
40-Day Prayer Guide

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Why Prayer is Important

God wants to have a relationship with you. Good relationships require open lines of communication. He wants you to pray throughout the day to stay in touch with Him just as you would with others you love.

“Pray without ceasing. In everything give thanks: for this is the will of God in Christ Jesus concerning you.” (1 Thessalonians 5:17-18 NKJV)

How will prayer benefit you?

- Praying directly to God gives you peace ([Php 4:6-7](#)).
- Prayer draws you closer to God ([Psa 50:15](#), [Psa 18:1-6](#)).

Does God answer all your prayers?

Yes; however, not always the way you expect or when you expect. There will be times when, in His infinite wisdom, the best answer to your prayer is “NO” or “NOT YET.” In those times, trust Him.

If you pray hard enough will God give you what you want?

If you ask for something that is contrary to God’s will, praying longer or more fervently will not change His mind ([Jas 4:3](#), [Mat 6:7](#)).

When should you pray?

- When you have a need ([Heb 4:16](#)).
- When you are troubled and crave peace ([Php 4:6-7](#)).
- When you see that someone needs God's help ([1Sam 12:23](#)).
- When you want to be closer to God ([Psa 18:1-6](#)).
- When you are thankful ([Psa 100:4](#)).
- When you have sinned ([1John 1:9](#)).
- Always ([Luke 18:1](#)).

How important is it to pray for others?

Samuel said it was a sin against God not to pray for others ([1Sam 12:23](#)). Paul continually prayed for others ([Rom 1:9](#)).

How to Pray

Make it conversational

- Avoid mindless repetition ([Mat 6:7](#)). God wants to hear what's on your heart.
- Talk to Him directly ([Eph 2:18](#), [1Tim 2:5](#)).
- Remember to express your gratitude ([2Cor 9:15](#), [Psa 100:4-5](#)).

Pray in a variety of ways

- Pray a short list to God daily ([Col 4:2](#)). See the **40-Day Prayer Challenge** in this document.
- Pray a quick "micro prayer" ([Neh 2:4-6](#)).
- Pray when God brings people to mind ([Php 1:3-4](#)).
- Pray the Scriptures back to God ([Psa 119:169-170](#)).
- Write a letter to God ([Psa 143](#)).

Pray according to His will

<i>Petition</i>	<i>Verse</i>	<i>Tips</i>
Pray for fellowship with Him.	Psa 119:132 look upon me	Tell God that you sincerely desire to have a relationship with Him, that you want Him to look at you.
Pray for God's mercy.	Psa 119:132 be merciful to me	God is accustomed to showing mercy to those who love Him as they ask Him for mercy. It's okay to admit your shortcomings.
Pray for God's direction.	Psa 119:133 order my steps in Your word	You must be in His Word regularly for God to provide direction. You must also ask for that direction from His Word.
Pray for victory over sin.	Psa 119:133 don't let sin control me	Spend more time praying for deliverance from temptation so you don't need to spend so much time asking for forgiveness.
Pray for deliverance from evil people.	Psa 119:134 protect me from evil people	The correct motivation to be delivered from oppression is so that God's Word reigns in your life, not for your life to simply be easier.
Pray for growth in learning and applying God's Word.	Psa 119:135 teach me your Word	You can never know everything about God and His Word. If you apply what He teaches you and ask Him to teach you more, He will.

The 40-Day Prayer Challenge

Instructions

1. Write a short prayer list (3-10 things).
2. Include others on your list.
3. Pray it every day for 40 days.
4. Pray like it's the "real work."
5. Believe that God is hearing you.
6. Record even "micro-answers."

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| <ol style="list-style-type: none">1. ...walk circumspectly...as wise (Eph 5:15)2. ...intercessions...be made for all men (1Tim 2:1)3. ...Lord, I have called daily upon You (Psa 88:9)4. ...fervent prayer...avails much (Jas 5:16)5. ...ask in faith, with no doubting (Jas 1:6)6. ...watch and pray (Mark 14:38) |
|---|

My Prayer List

1
2
3
4
5
6
7
8
9
10

Prayer Checklist

Start Date:

End Date:

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32	33	34	35
36	37	38	39	40		