

**BMC PRAYER JOURNEY GUIDE**



# 40 *days of* Prayer



ASH WEDNESDAY TO PALM SUNDAY

# PRAYERS for 40 DAYS

Thank you for joining us for this 40-day season of prayers for Lent. We are so grateful to be on this prayer journey together and are expectant of what the Lord wants to do as we practice spiritual disciplines and pray together over the next 40 days.

Lent is a sacred time of the year. On the surface, many cringe at the thought of Lent approaching, but deep down, faithful Christians anticipate this holy time with hopefulness that it will produce good fruit in their lives.

We all feel far away from God at some point, and we sometimes face impossible obstacles and barriers — situations that make us feel that there's no way out. But God wants us to draw close to him. He is ready and willing to breakthrough obstacles and walk alongside us, we only need to connect with Him in prayer.

May the next 40 days provide you with a greater connection with God. May the power of prayer astound you as you live out His character, basking in His presence and love.

## Practice the presence of God

- Start your day in prayer (and thanksgiving)
- Create listening spaces during the day – set alarms on your phone
- Pray whilst you're driving
- Pray whilst you're doing the washing or washing dishes
- Pray whilst standing in line
- End your day in prayer
- Listen to gospel songs as often as possible
- Explore creative ways to worship and pray
- Read your Bible as often as possible.
- Spend a day with God



**LET'S PRAY TOGETHER AS A CHURCH EVERY DAY FOR 40 DAYS AT 12PM.**

We would like to pray together as a church every day for 40 days at 12pm. Please set an alarm and print out this document to have with you wherever you might be. We will also send out the day's prayer daily on our WhatsApp group.

You are welcome to join the ministers for **Healing Prayer** every Thursday morning at 7am. (*please contact [nadjaa@bmc.org.za](mailto:nadjaa@bmc.org.za) for more information*).

May God bless you abundantly in the next 40 days as you seek and draw closer to God. May you have many breakthroughs and may you know the power of prayer intimately.

Shalom

Rev Thabiso and Rev Zamani

**Day 1: 5 March - Wednesday**  
**FOCUS: PRAY FOR THE UNEMPLOYED**



**SCRIPTURE:**

Philippians 4:19 – “And my God will meet all your needs according to the riches of his glory in Christ Jesus.”

**MEMORY VERSE:**

Philippians 4:19 – “And my God will meet all your needs according to the riches of his glory in Christ Jesus.”

**PRAYER:**

Gracious and faithful God, we bring before You those who are without work and facing the challenge of unemployment. You are Jehovah Jireh, our provider, and we stand on the assurance of Your unfailing care. Open doors of opportunity for them, grant them discernment and favor, and uphold them during this time of uncertainty. Fill them with strength, hope, and the confidence that You will meet their every need. We ask this in the name of Jesus. Amen.

**Day 2: 6 March - Thursday**  
**FOCUS: PRAY FOR THOSE THAT HAVE STARTED TERTIARY EDUCATION**



**SCRIPTURE:**

Proverbs 3:5-6 – “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”

**MEMORY VERSE:**

Proverbs 3:5 - “Trust in the Lord with all your heart and lean not on your own understanding.”

**PRAYER:**

Gracious Lord, we bring before You all students beginning their tertiary education. Guide them in wisdom, protect them from distractions, and surround them with good influences. Bless their studies and future endeavors. Amen.

**Day 3: 7 March - Friday**  
**FOCUS: PRAY FOR SINGLE PARENTS**



**SCRIPTURE:**

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.”

**MEMORY VERSE:**

Isaiah 41:10 – “I will strengthen you and help you; I will uphold you with my righteous right hand.”

**PRAYER:**

We pray for single parents who carry the weight of raising children alone. Strengthen them when they are weary, provide for their needs, and surround them with love and support. Fill their homes with peace and joy and remind them that you are their ever-present help. This we can ask in Jesus’ name, Amen.

## Day 4: 8 March - Saturday

**FOCUS: PRAY FOR THOSE GOING THROUGH DIVORCE**



### SCRIPTURE:

Romans 8:28 – “And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

### MEMORY VERSE:

Jeremiah 29:11 - “For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.”

### PRAYER:

Heavenly Father, we come before you today, lifting up those who are going through the pain of divorce. Lord, you know the weight of their hearts, the grief they carry, and the uncertainty they face. We ask for your peace to surround them, for healing in their brokenness, and for your presence to be a constant source of comfort. Lord, we ask that you lead them to a place of hope and renewal. Amen.

