



40 Day
Prayer & Fasting
Guide



HOW TO MAKE THE MOST OF THE 40 DAYS

Establish a daily habit of Bible reading and prayer.

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For each of the 40 days, there's a scripture reading to start your day. The God story guide, alongside our Sunday morning teaching, will guide us on Wednesday evenings.

It's powerful when God's people fast and pray. Each Wednesday, we are fasting together as a church and breaking our fast at our Wednesday evening at 8:00pm as we break bread together.

Fasting may not be appropriate for everyone, but if you've never tried it, this is a great opportunity.

Each Wednesday, you can start the day praying with others at our online prayer meeting, from 7-7:45am.

And then don't miss our Wednesday evening meetings. These really are the heart of our 40 days – an opportunity to worship God and pursue His presence together.

Book your weekly prayer slots. We are aiming to cover the whole of our 40-day season – day and evening – with at least one person from the church praying for an hour. If the idea of praying for an hour seems daunting, we have put together an outline on page 4 to help you structure your slot.

During your prayer slot you can pray individually or with others, and wherever you are - or if you prefer you can come to the church.

We've designed this to be a quiet, creative space where people can come and pray.

The prayer room space is available:

- Monday – Friday, 9am–5pm
- Monday evenings, 7pm – 10pm
- Wednesday evenings, 7pm – 9pm



40 DAYS FOR
FAMILIES:
HOW TO INVOLVE
YOUR KIDS

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Choose a time in the day that works for your family to all get around the table together.

Use some, or all, of the ideas below to get into the Bible and encounter Jesus together.

Bible

Everyone have a Bible to join in finding the scripture.

Thanks

Thank God for talking to us through the Bible.

Ask

Ask the Holy Spirit to speak to each person in your family today.

Read

Take turns to read the day's scripture out loud to each other.

Notice

Share what stood out to you.

Think and Wonder.

What do you think God is saying to you?

Pray

Take a look at today's main focus of prayer, e.g. 'Pray for signs and wonders'.

Think, imagine and chat about the good things that God could do in this area.

Pray those things by speaking, drawing, singing, writing.



24/7 PRAYER: HOW TO PRAY FOR AN HOUR

The thought of praying for an hour can seem hard. Where do you start? How do you keep going? What happens if you get distracted or fall asleep?! There are many ways to see in the time, but below is a loose framework to help.

And remember, your prayers aren't small or insignificant, they're powerful and effective. If you're a follower of Jesus, you're clothed in the righteousness of Christ, and you have access to a powerful Father with authority over all things.

'The prayer of a righteous person is powerful and effective.'
(James 5:16)

1. Preparation

Be still and listen. Quiet your heart. Commit your time to the Lord and ask Him to meet with you.

You might find it helpful to play a worship song to help you focus.

2. Thankfulness

Psalm 100:4 says, *'Enter His gates with thanksgiving and His courts with praise! Give thanks to Him; bless His name!'*

Think of three things that have happened recently that you're thankful for.

Thank God for those simple things.

3. Forgiveness

Psalm 139:23-24 says *'Search me, O God, and know my heart ... see if there is any offensive way in me.'*

Ask the Holy Spirit to show you anything you need to repent of, and to lead you in repenting.

As you do, accept your forgiveness. Thank Jesus that His death on the cross has paid for all your sin.

4. Scripture

Read through today's Bible passage (see pages 10 – 20) to help you focus on God. Don't rush it. Instead, ask God to speak to you through it.

Ask Him: What does He want to tell you today?

5. Intercession

Use the daily prayer points on the following pages to ask God to move in our church, our town and beyond.

Remember, we have an enemy who tries to bring destruction, disruption, distraction and disunity.

So as you pray, expect it to be a battle. Prayer is warfare.

6. Contemplation

Finally, ask God, is there anything else you want to say to me today?

Thank Him that He has heard your prayers.

Rest in God's presence, knowing He is faithful and good.



THE PURSUIT OF GOD DAILY PRAYER POINTS

MONDAYS

Pray for resources to refurbish the church building, modernising the space, creating space for growth, and to reach more people with the love of Jesus. That He would provide miraculously.

∅ That we would become an exceedingly generous church that resources kingdom advance beyond our walls, our borders and our generations.

