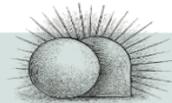


2026 BELMONT CHURCH
BIBLE READING PLAN
PRAYING THE WORD



LENT to EASTER



Why Do We Pray?

When we pray, we enter into a conversation God has already begun—with us—through His Word and by His Spirit. In everyday life, relationships grow through conversation. Without it, we never truly know the other person. In the same way, prayer draws us into knowing who God is and understanding His heart for us.

As Timothy Keller writes in *Prayer*:

“Prayer is both conversation and encounter with God... We must know the awe of praising his glory, the intimacy of finding his grace, and the struggle of asking his help, all of which lead us to know the spiritual reality of his presence.”

Prayer is not simply something we do *for* God—it is how we come to know God.

How Do We Pray?

Prayer begins with God’s Word. Praying the Bible connects our hearts to God’s will, gives us words when we have none, and shapes us into the likeness of Jesus. Rather than starting with our own agenda, Scripture teaches us to listen first and respond faithfully.

Dietrich Bonhoeffer puts it simply:

“We learn to pray not by praying our own words, but by praying the Word of God.”

This 2026 reading plan is designed to help us, as a church, learn the Bible by praying the prayers of the Bible together.

How We Will Pray Through the Bible This Year

Join us as we pray Scripture together through seven seasonal prayer guides:

- New Year to Lent
- **Lent to Easter**
- Easter to Pentecost
- A Summer in the Psalms
- The Torah
- The Historical and Prophetic Books
- The New Testament

Each reading plan follows a **five-day-per-week rhythm**. The readings are intentionally shorter—allowing space to pray deeply—while still forming a meaningful journey through Scripture. This structure also allows you to follow a full-year Bible reading plan, such as *The Bible Recap*, alongside this guide.

This journal is provided to help you write your prayers, reflect on God’s faithfulness, and remember how He answers as we grow together as a praying church.

Thank you for joining us this year as we pray the Bible together.

You can use this journal and/or also read/listen on the [DWELL app here...](#) You can Also download the PDF on the website.



“You take a passage of Scripture and turn it into prayer—line by line, theme by theme—until the text has shaped what you say to God.” - Timothy Keller

Our Core Value as Belmont is to be a church that is Anchored in the Word and Led by the Spirit. We have structured our Reading Plan to focus on both Anchoring ourselves in the word and then allowing the Spirit to speak, convict, comfort and empower us to obey.

Each week will have a similar template that will allow for reading, journaling and praying.

ANCHORED IN THE WORD

READ - Each day, we will spend some time sitting and meditating in the Word of God. We will utilize the spiritual practice of Lectio Divina (Latin for “Divine Reading”) to read and savor scripture as we commune with God. Take these moments to meditate, pray and contemplate on God’s word. It’s less about an academic study and more about listening for God’s voice so that the word can transform your heart.

After the reading, there will be some space for you to journal in response to what you just read.

SEE - This section is a place to reflect and write down phrases and/or words that stood out to you as you read the passage.

LED BY THE SPIRIT

P.R.A.Y. THE WORD (the first week we will provide prompts for you to help guide in how to pray the word).

PRAISE – Take time to praise the Lord for the attributes of God in the passage.

REPENT- As you read, repent and ask forgiveness for the sins as revealed in scripture.

ASK – Pray the word into your life.

YIELD - Surrendering your will is the act of anchoring the word into your heart.

OBEY – Each day, we will be asking two questions: **“What do you need to do about this passage? And is there someone you need to tell?”** The Holy Spirit will both convict and empower you to live conformed to the image of Jesus through His word. But it helps clarify what the Lord is saying, and sometimes it helps to share with someone so they can pray with you.

LENT

“Lent is a time for discipline, for confession, for honesty, not because God is mean or fault-finding or finger-pointing, but because he wants us to know the joy of being cleaned out, ready for all the good things he now has in store.”

— N. T. Wright, *Lent for Everyone*.

The season of Lent is the time leading up to Easter (40 days) when Christians reflect and pray as we prepare our hearts for the celebration of the death, burial and resurrection of Jesus.

We have structured the prayers during this season to focus on confession, mercy, grace and joy.

During Lent, we will join our hearts around a common focus—praying blessing each day together in unity. To keep it simple and memorable, we’ll use the acronym **BLESS** as our guide.

B.L.E.S.S. Weekly Prayer Focus Schedule

MONDAY - Belmont Church

Pray for repentance, unity, leadership, worship, and renewal.

TUESDAY - Local Community

Pray for Nashville, schools, businesses, justice, peace, and neighbors.

WEDNESDAY - Every Nation

Pray for missionaries, unreached peoples, the persecuted church, and global leaders.

THURSDAY - Saints

Pray for believers — families, marriages, prodigals, next generation, holiness, endurance.

FRIDAY - Suffering

Pray for the vulnerable — poor, imprisoned, addicted, grieving, oppressed.

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers.*

Psalm 51

Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin! For I know my transgressions, and my sin is ever before me.

Against you, you only, have I sinned and done what is evil in your sight, so that you may be justified in your words and blameless in your judgment. Behold, I was brought forth in iniquity, and in sin did my mother conceive me. Behold, you delight in truth in the inward being, and you teach me wisdom in the secret heart. Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. Let me hear joy and gladness; let the bones that you have broken rejoice. Hide your face from my sins, and blot out all my iniquities.

Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from your presence, and take not your Holy Spirit from me. Restore to me the joy of your salvation, and uphold me with a willing spirit. Then I will teach transgressors your ways, and sinners will return to you. Deliver me from blood guiltiness, O God, O God of my salvation, and my tongue will sing aloud of your righteousness. O Lord, open my lips, and my mouth will declare your praise. For you will not delight in sacrifice, or I would give it; you will not be pleased with a burnt offering. The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down.*

LED BY THE SPIRIT

P.R.A.Y. THE WORD *(examples are provided below)*

PRAISE: What does this passage reveal about who God is?

