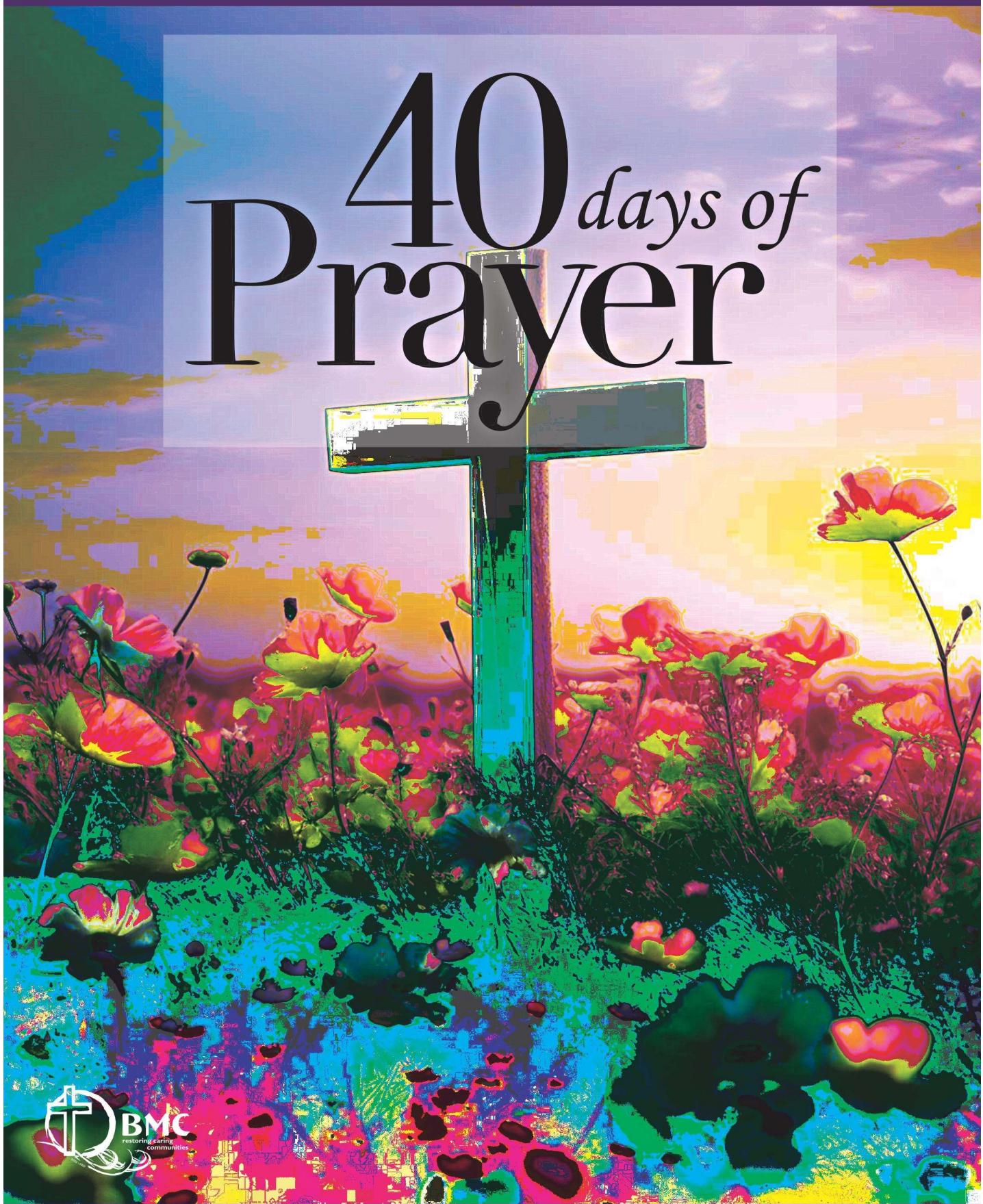


BMC PRAYER JOURNEY GUIDE

40 days of Prayer



ASH WEDNESDAY TO PALM SUNDAY

PRAYERS for 40 DAYS

Thank you for committing to join us in this 40-day journey of prayer during Lent. We are truly thankful to walk this path together and are filled with expectation for what God will do as we intentionally practise spiritual disciplines and unite in prayer over the coming weeks.

Lent is a deeply meaningful and sacred season. While some may initially feel hesitant about its arrival, those rooted in faith recognise it as a precious opportunity - a time that nurtures growth, renewal, and lasting spiritual fruit.

At times, each of us experiences distance from God. We encounter challenges, barriers, and circumstances that seem overwhelming - moments when no solution appears possible. Yet God continually invites us closer. He stands ready to remove obstacles, to strengthen us, and to walk beside us. Our role is simply to turn toward Him and seek Him in prayer.

