

P **40** *days of*
Prayer

Journey Guide

40 DAYS OF PRAYER

ASH WEDNESDAY - PALM SUNDAY 2021

PRAYERS for **40** DAYS ...

You are invited to join the BMC congregation on a 40-day prayer journey. Life has not been this challenging for many of us in a long time, so let's draw near to God as we pray for our cities, communities, economy, families, and health (to name a few). This booklet will guide you through each day and we request that we all pause every day at 12pm to pray the prayer of the day. Each day has a specific focus with a Bible reading and a prayer.

During these 40 days of prayer and fasting, reflect on the kind of choices you are facing as you seek to follow Jesus. What hurdles have you encountered recently? What confirmations have you received that you are on the right track? Offer up these reflections to God during your time of prayer and be confident that God will always accompany you as you take the risk of exploring an authentic faith.



A few ideas of practicing the presence of God during this time:

- Start your day in prayer
- 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 (do a prayer walk)
- Read your Bible as often as possible.
- Spend a day with God (or a few hours)
- Fast a meal (and spend that time in prayer)



Noon Prayer

Let's pray together as a church every day for 40 days at 6am and 12pm.

Please set an alarm to remind yourself to pray. We will also send out the day's prayer daily on our WhatsApp group (please contact Kerry to add you if you are not already– kerryw@bmc.org.za). You are welcome to join the Called to Prayer virtual group that meets weekly every Thursday at 12pm on Google Meet (please contact nadjaa@bmc.org.za for more information). The Prayer Chapel (at BMC) is available during the day for prayers.

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

Shalom
Your BMC Ministers

Gavin Landers / Kamogelo Monoametsi / Kedibone Mutambo

PRAYER for 17 February – DAY 1

Focus: The World



Bible Reading

Colossians 1:15,19-20 ¹⁵ *The Son is the image of the invisible God, the firstborn over all creation... ¹⁹ For God was pleased to have all his fullness dwell in him, ²⁰ and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross.*

Prayer: Father, thank you that you are drawing the whole world back to you through Christ. Amen.

Memory verse: Jesus is the image of the invisible God, the firstborn over all creation

PRAYER for 18 February – DAY 2

Focus: South Africa

Bible Reading

Micah 6:8 ⁸ *He has shown you, O mortal, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God.*

Prayer: Father, grow us into Your nation, we pray. Amen.

Memory verse: Act justly, love mercy and walk humbly with your God.



PRAYER for 19 February – DAY 3

Focus: Johannesburg

Bible Reading

Micah 7:8-9 ⁸ *Do not gloat over me, my enemy! Though I have fallen, I will rise. Though I sit in darkness, the Lord will be my light. ⁹ Because I have sinned against him, I will bear the Lord's wrath, until he pleads my case and upholds my cause. He will bring me out into the light; I will see his righteousness.*

Prayer: Father, in so many ways, this city is a city of pain. By Your grace, make it a city of hope. Amen.

Memory verse: God will bring me out into the light



PRAYER for 20 February – DAY 4

Focus: Your community



Bible Reading

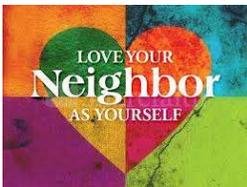
Philippians 2:1-5 ¹ Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, ² then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. ³ Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴ not looking to your own interests but each of you to the interests of the others. ⁵ In your relationships with one another, have the same mindset as Christ Jesus.

Prayer: Dear Father, we pray for our community. May we make the needs of others more important than our own. Lord, send me.

Memory verse: Value others above yourselves, not looking to your own interests but each of you to the interests of the others.

PRAYER for 21 February – DAY 5

Focus: The street you live i



PRAYER for 22 February – DAY 6

Focus: Your neighbours

Bible Reading

Psalms 144:9-10, 12-15 ⁹ I will sing a new song to you, my God; on the ten-stringed lyre I will make music to you, ¹⁰ to the One who gives victory to kings, who delivers his servant David... ¹² Then our sons in their youth will be like well-nurtured plants, and our daughters will be like pillars carved to adorn a palace. ¹³ Our barns will be filled with every kind of provision. Our sheep will increase by thousands, by tens of thousands in our fields; ¹⁴ our oxen will draw heavy loads. There will be no breaching of walls, no going into captivity, no cry of distress in our streets. ¹⁵ Blessed is the people of whom this is true; blessed is the people whose God is the Lord.

Prayer: Father may our streets know of your calm and peace. Amen

Memory verse: There will be no breaching of walls, no going into captivity, no cry of distress in our streets.