Praise Him for those attributes.

You are gracious and loving, compassionate and omniscient.

You are righteous and holy.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?

Confess specifically.

Forgive me for my transgressions.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- *Wash me of...*
- *Bring me joy and gladness when I repent of...*
- *Restore me to the joy of...*

YIELD: What control, habit, fear, or agenda must you surrender?

Submit to the Spirit's leading.

Create in me a clean heart.

Renew a steadfast spirit within me.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

MONDAY - Belmont Church

Pray for repentance, unity, leadership, worship, and renewal.

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers.*

Psalm 32 - *A Psalm of David*

Blessed is the one whose transgression is forgiven, whose sin is covered. Blessed is the man against whom the Lord counts no iniquity, and in whose spirit there is no deceit. For when I kept silent, my bones wasted away through my groaning all day long.

For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. Selah

I acknowledged my sin to you, and I did not cover my iniquity; I said, “I will confess my transgressions to the Lord,” and you forgave the iniquity of my sin. Selah Therefore let everyone who is godly offer prayer to you at a time when you may be found; surely in the rush of great waters, they shall not reach him. You are a hiding place for me; you preserve me from trouble; you surround me with shouts of deliverance. Selah

I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you. Be not like a horse or a mule, without understanding, which must be curbed with bit and bridle, or it will not stay near you. Many are the sorrows of the wicked, but steadfast love surrounds the one who trusts in the Lord. Be glad in the Lord, and rejoice, O righteous, and shout for joy, all you upright in heart!

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD (examples are provided below)

PRAISE: What does this passage reveal about who God is?

Praise Him for those attributes.

You are faithful and trustworthy Oh Lord.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?

Confess specifically.

Lord I acknowledge the sin that I have committed against you.

I am unable to cover them before you.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- *You are faithful to forgive my sin.*
- *You are faithful to not count my sin against me*
- *When I request forgiveness, you forgive.*

YIELD: What control, habit, fear, or agenda must you surrender?

Submit to the Spirit's leading.

I surrender my self-righteousness, you alone are able to forgive my sin.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

TUESDAY - Local Community

Pray for Nashville, schools, businesses, justice, peace, and neighbors _____

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 6

O Lord, rebuke me not in your anger, nor discipline me in your wrath. Be gracious to me, O Lord, for I am languishing; heal me, O Lord, for my bones are troubled. My soul also is greatly troubled. But you, O Lord—how long?

Turn, O Lord, deliver my life; save me for the sake of your steadfast love. For in death there is no remembrance of you; in Sheol who will give you praise?

I am weary with my moaning; every night I flood my bed with tears; I drench my couch with my weeping. My eye wastes away because of grief; it grows weak because of all my foes.

Depart from me, all you workers of evil, for the Lord has heard the sound of my weeping. The Lord has heard my plea; the Lord accepts my prayer. All my enemies shall be ashamed and greatly troubled; they shall turn back and be put to shame in a moment.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Deliver me from...
- Give me grace today for...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

WEDNESDAY - Every Nation

Pray for missionaries, unreached peoples, the persecuted church, and global leaders

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 38

O Lord, rebuke me not in your anger, nor discipline me in your wrath! For your arrows have sunk into me, and your hand has come down on me. There is no soundness in my flesh because of your indignation; there is no health in my bones because of my sin. For my iniquities have gone over my head; like a heavy burden, they are too heavy for me.

My wounds stink and fester because of my foolishness, I am utterly bowed down and prostrate; all the day I go about mourning. For my sides are filled with burning, and there is no soundness in my flesh. I am feeble and crushed; I groan because of the tumult of my heart. O Lord, all my longing is before you; my sighing is not hidden from you. My heart throbs; my strength fails me, and the light of my eyes—it also has gone from me. My friends and companions stand aloof from my plague, and my nearest kin stand far off.

Those who seek my life lay their snares; those who seek my hurt speak of ruin and meditate treachery all day long. But I am like a deaf man; I do not hear, like a mute man who does not open his mouth. I have become like a man who does not hear, and in whose mouth are no rebukes.

But for you, O Lord, do I wait; it is you, O Lord my God, who will answer. For I said, “Only let them not rejoice over me, who boast against me when my foot slips!” For I am ready to fall, and my pain is ever before me. I confess my iniquity; I am sorry for my sin. But my foes are vigorous, they are mighty, and many are those who hate me wrongfully. Those who render me evil for good accuse me because I follow after good. Do not forsake me, O Lord! O my God, be not far from me! Make haste to help me, O Lord, my salvation!

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Help me in my relationships with....
- Help me as I wait for...
- Give me grace to trust you against my foes...

YIELD: What control, habit, fear, or agenda must you surrender?

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

THURSDAY - Saints

Pray for believers — families, marriages, prodigals, next generation, holiness, endurance

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Daniel 9:4-10;16-19

I prayed to the Lord my God and made confession, saying, **“O Lord, the great and awesome God, who keeps covenant and steadfast love with those who love him and keep his commandments, we have sinned and done wrong and acted wickedly and rebelled, turning aside from your commandments and rules.** We have not listened to your servants the prophets, who spoke in your name to our kings, our princes, and our fathers, and to all the people of the land. To you, O Lord, belongs righteousness, but to us open shame, as at this day, to the men of Judah, to the inhabitants of Jerusalem, and to all Israel, those who are near and those who are far away, in all the lands to which you have driven them, because of the treachery that they have committed against you. To us, O Lord, belongs open shame, to our kings, to our princes, and to our fathers, because we have sinned against you. To the Lord our God belong mercy and forgiveness, for we have rebelled against him and have not obeyed the voice of the Lord our God by walking in his laws, which he set before us by his servants the prophets...”**“O Lord, according to all your righteous acts, let your anger and your wrath turn away from your city Jerusalem, your holy hill, because for our sins, and for the iniquities of our fathers, Jerusalem and your people have become a byword among all who are around us.**

Now therefore, O our God, listen to the prayer of your servant and to his pleas for mercy, and for your own sake, O Lord, make your face to shine upon your sanctuary, which is desolate. O my God, incline your ear and hear. Open your eyes and see our desolations, and the city that is called by your name. For we do not present our pleas before you because of our righteousness, but because of your great mercy. O Lord, hear; O Lord, forgive. O Lord, pay attention and act. Delay not, for your own sake, O my God, because your city and your people are called by your name.”

