



40 *days of* Prayer

How to Pray Throughout Your Day

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Pray in the Spirit at all times. **Pray** with all kinds of **prayers**, and **ask** for everything you need. To do this you must always be ready. Never give up. Always **pray** for all of God's people.



Ephesians 6:18

Easy Reader Version

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Ephesians 6:18

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1. KEEP A RUNNING CONVERSATION WITH GOD

Pray Continually



1 Thessalonians 5:17

New International Version

- 
- A serene beach scene with waves crashing against dark rocks under a clear sky. The text is overlaid on the upper half of the image.
1. **KEEP A RUNNING CONVERSATION WITH**
GOD
 2. **SCHEDULE PRAYER TIMES THROUGHOUT**
YOUR DAY

Seven times a day I praise You



Psalms 119:164

New International Version

SEVEN POINTS OF PRAYER

1. GET UP WITH GRATITUDE (THANKSGIVING)



**We thank our Father in Heaven for His
consistent love and we recall all of the ways
that He is good to us**



Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done.



Philippians 4:6

New Living Translation

SEVEN POINTS OF PRAYER

- 1. GET UP WITH GRATITUDE (THANKSGIVING)**
- 2. BREAKFAST BLESSING**



We praise God for who He is



**I will praise You, my God and King, and bless
Your name each day and forever.**



Psalms 145:2

The Living Bible

El Deah: I'm your God who knows you & knows everything

Jehovah Rapha: I'm your God who heals you!

El Shaddai: I'm Almighty God - with all the power you need!



Jehovah Jirah: I'm your Provider

Jehovah Shalom: I'm your Peace

Abba Father: I'm your loving Father



**Those who know Your name trust in You, for
You, O Lord, do not abandon those who
search for You.**



Psalms 9:10

New Living Translation

SEVEN POINTS OF PRAYER

- 1. GET UP WITH GRATITUDE (THANKSGIVING)**
- 2. BREAKFAST BLESSING**
- 3. MIDMORNING MATTERS**



We align ourselves with God's purpose and plans for our life



Instead, be concerned above everything else with the Kingdom of God and with what He requires of you, and He will provide you with all these other things.



Matthew 6:33

Good News Translation

SEVEN POINTS OF PRAYER

- 1. GET UP WITH GRATITUDE (THANKSGIVING)**
- 2. BREAKFAST BLESSING**
- 3. MIDMORNING MATTERS**
- 4. LUNCHTIME LIST**



We ask for anything we need



You can ask for anything in My name



John 14:13

New Living Translation

Jesus has the power of God, by which He has given us everything we need to live and to serve God. We have these things because we know him. Jesus called us by his glory and goodness.



2 Peter 1:3

New Century Version

SEVEN POINTS OF PRAYER

- 1. GET UP WITH GRATITUDE (THANKSGIVING)**
- 2. BREAKFAST BLESSING**
- 3. MIDMORNING MATTERS**
- 4. LUNCHTIME LIST**
- 5. AFTERNOON FORGIVENESS**



**We admit our sins and we forgive others
who've frustrated us**



**Finally, I confessed all my sins to You
and stopped trying to hide my guilt.
I said to myself, “I will confess my rebellion to
the Lord.”
And You forgave me! All my guilt is gone.**