∅ Pray God would lead us on a journey of faith that sees the kingdom break in, and that brings new depths of joy as we give.

∅ For growth in our church that comes through people/families returning to Jesus and those finding Jesus for the first time.

TUESDAYS

Pray for our church family

Today, we would love you to pray for our church family – that we would be committed to Jesus and committed to one another.

Please pray:

∅ For a fresh outpouring of the Spirit on the church, equipping us and empowering us to love one another and to reach out to the lost.

∅ That our church family would be marked by unity, that where the enemy seeks to bring disunity and disruption, we would pursue love and togetherness.

∅ That we would be a church family where everyone plays their part, seeing the diversity of gifts God has given us.

∅ That as a church we would be known for our love for Christ and one another, that we would

been known as a people who encourage, and where disciples are made and trained.

∅ That we would devote ourselves to Jesus, to the word, to prayer and to reaching out – and that we would be known for our countercultural, gospel-centred generosity.

WEDNESDAYS

Pray for our outreach and social action

Today, we would love you to focus on the ways we're reaching out to those in our own lives, and those around us

Please pray:

∅ For those on your friends, family, neighbours, colleagues who don't yet know Jesus. Pray for opportunities to listen to them, eat with them, serve them and share your story and the gospel with them.

∅ For the gospel-centred ministries that have been planted here intentionally to serve in the village and beyond.

∅ Pray for protection and wisdom for the leaders and teams, for the presence of God, for good relationships to be built, and for freedom and salvation.

∅ Recovery Community, serving those caught in life-controlling addictions and homelessness.

∅ To-gather, seeking to love and serve women whose children/partners are in life-controlling addictions

∅ Friday Club serving our villages children.

THURSDAYS

Pray for our leaders and teams

Today, we would love you to pray for those who serve in the church, whether it's in full-time ministry or leading or serving voluntarily in teams.



Please pray:

∅ For our pastor and elders

∅ Pray for the following things for them:

- to be filled with the Spirit
- for encouragement, unity and godly wisdom
- for the joy and peace of the Lord
- for protection for them and their families

∅ For leaders across the church

- those teaching, leading worship, kids/youth teams, hospitality
- that leading would be a joy not a burden, and that they would lead from a place of knowing they are beloved sons and daughters.

∅ For all – that we'd see togetherness and joy in our church – that we would radiate the grace, humility and joy of Jesus Christ as we serve.

∅ For mobilisation and sending of new leaders and new people to joining serving teams, every person playing their part (Ephesians 4:16) as God builds His church here.

FRIDAYS

Pray for the generations

We are blessed to be a church of all different ages. Today, pray for the different generations in our church family, lifting them to God.

Please pray:

∅ For our kids: that the youngest members of our family would have life-changing encounters with Jesus, and that out of it, they would grow in their gifting and live with daily expectation of what's possible with God.

∅ For our Youth: that the spiritual temperature would be raised further still among our young people. That they would love Jesus, love the Bible and love prayer – and that they

would be so filled of the Spirit that they can't stop talking about Jesus.

∅ For our Youth, for growth, that a hunger for more of Jesus and following Him above everything else will happen. That the 'quiet revival' happening in this generation would continue, spread and that many would come to know Jesus.

∅ For those in the retired generations: that God would ignite and feel a fresh passion for Jesus, unlock spiritual gifts, and release new joy in serving, praying and reaching out.

∅ For everyone in between – whatever their background, whatever they are facing, that God would fill them and equip them with His Spirit today.

SATURDAYS

Pray for signs and wonders

Jesus has authority over sickness, over storms, over demons and death. Today, pray for kingdom breakthrough to come in or church and beyond.

Please pray:

∅ For a fresh outpouring of the Spirit on the church, equipping all of us to extend the kingdom rule of God into every environment.

∅ For miracles healing: Think of people you know and love who have any kind of physical, psychological or emotional pain and sickness. Pray they would know the presence and comfort of God and pray with authority for their healing.

∅ For salvation: Every salvation story is a death to life story. So lift people to God today, and pray for salvation to come, knowing that Jesus is the way, the truth and the life and that the Spirit can soften the hardest heart.