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- LORD, I pray that our community and country would seek holiness in this way...
- I pray for mercy for...
- Lord, Pay attention to...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

FRIDAY - Suffering

Pray for the vulnerable — poor, imprisoned, addicted, grieving, oppressed

DAY 6 – MONDAY, FEBRUARY 23

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 138

I give you thanks, O Lord, with my whole heart; before the gods I sing your praise; I bow down toward your holy temple and give thanks to your name for your steadfast love and your faithfulness, for you have exalted above all things your name and your word. On the day I called, you answered me; my strength of soul you increased. All the kings of the earth shall give you thanks, O Lord, for they have heard the words of your mouth, and they shall sing of the ways of the Lord, for great is the glory of the Lord. For though the Lord is high, he regards the lowly, but the haughty he knows from afar. Though I walk in the midst of trouble, you preserve my life; you stretch out your hand against the wrath of my enemies, and your right hand delivers me. The Lord will fulfill his purpose for me; your steadfast love, O Lord, endures forever. Do not forsake the work of your hands.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: *Ask the Spirit to guide your prayer over concerns, resources, and relationships*

- *Because You are the greatest of all and still care for me, I will trust You for ...*
- *O Lord, help me to trust You to fulfill Your purpose for ...*
- *Please strengthen my soul so that I can ...*

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

MONDAY - Belmont Church

Pray for repentance, unity, leadership, worship, and renewal.

DAY 7 –TUESDAY, FEBRUARY 24

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 63

O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water. So I have looked upon you in the sanctuary, beholding your power and glory. **Because your steadfast love is better than life, my lips will praise you. So I will bless you as long as I live; in your name I will lift up my hands.** My soul will be satisfied as with fat and rich food, and my mouth will praise you with joyful lips, when I remember you upon my bed, and meditate on you in the watches of the night; for you have been my help, and in the shadow of your wings I will sing for joy. My soul clings to you; your right hand upholds me. But those who seek to destroy my life shall go down into the depths of the earth; they shall be given over to the power of the sword; they shall be a portion for jackals. But the king shall rejoice in God; all who swear by him shall exult, for the mouths of liars will be stopped.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: *Ask the Spirit to guide your prayer over concerns, resources, and relationships*

- Lord, give me grace to thirst for You more than ...
- Father, I need Your right hand to uphold me as I ...
- Give me grace to praise You with joyful lips even when ...
- God, please help (name) discover satisfaction in you.

YIELD: What control, habit, fear, or agenda must you surrender?

- God, when the enemy seeks to tempt me with lies about ...
silence him through my meditation on Your Word!
- God, we know that in the end you will have victory over ...

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

TUESDAY - Local Community

Pray for Nashville, schools, businesses, justice, peace, and neighbors

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 69:1-18

Save me, O God! For the waters have come up to my neck. I sink in deep mire, where there is no foothold; I have come into deep waters, and the flood sweeps over me. I am weary with my crying out; my throat is parched. My eyes grow dim with waiting for my God. More in number than the hairs of my head are those who hate me without cause; mighty are those who would destroy me, those who attack me with lies. What I did not steal must I now restore?

O God, you know my folly; the wrongs I have done are not hidden from you. Let not those who hope in you be put to shame through me, O Lord GOD of hosts; let not those who seek you be brought to dishonor through me, O God of Israel. For it is for your sake that I have borne reproach, that dishonor has covered my face. I have become a stranger to my brothers, an alien to my mother's sons. For zeal for your house has consumed me, and the reproaches of those who reproach you have fallen on me.

When I wept and humbled my soul with fasting, it became my reproach. When I made sackcloth my clothing, I became a byword to them. I am the talk of those who sit in the gate, and the drunkards make songs about me. **But as for me, my prayer is to you, O LORD. At an acceptable time, O God, in the abundance of your steadfast love answer me in your saving faithfulness.** Deliver me from sinking in the mire; let me be delivered from my enemies and from the deep waters. Let not the flood sweep over me, or the deep swallow me up, or the pit close its mouth over me. Answer me, O LORD, for your steadfast love is good; according to your abundant mercy, turn to me. Hide not your face from your servant, for I am in distress; make haste to answer me. Draw near to my soul, redeem me; ransom me because of my enemies!

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- God, give me grace as I deal with...
- Help in my faith as I trust you in this trial...
- Please answer my prayers for...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

WEDNESDAY - Every Nation

Pray for missionaries, unreached peoples, the persecuted church, and global leaders

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 42

As a deer pants for flowing streams, so pants my soul for you, O God. My soul thirsts for God, for the living God. When shall I come and appear before God? My tears have been my food day and night, while they say to me all the day long, “Where is your God?” These things I remember, as I pour out my soul: how I would go with the throng and lead them in procession to the house of God with glad shouts and songs of praise, a multitude keeping festival. Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God. My soul is cast down within me; therefore I remember you from the land of Jordan and of Hermon, from Mount Mizar. Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me. By day the Lord commands his steadfast love, and at night his song is with me, a prayer to the God of my life. I say to God, my rock: “Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?” As with a deadly wound in my bones, my adversaries taunt me, while they say to me all the day long, “Where is your God?” Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Satisfy my soul's longing for...
- Lord, bring Your hope and salvation to...
- As I pour out my soul to You about...help me remember that I am not alone!

