

40 Reasons for Joy

Prayer Guide – Week One

Ash Wednesday, February 14th

Today, we remember that we are dust and to dust we shall return. Even so, we are joyful because our Lord watches over us.

Scripture reading: **Psalm 103**

Prayer focus: Meditate on the brevity and beauty of life, giving thanks for every breath.

Thursday, February 15th

Today, we are joyful that Jesus takes our anxieties on himself because he cares for us.

Scripture reading: **1 Peter 5:6-11**

Prayer focus: Lay everything that is stressing or worrying you at the feet of Jesus and ask for the strength to leave it there.

Friday, February 16th

Today, we are joyful because our Lord can calm storms.

Scripture Reading: **Luke 8:22-25**

Prayer focus: Consider those areas of life that are difficult to give over to God, then ask the Lord to increase your faith and trust in Him.

Saturday, February 17th

Today, we are joyful because our Lord listens to our prayers.

Scripture reading: **Philippians 4:4-9**

Prayer focus: Meditate on who God is and give thanks for your relationship with him.

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Prayer Guide – Week Two

Sunday, February 18th

Worship with us at HNC!

Monday, February 19th

Today, we are joyful because our Lord is our benevolent King.

Scripture reading: **Psalm 47**

Prayer focus: Humble yourself by affirming God's sovereign rule over all the earth.

Tuesday, February 20th

Today, we are joyful because our Lord speaks with a whisper.

Scripture reading: **1 Kings 19:11-13**

Prayer focus: Sit in silence and listen for what the Spirit may be saying to you.

Wednesday, February 21st

Today, we are joyful because our Lord provides for our needs.

Scripture reading: **Matthew 6:25-34**

Prayer focus: Share your needs with the Lord and thank him for his provision.

Thursday, February 22nd

Today, we are joyful because our Lord forgives our sins because of Christ's sacrifice.

Scripture reading: **Colossians 2:13-15**

Prayer focus: Ask the Spirit to search your heart for any sin or wayward thought within you; if the Spirit does uncover something, repent and experience God's grace anew.

Friday, February 23rd

Today, we are joyful because our Lord helps us to overcome temptation.

Scripture reading: **1 Corinthians 10:12-13**

Prayer focus: Consider your weaknesses, those gaps in the armor which the devil tries to exploit. Ask the Spirit to show you how to overcome those temptations. Make a mental note of what to do the next time you're tempted.

Saturday, February 24th

Today, we are joyful because our Lord comforts the brokenhearted.

Scripture reading: **Psalm 147:1-11**

Prayer focus: Pray for those in your life who are experiencing grief, that the Lord would restore what the locusts have devoured and bring them even greater joy!

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Prayer Guide – Week Three

Sunday, February 25th

Worship with us at HNC!

Monday, February 26th

Today, we are joyful because our Lord created a beautiful universe.

Scripture reading: **Psalm 8**

Prayer focus: Go for a walk and pray for our community!

Tuesday, February 27th

Today, we are joyful because our Lord blesses us to be a blessing to others.

Scripture reading: **Genesis 12:1-3**

Prayer focus: Ask the Lord to open your eyes to someone that you can bless this week.

Wednesday, February 28th

Today, we are joyful because our Lord heals our sicknesses and pain.

Scripture reading: **Mark 5:21-43**

Prayer focus: Pray for healing, relief, and courage to those that you know are struggling with illness.

Thursday, February 29th

Today, we are joyful because our Lord teaches us through meditation on the Scriptures.

Scripture reading: **Psalm 1**

Prayer focus: Meditate on your favorite Bible verse and ask the Lord to show you something new in it. Share what you have learned with someone who might need encouragement!

Friday, March 1st

Today, we are joyful because our Lord does no evil nor tolerates evil.

Scripture reading: **1 John 1:1-7**

Prayer focus: Repent for the evils of our society and pray for courage to oppose them.

Saturday, March 2nd

Today, we are joyful because our Lord seeks and saves the lost.

Scripture reading: **Luke 19:1-10**

Prayer focus: Pray for friends, family, and neighbors who don't know Jesus. Make yourself available for the Lord to use as a witness to the hope of his Kingdom and righteousness!

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Prayer Guide – Week Four

Sunday, March 3rd

Worship with us at HNC!

Monday, March 4th

Today, we are joyful because our Lord made us fearfully and wonderfully.

Scripture reading: **Psalms 139:1-14**

Prayer focus: Thank the Lord for our children. Pray the Lord's blessing over them so they can become a generation marked by faithfulness and fearlessness!

Tuesday, March 5th

Today, we are joyful because our Lord – not society – has the final word on every matter.

Scripture reading: **Colossians 2:6-10**

Prayer focus: Pray for those who make decisions and hold sway over others, for our nation's leaders, entertainers, celebrities, and influencers. Pray that their platforms of influence would be used for the good of God's Kingdom instead of the enemy's deceitful mission of chaos.

Wednesday, March 6th

Today, we are joyful because our Lord grants us sabbath rest.

Scripture reading: **Isaiah 58:1-14**

Prayer focus: Take a nap. Enjoy the rest that God gives us!

Thursday, March 7th

Today, we are joyful because our Lord knocks on the door of every heart.

Scripture reading: **Revelation 3:19-22**

Prayer focus: Pray again for friends, family, and neighbors who don't know Jesus. Never give up on them. Any day could be the day they finally open the door!

