

JOY Prayer Model

**(J)esus** – Begin prayer by praising Jesus for who He is and thanking Him for ways He’s shown care for you.

**(O)thers** – Pray for the needs of others. Whether friends, family, coworkers, classmates, neighbors, or people around the world.

**(Y)ourself** – Pray for yourself and your own needs. Talk to God about what you’re struggling with, where you need help, where He can guide you, or about things for which you are grateful.



2026

February

PRAYER

Experiencing Holiness

The purpose of this prayer guide is to offer an on-ramp into talking with your Father in Heaven. It's not all that prayer can be, but it is a start. Even if all you have is 2 minutes, that's ok. But if the Holy Spirit draws you in, let Him lead as the conversation continues. On the back page, you'll find guidance to enrich your prayer journey further. For those interested in engaging with **Monthly Scripture, read through Judges.**

Mon. Feb. 2	<b>Armor of God</b> - You are our protector and have equipped your people with all we need to stand against the devil's schemes.
Tues. Feb. 3	<b>Helmet of Salvation</b> - Guard my mind from the lies that the enemy would have me believe.
Wed. Feb. 4	<b>Breastplate of Righteousness</b> - Guard my heart from being tossed to and fro at the crashing of the waves around me.
Thur. Feb. 5	<b>Shield of Faith</b> - When the flaming arrows of the enemy are shot my way, protect me from their piercing pain.
Fri. Feb. 6	<b>Belt of Truth</b> - The power of your Word is the foundation of my strength...plant your Truth in my mind and heart.

Mon. Feb. 9	<b>Sword of the Spirit</b> - Your Word is a double-edged sword, slicing through the misinformation of the world around me.
Tues. Feb. 10	<b>Shoes of Gospel of Peace</b> - Ready my feet today that I would share the Good News of Jesus with those in my life.
Wed. Feb. 11	<b>Sanctification</b> - You, Father, are always at work in me and the world...burning away the chaff and producing fruit in our lives.
Thur. Feb. 12	<b>Repentance</b> - We are wayward children, Father, but we do not want that to be true...hear our confession and forgive us.
Fri. Feb. 13	<b>Royal Priesthood</b> - You have called us as the people of your kingdom, a holy nation to serve as intercessors for our neighbors.
Mon. Feb. 16	<b>Light of the World</b> - Shine the light of Jesus Christ through me, revealing His glory and grace to my family today.
Tues. Feb. 17	<b>Love</b> - I want to love others as I have already been loved by you, Father.
Wed. Feb. 18	<b>Joy</b> - Out of gratitude I will know joy, Lord.
Thur. Feb. 19	<b>Peace</b> - Regardless of my circumstances, no matter what's happening in my world, my peace is found in you, Jesus.
Fri. Feb. 20	<b>Patience</b> - I wait for you, Lord...your timing is always perfect.

Mon. Feb. 23	<b>Kindness</b> - Even when I was your enemy, you have loved me...your kindness has no limits.
Tues. Feb. 24	<b>Goodness</b> - Today, Father, I choose that which you call good for my life...no idea what happens tomorrow, but today I choose good.
Wed. Feb. 25	<b>Faithfulness</b> - What you say is true, who you say I am is true, I want a life of obedience and submission to your ways.
Thur. Feb. 26	<b>Gentleness</b> - Hurt is all around me in this world... help me, Father, to deal with others in the gentle way you have dealt with me.
Fri. Feb. 27	<b>Self-Control</b> - Temptation surrounds us...I choose your ways, Lord.

There are many different ways to engage in prayer... contemplative, bold, out loud, silently, with a group, or solo. Through meditation, repetition, spontaneously, or through pre-written words. We can pray standing, sitting, lying down, or on a walk. There are models developed to help people pray well...the Lord’s Prayer is one of them. The next page is another. If it helps you to have some guidance for prayer, try the steps on the next page to guide you in talking with the Lord.

Psalm 118:1 Give thanks to the Lord, for he is good; his love endures forever.