Bible Reading

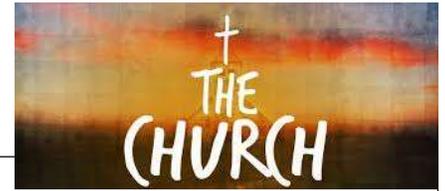
Luke 10:25-28 ²⁵ On one occasion an expert in the law stood up to test Jesus. “Teacher,” he asked, “what must I do to inherit eternal life?” ²⁶ “What is written in the Law?” he replied. “How do you read it?” ²⁷ He answered, “‘Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind’; and, ‘Love your neighbour as yourself.’” ²⁸ “You have answered correctly,” Jesus replied. “Do this and you will live.”

Prayer: Jesus, teach me to worry less about who my neighbour is and more about what kind of a neighbour I am. Amen

Memory verse: Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind; and, Love your neighbour as yourself.

PRAYER for 23 February – DAY 7

Focus: The Church



Bible Reading

Colossians 3:8-11 ⁸ But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. ⁹ Do not lie to each other, since you have taken off your old self with its practices ¹⁰ and have put on the new self, which is being renewed in knowledge in the image of its Creator. ¹¹ Here there is no Gentile or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all.

Prayer: Father, fill your church with those who, though they are different to each other in various ways, are all the same as each other in that they have put on the new self that declares that Christ is all, and is in all. Amen.

Memory verse: Christ is all, and is in all

PRAYER for 24 February – DAY 8

Focus: Your family



Bible Reading

Mark 12:41-44 ⁴¹ Jesus sat down opposite the place where the offerings were put and watched the crowd putting their money into the temple treasury. Many rich people threw in large amounts. ⁴² But a poor widow came and put in two very small copper coins, worth only a few cents. ⁴³ Calling his disciples to him, Jesus said, “Truly I tell you, this poor widow has put more into the treasury than all the others. ⁴⁴ They all gave out of their wealth; but she, out of her poverty, put in everything—all she had to live on.”

Prayer: Father, may we, in the presence of our families, learn of a giving that comes at personal expense, puts us at risk, makes us vulnerable and exposed; a giving that comes at great personal cost.

Memory verse: This widow gave out of her poverty, put in everything—all she had to live on.

PRAYER for 25 February – DAY 9

Focus: Marriages



Bible Reading

Colossians 3: 12-14 ¹² Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. ¹³ Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. ¹⁴ And over all these virtues put on love, which binds them all together in perfect unity.

Prayer: Father, make my marriage and the marriages of those close to me witnesses to your loving availability, communication and forgiveness. Amen.

Memory verse: And over all these virtues put on love, which binds them all together in perfect unity.

PRAYER for 28 February – DAY 12

Focus: Those with Dementia



Bible Reading

Romans 8:15-18... the Spirit you received brought about your adoption to sonship. And by him we cry, “Abba, Father.” ¹⁶ The Spirit himself testifies with our spirit that we are God’s children. ¹⁷ Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory. ¹⁸ I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.

Prayer: Father, may we always know that those you have created are always more than the suffering they experience. We ask that those who are trapped behind their minds, may know of a vast inner life where Your presence dwells and Your activity is also found.

Memory verse: But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us (1 Cor 4:7)

PRAYER for 1 March – DAY 13

Focus: Those who are terminally ill



Bible Reading

Psalms 73:23-26 ²³ Yet I am always with you; you hold me by my right hand. ²⁴ You guide me with your counsel, and afterward you will take me into glory. ²⁵ Whom have I in heaven but you? And earth has nothing I desire besides you. ²⁶ My flesh and my heart may fail, but God is the strength of my heart & my portion forever.

Prayer: Father, we praise you that after death has done all that it can and is no longer a reality, You continue and Your love is ours. Amen.

Memory verse: For I am convinced that neither death nor life... nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord (Rom 8:38-39).

PRAYER for 2 March – DAY 14

Focus: Orphans

Bible Reading

Isaiah 1:17 “Learn to do right! Seek justice, encourage the oppressed. Defend the cause of the fatherless, plead the case of the widow.”

Prayer: Lord we come today asking to walk with you, asking to be the voice of the voiceless to defend those in need, the fatherless and all those who cannot defend themselves. God, you always seek to correct injustices and from today on we pledge to do the same. Amen.

Memory Verse: Psalm 82:3-4 “Defend the weak and the fatherless; uphold the cause of the poor and the oppressed.



PRAYER for 3 March – DAY 15

Focus: Businesses



Bible Reading

Deuteronomy 8:18 But remember the LORD your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your ancestors, as it is today. All of our skills and special talents that we use in our businesses are all given to us by God.