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

THURSDAY - Saints

Pray for believers — families, marriages, prodigals, next generation, holiness, endurance

DAY 10 – FRIDAY, FEBRUARY 27

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 130:1-4

Out of the depths I cry to you, O Lord!

O Lord, hear my voice! Let your ears be attentive to the voice of my pleas for mercy!

If you, O Lord, should mark iniquities, O Lord, who could stand?

But with you there is forgiveness, that you may be feared.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Help me as I wait for...
- Lord, help me experience “plentiful redemption” in...
- Help me hope in the Lord...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit’s leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

FRIDAY - Suffering

Pray for the vulnerable — poor, imprisoned, addicted, grieving, oppressed

DAY 11 – MONDAY, MARCH 2

ANCHORED IN THE WORD

READ - Read *the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 25:1-10

To you, O Lord, I lift up my soul. O my God, in you I trust; let me not be put to shame; let not my enemies exult over me. Indeed, none who wait for you shall be put to shame; they shall be ashamed who are wantonly treacherous.

Make me to know your ways, O Lord; teach me your paths. Lead me in your truth and teach me, for you are the God of my salvation; for you I wait all the day long.

Remember your mercy, O Lord, and your steadfast love, for they have been from of old. Remember not the sins of my youth or my transgressions; according to your steadfast love remember me, for the sake of your goodness, O Lord!

Good and upright is the Lord; therefore he instructs sinners in the way. He leads the humble in what is right, and teaches the humble his way. All the paths of the Lord are steadfast love and faithfulness, for those who keep his covenant and his testimonies.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Increase my faith to trust you...
- Lord, help me be humble so that you will lead me in this area...
- Teach me the way in...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

MONDAY - Belmont Church

Pray for repentance, unity, leadership, worship, and renewal.

DAY 12 –TUESDAY, MARCH 3

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 86

Incline your ear, O Lord, and answer me, for I am poor and needy. Preserve my life, for I am godly; save your servant, who trusts in you—you are my God. Be gracious to me, O Lord, for to you do I cry all the day. Gladden the soul of your servant, for to you, O Lord, do I lift up my soul. For you, O Lord, are good and forgiving, abounding in steadfast love to all who call upon you. Give ear, O Lord, to my prayer; listen to my plea for grace. In the day of my trouble I call upon you, for you answer me. There is none like you among the gods, O Lord, nor are there any works like yours.

All the nations you have made shall come and worship before you, O Lord, and shall glorify your name. For you are great and do wondrous things; you alone are God. Teach me your way, O Lord, that I may walk in your truth; unite my heart to fear your name. I give thanks to you, O Lord my God, with my whole heart, and I will glorify your name forever. For great is your steadfast love toward me; you have delivered my soul from the depths of Sheol. O God, insolent men have risen up against me; a band of ruthless men seeks my life, and they do not set you before them. **But you, O Lord, are a God merciful and gracious, slow to anger and abounding in steadfast love and faithfulness.** Turn to me and be gracious to me; give your strength to your servant, and save the son of your maidservant. Show me a sign of your favor, that those who hate me may see and be put to shame because you, Lord, have helped me and comforted me.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Please gladden my soul in ...
- Strengthen me as I deal with these challenging situations...
- Show me a sign of your favor...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

TUESDAY - Local Community

Pray for Nashville, schools, businesses, justice, peace, and neighbors

DAY 13 – WEDNESDAY, MARCH 4

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 102:1-17

Hear my prayer, O Lord; let my cry come to you! Do not hide your face from me in the day of my distress! Incline your ear to me; answer me speedily in the day when I call! For my days pass away like smoke, and my bones burn like a furnace.

My heart is struck down like grass and has withered; I forget to eat my bread. Because of my loud groaning my bones cling to my flesh. I am like a desert owl of the wilderness, like an owl of the waste places; I lie awake; I am like a lonely sparrow on the housetop. All the day my enemies taunt me; those who deride me use my name for a curse. For I eat ashes like bread and mingle tears with my drink, because of your indignation and anger; for you have taken me up and thrown me down.

My days are like an evening shadow; I wither away like grass. **But you, O Lord, are enthroned forever; you are remembered throughout all generations.** You will arise and have pity on Zion; it is the time to favor her; the appointed time has come. For your servants hold her stones dear and have pity on her dust. Nations will fear the name of the Lord, and all the kings of the earth will fear your glory. For the Lord builds up Zion; he appears in his glory; he regards the prayer of the destitute and does not despise their prayer.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Lord, in this place of distress, I ask You specifically to...
- Father, where my heart feels worn down, please...
- Let Your glory be seen in this situation...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

WEDNESDAY - Every Nation

Pray for missionaries, unreached peoples, the persecuted church, and global leaders

DAY 14 – THURSDAY, MARCH 5

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Nehemiah 1:5-11

And I said, “**O Lord God of heaven, the great and awesome God who keeps covenant and steadfast love with those who love him and keep his commandments, let your ear be attentive and your eyes open,** to hear the prayer of your servant that I now pray before you day and night for the people of Israel your servants, confessing the sins of the people of Israel, which we have sinned against you. Even I and my father’s house have sinned. We have acted very corruptly against you and have not kept the commandments, the statutes, and the rules that you commanded your servant Moses.

Remember the word that you commanded your servant Moses, saying, ‘If you are unfaithful, I will scatter you among the peoples, but if you return to me and keep my commandments and do them, though your outcasts are in the uttermost parts of heaven, from there I will gather them and bring them to the place that I have chosen, to make my name dwell there.’ They are your servants and your people, whom you have redeemed by your great power and by your strong hand. O Lord, let your ear be attentive to the prayer of your servant, and to the prayer of your servants who delight to fear your name, and give success to your servant today, and grant him mercy in the sight of this man.”