∅ That we'd be naturally supernatural people: Think of all the places you will go today and the people you will interact with. Ask God for opportunities to bring a touch of the kingdom



into those places – peace where there's anxiety, freedom where there's captivity, truth where there's confusion, love where there's apathy and hate.

SUNDAYS

Pray for our nation and the nations

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Today is an opportunity to lift up our nation and the nations, asking God to see His kingdom come.

⌚ Ireland – for the gospel to be preached and received, for many to be saved; for signs and wonders to break out that draw people to glorify Jesus; for a courageous Church to rise up; and for righteous government, inspired by the love, grace and wisdom of the Lord.

⌚ Church on the Hill – that God will bless the church and strengthen it

⌚ For Elim, the movement of churches we are a part of, as they start and strengthen churches that multiply disciples to see God's kingdom fill the Earth.

⌚ Prayer for the Irish leadership team leading Elim in Ireland for wisdom and discernment in the transition of Ireland.



FASTING

We are encouraging as many as possible to fast each Wednesday during the 40 days. We will end our fast on a Wednesday evening at the church where we will break bread together.

Please read the following and ask the Spirit to guide you as to how He wants you to fast and pray.

Why Fast?

Think about your motives as you prepare to fast.

Above all else, fasting is an act of worship to God – so prioritise pursuing God's presence.

As you fast, schedule in time to pray and read the Bible. Expect to hear from God in new and exciting ways, in dreams, visions and revelation.

Types of Fast

There's no one 'right' way of fasting – people fast in different ways.

(Fasting from food isn't appropriate for everyone, please see the notes)

The Normal Fast: no food is eaten and drinking only water.

The Partial Fast: cutting back to only eating vegetables and fruit, or drinking juice or smoothies, or to one meal a day. This is a practical fast for those involved in heavy work or who have medical reasons for requiring regular food intake (see Daniel 10:2-3.)

Fasting From Other Things: while we want to prioritise fasting from food, you might want to see this as a chance to withdraw from other things (like TV or social media) and see the time to pray and reflect instead.

What to Expect

Expect opposition! This will come from the enemy as he doesn't want you to fast – and it

will also come from your own body. Be aware that fasting may bring out the worst in you...

One writer said he never knew the strength of 'the desires of the flesh and lust of the eyes' to be so strong as when he fasted.



Some Practical Guidelines

1. Food fasts should only be undertaken by people who are fit and healthy. We do not recommend that the following people participate in food-related fasting:

under 18s, people who are ill, underweight or living with chronic health challenges, those prone to eating disorders, those who require food with their medication, women who are pregnant, nursing or on their period. If in any doubt at all, please consult your doctor first.

2. Fast with someone else. There is strength in numbers!
3. Make a commitment and set a duration. However, be willing to review the duration if health or circumstances change.
4. If drinking juice, drink low or non-acidic diluted juices.
5. Don't boast about your fast. At the same time, don't be legalistic about this. Tell those who need to know.
6. Schedule in regular rest breaks as you grow weary and exercise only lightly.
7. While most will choose to fast for the day, some may choose to fast for longer periods of 2 or 3 days. If you are planning on fasting for any longer than that, make sure there are people who know, and, again, only do this if it is medically advisable.
8. Break the fast gradually, especially after prolonged fasts.
9. Remember we are under grace, not law. If at any point you feel you need to break your fast, be released to do so.



Family Prayer & Bible Readings

40 Days of Prayer and Fasting is a united effort to draw near to God together as we ask Him to bring about a spiritual renewal in our lives, our family, our church, our community, and our world.

Week 1: Dependent Prayer
Ash Wednesday 18th February 2026

Day 1: Fasting

He ate nothing during those days, and at the end of them he was hungry. The devil said to him, “If you are the Son of God, tell this stone to become bread.” Jesus answered, “It is written: ‘Man shall not live on bread alone.’ [Luke 4:2-4](#)

Pray that you can learn to completely trust and depend upon your Father in heaven. Ask God to help you have the same faith Jesus displayed in the wilderness, and that he would reveal Himself to you as you depend upon Him for all things.

Day 2: Pride

Do nothing from rivalry or conceit, but in humility consider others more significant than yourselves. [Philippians 2:3](#)

Pray that God would reveal the pride and selfishness in your heart. Allow the Holy Spirit to help you see others in your life through His eyes, and to consider them above yourself.