Prayer: Dear Lord, we ask for your graceful guidance as we build and grow businesses. We put our trust in your hands that you will bless our businesses, our suppliers, our customers, and our employees. We pray that you protect these enterprises and the investments we've put into it. We ask that you lead us, guide us, and advise us. May our endeavors be generous, fruitful, and successful, today, and always. Amen.

Memory Verse: Philippians 2:4 "Let each of you look not only to his own interests, but also to the interests of others."

PRAYER for 4 March – DAY 16

Focus: Government



Bible Reading

Romans 13: 1-2 Let every person be subject to the governing authorities. For there is no authority except from God, and those that exist have been instituted by God. Therefore, whoever resists the authorities resists what God has appointed, and those who resist will incur judgment.

Prayer: Lord, give strength and wisdom to our government, guide their decisions and may they always put love first. Surround them with people from all walks of life and many backgrounds. Bring to them people of high moral character and spiritual maturity. Amen.

Memory Verse: Matthew 22: 21 Render to Caesar the things that are Caesar's, and to God the things that are God's.

PRAYER for 5 March – DAY 17

Focus: Media outlets



Bible Reading

Ephesians 4: 29 Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.

Prayer: We pray for those in the media who are your followers, that you would enable them to offer truth to overcome the lies, light to shine in dark places, refreshment to those who are thirsty and food to those who go hungry.

Memory Verse: 1 Corinthians 10: 23 "All things are lawful," but not all things are helpful. "All things are lawful," but not all things build up.

PRAYER for 6 March – DAY 18

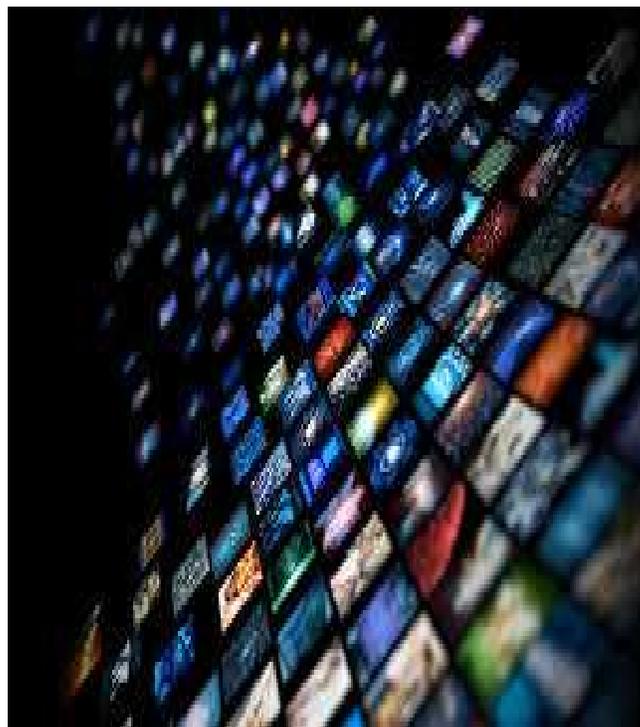
Focus: Arts & entertainment industry and all sporting bodies

Bible Reading

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 that you are serving.

Prayer: Bless the creators, O God of creation, who by their gifts make the world a more joyful and beautiful realm. Through their labors they teach us to see more clearly the truth around us. In their inspiration they call forth wonder and awe in our own living. In their hope and vision, they remind us that life is holy and joyful. Bless all who create in your image, O God of creation. Pour your Spirit upon them that their hearts may sing, and their works be fulfilling. Amen.

Memory Verse: Philippians 4: 13 I can do all this through him who gives me strength.



PRAYER for 7 March – DAY 19

Focus: Those who have lost loved ones

Bible Reading

2 Corinthians 4:17-18 For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

Prayer: Lord you know every wound, every joy, every fear, every dream, every failure. We ask that you heal old wounds, heal new wounds. Help us rejoice in the midst of our trials and alleviate every haunting fear. Help us all to see the power of Your resurrection in our loss. Give us eyes to see where new life springs in our hearts and life, despite what we are going through and rejuvenate us when we're weak. We need You Jesus. Amen.

Memory Verse: Psalm 73:26 My flesh and my heart may fail, but God is the strength of my heart and my portion forever.



PRAYER for 8 March – DAY 20

Focus: Those struggling with relationships



Bible Reading

1 Corinthians 13: 4-8 “Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.”

Prayer: Lord, grant us a greater understanding of one another, and take away the preconceived notions and assumptions that keep us from truly communicating. Bring us closer together, and closer to you, than ever before. In Jesus’ name I pray. Amen.