## Day 5: 9 March - Sunday

**FOCUS: PRAY FOR THE GOVERNMENT OF NATIONAL UNITY**



### SCRIPTURE:

1 Timothy 2:1-2– “I urge, then, first of all, that petitions, prayers, intercession, and thanksgiving be made for all people - for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.”

### MEMORY VERSE:

“I urge, then, first of all, that petitions, prayers, intercession, and thanksgiving be made for all people - for kings and all those in authority...”

### PRAYER:

Gracious God, we bring before you the Government of National Unity. Grant wisdom, harmony, and integrity to those in positions of leadership. Direct their choices with truth and justice, that they may govern with compassion, seeking peace and the well-being of all. Amen.

## Day 6: 10 March - Monday

**FOCUS: PRAY FOR THE COUNTRY'S ECONOMY**



### SCRIPTURE:

Jeremiah 29:7 – “Also seek the peace and prosperity of the city to which I have carried you into exile. Pray to the Lord for it, because if it prospers, you too will prosper.”

### MEMORY VERSE:

Jeremiah 29:7 - “Pray to the Lord for it, because if it prospers, you too will prosper.”

### PRAYER:

Lord God, we bring our nation's economy before you, asking for your peace and prosperity to reign. Guide our leaders with wisdom, provide opportunities for growth, and bless the work of our hands. We trust in your provision, and we pray for the well-being of every citizen. In Jesus' name, Amen

## Day 7: 11 March - Tuesday

FOCUS: PRAY AGAINST CRIME



### SCRIPTURE:

Psalm 37: 27-28 - *“Turn from evil and do good; then you will dwell in the land forever. For the Lord loves the just and will not forsake his faithful ones. Wrongdoers will be completely destroyed; the offspring of the wicked will perish.”*

### MEMORY VERSE:

Psalm 37:27 – *“Turn from evil and do good; then you will dwell in the land forever.”*

### PRAYER:

Lord, we pray for protection from the crime and violence that threatens our communities. Surround us with your angels and deliver us from harm. Bring peace to our streets and hearts and turn the hearts of those who commit violence towards your grace. Amen.

## Day 8: 12 March - Wednesday

FOCUS: PRAY FOR GOVERNMENT EMPLOYEES



### SCRIPTURE:

Romans 13:1 - *“Let everyone be subject to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God.”*

### MEMORY VERSE:

Romans 13:1 - *“The authorities that exist have been established by God.”*

### PRAYER:

Gracious God, we bring before you all those who serve in government. Lead them with your wisdom and direction as they fulfill their responsibilities. Fill them with integrity, humility, and a heart committed to service. Surround them with your peace and protection in their work. We ask this in the name of Jesus. Amen.

## Day 9: 13 March - Thursday

FOCUS: PRAY FOR SAFETY AND SECURITY



### SCRIPTURE:

Psalm 91:11 – *“For he will command his angels concerning you to guard you in all your ways.”*

### MEMORY VERSE:

Psalm 91:11 – *“For he will command his angels concerning you to guard you in all your ways.”*

### PRAYER:

Lord God, we ask for your divine protection over all those in need of safety and security. Surround them with your angels and keep them safe from harm. Guard their hearts and minds with peace, knowing you are their refuge. May they find rest in your loving care. All this we ask for in Jesus' name, Amen.

**Day 10: 14 March - Friday**  
**FOCUS: PRAY AGAINST FEMICIDE**



**SCRIPTURE:**

Psalm 10:17-18 – “You, Lord, hear the desire of the afflicted; you encourage them, and you listen to their cry, defending the fatherless and the oppressed, so that mere earthly mortals will never again strike terror.”

**MEMORY VERSE:**

Psalm 82:3 – “Defend the weak and the fatherless; uphold the cause of the poor and the oppressed.”

**PRAYER:**

We lift up all those suffering from the violence of femicide, asking for your protection over women and girls and for them to be shielded from harm. We pray that you may empower communities to stand against all forms of violence, in Jesus' name, Amen.

