



## 31 Days of Prayer | January 2026

Spend the first 31 days of 2026 in prayer! Imagine the impact of all your church family focusing on the same prayer each day. Below you'll find a daily guide to help focus your prayers. While we hope your time with the Lord in prayer will include *more* than these requests, we certainly hope they'll at least incorporate these requests.

Each day has a focus, a Scripture to ponder, and a suggested prayer. When you spend time with the Lord each day, take a moment to ponder the text, then incorporate the suggested prayer into your personal conversation with the Lord.

### Thursday, January 01 | Trust God with the New Year

Ponder: *Therefore, if anyone is in Christ, he is a new creation; the old has passed away, and see, the new has come!* (2 Corinthians 5:17)

Pray: "Lord, as I step into this new year, help me leave behind what hinders me and walk confidently in the new life you have given me."

### Friday, January 02 | Walk by the Spirit

Ponder: *But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. The law is not against such things.* (Galatians 5:22-23)

Pray: "Father, teach me to walk in step with your Spirit daily, letting your presence guide every thought, word, and action."

### Saturday, January 03 | Practice Love

Ponder: *Be alert, stand firm in the faith, be courageous, be strong. Do everything in love.* (1 Corinthians 16:13-14)

Pray: "Lord, let my actions flow from love, reflecting your perfect love to those around me."

### Sunday, January 04 | Embrace Joy

Ponder: *Rejoice in the Lord always. I will say it again: Rejoice!* (Philippians 4:4)

Pray: "Father, fill my heart with joy rooted in you, no matter the circumstances."

**"Prayer is not overcoming God's reluctance, but laying hold of his willingness."  
(Martin Luther)**

### **Monday, January 05 | Seek Peace**

Ponder: *Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.* (Philippians 4:6-7)

Pray: "Lord, help me to turn my anxieties over to you. Allow me to rest in Your peace and to share it with others in my words and actions."

### **Tuesday, January 06 | Grow in Patience**

Ponder: *Therefore I, the prisoner in the Lord, urge you to walk worthy of the calling you have received, with all humility and gentleness, with patience, bearing with one another in love...* (Ephesians 4:1-3)

Pray: "Father, teach me to be patient with others, showing grace as you so patiently guide me."

### **Wednesday, January 07 | Show Kindness**

Ponder: *Let all bitterness, anger and wrath, shouting and slander be removed from you, along with all malice. And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ.* (Ephesians 4:31-32)

Pray: "Lord, give me a tender heart to show kindness to others, even when it is difficult."

### **Thursday, January 08 | Reflect God's Goodness**

Ponder: *The Lord is good to everyone; his compassion rests on all he has made.* (Psalm 145:9)

Pray: "Father, thank you for your goodness. Help me to reflect that goodness in how I live and serve others."

### **Friday, January 09 | Be Faithful**

Ponder: *Don't be afraid of what you are about to suffer. Look, the devil is about to throw some of you into prison to test you, and you will experience affliction for ten days. Be faithful to the point of death, and I will give you the crown of life.* (Revelation 2:10)

Pray: "Lord, no matter what trials I face in the coming year, help me remain faithful to you and to the commitments I have made, trusting in your faithfulness to me."

### **Saturday, January 10 | Practice Gentleness**

Ponder: *A gentle answer turns away anger, but a harsh word stirs up wrath.* (Proverbs 15:1)

Pray: "Father, teach me the strength of gentleness, that my words and actions might bring healing and encouragement, rather than wrath and anger."

### **Sunday, January 11 | Cultivate Self-Control**

Ponder: *For God has not given us a spirit of fear, but one of power, love, and sound judgment.* (2 Timothy 1:7)

Pray: "Lord, help me to rely on your strength to practice self-control in my thoughts, words, and actions."

*Our prayers may be awkward. Our attempts may be feeble. But since the power of prayer is in the one who hears it and not in the one who says it, our prayers do make a difference. (Max Lucado)*

### **Monday, January 12 | Trust God's Timing**

Ponder: *There is an occasion for everything, and a time for every activity under heaven.*  
(Ecclesiastes 3:1)

Pray: "Lord, help me trust your perfect timing in all areas of my life."

### **Tuesday, January 13 | Pray for Wisdom**

Ponder: *Now if any of you lacks wisdom, he should ask God – who gives to all generously and ungrudgingly – and it will be given to him.* (James 1:5)

Pray: "Father, grant me wisdom to make decisions that honor you."

### **Wednesday, January 14 | Surrender Worry**

Ponder: *Humble yourselves, therefore, under the mighty hand of God, so that he may exalt you at the proper time, casting all your cares on him, because he cares about you.* (1 Peter 5:6-7)

Pray: "Lord, I surrender my worries to you. Help me rest in your care."

### **Thursday, January 15 | Seek Humility**

Ponder: *Humble yourselves before the Lord, and he will exalt you.* (James 4:10)

Pray: "Father, teach me to walk humbly, depending on you in all things."