May these 40 days deepen your relationship with God. May you be amazed by the power of prayer as you reflect His character and rest in His presence and unfailing love.

Practice the presence of God

- Begin each morning with prayer and gratitude
- Intentionally pause during the day to listen - consider setting reminders
- Pray while commuting
- Pray during everyday tasks like washing dishes or doing laundry
- Pray while waiting in queues
- Close your day in prayer
- Fill your space with gospel music
- Discover creative expressions of worship and prayer
- Spend time regularly in Scripture
- Set aside a dedicated day to be with God



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

As a church family, we will gather in prayer daily at 12pm for these 40 days. Please set a reminder and keep this guide accessible wherever you are. The daily prayer focus will also be shared on our WhatsApp group. You are warmly invited to join the ministers for Healing Prayer every Thursday at 7am. (For further details, please contact nadja@bmc.org.za.)

May the Lord richly bless you throughout this season as you seek Him wholeheartedly. May you experience breakthroughs and come to know the transforming power of prayer in a deeper and more personal way.

Shalom
Rev Thabiso, Rev Zamani and Rev Hilton

LENT JOURNEY 2026 – 40 DAYS OF PRAYER & TRANSFORMATION

Theme: “Return to Me with all your heart.” – Joel 2:12

DAY 1 — FEB 18 (ASH WED)

UNEMPLOYED PEOPLE

Verse: “My God will supply all your needs.” – *Philippians 4:19*

Devotion: God sees those who are waiting, hoping, and searching. In seasons of unemployment, He teaches dependence, dignity, and resilience. Today we remember all who feel forgotten or discouraged: God has not left them.

Prayer: Lord, open doors, provide resources, restore dignity, and strengthen the unemployed with hope and courage. Amen.

DAY 2 — FEB 19

THOSE STARTING TERTIARY EDUCATION

Verse: “In all your ways acknowledge Him, and He will direct your paths.” – *Proverbs 3:6*

Devotion: Starting tertiary education is both exciting and overwhelming. God promises direction for those who seek Him.

Prayer: Father, guide students entering higher education. Grant clarity, discipline, and protection. Amen.

DAY 3 — FEB 20

SINGLE PARENTS

Verse: “A father to the fatherless... is God.” – *Psalm 68:5*

Devotion: Single parents carry double responsibility but are never alone. God becomes their strength, wisdom, and partner in raising children.

Prayer: God, surround single parents with support, peace, and provision. Strengthen them daily. Amen.

DAY 4 — FEB 21

THOSE GOING THROUGH DIVORCE

Verse: “The Lord is close to the broken hearted.” – *Psalm 34:18*

Devotion: Divorce brings grief, confusion, and deep emotional wounds. Yet God draws near to restore, comfort, and heal.

Prayer: Lord, bring healing, forgiveness, and new beginnings to all enduring divorce. Amen.

DAY 5 — FEB 22

GOVERNMENT OF NATIONAL UNITY

Verse: “Pray for kings and all in authority.” – *1 Timothy 2:2*

Devotion: A nation thrives when leaders work for justice and unity. Prayer softens hearts and strengthens leadership integrity.

Prayer: God, give wisdom, humility, and unity to our government. Make them instruments of peace. Amen.

DAY 6 — FEB 23

THE COUNTRY'S ECONOMY

Verse: “He gives you the ability to produce wealth.” – *Deuteronomy 8:18*

Devotion: Economic hardship affects families, jobs, and stability. We pray for restoration and wise stewardship nationwide.

Prayer: Lord, revive our economy, create opportunity, and empower ethical leadership. Amen.

DAY 7 — FEB 24

CRIME IN OUR LAND

Verse: “Deliver us from evil.” – *Matthew 6:13*

Devotion: Crime steals security and dignity. Only God can transform hearts and restore righteousness.

Prayer: Father, protect our communities, expose wrongdoing, and restore peace. Amen.

DAY 8 — FEB 25

GOVERNMENT EMPLOYEES

Verse: “Whatever you do, work at it with all your heart.” – *Colossians 3:23*

Devotion: Government workers carry major responsibility. We pray for ethical service, compassion, and integrity.

Prayer: Lord, strengthen every servant of the state with honesty and diligence. Amen.

DAY 9 — FEB 26

SAFETY & SECURITY FORCES

Verse: “The Lord is my fortress.” – *Psalm 18:2*

Devotion: Those who protect the nation need courage and moral clarity.

Prayer: God, protect our police, security personnel, and emergency workers. Give them wisdom and safety. Amen.