**Day 11: 15 March - Saturday**  
**FOCUS: PRAY AGAINST SUBSTANCE ABUSE**



**SCRIPTURE:**

1 Corinthians 10:13 – “No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.”

**MEMORY VERSE:**

1 Corinthians 10:13 – “But when you are tempted, he will also provide a way out so that you can endure it.”

**PRAYER:**

Gracious Father, our prayer is for those struggling with substance abuse. We ask that you break the chains of addiction and lead them to freedom through your power. Strengthen them to resist temptation and surround them with love, support, and healing. Amen.

**Day 12: 16 March - Sunday**  
**FOCUS: PRAY AGAINST BULLYING IN SCHOOLS**



**SCRIPTURE:**

Romans 12:18 – “If it is possible, as far as it depends on you, live at peace with everyone.”

**MEMORY VERSE:**

Romans 12:18 – “If it is possible, as far as it depends on you, live at peace with everyone.”

**PRAYER:**

Heavenly Father, we pray for children facing bullying in schools. Be their defender and give them strength to stand firm. Bring justice and compassion to their situation, and raise up teachers, friends, and leaders who will protect and support them. Transform hearts Lord, so that schools become places of kindness, respect, and peace. Amen.

## Day 13: 17 March - Monday

**FOCUS:** PRAY FOR THOSE STRUGGLING WITH RELATIONSHIPS



### SCRIPTURE:

Romans 12: 6-8, 18— *“We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; if it is serving, then serve; if it is teaching, then teach; if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully. . . . If it is possible, as far as it depends on you, live at peace with everyone.”*

### MEMORY VERSE:

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:

Lord, our prayer is for those who are struggling in their relationships, whether in families, friendships, or marriages. Grant them wisdom, patience, and a heart of forgiveness. Bring healing where there is hurt, reconciliation where there is division, and love where there is strife. Help them to seek peace and extend grace, just as you have shown us. We ask for these things in the wonderful name of Jesus Christ, Amen.

## Day 14: 18 March - Tuesday

**FOCUS:** PRAY FOR THOSE AFFECTED BY CANCER



### SCRIPTURE:

James 5:14-15 – *“Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up.”*

### MEMORY VERSE:

2 Corinthians 12:9 – *“But he said to me, my grace is sufficient for you, for my power is made perfect in weakness.”*

### PRAYER:

Heavenly Father, we lift in prayer all those battling cancer, their families, and caregivers. You are the great healer, and we ask for your healing touch upon their bodies, strength in their spirits, and peace in their hearts. Grant them courage, endurance, and hope in your unfailing love. In Jesus' name, Amen.

## Day 15: 19 March - Wednesday

**FOCUS:** PRAY FOR JUSTICE IN SOUTH AFRICA'S LEGAL SYSTEM



### SCRIPTURE:

Amos 5:24 – *“But let justice roll on like a river, righteousness like a never-failing stream!”*

### MEMORY VERSE:

Amos 5:24 – *“But let justice roll on like a river, righteousness like a never-failing stream”*

### PRAYER:

Righteous God, we pray for justice and fairness in South Africa's legal system, pleading that your truth may prevail over corruption and that those in power may uphold righteousness. Strengthen judges, lawyers, and leaders to act with integrity and wisdom. Let justice flow like a river, bringing hope and restoration to our nation. This we pray in Jesus' name, Amen.

## Day 16: 20 March - Thursday

FOCUS: PRAY AGAINST EXTORTION IN OUR COMMUNITIES



### SCRIPTURE:

Ezekiel 22:12 – “In you men accept bribes to shed blood; you take interest and make a profit from the poor. You extort unjust gain from your neighbors. And you have forgotten me, declares the Sovereign Lord.”

### MEMORY VERSE:

Proverbs 22:16 - “One who oppresses the poor to increase his wealth and one who gives gifts to the rich; both come to poverty.”

### PRAYER:

Righteous God, you see the oppression of the poor and the unjust gain of the wicked. We ask for your divine intervention - expose wrongdoing and raise up leaders who act with integrity. Bring justice to the oppressed, restore what has been stolen, and transform hearts towards righteousness. May our communities be places of fairness, honesty, and compassion. This we pray in Jesus' name, Amen.

## Day 17: 21 March - Friday

FOCUS: PRAY FOR THE ELDERLY



### SCRIPTURE:

Isaiah 46:4 – “Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you.”

### MEMORY VERSE:

Isaiah 46:4 – “Even to your old age and gray hairs I am he who will sustain you.”

