



## 40 DAY PRAYER JOURNAL WEEK 1

### DAY 1: Psalm 29

**Believe it:** Our God is glorious and worthy of praise. This psalm speaks of the paradox of our Lord. His glory is beyond our best attempts of understanding and his voice is powerful in effect, yet he still blesses his people. In as much as we are small and weak, the Lord is near and strong on our behalf.

**Prayer:** Give God praise because of his glory, even though we might not fully understand. Remember that he is still near even though he is glorious.

### DAY 2: Exodus 19; 1 Peter 1:13-16

**Believe it:** Our God is holy. Nothing about the Lord is impure or common. And as such, nothing about his people should be impure or unholy. Of course we are still human and make mistakes, but God has called us to be his holy people.

**Prayer:** Have a look at your life. Take time today to seek God in his holiness, and ask him to change you into a holy person.

### DAY 3: Isaiah 1:16-20

**Believe it:** God cares for people. And for those who will pray for others, he wishes them to be people who are not only going to pray but also get involved showing God's love. In this passage, the prophet is encouraging the people to stop sinning and to learn to do what is right.

**Prayer:** Ask God to prepare you to be used by him. Ask him to teach you to do what is right.

### DAY 4: John 4:1-42

**Believe it:** Worshippers of God will worship in Spirit and truth. They will know the Holy Spirit and believe the truth of Jesus Christ as Messiah. True worshippers will not only seek out the Lord, but will actually be sought out by God (verse 23).

**Prayer:** Take a few moments for personal worship. Like the Samaritan woman, express your belief in Jesus.

### DAY 5: 2 Chronicles 16:1-9

**Believe it:** When we depend on the Lord, he will act for our good. When we depend on ourselves, we don't get very far in accomplishing the Lord's will. This passage tells how the Lord's eyes look throughout the whole earth just to see who is fully committed to the Lord, so that he can strengthen that person.

**Prayer:** Commit your full heart to the Lord today and just see what he will do with you.

### DAY 6: Daniel 1; 1 Thessalonians 5:1-11

**Believe it:** Daniel resolved himself not to defile himself with foreign food. While many others may have fell into eating this foreign food, Daniel and his friends stood apart. If we walk with Christ, he will teach us to walk differently, and will bless with his gifts accordingly.

**Prayer:** Resolve to abstain from sin, and commit to walk in the Lord's way.

### DAY 7: Job 19:23-27

**Believe it:** Job knew that the Lord would one day stand on the earth. It is that day that is the hope of all Christians, when Jesus stands as Saviour and Lord. This is the day that we eagerly await and anticipate.

**Prayer:** Express your hope in Jesus for Overflow to the Lord by prayer.