Now I was cupbearer to the king

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Lord, hear my prayer and grant mercy as I ask You to...
- Faithful God, remember Your promises and move powerfully in...
- Great and awesome God, give favor and success today in...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

THURSDAY - Saints

Pray for believers — families, marriages, prodigals, next generation, holiness, endurance

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 143

Hear my prayer, O Lord; give ear to my pleas for mercy! In your faithfulness answer me, in your righteousness! Enter not into judgment with your servant, for no one living is righteous before you. For the enemy has pursued my soul; he has crushed my life to the ground; he has made me sit in darkness like those long dead. Therefore my spirit faints within me; my heart within me is appalled. I remember the days of old; I meditate on all that you have done; I ponder the work of your hands. I stretch out my hands to you; my soul thirsts for you like a parched land. Selah

Answer me quickly, O Lord! My spirit fails! Hide not your face from me, lest I be like those who go down to the pit. Let me hear in the morning of your steadfast love, for in you I trust. Make me know the way I should go, for to you I lift up my soul.

Deliver me from my enemies, O Lord! I have fled to you for refuge. Teach me to do your will, for you are my God! Let your good Spirit lead me on level ground! For your name's sake, O Lord, preserve my life! In your righteousness bring my soul out of trouble! And in your steadfast love you will cut off my enemies, and you will destroy all the adversaries of my soul, for I am your servant.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Answer me quickly, O Lord, and show me the way I should go in ...
- Teach me to do Your will, and let Your good Spirit lead me in ...
- Deliver me from my enemies and preserve my life as I trust You with ...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

FRIDAY - Suffering

Pray for the vulnerable — poor, imprisoned, addicted, grieving, oppressed

DAY 16 –MONDAY, MARCH 9

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 54

O God, save me by your name, and vindicate me by your might. O God, hear my prayer; give ear to the words of my mouth. For strangers have risen against me; ruthless men seek my life; they do not set God before themselves. *Selah*

Behold, God is my helper; the Lord is the upholder of my life. He will return the evil to my enemies; in your faithfulness put an end to them. With a freewill offering I will sacrifice to you; I will give thanks to your name, O Lord, for it is good. For he has delivered me from every trouble, and my eye has looked in triumph on my enemies.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Lord, incline Your ear and answer me in ...
- Father, restore and rebuild what is broken in ...
- God, arise and show Your mercy in ...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

MONDAY - Belmont Church

Pray for repentance, unity, leadership, worship, and renewal.

DAY 17 – TUESDAY, MARCH 10

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 39

I said, “I will guard my ways, that I may not sin with my tongue; I will guard my mouth with a muzzle, so long as the wicked are in my presence.” I was mute and silent; I held my peace to no avail, and my distress grew worse. My heart became hot within me. As I mused, the fire burned; then I spoke with my tongue: **“O Lord, make me know my end and what is the measure of my days; let me know how fleeting I am!** Behold, you have made my days a few handbreadths, and my lifetime is as nothing before you. Surely all mankind stands as a mere breath! Selah

Surely a man goes about as a shadow! Surely for nothing they are in turmoil; man heaps up wealth and does not know who will gather! “And now, O Lord, for what do I wait? My hope is in you. Deliver me from all my transgressions. Do not make me the scorn of the fool! I am mute; I do not open my mouth, for it is you who have done it. Remove your stroke from me; I am spent by the hostility of your hand. When you discipline a man with rebukes for sin, you consume like a moth what is dear to him; surely all mankind is a mere breath! Selah

“Hear my prayer, O Lord, and give ear to my cry; hold not your peace at my tears! For I am a sojourner with you, a guest, like all my fathers. Look away from me, that I may smile again, before I depart and am no more!”

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Lord, make me know my end and teach me to number my days in ...
- Deliver me from all my transgressions, especially in ...
- Hear my prayer and give ear to my cry as I bring before You ...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

TUESDAY - Local Community

Pray for Nashville, schools, businesses, justice, peace, and neighbors

DAY 18 – WEDNESDAY, MARCH 11

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 41:1-6

Blessed is the one who considers the poor! In the day of trouble the Lord delivers him; the Lord protects him and keeps him alive; he is called blessed in the land; you do not give him up to the will of his enemies. The Lord sustains him on his sickbed; in his illness you restore him to full health. **As for me, I said, “O Lord, be gracious to me; heal me, for I have sinned against you!”** My enemies say of me in malice, “When will he die, and his name perish?” And when one comes to see me, he utters empty words, while his heart gathers iniquity; when he goes out, he tells it abroad.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Lord, be gracious to me and heal me in ...
- Raise me up and uphold me with integrity in ...
- Protect and sustain me in the day of trouble as I trust You with ...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

WEDNESDAY - Every Nation

Pray for missionaries, unreached peoples, the persecuted church, and global leaders

DAY 19 – THURSDAY, MARCH 12

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 131

O Lord, my heart is not lifted up; my eyes are not raised too high; I do not occupy myself with things too great and too marvelous for me. But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me. O Israel, hope in the Lord from this time forth and forevermore.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Lord, quiet my soul and free me from pride in ...
- Help me not to concern myself with things too great for me in ...
- Teach me to hope in You, both now and in ...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

THURSDAY - Saints

Pray for believers — families, marriages, prodigals, next generation, holiness, endurance

DAY 20 –FRIDAY, MARCH 13

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 13

How long, O LORD? Will you forget me forever? How long will you hide your face from me? How long must I take counsel in my soul and have sorrow in my heart all the day? How long shall my enemy be exalted over me? Consider and answer me, O LORD my God; light up my eyes, lest I sleep the sleep of death, lest my enemy say, "I have prevailed over him," lest my foes rejoice because I am shaken.