DAY 10 — FEB 27

FEMICIDE

Verse: “He rescues the oppressed from violence.” – *Psalm 72:14*

Devotion: God grieves gender-based violence. We stand for healing, justice, and protection.

Prayer: Lord, end femicide, protect women, and raise a generation of men who honour life. Amen.

DAY 11 — FEB 28

SUBSTANCE ABUSE

Verse: “Whom the Son sets free is free indeed.” – *John 8:36*

Devotion: Addiction destroys lives, but Christ restores identity and breaks chains.

Prayer: God, deliver those struggling with addiction and heal families affected. Amen.

DAY 12 — MAR 1

STRUGGLING RELATIONSHIPS

Verse: “Love covers a multitude of sins.” – *1 Peter 4:8*

Devotion: Conflict wounds, but God brings reconciliation and renewal.

Prayer: Lord, mend broken relationships and teach us humility and patience. Amen.

DAY 13 — MAR 2

BULLYING IN SCHOOLS

Verse: “Do not be overcome by evil but overcome evil with good.” – *Romans 12:21*

Devotion: Bullying leaves deep emotional scars. God calls us to protection, kindness, and justice.

Prayer: Father, protect learners, reform bullies, and strengthen school communities. Amen.

DAY 14 — MAR 3

THOSE AFFECTED BY CANCER

Verse: “By His stripes we are healed.” – *Isaiah 53:5*

Devotion: Cancer brings fear and suffering, but God walks with every patient and their family.

Prayer: Lord, comfort, heal, and strengthen all battling cancer. Amen.

DAY 15 — MAR 4

JUSTICE IN SOUTH AFRICA’S LEGAL SYSTEM

Verse: “Let justice roll on like a river.” – *Amos 5:24*

Devotion: True justice reflects God’s heart. We pray for fairness, truth, and integrity.

Prayer: God, reform our justice system and raise righteous leaders within it. Amen.

DAY 16 — MAR 5

EXTORTION IN OUR COMMUNITIES

Verse: “The Lord hates violent wrongdoing.” – Psalm 11:5

Devotion: Extortion destroys community trust. We cry for God’s intervention.

Prayer: Lord, expose criminal networks and restore safety. Amen.

DAY 17 — MAR 6

THE ELDERLY

Verse: “Even to old age I will carry you.” – Isaiah 46:4

Devotion: The elderly are treasures often overlooked. God values their wisdom and dignity.

Prayer: Father, care for the elderly and surround them with love and support. Amen.

DAY 18 — MAR 7

THOSE WHO ARE LONELY

Verse: “God sets the lonely in families.” – Psalm 68:6

Devotion: Loneliness is heavy, but God promises companionship and comfort.

Prayer: Lord, be near to the lonely and send them meaningful relationships. Amen.

DAY 19 — MAR 8

THOSE IN DEBT

Verse: “The Lord is my provider.” – Psalm 23:1

Devotion: Debt brings anxiety and shame. Yet God offers wisdom, breakthrough, and peace.

Prayer: Father, provide financial healing and discipline for those in debt. Amen.

DAY 20 — MAR 9

THOSE SUFFERING FROM DEPRESSION

Verse: “The Lord is the lifter of my head.” – Psalm 3:3

Devotion: Depression is real, painful, and invisible. God offers comfort and restoration.

Prayer: God, bring light, healing, and compassion to those in darkness. Amen.

DAY 21 — MAR 10

HEALING OF SOUL, MIND & BODY

Verse: “I am the Lord who heals you.” – Exodus 15:26

Devotion: God heals holistically—emotionally, spiritually, mentally, physically.

Prayer: Lord, restore every part of us and make us whole. Amen.

DAY 22 — MAR 11

PEACE & UNITY

Verse: “Blessed are the peacemakers.” – Matthew 5:9

Devotion: A divided nation needs God’s peace and unifying love.

Prayer: Father, heal divisions and make us one. Amen.

DAY 23 — MAR 12

ALL MINISTERS & BISHOPS

Verse: “Shepherd the flock of God.” – 1 Peter 5:2

Devotion: Spiritual leaders need strength, holiness, and endurance.

Prayer: Lord, strengthen pastors, bishops, and ministers with wisdom and purity. Amen.

DAY 24 — MAR 13

REBUILDING CHURCH COMMUNITIES

Verse: “You are the body of Christ.” – 1 Corinthians 12:27

Devotion: Churches must heal, rebuild, and serve their communities with love.

Prayer: God, revive the church, restore unity, and ignite service. Amen.

DAY 25 — MAR 14

THOSE WHO WORK IN HOSPITALS

Verse: “Bear one another’s burdens.” – *Galatians 6:2*

Devotion: Healthcare workers carry emotional and physical strain daily.

Prayer: Father, strengthen and protect every doctor, nurse, and hospital worker. Amen.

