

FORTY (OR MORE) DAYS OF PRAYER

October 11 – November 21, 2009

Instructions & Suggestions:

1. Prayer times are fixed for twice a day: morning and evening. Adjust the times to your schedule.
2. There is a specific allotment of time for your personal requests, and I have suggested a topic for each day of the week although this is merely a convenience to help you remember to pray for a variety of subjects.
3. Although this is a considerably different format than most of us are used to, I ask that you try it before dismissing it. The readings from the Psalms and New Testament are designed to engage your thoughts with the Word of God in such a way that you learn to reflect on God's will during this time. In other words, this prayer time is as much about forming our will to God's as it is about addressing him with requests.
4. Unless otherwise noted, read all readings and prayers aloud. You'll find that your mind won't wander as easily.

Format:

1. Begin with praise. Although the first reading for both morning and evening are traditional readings for these times, several other readings are suggested. Use only one per prayer session.
2. Where Psalm 119 is listed, read one stanza morning and evening and continue through the entire Psalm during the 40 days. When completed, begin again. There are 22 stanzas in the Psalm.
3. Begin with a prayer of thanks. Giving thanks in all circumstances is God's will (1 Thessalonians 5:18).
4. Read a Psalm. It is easiest to read them in succession. Although you won't get through all of the Psalms during these forty days, getting through about half of them (one in the morning, one in the evening) is a great spiritual experience.
5. New Testament readings are geared toward the daily theme. There is one for the morning and one for the evening. (Insert your own readings here for your personal reflection on the Word of God.)
6. The Lord's Prayer: you can recite the prayer or pray for the concepts as I have suggested them.
7. Personal requests: pray spontaneously and freely letting God know of all your needs and concerns.
8. Written prayer: a morning and evening prayer.
9. Conclusion: a final word of praise and devotion.

Sunday – Adoration
Monday – Work and Daily Life
Tuesday – Church, Missions
Wednesday – Personal Growth
Thursday – Our Country and Political Leaders
Friday – Confession of Sin
Saturday – Family Needs

MORNING:

Praise and devotion:

- Opening prayer and praise – Psalm 95:1-7, 93, 148, Ephesians 1:3-4, Hebrews 10:19-25, Revelation 4:6-11, 22:1-5.
- Recite a stanza from Psalm 119.
- Prayer of thanksgiving
- Read a Psalm (or an Old Testament passage).

Meditation:

1. New Testament:
 - Sunday – John 1:1-4
 - Monday – Luke 6:27-36
 - Tuesday – Matthew 13:1-9, 18-23
 - Wednesday – Matthew 5:3-12
 - Thursday – Romans 13:1-7
 - Friday – Matthew 21:28-32
 - Saturday – Ephesians 5:22 - 6:4
2. Silent readings of choice.

Prayers:

- Pray the Lord's Prayer (Mt. 6:9-13): adoration, the Kingdom, commitment to God's will, daily needs, forgiveness, and power to lead a life of holiness.
- Personal requests:
- Morning Prayer: "Lord God, almighty and everlasting Father, I thank you that you have brought me in safety to this new day. Preserve me with your mighty power that I might not fall into sin nor be overcome by adversity. Let not my heart incline to any evil this day, and in all I do strengthen me to fulfill your purpose for my life."

Conclusion:

To him who loves us and has freed us from our sins by his blood, and has made us to be a kingdom and priests to serve his God and Father—to him be glory and power for ever and ever! Amen. (Rev. 1:5-6)

Sunday – Adoration
Monday – Work and Daily Life
Tuesday – Church, Missions
Wednesday – Personal Growth
Thursday – Our Country and Political Leaders
Friday – Confession of Sin
Saturday – Family Needs

EVENING:

Praise and devotion:

- Opening prayer and praise – Psalm 141:1-4, 96:1-9, 110, Isaiah 40:25-41, Romans 11:33-36, Revelation 5:9-14, 21:1-4.
- Recite a stanza from Psalm 119.
- A prayer of thanksgiving
- Read a Psalm (or an Old Testament passage).

Meditation:

1. New Testament

- Sunday – Philippians 2:5-11
- Monday – 1 Thessalonians 4:1-12
- Tuesday – 1 Peter 1:3-9
- Wednesday – 2 Peter 2:3-11
- Thursday – Romans 13:8-14
- Friday – 1 John 1:5 - 2:2
- Saturday – 1 Peter 3:1-7

Prayer:

- Pray the Lord's Prayer (Mt. 6:9-13): adoration, the Kingdom, commitment to God's will, daily needs, forgiveness, and power to lead a life of holiness.
- Personal requests:

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- Evening Prayer: "Yours, O Lord, is the day, yours also is the night; cover our sins with your mercy as you cover the earth with darkness, and grant that Jesus, the light of the world, may always shine in our hearts to chase away the darkness of evil thoughts, through Him we pray. Amen."

Conclusion:

To him who is able to keep you from falling and to present you before his glorious presence without fault and with great joy—to the only God our Savior be glory, majesty, power and authority, through Jesus Christ our Lord, before all ages, now and forevermore! Amen. (Jude 24-25)