### **Friday, January 16 | Be a Light to Others**

Ponder: *You are the light of the world. A city situated on a hill cannot be hidden. No one lights a lamp and puts it under a basket, but rather on a lampstand, and it gives light for all who are in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.* (Matthew 5:14-16)

Pray: "Lord, help me shine your light brightly in a world that needs hope."

### **Saturday, January 17 | Pray for Forgiveness**

Ponder: *If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.* (1 John 1:9)

Pray: "Father, forgive me for my sins and teach me to forgive others as you have forgiven me."

### **Sunday, January 18 | Reflect on God's Promises**

Ponder: *For every one of God's promises is "Yes" in him. Therefore, through him we also say "Amen" to the glory of God.* (2 Corinthians 1:20)

Pray: "Lord, thank you for your promises that never fail. Help me hold onto them in faith."

### **Monday, January 19 | Pray for Boldness in Faith**

Ponder: *The wicked flee when no one is pursuing them, but the righteous are as bold as a lion.*  
(Proverbs 28:1)

Pray: "Lord, give me boldness to live and share my faith courageously."

**"The great tragedy in life is not unanswered prayer, but unoffered prayer."  
(F. B. Meyer)**

## **Tuesday, January 20 | Pray for Strength in Weakness**

Ponder: *But he said to me, "My grace is sufficient for you, for my power is perfected in weakness." Therefore, I will most gladly boast all the more about my weaknesses, so that Christ's power may reside in me. (2 Corinthians 12:9)*

Pray: "Father, when I feel weak, help me to rely on your strength and grace."

## **Wednesday, January 21 | Delight in God's Word**

Ponder: *Your word is a lamp for my feet and a light on my path. (Psalm 119:105)*

Pray: "Lord, help me find joy and guidance in your word daily."

## **Thursday, January 22 | Pray for Unity in the Body of Christ**

Ponder: *There is one body and one Spirit – just as you were called to one hope at your calling – one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. (Ephesians 4:4-6)*

Pray: "Father, may your church reflect the unity and love that comes from you."

## **Friday, January 23 | Pray for Generosity**

Ponder: *Each person should do as he has decided in his heart – not reluctantly or out of compulsion, since God loves a cheerful giver. (2 Corinthians 9:7)*

Pray: "Lord, make me generous with my time, resources, and love, giving joyfully as you have given to me."

## **Saturday, January 24 | Rest in God's Presence**

Ponder: *Stop fighting, and know that I am God, exalted among the nations, exalted on the earth. (Psalm 46:10)*

Pray: "Father, help me to be still and find rest in your presence amid life's busyness."

## **Sunday, January 25 | Pray for a Grateful Heart**

Ponder: *Give thanks in everything; for this is God's will for you in Christ Jesus. (1 Thessalonians 5:18)*

Pray: "Lord, give me a heart of gratitude, no matter what I face."

## **Monday, January 26 | Pray for Healing**

Ponder: *Heal me, Lord, and I will be healed; save me, and I will be saved, for you are my praise. (Jeremiah 17:14)*

Pray: "Father, bring healing where it is needed, and sustain those who are hurting."

## **Tuesday, January 27 | Share the Gospel**

Ponder: *Go, therefore, and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe everything I have commanded you. And remember, I am with you always, to the end of the age. (Matthew 28:19-20)*

Pray: "Lord, give me opportunities and courage to share your love with others."

### **Wednesday, January 28 | Rejoice in God's Creation**

Ponder: *The heavens declare the glory of God, and the expanse proclaims the work of his hands. (Psalm 19:1)*

Pray: "Father, thank you for the beauty of your creation. Help me to care for it well."

### **Thursday, January 29 | Pray for Endurance**

Ponder: *Therefore, since we also have such a large cloud of witnesses surrounding us, let us lay aside every hindrance and the sin that so easily ensnares us. Let us run with endurance the race that lies before us, keeping our eyes on Jesus, the pioneer and perfecter of our faith. For the joy that lay before him, he endured the cross, despising the shame, and sat down at the right hand of the throne of God. (Hebrews 12:1-2)*

Pray: "Lord, give me endurance to persevere through challenges, fixing my eyes on you."

### **Friday, January 30 | Praise God's Holiness**

Ponder: *In the year that King Uzziah died, I saw the Lord seated on a high and lofty throne, and the hem of his robe filled the temple. Seraphim were standing above him; they each had six wings: with two they covered their faces, with two they covered their feet, and with two they flew. And one called to another: Holy, holy, holy is the Lord of Armies; his glory fills the whole earth. (Isaiah 6:1-3)*

Pray: "Father, I praise you for your holiness and glory, beyond all comprehension."

### **Saturday, January 31 | Dedicate the Month Ahead to God**

Ponder: *Commit your activities to the Lord, and your plans will be established. (Proverbs 16:3)*

Pray: "Lord, as I step into the new month, I commit my plans to you, trusting in your guidance and provision."