But I have trusted in your steadfast love; my heart shall rejoice in your salvation. I will sing to the LORD, because he has dealt bountifully with me.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Lord, consider and answer me in ...
- Light up my eyes so I do not lose heart in ...
- Help me trust in Your steadfast love as I walk through ...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

FRIDAY - Suffering

Pray for the vulnerable — poor, imprisoned, addicted, grieving, oppressed

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Mark 14:26–42

And when they had sung a hymn, they went out to the Mount of Olives. And Jesus said to them, “You will all fall away, for it is written, ‘I will strike the shepherd, and the sheep will be scattered.’ But after I am raised up, I will go before you to Galilee.” Peter said to him, “Even though they all fall away, I will not.” And Jesus said to him, “Truly, I tell you, this very night, before the rooster crows twice, you will deny me three times.” But he said emphatically, “If I must die with you, I will not deny you.” And they all said the same. And they went to a place called Gethsemane. And he said to his disciples, “Sit here while I pray.” And he took with him Peter and James and John, and began to be greatly distressed and troubled. And he said to them, “My soul is very sorrowful, even to death. Remain here and watch.”

And going a little farther, he fell on the ground and prayed that, if it were possible, the hour might pass from him. And he said, “Abba, Father, all things are possible for you. Remove this cup from me. Yet not what I will, but what you will.” And he came and found them sleeping, and he said to Peter, “Simon, are you asleep? Could you not watch one hour? Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.” And again he went away and prayed, saying the same words. And again he came and found them sleeping, for their eyes were very heavy, and they did not know what to answer him. And he came the third time and said to them, “Are you still sleeping and taking your rest? It is enough; the hour has come. The Son of Man is betrayed into the hands of sinners. Rise, let us be going; see, my betrayer is at hand.”

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Father, strengthen me so I do not enter into temptation in ...
- If You are willing, remove this cup from ...
- Not my will, but Yours be done in ...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

MONDAY - Belmont Church

Pray for repentance, unity, leadership, worship, and renewal.

DAY 22 – TUESDAY, MARCH 17

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

John 6:60–69

When many of his disciples heard it, they said, “This is a hard saying; who can listen to it?” But Jesus, knowing in himself that his disciples were grumbling about this, said to them, “Do you take offense at this? Then what if you were to see the Son of Man ascending to where he was before? It is the Spirit who gives life; the flesh is no help at all. The words that I have spoken to you are spirit and life. But there are some of you who do not believe.” (For Jesus knew from the beginning who those were who did not believe, and who it was who would betray him.) And he said, “This is why I told you that no one can come to me unless it is granted him by the Father.” After this many of his disciples turned back and no longer walked with him. So Jesus said to the twelve, “Do you want to go away as well?” **Simon Peter answered him, “Lord, to whom shall we go? You have the words of eternal life, and we have believed, and have come to know, that you are the Holy One of God.”**

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Lord, help me not to turn back when Your words are hard in ...
- Increase my faith to trust that You have the words of eternal life in ...
- Strengthen me to remain with You and confess You as the Holy One of God in ...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

TUESDAY - Local Community

Pray for Nashville, schools, businesses, justice, peace, and neighbors

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Luke 23:26–43

And as they led him away, they seized one Simon of Cyrene, who was coming in from the country, and laid on him the cross, to carry it behind Jesus. And there followed him a great multitude of the people and of women who were mourning and lamenting for him. But turning to them Jesus said, “Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children. For behold, the days are coming when they will say, ‘Blessed are the barren and the wombs that never bore and the breasts that never nursed!’ Then they will begin to say to the mountains, ‘Fall on us,’ and to the hills, ‘Cover us.’ For if they do these things when the wood is green, what will happen when it is dry?” Two others, who were criminals, were led away to be put to death with him. And when they came to the place that is called The Skull, there they crucified him, and the criminals, one on his right and one on his left.

And Jesus said, “Father, forgive them, for they know not what they do.” And they cast lots to divide his garments. And the people stood by, watching, but the rulers scoffed at him, saying, “He saved others; let him save himself, if he is the Christ of God, his Chosen One!” The soldiers also mocked him, coming up and offering him sour wine and saying, “If you are the King of the Jews, save yourself!” There was also an inscription over him, “This is the King of the Jews.” One of the criminals who were hanged railed at him, saying, “Are you not the Christ? Save yourself and us!” But the other rebuked him, saying, “Do you not fear God, since you are under the same sentence of condemnation? And we indeed justly, for we are receiving the due reward of our deeds; but this man has done nothing wrong.” And he said, “Jesus, remember me when you come into your kingdom.” And he said to him, “Truly, I say to you, today you will be with me in paradise.”

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Father, give me grace to forgive in ...
- Remember me in Your mercy as I bring before You ...
- Help me entrust myself to You, even in suffering, in ...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

WEDNESDAY - Every Nation

Pray for missionaries, unreached peoples, the persecuted church, and global leaders

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Matthew 26:30–46

And when they had sung a hymn, they went out to the Mount of Olives. Then Jesus said to them, “You will all fall away because of me this night. For it is written, ‘I will strike the shepherd, and the sheep of the flock will be scattered.’ But after I am raised up, I will go before you to Galilee.” Peter answered him, “Though they all fall away because of you, I will never fall away.” Jesus said to him, “Truly, I tell you, this very night, before the rooster crows, you will deny me three times.” Peter said to him, “Even if I must die with you, I will not deny you!” And all the disciples said the same. Then Jesus went with them to a place called Gethsemane, and he said to his disciples, “Sit here, while I go over there and pray.” And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. Then he said to them, “My soul is very sorrowful, even to death; remain here, and watch with me.”

And going a little farther he fell on his face and prayed, saying, “My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will.” And he came to the disciples and found them sleeping. And he said to Peter, “So, could you not watch with me one hour? Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.” Again, for the second time, he went away and prayed, “My Father, if this cannot pass unless I drink it, your will be done.” And again he came and found them sleeping, for their eyes were heavy. So, leaving them again, he went away and prayed for the third time, saying the same words again. Then he came to the disciples and said to them, “Sleep and take your rest later on. See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners. Rise, let us be going; see, my betrayer is at hand.”

