

40 Days of Prayer:

Youth Group Prayer Guide Week 1

Day 1:

“Glory in his holy name; let the hearts of those who seek the Lord rejoice. Look to the Lord and his strength; seek his face always. Remember the wonders he has done, his miracles, and the judgments he pronounced...” - 1 Chronicles 16:10-12

Day 2:

“Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak” - Isaiah 40:28-29

Day 3:

“Come, let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation. Let us come before him with thanksgiving and extol him with music and song. For the Lord is the great God, the great King above all gods. In his hand are the depths of the earth, and the mountain peaks belong to him. The sea is his, for he made it, and his hands formed the dry land. Splendor and majesty are before him; strength and glory are in his sanctuary. Ascribe to the Lord, O families of nations, ascribe to the Lord glory and strength” - Psalm 95:1-7

Day 4:

“You are worthy, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they were created and have their being. O my Strength, I sing praise to you; you, O God, are my fortress, my loving God” - Revelation 4:11

Day 5:

“But I will sing of your strength, in the morning I will sing of your love; for you are my fortress, my refuge in times of trouble. O my Strength, I sing praise to you; you, O God, are my fortress, my loving God” - Psalm 59:16-17

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Week 2

*Try to spend at least 15 mins on each one. Journaling is encouraged!

Day 6: Known by God

You are known. No matter where you are in your faith journey, you have a history with God. He has been present in your story. He has searched you and is with you regardless of your circumstances.

“You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down: you are familiar with all my ways. Before a word is on my tongue you, Lord, know it completely. You hem me in, behind and before, and you lay your hand upon me. Such knowledge is too wonderful for me, too lofty for me to attain.” - Psalm 139:1-6

Prayer Points: Welcome the Lord into this moment and place. Acknowledge His presence. Trace your journey to this point and recall how God has been with you. Where have you seen Him before? How has He been present? How has He already worked in you and around you?

Day 7: Illumination and Conviction

God’s presence brings light, which illuminates what is hidden and reveals truth. When you truly see who God is, you are ready to see the truth of who you are—one He has created and knit together in the womb.

“If I say, ‘Surely the darkness will hide me and the light become night around me,’ even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you... Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.” - Psalm 139:11-12, 23-24

Prayer Points: Now step out in humility and ask for God’s scrutiny. He knows you, sees you, and has created you.

-Welcome the Spirit’s illuminating presence to bring light to the dark spaces in your soul. Pray verses 23 and 24, asking God to reveal any offensive way in you. What came to mind as you prayed those words? Ask God to reveal what is hidden. Pray that the Spirit will show you areas that are not aligned with how God created you.

-Conclude by reading Romans 5:8 and John 3:17. Christians, no matter how devout, continue to sin. This time of conviction by the Holy Spirit should not be one of shame. His conviction is one of love, to set us free of our sins and to bring light to the darkness.

Day 8: Confess

Our Father calls us to confession, not because He is ignorant of our wrongs, but because our shame and guilt keep us from coming to Him boldly.

If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and his word has no place in our lives.” - 1 John 1:8-10

“Therefore confess your sins to each other and pray for each other so that you may be healed...” - James 5:16

Prayer Points: Acknowledge and confess your sins before God using the sins that He revealed to you during yesterday’s prayer time (you may need to repeat yesterday’s prayer points if you are still unsure of any unconfessed sin in your life). Start by confessing general sin (pride, selfishness, idolatry, etc), and then confess the specific ways that you are sinning (being impatient with a sibling, not trusting God with a specific area of your life, valuing the love of people above the love of God, etc).

-Confess your sins to someone you trust. You can keep this general, or give specifics, depending on your comfort level. Ask for the person to pray over you regarding that sin.

Day 9: Repent

Strongholds usually begin with nothing more than a glance away from Jesus towards something or someone else. Then it grows like a spiritual cancer, hindering the work of the Holy Spirit in and through us.

“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus...” - Hebrews 12:1-2

Prayer Points: Ask the Lord - What step of obedience have I avoided (or not heard) because of unconfessed sin in my life? Where have I allowed the enemy to steal Your work in my life?

-Ask the Father for complete freedom in every area of your life, and to strengthen you by His spirit to stand firm and become more like Jesus.

-Proclaim to the Lord that you now choose to throw off the sin that has entangled you and fix your eyes on Jesus.

Day 10: God's Faithfulness

God the Father, because of His boundless love for us, made allowance for our sins through His Son's shed blood. As we confess our sins to Jesus, He promises to forgive and purify. We simply need to trust in His faithfulness and take His promise at its Word.

"My dear children, I write this to you so that you will not sin. But if anybody does sin, we have an advocate with the Father - Jesus Christ, the Righteous One. He is the atoning sacrifice for our sin, and not only for ours but also for the sins of the whole world."

- 1 John 2:1-2

Prayer Points: Offer up prayers of praise and thanksgiving to the Lord. Give thanks to God for His faithfulness and celebrate the purity He restores for you (and others) through the cross.

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Week 3

Prayer: “Jesus, fill me today with Your Holy Spirit so that I can hear what You want me to hear, say what You want me to say, and do what You want me to do, for our friendship and Your glory. Amen”

Challenge: For five days pray this simple prayer every morning, then continue into ten minutes of listening prayer. Keep notes in a journal on what you heard from the Holy Spirit each day, and jot down how that influenced what you did. Did you hear from Him during prayer, when reading Scripture, or through what someone said to you? There are many ways in which the Holy Spirit speaks. Try to keep in tune with His voice throughout the day as well.

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Week 4

*Pray through the following prompts and fill in names of people you know. Spend some time listening to the Lord following each set of prompts. (Try to repeat this 2-3 times throughout the day).

January 25th:

- God, help me build a caring relationship with _____. Help me become whatever kind of Christ-like servant _____ can identify with so that by all possible means they will be saved.
- God, send more believers into _____'s life who will exemplify Christ and cause them to want to know Him for themselves.

January 26th:

- God, bring me opportunities to witness to _____. Open doors for proclaiming the mystery of Christ to _____, even in our present difficult circumstances.
- God, enable me to speak your word to _____ with great boldness.

January 27th:

- God, open _____'s spiritual eyes. Help them see the light of the gospel of the glory of Christ, who is the image of God.
- God, help _____ realize their spiritual hunger and desire for change in their life. Break complacency in _____'s mind and help them to want to see change in their life.

January 28th:

- God, make _____'s heart receptive to your Word. Like the seed that falls on good soil, give _____ a noble and good heart and help them hear the Word, retain it, and by persevering produce a crop.
- God, give _____ ears to hear. Help _____ see with their eyes, hear with their ears, understand with their heart, and turn so that You will heal them.
- God, set _____ free from spiritual captivity. Help me gently instruct _____ when they are in opposition to You, in the hope that You will grant them repentance, leading them to the knowledge of the truth.

January 29th:

- God, give _____ faith to believe. Help _____ make a radical life-change before God and an equally radical trust in Jesus Christ.
- God, give _____ the will to respond to you. Bring _____ to the point that they declare with their mouth, "Jesus is Lord," and believe in their heart that God raised Jesus from the dead, and they will be saved.
- God, provide an opportunity to invite _____ to a relationship with you. You want your house full, so give me opportunity and boldness to invite _____ to come home to You.