Memory Verse: Romans 12:9 “Love must be sincere. Hate what is evil; cling to what is good.”

PRAYER for 9 March – DAY 21

Focus: Those looking for jobs



Bible Reading

Psalms 90:17 Let the favor of the Lord our God be upon us, and establish the work of our hands upon us; yes, establish the work of our hands!

Prayer: Dear God, we thank you that your word says that you know what we need before we even ask. I pray for myself and others who seeking employment and trusting you to place us in the best position. We know that you have jobs for us, and we will trust you in getting us there. Amen.

Memory Verse: Isaiah 41:10. “Do not fear, for I am with you; do not anxiously look about you, for I am your God.

PRAYER for 10 March – DAY 22

Focus: Those struggling with their health



Bible Reading

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.”

Prayer: Heavenly Father, we lift up all those who are facing various illnesses. Give them the hope and courage they need today and every day. Comfort their pain, calm their fears, and surround them with your surpassing peace. Amen.

Memory Verse: Psalm 55:22 Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved.

PRAYER for 11 March – DAY 23

Focus: Those waiting for Covid test results



Bible Reading

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.*

Prayer: Gracious God, as I wait for the results of this testing, I pray that you would build up my trust in you. Help me have that childlike faith, believing in your mercy, your compassion, and your great power, so that no matter whether I get a good report or a bad one, I know it'll be okay in your hands. Lord, you are my help and my deliverer. Amen.

Memory Verse: Philippians 4:6 “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

PRAYER for 12 March – DAY 24

Focus: Those working in hospitals and other frontline workers

Bible Reading

1 Corinthians 15:58 *Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain.*

Prayer: Lord God, we ask for protection over our healthcare workers, here in our community, SA and abroad. Many are working with insufficient protective equipment. Lord, please provide for their needs. We pray you will protect them from COVID-19 and other ailments. We pray for their stress and energy levels, that you would fill them with your mighty strength and power. God of compassion, we pray. Amen.

Memory Verse: Matthew 11:28 Come to me, all who labor and are heavy laden, and I will give you rest.



PRAYER for 13 March – DAY 25

Focus: Those currently in hospital with the virus



Bible Reading

Joshua 1:9 *Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God goes with you wherever you go.*

Prayer: Merciful God, hear our fervent prayer for all who suffer from the coronavirus. May those who are infected receive the proper treatment and the comfort of your healing presence. May their caregivers, families and neighbors be shielded from the onslaught of the virus. Protect and guide those who strive to find a cure, that their work may conquer the disease and restore communities to wholeness and health. Help us to rise above fear. We ask all this through your Son, Jesus Christ and the Holy Spirit, now and forever.

Amen.

Memory Verse: Psalm 91:5-6 You shall not fear the terror of the night nor the arrow that flies by day, nor the pestilence that roams in darkness, nor the plague that ravages at noon.

PRAYER for 14 March – DAY 26

Focus: Those fighting the virus at home



Bible Reading

John 14:27 *Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*

Prayer: Loving God, we arise today to face the challenges on the road ahead. It is clear that our current situation needs us to be steadfast and persistent in our response to COVID-19; as this is a marathon, not a sprint. Give us strength and hope, we come to you in humility. Amen.

Memory Verse: Psalm 23:4 Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

PRAYER for 15 March – DAY 27

Focus: Those in quarantine



Bible Reading & Memory Verse:

Psalm 57:1-2 *“Have mercy on me, my God, have mercy on me, for in you I take refuge I will take refuge in the shadow of your wings until the disaster has passed. I cry out to God Most High, to God, who vindicates me”*

Prayer: God of all spaces, you are present in all human activities and occurrences of life. I pray for your love, grace and healing upon those who are in Quarantine. May your constant presence give them assurance of your healing power.

PRAYER for 16 March – DAY 28

Focus: The Elderly who are isolated and alone



Bible Reading & Memory Verse:

Joshua 1:5 “I will never leave you nor forsake you”

Prayer: God of many generations, seasons and human history. You carried our fore forefathers in the dark and scary moments in the wilderness. In this wilderness of Loneliness and isolation please be with our elderly people and hold them in your loving and caring arms.