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Lord, keep me from falling away when tested in ...
- Strengthen me to watch and pray instead of sleeping in ...
- Not my will, but Yours be done in ...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

THURSDAY - Saints

Pray for believers — families, marriages, prodigals, next generation, holiness, endurance

DAY 25 – FRIDAY, MARCH 20

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 41:7–13

All who hate me whisper together about me; they imagine the worst for me. They say, “A deadly thing is poured out on him; he will not rise again from where he lies.” Even my close friend in whom I trusted, who ate my bread, has lifted his heel against me. But you, O Lord, be gracious to me, and raise me up, that I may repay them! By this I know that you delight in me: my enemy will not shout in triumph over me. But you have upheld me because of my integrity, and set me in your presence forever. Blessed be the Lord, the God of Israel, from everlasting to everlasting! Amen and Amen.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Lord, be gracious to me and heal me in ...
- Raise me up and uphold me with integrity in ...
- Protect and sustain me in the day of trouble as I trust You with ...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

FRIDAY - Suffering

Pray for the vulnerable — poor, imprisoned, addicted, grieving, oppressed

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 22:1-21

My God, my God, why have you forsaken me? Why are you so far from saving me, from the words of my groaning? O my God, I cry by day, but you do not answer, and by night, but I find no rest. Yet you are holy, enthroned on the praises of Israel. In you our fathers trusted; they trusted, and you delivered them. To you they cried and were rescued; in you they trusted and were not put to shame. But I am a worm and not a man, scorned by mankind and despised by the people. All who see me mock me; they make mouths at me; they wag their heads; “He trusts in the Lord; let him deliver him; let him rescue him, for he delights in him!” Yet you are he who took me from the womb; you made me trust you at my mother’s breasts. On you was I cast from my birth, and from my mother’s womb you have been my God.

Be not far from me, for trouble is near, and there is none to help. Many bulls encompass me; strong bulls of Bashan surround me; they open wide their mouths at me, like a ravening and roaring lion. I am poured out like water, and all my bones are out of joint; my heart is like wax; it is melted within my breast; my strength is dried up like a potsherd, and my tongue sticks to my jaws; you lay me in the dust of death. For dogs encompass me; a company of evildoers encircles me; they have pierced my hands and feet— I can count all my bones— they stare and gloat over me; they divide my garments among them, and for my clothing they cast lots. But you, O Lord, do not be far off! O you my help, come quickly to my aid! Deliver my soul from the sword, my precious life from the power of the dog! Save me from the mouth of the lion! You have rescued me from the horns of the wild oxen!

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships.

- My God, do not be far from me in ...
- Lord, come quickly to help me in ...
- Deliver my soul and rescue me from ...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

MONDAY - Belmont Church

Pray for repentance, unity, leadership, worship, and renewal.

DAY 27 –TUESDAY, MARCH 24

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 106

Praise the LORD! Oh give thanks to the LORD, for he is good, for his steadfast love endures forever! Who can utter the mighty deeds of the LORD, or declare all his praise? Blessed are they who observe justice, who do righteousness at all times! Remember me, O LORD, when you show favor to your people; help me when you save them, that I may look upon the prosperity of your chosen ones, that I may rejoice in the gladness of your nation, that I may glory with your inheritance. Both we and our fathers have sinned; we have committed iniquity; we have done wickedness.

Our fathers, when they were in Egypt, did not consider your wondrous works; they did not remember the abundance of your steadfast love, but rebelled by the sea, at the Red Sea. Yet he saved them for his name's sake, that he might make known his mighty power. He rebuked the Red Sea, and it became dry, and he led them through the deep as through a desert. So he saved them from the hand of the foe and redeemed them from the power of the enemy. And the waters covered their adversaries; not one of them was left. Then they believed his words; they sang his praise. But they soon forgot his works; they did not wait for his counsel. But they had a wanton craving in the wilderness, and put God to the test in the desert; he gave them what they asked, but sent a wasting disease among them.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Save us, O Lord our God, and gather us from ...
- Remember me, O Lord, when You show favor to Your people in ...
- Help me not forget Your works, but remain faithful in ...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

TUESDAY - Local Community

Pray for Nashville, schools, businesses, justice, peace, and neighbors

DAY 28 – WEDNESDAY, MARCH 25

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 102:18-28

Let this be recorded for a generation to come, so that a people yet to be created may praise the Lord: that he looked down from his holy height; from heaven the Lord looked at the earth, to hear the groans of the prisoners, to set free those who were doomed to die, that they may declare in Zion the name of the Lord, and in Jerusalem his praise, when peoples gather together, and kingdoms, to worship the Lord.

He has broken my strength in midcourse; he has shortened my days. “O my God,” I say, “take me not away in the midst of my days— you whose years endure throughout all generations!” Of old you laid the foundation of the earth, and the heavens are the work of your hands. They will perish, but you will remain; they will all wear out like a garment. You will change them like a robe, and they will pass away, but you are the same, and your years have no end. The children of your servants shall dwell secure; their offspring shall be established before you.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Take _____ from me to focus on you
- Guard me from...
- Redeem...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

WEDNESDAY - Every Nation

Pray for missionaries, unreached peoples, the persecuted church, and global leaders

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 25:11-22

For your name's sake, O Lord, pardon my guilt, for it is great. Who is the man who fears the Lord? Him will he instruct in the way that he should choose. His soul shall abide in well-being, The friendship of the Lord is for those who fear him, and he makes known to them his covenant. My eyes are ever toward the Lord, for he will pluck my feet out of the net. Turn to me and be gracious to me, for I am lonely and afflicted. The troubles of my heart are enlarged; bring me out of my distresses. Consider my affliction and my trouble, and forgive all my sins. Consider how many are my foes, and with what violent hatred they hate me. Oh, guard my soul, and deliver me! Let me not be put to shame, for I take refuge in you. May integrity and uprightness preserve me, for I wait for you. Redeem Israel, O God, out of all his troubles