### PRAYER:

Gracious Father, we thank you for the elderly, for their wisdom, love, and faithfulness. Sustain them in their old age, strengthen their bodies, and comfort their hearts. Surround them with care, dignity, and joy. May they always know your presence and peace. O Father, we pray this in Jesus' name, Amen.

## Day 18: 22 March - Saturday

FOCUS: PRAY FOR THOSE WHO ARE LONELY



### SCRIPTURE:

Joshua 1:5-6 – “No one will be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you. Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them.”

### MEMORY VERSE:

Matthew 28:20 – “And surely I am with you always, to the very end of the age.”

### PRAYER:

Loving Father, we pray that you for those who feel lonely and isolated. Remind them that You are ever-present, their closest companion and comforter. Fill their hearts with Your peace, surround them with loving community, and let them know they are never alone. In Jesus' name, Amen.



## Day 19: 23 March - Sunday

FOCUS: PRAY FOR THOSE IN DEBT



### SCRIPTURE:

Romans 13:8 – “Let no debt remain outstanding, except the continuing debt to love one another, for whoever loves others has fulfilled the law.”

### MEMORY VERSE:

Psalm 82:4 – “Rescue the weak and the needy; deliver them from the hand of the wicked.”

### PRAYER:

We bring before you those burdened by financial debt. Grant them wisdom, discipline, and opportunities to overcome their struggles. Provide for their needs and lead them to financial freedom. May they trust in your provision and experience your peace. This we ask in Jesus’ name, Amen.

## Day 20: 24 March - Monday

FOCUS: PRAY FOR THOSE SUFFERING WITH DEPRESSION



### SCRIPTURE:

Matthew 11:28-30 – “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”

### MEMORY VERSE:

Psalm 34:18 – “The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

### PRAYER:

Heavenly Father, we pray for those battling depression, feeling lost, weary, or brokenhearted. Remind them that you are near, that they are not alone, and that their pain is seen by you. Bring light into their darkness, hope into their despair, and peace into their troubled hearts. Amen.

## Day 21: 25 March - Tuesday

FOCUS: PRAY FOR HEALING OF SOUL, MIND AND BODY



### SCRIPTURE:

Philippians 4:6-7 – “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

### MEMORY VERSE:

3 John 1:2 – “Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.”

### PRAYER:

We come before you seeking healing for the soul, mind, and body. We ask that You restore those who are broken, that You heal emotional wounds, bring clarity to confused minds, and physical healing to bodies in pain. You are the great physician, and we trust in your power to restore, renew, and make whole. surround each person with your peace and let them experience your healing touch. May their faith in you grow stronger as you work in their lives. Thank you, Lord. Amen.

**Day 22: 26 March - Wednesday**  
**FOCUS: PRAY FOR MINISTERS AND BISHOPS**



**SCRIPTURE:**

1 Thessalonians 5:12-13 – “Now we ask you, brothers and sisters, to acknowledge those who work hard among you, who care for you in the Lord and who admonish you. Hold them in the highest regard in love because of their work. Live in peace with each other.”

**MEMORY VERSE:**

1 Thessalonians 5:13 – “Hold them in the highest regard in love because of their work.”

**PRAYER:**

We pray for our ministers and bishops. Thank you for calling them to serve and lead us. Give them wisdom, strength, and strong faith as they guide us. Protect them from discouragement, keep their hearts pure, and fill them with your Holy Spirit. Help them feel your presence, love, and encouragement every day. We pray this in Jesus' name, Amen.

**Day 23: 27 March - Thursday**  
**FOCUS: PRAY FOR PEACE AND UNITY**



**SCRIPTURE:**

Ephesians 4:3 – “Make every effort to keep the unity of the Spirit through the bond of peace.”

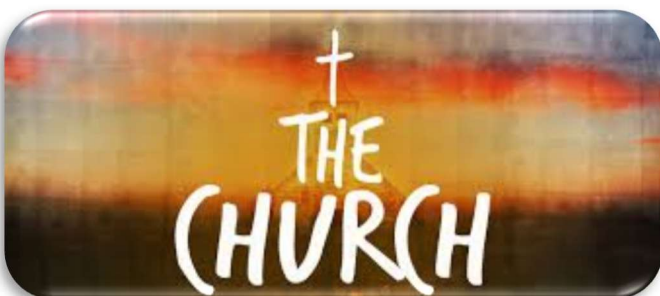
**MEMORY VERSE:**

Matthew 5:9 - “Blessed are the peacemakers, for they will be called children of God.”