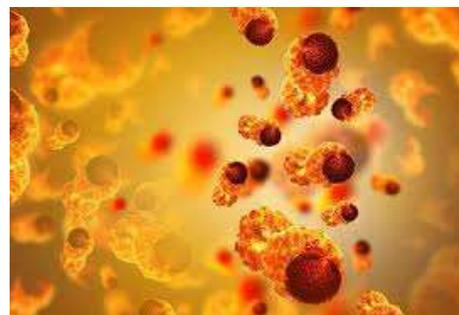
PRAYER for 17 March – DAY 29

Focus: Those with cancer

Bible Reading & Memory Verse:

Mark 1:41 “Jesus was indignant. He reached out his hand and touched the man. “I am willing,” he said. “Be clean!”

Prayer: Trinitarian God, maker of all things, redeemer of humankind I pray for our friends, families, fellow pilgrims in the kingdom who have been diagnosed with cancer. We pray for the assurance of abundant life despite their illness and ill-health.



PRAYER for 18 March – DAY 30

Focus: Those who are persecuted as Christians

Bible Reading & Memory Verse:

John 16:20 “Very truly I tell you, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy”

Prayer: God of Truth and light, you called your church to be agents of peace, love and grace but most importantly to be your witnesses in the world. As many seek to be faithful witnesses of your Gospel and yet are faced with persecution and trials. We pray for your spirit of endurance and victory through Christ our Lord.



PRAYER for 19 March – DAY 31

Focus: For strength, patience and endurance



Bible Reading & Memory Verse:

Colossians 1: 11 *“Being strengthened with all power according to his glorious might so that you may have great endurance and patience”*

Prayer: All mighty and All-powerful God, creator of the universe, God who was, who is and who will forever be, bestow upon us your power to strengthen and enable us to endure.

PRAYER for 20 March – DAY 32

Focus: For God’s guidance and wisdom in your life



Bible Reading & Memory Verse:

Proverbs 8: 12 *“I, wisdom, dwell together with prudence; I possess knowledge and discretion”*

Prayer: God of all wisdom and power, throughout generations who have blessed men and women with your unceasing wisdom. Bless this our generation with the Wisdom that was in Christ our Lord.

PRAYER for 21 March – DAY 33

Focus: For God’s hand in your expectations and dreams



Bible Reading & Memory Verse:

Joel 2: 28 *“And afterward, I will pour out my Spirit on all people Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions”*

Prayer: Precious and merciful creator, you created us to live our purpose in your universe. As we strive to live out our dreams and fulfill our purpose bless us with the spirit of endurance and grace.

PRAYER for 22 March – DAY 34

Focus: For God’s peace



Bible Reading & Memory Verse:

John 20: 21 *“Peace be with you”*

Prayer: Prince of peace, giver of peace and sustainer of our lives. In the midst of many challenging circumstances of life give us your unending peace.

PRAYER for 23 March – DAY 35

Focus: Pray for markers in your life that shows clearly what your purpose is



Bible Reading & Memory Verse:

Psalm 139:13 “For you created my inmost being; you knit me together in my mother’s womb.”

Prayer: God the creator, redeemer, and sustainer you blessed us with the gift of life. Open our eyes lord to see your bigger purpose you have for us and enable us to live in accordance with it.

PRAYER for 24 March – DAY 36

Focus: Pray that you live in God’s will and abide in it



Bible Reading & Memory Verse:

John 15: 7 “if you remain in me and my words remain in you, ask whatever you wish, and it will be done for you”

Prayer: Gracious and ever living God we are branches of the tree of life, strengthen and bless us with the ability to live according to your will and to abide in it.

PRAYER for 25 March – DAY 37

Focus: Pray that love abounds in your life



Bible Reading & Memory Verse:

Ephesians 5: 1-2 “Follow God’s example, therefore, as dearly loved children ² and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God”

Prayer: God who is the source of love, you created us for love and in love. Bestow upon us the ability to love unconditionally as you loved us.

PRAYER for 26 March – DAY 38

Focus: Pray that your trust in God increases

Bible Reading & Memory Verse:

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.

Prayer: God who is faithful and trustworthy, we submit ourselves lord God to your unceasing trust. It is our prayer that our trust in you can grow immeasurably.





PRAYER for 27 March – DAY 39

Focus: Pray for your life to be fruitful (in all areas)

Bible Reading & Memory Verse:

Genesis 1:29 “Then God said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.

Prayer : Lord God, you are the tree of life, we are the branches. Help us lord to bear fruit of the Spirit in order for our lives to be valuable and meaningful.

PRAYER for 28 March – DAY 40

Focus: Pray for your relationship with God



Bible Reading & Memory Verse:

Matthew 22:37 Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.

Prayer: God who knitted us in our mothers’ wombs, you created us to resemble you in all areas of our lives. We pray that our relationship with you be nurtured and grown abundantly.

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