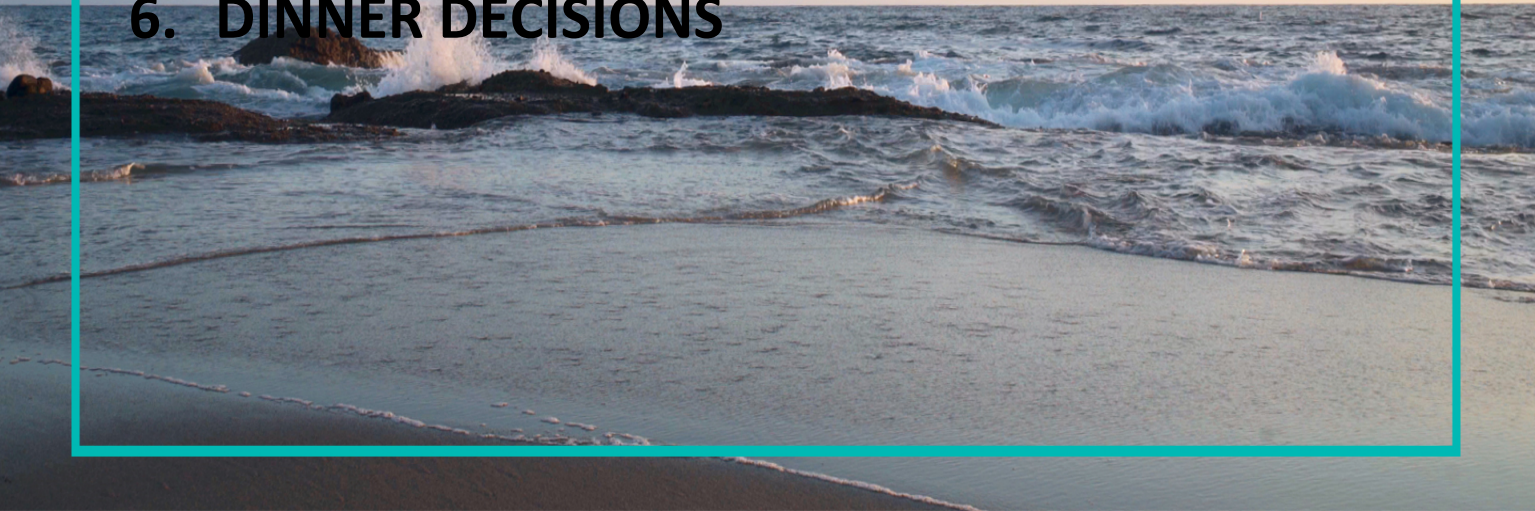


Psalms 32:5

New Living Translation

SEVEN POINTS OF PRAYER

- 1. GET UP WITH GRATITUDE (THANKSGIVING)**
- 2. BREAKFAST BLESSING**
- 3. MIDMORNING MATTERS**
- 4. LUNCHTIME LIST**
- 5. AFTERNOON FORGIVENESS**
- 6. DINNER DECISIONS**



**WE ASK GOD TO HELP US MAKE
WISE DECISIONS**



The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, He will show you a way out so that you can endure.

1 Corinthians 10:13

New Living Translation

“I will refuse to look at anything vile and vulgar.”

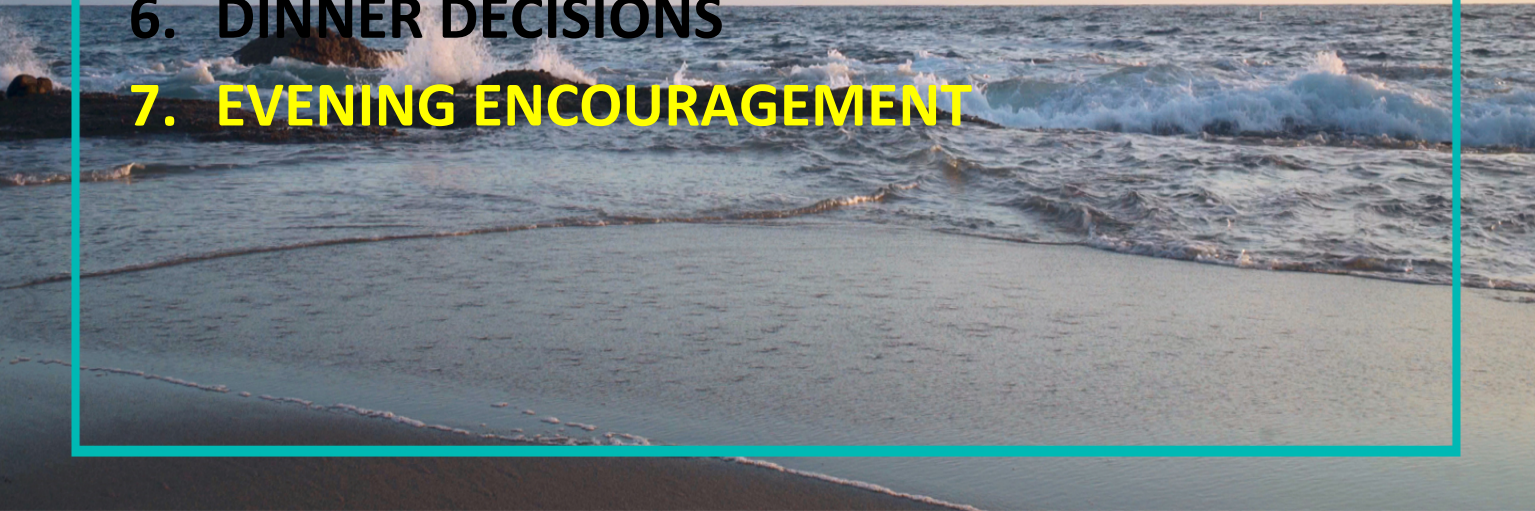


Psalms 101:3

New Living Translation

SEVEN POINTS OF PRAYER

1. GET UP WITH GRATITUDE (THANKSGIVING)
2. BREAKFAST BLESSING
3. MIDMORNING MATTERS
4. LUNCHTIME LIST
5. AFTERNOON FORGIVENESS
6. DINNER DECISIONS
7. EVENING ENCOURAGEMENT



**WE END OUR DAY WITH AN ENCOURAGING
TRUTH (BENEDICTION)**



Deuteronomy 31:8—The Lord Himself goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid; do not be discouraged.

Psalm 23:4—Even though I walk through the darkest valley, I will fear no evil, for You are with me; Your rod and your staff, they comfort me.



Psalm 145:18—The Lord is near to all who call on Him, to all who call on Him in truth.

Isaiah 41:10—So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with My righteous right hand.



John 16:33—I have told you these things, so that in Me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

2 Corinthians 4:8-9—We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.



Reverence for God adds hours to each day.



Proverbs 10:27

The Living Bible

10 min x 30 days = 5 hours



FIRST MONDAY PRAYER

7pm

