our Lord. Amen.*

## DAY 2

Pray for your spouse, partner or a loved one who comes to mind.

## DAY 3

Pray for Ukraine. You might like to use the latest news to guide your prayers, or use this prayer from 24/7 Prayer.

*King of all nations, we cry out to you now for the people of Ukraine. We ask you to rescue those who are vulnerable from the hands of their enemies that they may live without fear.*

*Prince of peace, we simply cry out to you to thwart the dark machinations of evil men. Give wisdom beyond human wisdom to peacemakers seeking an equitable and less violent way. May politicians exercise the wisdom from above, which is peaceable, gentle, willing to yield, and full of mercy.*

*Holy Spirit, we pray for the church in Ukraine. Give our many brothers and sisters courage that they may proclaim the good news of your kingdom, bind up broken hearts, and bring comfort to all who mourn.*

*Lord of lords, we ask you now to save the lives of many people in Ukraine. Make a peace that is strong. De-escalate this crisis. We hear of wars and rumours of wars, but you Lord are our rock, our fortress and our deliverer. Our hope is in you. And so we address the nations now. In the name of Jesus we say: "Be still and know God! He is exalted among the nations; he shall be exalted in the earth." Amen*



# 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.

## DAY 5

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

## 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.

## DAY 7

Walk around your neighbourhood and pray for your neighbours as you pass each house.



## 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.*

### 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.



### 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.

### 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)**

*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/)

## DAY 13

Pray for the Maybridge Estate. Ask God what his heart is for our local community, and what role he has in store for you as part of that vision. Pray for great things to come out of our all-in Sunday on 20th March.

## DAY 14

Go for a 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".

## DAY 15

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.

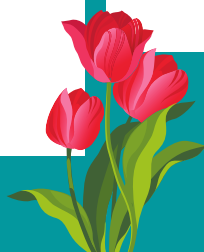
## DAY 16

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)

## DAY 17

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



# 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

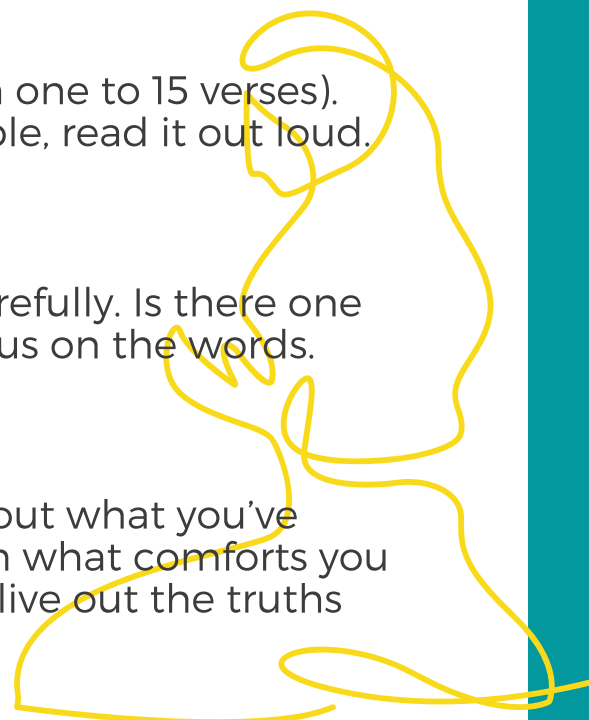
Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

### 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.

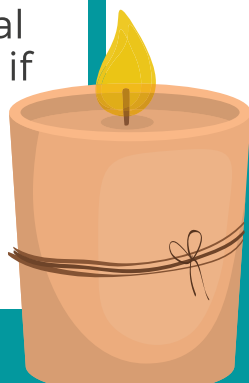
### CONTEMPLATE

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.



## 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.



## 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.

## DAY 21

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

## 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.

### 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.



### 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.



### DAY 25

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



### 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.

### 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...

### DAY 28

Just like plants depend on sunlight, we depend on God for our needs. Find a leaf, write a need or request on it 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.



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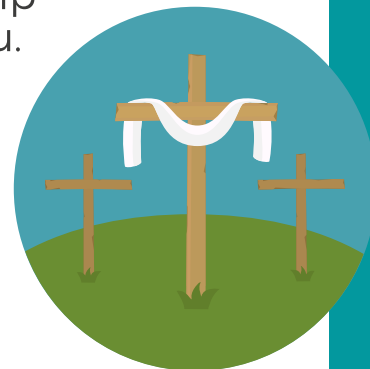
**40 DAYS OF PRAYER**

# 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 you 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.*



## 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.

## DAY 31

Try to be mindful  
of what's around  
you. What do you  
see, taste, touch,  
hear and smell?  
Let these inspire  
your prayer today.

## DAY 32

Food poverty is  
rising in the UK. Pray  
for families facing  
hunger over the  
Easter holidays, and  
pray for our Easter  
Bags of Hope Cafe  
for local families in  
need.

## 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.



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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.

### DAY 35

Choose a country that begins with the same letter as your first name and pray for that country. If you need help thinking of a country or finding prayer points, try the [Operation World website](#).

### 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.*

### 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.

### DAY 38

Pray for someone you don't like(!) or someone you've never prayed for before.



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# 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."*

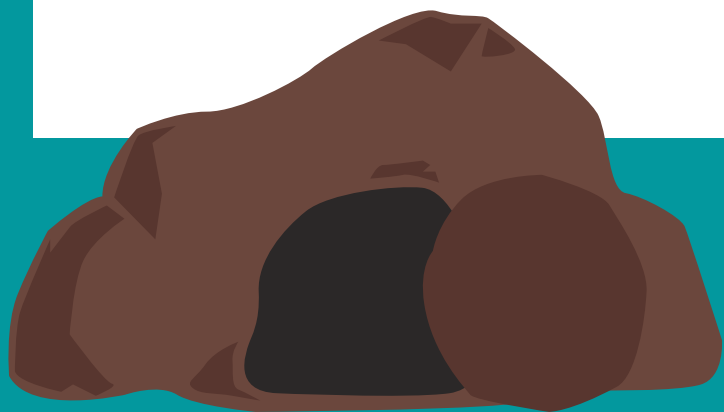
- Ephesians 4:31-32

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.



## DAY 40

Spend some time reading about the Easter story in the Bible - you might read the whole story, or look up a part of the story to explore. You might want to look in different gospels (Matthew 26-28, Mark 15-16, Luke 22-24, John 17-20) or compare translations. What stands out to you today? Is there something new you've never noticed before, or a fresh appreciation of something you knew already? Turn these thoughts and feelings into prayers of praise.



## 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)