Who can you serve today?

Day 3: Humility

Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. [Philippians 2:5-8](#)

Thank God that He has given us the example of Christ and pray that He would help you to live in humble obedience and submission to His good, perfect and loving will.

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Day 4: Rest

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

[Matthew 11:28-30](#)

Take some time to be still and know that He is God. Ask God to help you trust in Jesus for true and lasting rest. Thank Him for the gift of Jesus who willingly carries your burdens and offers rest this world can never offer.

Day 5: Busyness

But the Lord answered her, Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion and it will not be taken from her. [Luke 10: 41-42](#)

God loves you and loves spending time with you, more than you will ever know, ask him to reveal the things that are in the way of that time.

Day 6: Truth

Trust in the LORD with all of your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. [Proverbs 3:5-6](#)

Ask God in which ways you depend upon yourself, or this world, for truth instead of trusting in Him. As you seek God in Scripture, pray that He would help you to trust fully in His presence, revealed truth and love for you.



Day 7: Renewal

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. [Romans 12:1-2](#)

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Ask God to bring renewal and transformation to your life and the community around you. Ask that he would help you to orient your entire life to him, seek him with all that you are, and conform you to the image of his Son, Jesus, as you seek to live on mission.



Week 2: Indwelling Holy Spirit

Day 8: Filled by the Spirit

You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you. [Romans 8:9-11](#)

Thank God today for the gift of His Spirit who dwells within you because you belong to Jesus. Pray that you would be filled with His Spirit to live completely dependent upon Him as you move throughout your day.

Day 9: Guided by the Spirit

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit. [Galatians 5:22-25](#)

Pray to your Father that you learn to walk by the Spirit. Ask that He help you to let go of the selfish desires of your heart and instead to love and serve others displaying the fruit of the Spirit to all those around you.

Day 10: Convicting of Sin

As it is, I rejoice, not because you were grieved, but because you were grieved into repenting. For you felt a godly grief, so that you suffered no loss through us. For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death. [2 Corinthians 7:9-10](#)

Pray that you would be convicted by God to repent wherever your heart and life is contrary to Him. Trust in the work of Jesus and know that

there is no condemnation in Christ; ask that God would help you to truly know and believe how fully forgiven and loved you are in Christ, even as you seek godly conviction that leads to repentance and renewal.

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Day 11: Empowering of the Spirit

Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen. [Ephesians 3:20-21](#)

Surrender to God's Spirit, the same Spirit that resurrected Jesus from the dead, who dwells in you, and empowers you to love, serve, and live on mission in ways that you never thought were possible.

Day 12: Gifting of the Spirit

To each is given the manifestation of the Spirit for the common good. For to one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, to another faith by the same Spirit, to another gifts of healing by the one Spirit, to another the working of miracles, to another prophecy, to another the ability to distinguish between spirits, to another various kinds of tongues, to another the interpretation of tongues. All these are empowered by one and the same Spirit, who apportions to each one individually as he wills. [1 Corinthians 12:7-11](#)

Pray that God would reveal your spiritual gifts, which are promised and bestowed upon all believers in Jesus. Ask Him to empower you to fully use your gifts in His mission to reach, redeem, and renew the world in the name of Jesus.

Day 13: Reminding Us of All Truth

When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come. [John 16:13](#)



As you fast, ask for clarity of mind. Thank the Holy Spirit for the way He reminds and reveals the truth of God's word to you. Pray that His presence in your community would lead to deeper understanding and dependence on His truth.

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Day 14: Communing with the Spirit

Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. Romans 8:26-27

As you pray, know that God's Spirit intercedes on your behalf, even when you feel completely weak or lost. Pray that the Holy Spirit would search the deepest needs and desires of your heart and trust that God knows you fully and welcomes you completely because of Jesus.



Week 3: Healing

Day 15: Physical Healing

In that hour he healed many people of diseases and plagues and evil spirits, and on many who were blind he bestowed sight. And he answered them, “Go and tell John what you have seen and heard: the blind receive their sight, the lame walk, lepers are cleansed, and the deaf hear, the dead are raised up, the poor have good news preached to them. [Luke 7: 21-22](#)

Confess to God that He is the Great Healer. Name your brothers and sisters in Christ who are struggling physically and ask our Father to heal them. If you are suffering, ask for healing in your own life according to His will. Thank God for the future promise of all things being made new in his Kingdom. Ask God to give us stories to tell of his power and mercy, that His good news would be proclaimed, and His name honoured.