**PRAYER:**

Heavenly Father, we come to ask that you bind us together with your love and help us to walk in humility and understanding. Remove division, hatred, and strife, and replace them with compassion and reconciliation. May we be instruments of your peace, reflecting Christ in our words and actions. This is our earnest prayer, Amen.

**Day 24: 28 March - Friday**  
**FOCUS: PRAY FOR THE REBUILDING OF OUR CHURCH COMMUNITIES**



**SCRIPTURE:**

Isaiah 61:4 – “They will rebuild the ancient ruins and restore the places long devastated; they will renew the ruined cities that have been devastated for generations.”

**MEMORY VERSE:**

Isaiah 58:12 – “You will be called repairer of broken walls, restorer of streets with dwellings.”

**PRAYER:**

Heavenly Father, our prayer today is for the rebuilding of our church communities... that you may strengthen her leaders and congregants with unity, vision, and perseverance. Restore what has been lost, revive faith where it has faded, and renew the passion for worship, service, and discipleship. May your Holy Spirit breathe new life into our churches, drawing many to your kingdom. We trust you to build and sustain your Church, always. Amen.

## Day 25: 29 March - Saturday

**FOCUS:** PRAY FOR THOSE WHO WORK IN HOSPITALS



### SCRIPTURE:

Numbers 6: 24-26 - *“The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace.”*

### MEMORY VERSE:

Isaiah 58:10 - *“Your light will rise in the darkness, and your night will become like the noonday.”*

### PRAYER:

Gracious and Healing God, we lift up all who work in hospitals: doctors, nurses, caregivers, and all staff. Strengthen their hands, renew their spirits, and fill them with wisdom and compassion. In moments of exhaustion, be their rest; in times of uncertainty, be their guide. May they be instruments of your healing and love. Amen.

## Day 26: 30 March - Sunday

**FOCUS:** PRAY FOR HEALTH AND SAFETY IN SCHOOLS



### SCRIPTURE:

Isaiah 54:13 - *“All your children will be taught by the Lord, and great will be their peace.”*

### MEMORY VERSE:

Psalms 121:7 - *“The Lord will keep you from all harm - he will watch over your life.”*

### PRAYER:

Heavenly Father, we commit all schools, learners, and educators into your hands. We pray for a safe and healthy learning environment, free from harm, violence, and illnesses. Guard every student and teacher, giving them peace and protection each day. Strengthen those who are vulnerable and provide wisdom to leaders to ensure the well-being of all. May your presence fill every classroom and every heart with hope. Lord, we ask all these things in our Saviour’s name, Amen.

## Day 27: 31 March - Monday

**FOCUS:** PRAY FOR INTERNATIONAL RELATIONS



### SCRIPTURE:

Jeremiah 29:7 - *“Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the Lord for it, because if it prospers, you too will prosper.”*

### MEMORY VERSE:

Psalms 22:28 - *“For dominion belongs to the Lord and he rules over the nations.”*

### PRAYER:

Sovereign Lord; we bring before you the relationships between nations. Let peace, justice, and cooperation prevail among world leaders. Grant wisdom to those in positions of power so that they may act with integrity and seek the common good. Remove hostility, foster mutual respect, and strengthen international partnerships that promote dignity and justice for all. May your divine will guide nations toward reconciliation and unity. Amen.

## Day 28: 1 April - Tuesday

FOCUS: PRAY FOR YOUR RELATIONSHIP WITH GOD



### SCRIPTURE:

John 4:13-14 - *“Jesus answered, Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.”*

### MEMORY VERSE:

James 4:8 - *“Come near to God and he will come near to you.”*

### PRAYER:

We thank you Father God for the invitation to draw near to you. We pray for a deeper, more intimate relationship where we can hear your voice clearly and walk in your ways. Purify our hearts and minds, remove anything that hinders our closeness to you, and help us stay committed in our pursuit of your presence. May we find joy and peace in knowing you and may our relationship with you grow stronger each day. Dear God, this is our solemn prayer to you in Jesus name, Amen.