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Have me leave_____ to pursue your great name.
- Give me comfort in...
- Forgive me for...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

THURSDAY - Saints

Pray for believers — families, marriages, prodigals, next generation, holiness, endurance

DAY 30 – FRIDAY, MARCH 27

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 130:5-8

I wait for the Lord, my soul waits, and in his word I hope; my soul waits for the Lord more than watchmen for the morning, more than watchmen for the morning. O Israel, hope in the Lord! For with the Lord there is steadfast love, and with him is plentiful redemption. And he will redeem Israel from all his iniquities

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Give me Patience for...
- Watch over...
- Redeem our country in...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

FRIDAY - Suffering

Pray for the vulnerable — poor, imprisoned, addicted, grieving, oppressed

DAY 31 – MONDAY, MARCH 30

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 118:1-14

The Lord is on my side as my helper; I shall look in triumph on those who hate me. It is better to take refuge in the Lord than to trust in man. It is better to take refuge in the Lord than to trust in princes. All nations surrounded me; in the name of the Lord I cut them off! They surrounded me, surrounded me on every side; in the name of the Lord I cut them off! They surrounded me like bees; they went out like a fire among thorns; in the name of the Lord I cut them off! I was pushed hard, so that I was falling, but the Lord helped me. The Lord is my strength and my song; he has become my salvation.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Have me cut off _____ to focus on you
- Help me up from _____ even when I fall
- Be my salvation over...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

MONDAY - Belmont Church

Pray for repentance, unity, leadership, worship, and renewal.

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 118:15-29

Glad songs of salvation are in the tents of the righteous: “The right hand of the Lord does valiantly, the right hand of the Lord exalts, the right hand of the Lord does valiantly!” I shall not die, but I shall live, and recount the deeds of the Lord. The Lord has disciplined me severely, but he has not given me over to death.

Open to me the gates of righteousness, that I may enter through them and give thanks to the Lord. This is the gate of the Lord; the righteous shall enter through it. I thank you that you have answered me and have become my salvation. The stone that the builders rejected has become the cornerstone. This is the Lord’s doing; it is marvelous in our eyes. This is the day that the Lord has made; let us rejoice and be glad in it. Save us, we pray, O Lord! O Lord, we pray, give us success! Blessed is he who comes in the name of the Lord! We bless you from the house of the Lord. The Lord is God, and he has made his light to shine upon us. Bind the festal sacrifice with cords, up to the horns of the altar! You are my God, and I will give thanks to you; you are my God; I will extol you. Oh give thanks to the Lord, for he is good; for his steadfast love endures forever!

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Allow me to mimic your deeds like when you...
- Rid me of _____ so I may follow you
- Let me feel your love even when I...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

TUESDAY - Local Community

Pray for Nashville, schools, businesses, justice, peace, and neighbors

DAY 33 – WEDNESDAY, APRIL 1

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Habakkuk 3:17-19

Though the fig tree should not blossom, nor fruit be on the vines, the produce of the olive fail and the fields yield no food, the flock be cut off from the fold and there be no herd in the stalls, yet I will rejoice in the Lord; I will take joy in the God of my salvation. God, the Lord, is my strength; he makes my feet like the deer's; he makes me tread on my high places.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Help me find joy in you even when...
- Prune me of... that I may bear your fruit

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

WEDNESDAY - Every Nation

Pray for missionaries, unreached peoples, the persecuted church, and global leaders

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Isaiah 38:9-20- A writing of Hezekiah king of Judah, after he had been sick and had recovered from his sickness:

I said, In the middle of my days I must depart; I am consigned to the gates of Sheol for the rest of my years. I said, I shall not see the Lord, the Lord in the land of the living; I shall look on man no more among the inhabitants of the world. My dwelling is plucked up and removed from me like a shepherd's tent; like a weaver I have rolled up my life; he cuts me off from the loom; from day to night you bring me to an end; I calmed myself until morning; like a lion he breaks all my bones; from day to night you bring me to an end. Like a swallow or a crane I chirp; I moan like a dove.

My eyes are weary with looking upward. O Lord, I am oppressed; be my pledge of safety! What shall I say? For he has spoken to me, and he himself has done it. I walk slowly all my years because of the bitterness of my soul. O Lord, by these things men live, and in all these is the life of my spirit. Oh restore me to health and make me live! Behold, it was for my welfare that I had great bitterness; but in love you have delivered my life from the pit of destruction, for you have cast all my sins behind your back. For Sheol does not thank you; death does not praise you; those who go down to the pit do not hope for your faithfulness. The living, the living, he thanks you, as I do this day; the father makes known to the children your faithfulness. The Lord will save me, and we will play my music on stringed instruments all the days of our lives, at the house of the Lord.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Guide me into...
- Cause me to look upward when I...
- When I am tempted lead me...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

THURSDAY - Saints

Pray for believers — families, marriages, prodigals, next generation, holiness, endurance

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 16

Preserve me, O God, for in you I take refuge. I say to the Lord, “You are my Lord; I have no good apart from you.” As for the saints in the land, they are the excellent ones, in whom is all my delight. The sorrows of those who run after another god shall multiply; their drink offerings of blood I will not pour out or take their names on my lips. The Lord is my chosen portion and my cup; you hold my lot. The lines have fallen for me in pleasant places; indeed, I have a beautiful inheritance. I bless the Lord who gives me counsel; in the night also my heart instructs me. I have set the Lord always before me; because he is at my right hand, I shall not be shaken. Therefore my heart is glad, and my whole being rejoices; my flesh also dwells secure. For you will not abandon my soul to Sheol, or let your holy one see corruption. You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Provide refuge for me in...
- Allow joy to abound in...
- May I find delight in...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

FRIDAY - Suffering

Pray for the vulnerable — poor, imprisoned, addicted, grieving, oppressed