Day 16: Emotional Healing

He heals the broken-hearted and binds up their wounds. [Psalm 147:3](#)

Ask the Lord for healing from the emotional scars you bear. Tell God you trust His power to heal, and that His grace is sufficient for you. Ask Him to give you an open heart to His healing power and for an increasing awareness of His steadfast love for you.

Day 17: Spiritual Healing

But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. [Ephesians 2:4-7](#)

Speak your thankfulness to God for His forgiveness and grace. Ask God to teach you to remember that He alone has forgiven your sin and healed you from unrighteousness. Pray that

God will make your life a witness to the power of His rich mercy.

Day 18: Relational Healing

So if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift. [Matthew 5:23-24](#)

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Pray that God will make your relationships as important to you as they are to Him. Ask God to give you the faith required to go and be reconciled to anyone with whom you have a fractured relationship.

Day 19: Wounds

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. [2 Corinthians 1:3-4](#)

Ask God to give you peace of heart while He works to bind your wounds. Pray for a soft heart toward other people who are hurt and downcast. Ask the Spirit of God to reveal ways you can pray for the people he brings to mind.

Day 20: Trauma

“The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.
“The Lord is my portion,” says my soul, “therefore I will hope in him.” [Lamentations 3:22-24](#)

Pray these verses. Ask God to help you trust him in the depths of your struggle. Ask the Lord to send people to you who will speak grace and truth to you and strengthen your faith.



Day 21: Grief

“Blessed are those who mourn, for they shall be comforted.” **Matthew 5:4**

Speak the name of someone who is grieving. Ask God to give them comfort and rest in their season of pain. Thank God for the genuine hope we have in Jesus. Ask God for peace in knowing there is life beyond this life.



Week 4: Freedom

Day 22: Freedom from Idolatry

Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. [Colossians 3:5](#)

Pray that your Father would reveal anything your heart desires more than God Himself. Ask for the strength to ruthlessly remove every unholy attraction from your life. Pray that He would quiet you in His presence so that you can see clearly and worship Him alone.

Day 23: Freedom from Unhealthy Habits

Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified. [1 Corinthians 9:24-27](#)

Pray to your Father to help you to live purposefully. Ask Him to give you the will to submit all your ways to Him and discipline your heart and body. Pray that you can become intolerant even of trivial sin, remembering that everything you do either glorifies or dishonours Jesus.

Day 24: Freedom from False Beliefs

The law of the Lord is perfect, reviving the soul; the testimony of the Lord is sure, making wise the simple; the precepts of the Lord are right, rejoicing the heart; the commandment of the Lord is pure, enlightening the eyes; [Psalm 19:7-8](#)

As you seek your Father in prayer, pray that He would enable you to hold tightly to the truth of His word and reject false beliefs. As you fast, ask that He give you a hunger for His word, so that you might know the truth and live your life submitted to Him. Ask that He help you to put into practice His unassailable truth.

Day 25: Freedom from Depression and Anxiety

Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. [Philippians 4:4-7](#)

Voice your concerns and fears to God. Cast your cares upon Him and remind yourself of His deep care for you. Ask for His peace to guard your heart and mind and give you freedom from the crippling effects of depression and anxiety. Thank Him for his presence and love.

Day 26: Freedom from Materialism

Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you. [Matthew 6:31-33](#)

As you pray, trust that God knows what you need and will always do what is best for you. Pray that God would free your heart from being consumed by material things and a desire for worldly comfort. Spend some time thanking God for every good gift in your life.

Day 27: Freedom from Religiosity

For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit. Whoever thus serves Christ is acceptable to God and approved by men. [Romans 14: 17-18](#)

Pray that your Father would free you from mere rule keeping and self-dependence. Nothing can save except the blood of Jesus. Ask God to fill your heart with the peace and joy that comes from trusting that His grace and mercy are enough for you.