## Day 29: 2 April - Wednesday

FOCUS: PRAY FOR THE CHURCH AS AN ALTERNATIVE COMMUNITY



### SCRIPTURE:

Matthew 5:14-16 - *“You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead, they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”*

### MEMORY VERSE:

Matthew 5:14 - *“You are the light of the world. A town built on a hill cannot be hidden.”*

### PRAYER:

We pray for the Church to rise as an alternative community, reflecting your light and love in a world full of darkness and division. May we be a space of hope, justice, and reconciliation, showing the world your Kingdom values. Empower the Church to be a place where people find acceptance, healing, and transformation. Help us to live as a true reflection of Christ, impacting our communities with love and truth. In Jesus' name, Amen

## Day 30: 3 April - Thursday

FOCUS: PRAY FOR OUR DOMESTIC WORKERS



### SCRIPTURE:

Colossians 3:23-24 – *“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.”*

### MEMORY VERSE:

Colossians 3:23 - *“Whatever you do, work at it with all your heart, as working for the Lord.”*

### PRAYER:

Dear Lord, we pray for all domestic workers who faithfully serve in homes and communities. We ask for your protection over them, for strength in their work, and for respect and dignity in their roles. May they be treated with kindness, fairness, and love. Provide for their needs and bless their efforts as they work for you. Let them know their value and the reward you have for them. Receive these prayers in Jesus' name, Amen.

## Day 31: 4 April - Friday

FOCUS: PRAY FOR THOSE PERSECUTED AS CHRISTIANS



### SCRIPTURE:

Matthew 5:10-12: *“Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven. Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.”*

### MEMORY VERSE:

Matthew 5:10 – *“Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.”*

### PRAYER:

Dear Lord God, we pray for all our brothers and sisters who are being persecuted for their faith in you. Strengthen their hearts, grant them courage, and fill them with peace amidst suffering. May they feel your presence in every trial, knowing that their reward is great in heaven. Protect them from harm, give them boldness to continue standing firm, and use their testimony to shine light in dark places. We trust that you will deliver them, in Jesus' name, Amen.

## Day 32: 5 April - Saturday

FOCUS: PRAY FOR COURAGE, STRENGTH AND ENDURANCE



### SCRIPTURE:

Isaiah 40:31 – *“But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”*

### MEMORY VERSE:

Isaiah 40:31 – *“But those who hope in the Lord will renew their strength.”*

### PRAYER:

Lord, in moments of fear, grant us courage. In times of weakness, be our strength. When the road is long, give us endurance. Let our heart trust in you, our Rock and refuge. Amen

## Day 33: 6 April - Sunday

FOCUS: PRAY FOR FORGIVENESS AND RECONCILIATION



### SCRIPTURE:

Colossians 3:13 - *“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”*

### MEMORY VERSE:

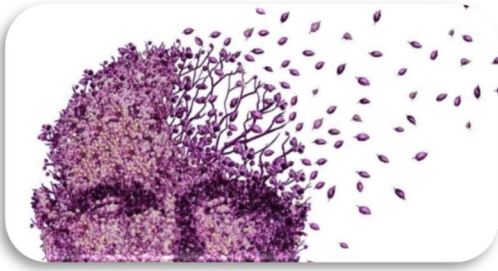
Colossians 3:13 – *“Forgive as the Lord forgave you.”*

### PRAYER:

Heavenly Father, we come before you, asking for your help in bringing reconciliation where there is division. You, through Christ, have reconciled us to yourself, and we pray that your peace and healing flow into broken relationships. Help us to forgive, to seek understanding, and to build bridges where walls have been erected. May your love restore unity and harmony among us, and may we be agents of reconciliation in the world. This is our prayer in Jesus' name, Amen.

## Day 34: 7 April - Monday

FOCUS: PRAY FOR THOSE AFFECTED BY DEMENTIA



### SCRIPTURE:

2 Corinthians 4:16 – “Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.”

### MEMORY VERSE:

Psalm 145:18 - “The Lord is near to all who call on him, to all who call on him in truth.”

### PRAYER:

Loving Father, We pray for those living with dementia and their families. In moments of confusion and forgetfulness, may they find comfort in your abiding presence. Strengthen caregivers with patience and love as they walk this difficult journey. Sustain them with your peace and remind them that they are never alone. Lord, grant moments of clarity, joy, and assurance that they are deeply loved by you. This is our prayer in Jesus’ name, Amen.

## Day 35: 8 April - Tuesday

FOCUS: PRAY FOR PROSPERITY AND SUCCESS



### SCRIPTURE:

Joshua 1:7-9 “Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

### MEMORY VERSE:

Psalm 1:3 - “That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither; whatever they do prospers.”