Friday, March 8th

Today, we are joyful because our Lord can empathize with our weaknesses.

Scripture reading: **Hebrews 4:14-16**

Prayer focus: Reflect on Jesus' humanity. Consider that he grew tired, felt sore, got sick, shivered, sweat, suffered injuries, and had to relieve himself just like the rest of us. Give thanks for our Lord who can relate to moments when we feel completely exhausted.

Saturday, March 9th

Today, we are joyful because our Lord has overcome death!

Scripture reading: **1 Corinthians 15:50-57**

Prayer focus: Thank Jesus for dying for us and ask for help in maintaining an eternal perspective on life.

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Prayer Guide – Week Five

Sunday, March 10th

Worship with us at HNC!

Monday, March 11th

Today, we are joyful because our Lord builds our families.

Scripture reading: **Psalm 127**

Prayer focus: Pray a special blessing over your family and entrust them completely to the Lord.

Tuesday, March 12th

Today, we are joyful because our Lord chooses the underdog.

Scripture reading: **1 Corinthians 1:18-31**

Prayer focus: Spend time drawing on God's strength for tasks which seem too big for you.

Wednesday, March 13th

Today, we are joyful because our Lord makes us brave.

Scripture reading: **Joshua 1:1-9**

Prayer focus: Inquire about and embrace the uncomfortable situations God wants to send you into in this season of your life.

Thursday, March 14th

Today, we are joyful because our Lord is patient and kind, abounding in steadfast love.

Scripture reading: **Psalm 145**

Prayer focus: Worship the Lord for his goodness and unfailing love.

Friday, March 15th

Today, we are joyful because our Lord defeats giants and slays monsters.

Scripture reading: **1 Samuel 17:32-51**

Prayer focus: Think about the "giants" and "monsters" afflicting our community. Pray for the Lord's deliverance and that he would raise up strong leaders to battle them. Be willing to answer if you're the one he calls!

Saturday, March 16th

Today, we are joyful because our Lord will reunite us with the faithful departed.

Scripture reading: **1 Thessalonians 4:13-18**

Prayer focus: Remember those who have gone before you into the Kingdom. Thank the Lord for their influence in your life and dwell on the exciting expectation that you will see them again!

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Prayer Guide – Week Six

Sunday, March 17th

Worship with us at HNC!

Monday, March 18th

Today, we are joyful because our Lord breaks chains.

Scripture reading: **Hebrews 2:5-18**

Prayer focus: Pray for the chain-breaking, addiction-destroying, people-freeing power of Jesus in your life, in the lives of those you love, and in our community!

Tuesday, March 19th

Today, we are joyful because our Lord lifts up the outcast.

Scripture reading: **Mark 2:13-17**

Prayer focus: Ask the Spirit to bring to mind those who feel left out or discarded. Inquire about your role in restoring them to loving community.

Wednesday, March 20th

Today, we are joyful because our Lord performs miracles.

Scripture reading: **Jeremiah 32:17-23**

Prayer focus: Pray a BIG prayer for someone else, someone in desperate need of God's miraculous intervention. Believe and trust in God's will for them.

Thursday, March 21st

Today, we are joyful because our Lord withholds judgment to save as many as possible.

Scripture reading: **2 Peter 3:8-18**

Prayer focus: Thank the Lord for the patience he has shown you. Pray for help in showing the same patience and grace to others.

Friday, March 22nd

Today, we are joyful because our Lord rewards the faithful.

Scripture reading: **Revelation 22:12-17**

Prayer focus: Reflect on and thank the Lord for the eternal reward given to those who repent.

Saturday, March 23rd

Today, we are joyful because our Lord has brought his Kingdom to the earth.

Scripture reading: **Mark 1:1-15**

Prayer focus: Ask God about His will for your life. Commit to it instead of your own agenda.



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Prayer Guide – Week Seven

Sunday, March 24th

Worship with us at HNC!

Monday, March 25th

Today, we are joyful because our Lord helps his people.

Scripture reading: **Isaiah 41:8-13**

Prayer focus: Pray that God would use you to help someone in need this week. Be open to whomever God would send you.

Tuesday, March 26th

Today, we are joyful because our Lord directs our futures.

Scripture reading: **Proverbs 3:5-6**

Prayer focus: Lay any major decisions you need to make before the Lord. Seek his counsel and obey his direction. Pray over any major decisions your loved ones and neighbors may be facing.

Wednesday, March 27th

Today, we are joyful because our Lord grants everlasting life.

Scripture reading: **John 4:1-26**

Prayer focus: Prayerfully consider how the story of the woman at the well would be different if Jesus met you there instead of her. What would he say to you? How would you respond?

Thursday, March 28th

Today, we are joyful because our Lord makes us holy.

Scripture reading: **Hebrews 10:1-10**

Prayer focus: Pray that God would continue to transform your character into that of Jesus.

Good Friday, March 29th

Today, we are joyful because our Lord has given us a church family that loves us.

Scripture reading: **Matthew 12:46-50**

Prayer focus: *Join us for a traditional Seder Meal and pray with us at HNC tonight!*

Holy Saturday, March 30th

Today, we are joyful because our Lord will come again.

Scripture reading: **John 14:1-7**

Prayer focus: Believe in Christ's promised return and consider how you can become ready for it.

Easter Sunday, March 31st: Worship with us at HNC! **He is RISEN!**