Day 28: Freedom from Envy

If we live by the Spirit, let us also keep in step with the Spirit. Let us not become conceited, provoking one another, envying one another. Galatians 5:25-26

Pray that the Holy Spirit would guide you in all of your relationships. Ask that God would teach you to be humble, so that you can serve and celebrate people the same way as Jesus. Ask that God would give you freedom from comparison and set your heart to become more like Jesus.



Week 5: Holiness

Day 29: Repentance

Beloved, we are God's children now, and what we will be has not yet appeared; but we know that when he appears we shall be like him, because we shall see him as he is. And everyone who thus hopes in him purifies himself as he is pure. [1 John 3:2-3](#)

Confess your sins to God. Thank your Father for adopting you and ask for the faith and courage to rid your life of all desires and actions that are opposed to His holiness. Ask Him to purify your heart as He is pure and to help you bear fruits worthy of repentance.

Day 30: Death to Sin

Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. On account of these the wrath of God is coming. In these you too once walked, when you were living in them. But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth. Do not lie to one another, seeing that you have put off the old self with its practices and have put on the new self, which is being renewed in knowledge after the image of its creator. [Colossians 3:5-10](#)

As you fast and consider the way of Jesus, ask Him to reveal the parts of your life you must put to death. Ask God to make every sinful desire and action distasteful so that you will stop doing anything that does not lead you to honour and obey Him.

Day 31: Distinctiveness

Strive for peace with everyone, and for the holiness without which no one will see the Lord. [Hebrews 12:14](#)

Ask God to grow your desire to be set apart for Him. Ask Him to grow you in courage and conviction to model your life after Him, so that you may reflect the goodness and grace of Jesus to others.

Day 32: Integrity

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you. [Philippians 4:8-9](#)

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Pray and ask your Father to strengthen you to live in complete integrity. That God would enable you to love and trust Him so much that you do not need to hide your ways or manage your image.

Day 33: Honesty

But that is not the way you learned Christ!—assuming that you have heard about him and were taught in him, as the truth is in Jesus, to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness. [Ephesians 4:20-24](#)

Ask God for the simple courage to always tell the truth. As you fast and pray, pray for God to show you any part of your heart that is willingly deceitful or tolerant of falsehood. Ask God for help to put away your old thinking and walk in truth.

Day 34: Transparency

If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. [1 John 1:6-9](#)

Pray and express your desire to hide nothing from God. He knows everything about you and loves you completely. Ask Him to search you for secret motives and desires; confess those



things to Him and seek opportunities to be transparent with a brother or sister in Christ.

Day 35: Submission to God's Word

*Through your precepts I get understanding;
therefore I hate every false way.
Your word is a lamp to my feet
and a light to my path.
I have sworn an oath and confirmed it,
to keep your righteous rules. [Psalm 119:104-106](#)*

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As you've refrained from distractions through fasting, take some time to listen to God. Ask Him to grow your understanding of the goodness and truth of His word. To help you conform your life to his precepts and in every moment choose His kingdom to come and His will to be done.



Week 6: Mission

Day 36: Compassion

When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, “The harvest is plentiful, but the laborers are few; therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest.” [Matthew 9:36-38](#)

Pray that God would give you deep compassion for the lost. Ask that he would open your eyes to see those who are far from Him in your neighbourhood, family, or work. Ask Him how He might use you to help meet their needs and share the gospel.

Day 37: Local and Global Mission

But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth. [Acts 1:8](#)

Pray that God would reveal to you where He can use you for the gospel today. Ask Him to show you where He has planned for you to participate in His mission. Even when you feel inadequate, trust in His Spirit to be with you and speak for you.

Day 38: Friend of Sinners

The Son of Man came eating and drinking, and they say, ‘Look at him! A glutton and a drunkard, a friend of tax collectors and sinners!’ [Matthew 11:19](#)

Pray that God would show you those in your life and community who feel as if they are not loved by God. Pray that you would be a gospel presence of love, forgiveness, and compassion to those who the world has cast aside in the name of Jesus.