### PRAYER:

Gracious Father, we come before you, asking for prosperity and success according to your will. Bless the work of our hands, guide our decisions, and grant us wisdom to walk in righteousness. May we be like trees planted by streams of water, bearing fruit in due season. Let our success bring glory to your name, and may we always use our blessings to serve others. Please hear our prayers, Amen.

## Day 36: 9 April - Wednesday

FOCUS: PRAY FOR THOSE GRIEVING THE LOSS OF LOVED ONES



### SCRIPTURE:

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

### MEMORY VERSE:

Psalm 34:18 - “The Lord is close to the broken-hearted and saves those who are crushed in spirit.”

### PRAYER:

Compassionate God, we call on you, interceding for those who are grieving the loss of loved ones. In their sorrow, be their comfort; in their pain, be their peace. Surround them with your unfailing love and remind them that you are near to the broken-hearted. Strengthen them through a community and your word. May they find hope in Your promises and healing in your presence. This, we pray in Christ’s name, Amen.

**Day 37: 10 April - Thursday**  
**FOCUS: PRAY FOR THOSE WHO ARE PARENTS**



**SCRIPTURE:**

Deuteronomy 6:6-7 – “These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.”

**MEMORY VERSE:**

Psalm 127:3 - “Children are a heritage from the Lord, offspring a reward from him.”

**PRAYER:**

Creator God, we present before your throne of grace all parents, asking you to grant them wisdom to guide their children, patience in moments of struggle, and strength to model godly character. Provide for their needs, guard their hearts from fear and worry, and fill their homes with peace and love. May they raise children who walk in your ways and bring glory to your name. Lord in your mercy – hear our prayers. Amen.

**Day 38: 11 April - Friday**  
**FOCUS: PRAY FOR GLOBAL WARMING AND THE PRESERVATION OF NATURE**



**SCRIPTURE:**

Genesis 2:15 - “The Lord God took the man and put him in the Garden of Eden to work it and take care of it.”

**MEMORY VERSE:**

Psalm 24:1 – “The earth is the Lord’s, and everything in it, the world, and all who live in it.”

**PRAYER:**

Creator God, we acknowledge that the earth and all its beauty belong to you. Forgive us for neglecting our responsibility as stewards of your creation. We pray for wisdom to combat global warming, preserve natural resources and to protect the environment. Inspire leaders, scientists, and communities to take urgent action for sustainability. Help us to live responsibly and care for the world you entrusted to us. This is our utmost prayer, in Christ’s name, Amen.

**Day 39: 12 April - Saturday**  
**FOCUS: PRAY FOR OUR FAMILIES**



**SCRIPTURE:**

Ephesians 6:1- 4 - “Children, obey your parents in the Lord, for this is right. Honor your father and mother, which is the first commandment with a promise so that it may go well with you and that you may enjoy long life on the earth. Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.”

**MEMORY VERSE:**

Joshua 24:15 – “But as for me and my household, we will serve the Lord.”

**PRAYER:**

Lord, we thank you for the gift of family, the foundation of love and support in our lives. Bless our homes with peace, understanding, and unity. May your presence dwell among us, guiding us in righteousness and love. Protect our families from harm, strengthen our relationships, and help us to always seek you together. Let our homes reflect your grace and truth. This we pray in the Saviour’s name, Amen.

**Day 40: 13 April – Sunday PALM SUNDAY**  
**FOCUS: PRAY FOR HEALING FROM GENERATIONAL TRAUMA**



**SCRIPTURE:**

Isaiah 61:1-3 *“The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the broken-hearted, to proclaim freedom for the captives and release from darkness for the prisoners...to provide for those who grieve...to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair.”*

**MEMORY VERSE:**

Isaiah 61:3 – *“To bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair”*

**PRAYER:**

Heavenly Father, we come before you with open hearts, seeking your healing touch. Break the chains of generational trauma that bind us, and bring restoration to our minds, bodies, and spirits. Renew us with your grace, that we may walk in freedom, peace, and wholeness. May your love transform the wounds of the past and empower us to break the cycle for future generations. In Jesus' name, we pray. Amen.

It would be awesome to get your feedback on the 40 days praying together.  
Please send an email to [nadjaa@bmc.org.za](mailto:nadjaa@bmc.org.za) with your reflections.