

Day 1: Praise

Theme: Glorifying God for Who He Is

Scripture: Psalm 145:1-3 "I will exalt you, my God the King; I will praise your name forever and ever. Great is the Lord and most worthy of praise; his greatness no one can fathom."

Prayer Focus: Spend time exalting God for His character—His holiness, faithfulness, mercy, power, and love.

Suggested Prayer: "Lord, You are worthy of all praise. Your greatness is beyond my understanding. I worship You simply because You are God."

Day 2: Thanksgiving

Theme: Gratitude for God's Blessings

Scripture: 1 Thessalonians 5:16-18 "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." **Prayer Focus**: Thank God for His provision, protection, answered prayers, and even challenges that grow you.

Suggested Prayer: "Father, I thank You for Your endless goodness in my life—seen and unseen. Help me to recognize Your hand in every detail."

Day 3: Surrender

Theme: Yielding to God's Will

Scripture: Romans 12:1 "Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God —this is your true and proper worship."

Prayer Focus: Offer your life, plans, and desires to God. Ask Him to align your heart with His will.

Suggested Prayer: "Lord, I surrender all that I am and all that I have to You. Lead me in Your perfect will and help me to trust Your guidance."



Day 4: Healing

Theme: Prayer for Physical, Emotional, and Spiritual Healing **Scripture:** Jeremiah 17:14 "Heal me, Lord, and I will be healed; save me and I will be saved, for you are the one I praise."

Prayer Focus: Ask for God's healing in your body, mind, relationships, and spiritual life. Pray for healing for others who are suffering.

Suggested Prayer: "God, You are the Healer. I ask for Your healing touch in my life and in the lives of those around me who are broken and hurting."

Day 5: Relationships

Theme: Strengthening Love and Unity

Scripture: Ephesians 4:2-3 "Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace."

Prayer Focus: Pray for restoration in strained relationships, for deeper connections with family and friends, and for unity in your community. **Suggested Prayer:** "Lord, help me to love as You love, to forgive quickly, and to seek peace in all my relationships. Heal what is broken and strengthen what is good."

Day 6: Prayer for the Local Church

Theme: Growth, Holiness, and Mission

Scripture: Acts 2:42-47 "They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer... And the Lord added to their number daily those who were being saved."

Prayer Focus: Pray for your church's leadership, unity, spiritual growth, outreach efforts, and the presence of the Holy Spirit.

Suggested Prayer: "Father, bless my local church. Strengthen our leaders, deepen our love for You and each other, and empower us to be a light in our community."

Day 7: Prayer for the Global Church

Theme: Revival, Protection, and the Spread of the Gospel

Scripture: Matthew 28:19-20 "Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit..."

Prayer Focus: Pray for missionaries, persecuted believers, unreached people groups, and the global advancement of God's kingdom.

Suggested Prayer: "Lord, strengthen and protect Your church around the world. May the gospel reach every nation and may revival sweep across the earth."