DAY 26 — MAR 15

INTERNATIONAL RELATIONS

Verse: “Nation shall not lift up sword against nation.” – *Isaiah 2:4*

Devotion: We pray for peace among nations and wise diplomacy.

Prayer: Lord, bless South Africa’s global relationships with justice and peace. Amen.

DAY 27 — MAR 16

HEALTH & SAFETY IN SCHOOLS

Verse: “The Lord watches over you.” – *Psalm 121:5*

Devotion: Schools must be safe places for learning, belonging, and growth.

Prayer: God, protect our schools and every learner and staff member. Amen.

DAY 28 — MAR 17

YOUR RELATIONSHIP WITH GOD

Verse: “Draw near to God, and He will draw near to you.” – *James 4:8*

Devotion: Lent invites us to return to intimacy with God.

Prayer: Lord, deepen our faith and renew our love for You. Amen.

DAY 29 — MAR 18

THE CHURCH AS AN ALTERNATIVE COMMUNITY

Verse: “Love one another as I have loved you.” – *John 13:34*

Devotion: The Church must model justice, compassion, service, and unity.

Prayer: God, make Your Church a refuge and a light to the world. Amen.

DAY 30 — MAR 19

DOMESTIC WORKERS

Verse: “The worker deserves his wages.” – *Luke 10:7*

Devotion: Domestic workers deserve dignity, fair treatment, and respect.

Prayer: Lord, bless every domestic worker with honour, protection, and provision. Amen.

DAY 31 — MAR 20

THOSE PERSECUTED AS CHRISTIANS

Verse: “Blessed are those who are persecuted for righteousness.” – *Matthew 5:10*

Devotion: Many believers suffer for their faith. We stand with them in prayer.

Prayer: God, protect persecuted believers and strengthen their faith. Amen.

DAY 32 — MAR 21

COURAGE, STRENGTH & ENDURANCE

Verse: “Be strong and courageous.” – *Joshua 1:9*

Devotion: God empowers us to persevere through challenges with hope.

Prayer: Lord, fill us with bravery, strength, and perseverance. Amen.

DAY 33 — MAR 22

THOSE AFFECTED BY DEMENTIA

Verse: “Even in old age they will bear fruit.” – *Psalm 92:14*

Devotion: Dementia steals memories but never steals our identity in God.

Prayer: Father, comfort families affected by dementia and bring peace. Amen.

DAY 34 — MAR 23

PROSPERITY & SUCCESS

Verse: “The Lord makes rich and adds no sorrow.” – *Proverbs 10:22*

Devotion: True prosperity comes from God—success rooted in integrity and purpose.

Prayer: Lord, bless the work of our hands and prosper us according to Your will. Amen.

DAY 35 — MAR 24

THOSE GRIEVING LOSS

Verse: “He heals the broken hearted.” – *Psalm 147:3*

Devotion: Grief is sacred ground. God walks with the grieving tenderly.

Prayer: Lord, comfort all who mourn and bring hope to their hearts. Amen.

DAY 36 — MAR 25

PARENTS

Verse: “Train up a child in the way he should go.” – *Proverbs 22:6*

Devotion: Parenting requires grace, patience, and divine wisdom.

Prayer: Father, strengthen every parent with love, wisdom, and perseverance. Amen.

DAY 37 — MAR 26

GLOBAL WARMING & PRESERVATION OF NATURE

Verse: “The earth is the Lord’s.” – *Psalm 24:1*

Devotion: Creation care is sacred stewardship.

Prayer: God, help us protect the earth and live responsibly. Amen.

DAY 38 — MAR 27

OUR FAMILIES

Verse: “As for me and my house, we will serve the Lord.” – *Joshua 24:15*

Devotion: Families are the heart of society. We pray for unity, healing, and love.

Prayer: Lord, bless and strengthen every family represented at BMC. Amen.

DAY 39 — MAR 28 (HOLY SATURDAY)

HEALING FROM GENERATIONAL TRAUMA

Verse: “He makes all things new.” – *Revelation 21:5*

Devotion: Christ breaks cycles of pain—abuse, neglect, poverty, addiction, and fear.

Prayer: God, uproot generational wounds and release new life and freedom. Amen.

DAY 40 — MAR 29 (EASTER SUNDAY)

RESURRECTION HOPE

Verse: “He is not here; He is risen.” – *Matthew 28:6*

Devotion: After 40 days of prayer and reflection, we rise with Christ. His resurrection brings renewal, freedom, and victory.

Prayer: Lord Jesus, resurrect our hope, our faith, and our communities. Amen.

It would be awesome to get your feedback on the 40 days praying together.
Please send an email to nadja@bmc.org.za with your reflections.