Day 39: Salt and Light

You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people’s feet. “You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp

and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven. [Matthew 5:13-16](#)

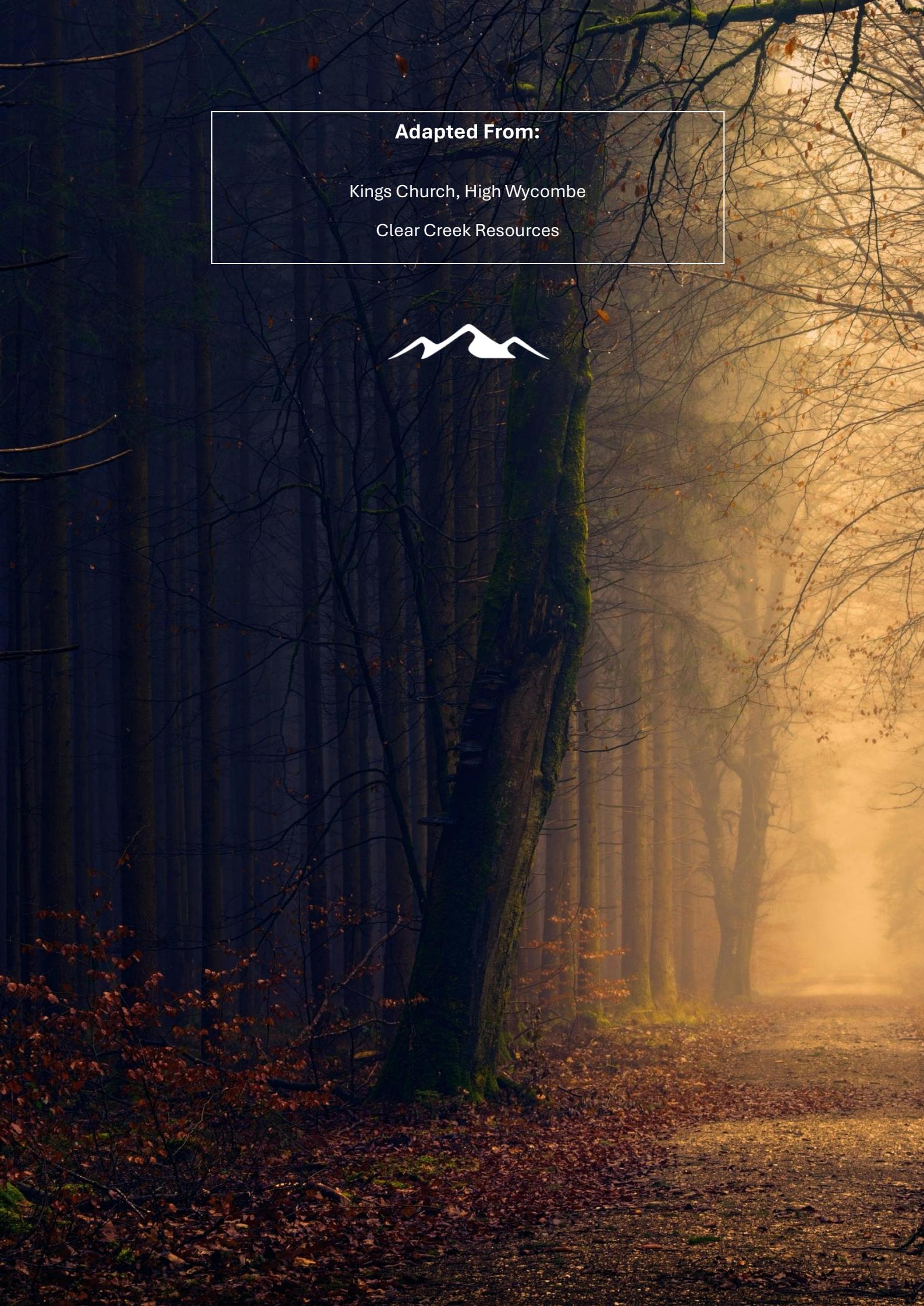
Ask your Father in heaven to help you to be a light to the world. Trust that He is renewing you day by day to look more like Jesus. Ask Him that your good works would be seen not for your own pride or success, but for His glory and mission.

Day 40: The Great Commission

Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age. [Matthew 28:19-20](#)

Pray for 5 people in your life today that do not know Jesus. Pray that their hearts would be softened and that God would move in their lives so they would become fully devoted of Christ. Ask God how He can use you in their lives and then take some time to listen.





Adapted From:

Kings Church, High Wycombe

Clear Creek Resources

