

FORTY DAYS OF PRAYER



Trinity's Vision:

All people know God's loving presence.

Trinity's Mission:

*To inspire lives by loving God with all our soul, mind and heart and
our neighbor as ourselves.*

Trinity Presbyterian Church
2001 Rainbow Drive Clearwater, FL 33765
727-446-6210 www.trinityclearwater.com

CALLED TO PRAY

The Session of Trinity Clearwater Presbyterian invites you to join us in 40 days of praying for Trinity Clearwater Presbyterian Church as we learn how to sail with the Holy Spirit and go where God is leading us.

This Prayer Guide is adapted from *the Sailboat Church: Helping Your Church Rethink Its Mission and Practice* by Joan S. Gray. In the book she says, "In real life, no congregation will function like a rowboat or a sailboat all the time. Most churches will experience a mixture of sailing and rowing. But if God is calling us to do more sailing than rowing, then it is important to be able to recognize what this might look like in church life."

Characteristics of a Sailboat Church:

- (1) A Sailboat Church experiences church as a divine-human partnership, the essence of which is participating in a dynamic, interactive process with a living God.
- (2) A Sailboat Church makes a nurturing relationship with God a top priority. The work of God and a relationship with God must go together.
- (3) A Sailboat Church is Holy Spirit powered. We are not capable of being the body of Christ in the world without the active, empowering work of the Holy Spirit.
- (4) A Sailboat Church is shaped and guided by interaction with Scripture. Scripture speaks and demands changes in thinking and behavior. It not only gives us knowledge but also challenges us, convicts us, encourages us, comforts us, and at times makes us very uncomfortable.
- (5) A Sailboat Church lives by prayer. A Sailboat congregation prays persistently and hopefully.
- (6) A Sailboat Church is often pushed beyond the wisdom, money, and abilities they have. The God who calls is the God who provides.

She also writes, "If a church is to sail, there must be a critical mass of people who are willing to become sailors. Only God can make the changes in our life that will turn those of us who are by nature rowers into sailors. However, sailing begins with praying. Participating in interactive prayer puts us where the Holy Spirit can make us into sailors."

Guidelines for using this booklet:

- Begin each exercise by opening your mind and heart to God's Presence and Guidance in your life.
- Read the Scripture several times and think about what it says.

- Then read the section "Listening to God."
- Listen in silence for God's Word to you personally.
- Then, pray your response from your listening and meditation.
- Writing your prayer down will give you something to reflect on later.
- However you pray, make the prayer as honest and personal as you can. Trust that God meets you where you are and gives you what you need.

INVITED TO SAIL!

Reflection Process – Before the 40 Days

1. Describe how you feel about doing this 40-day prayer journey.

2. What is your hope for this experience?

Day 1 - January 8

Open your mind and heart to God's Presence and Guidance.

Scripture: Jeremiah 29:1-14

Focus Verses: "When you search for me, you will find me; if you seek me with all your heart, I will let you find me, says the Lord" (vv.13, 14).

"Listening to God"-

When was the last time you really searched for me? Your days are full of other things that compete for your time and attention, but I am the only one who loves you unconditionally and forever. I hold everything in my hands. So much of what you worry about I have already taken care of for you. It will work out. Today, set aside some time to let me bless you with a deeper sense of my presence.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and Notes:

Day 2 - January 9

Open your mind and heart to God's Presence and Guidance.

Scripture: Lamentations 3:22-33

Focus Verse: "It is good that one should wait quietly for the salvation of the Lord" (v. 26).

"Listening to God"-

I like nothing more than bringing my Spirit and my healing into your life. Please give me more room to operate! When you thrash around in complaint and impatience, you block my blessings. Take a deep breath and give me time to complete the growth I am trying to bring about in your soul.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 3- January 10

Open your mind and heart to God's Presence and Guidance.

Scripture: Psalm 42:1-11

Focus Verse: "As the deer longs for flowing streams, so my soul longs for you, O God" (v. 1).

"Listening to God"-

The desire you feel for me is put into your heart by the Holy Spirit. Rejoice in this desire! Hold onto it like a lifeline. Your yearning for me is a sign that my love has been poured into your heart by faith. Your thirst for me draws you closer and closer to me so that I can claim more and more of you. I am using your desire, as unfulfilled and frustrating as it may feel, to transform you into the person I want you to be.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 4- January 11

Open your mind and heart to God's Presence and Guidance.

Scripture: Acts 17:16-33

Focus Verse: "Indeed he is not far from each one of us. For 'In him we live and move and have our being'" (vv. 27, 28).

"Listening to God"-

Know that right at this moment, I am very close to you. The air that you are breathing is a gift from me. The ability to turn a page or read a sentence comes to you right now from my loving hands. It grieves me when you act as though I am far away. You give me great joy when you recognize our intimacy and live like a son or daughter of God. I desire your good as a mother desires good for her infant. Trust me and don't be afraid.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 5- January 12

Open your mind and heart to God's Presence and Guidance.

Scripture: Matthew 5:1-16

Focus Verse: "Blessed are the poor in spirit, for theirs is the kingdom of heaven" (v. 3).

"Listening to God"-

I desire fellowship with you more than anything else in the universe. You often expect me to bless you most in your abundance. This is not the way I work. When I bless you in your abundance, you tend to forget me in fascination with my gifts. The gifts become an idol, and our relationship suffers. It is my way to bless you in your lack, failure, and emptiness. This way you don't forget me, and I can work my will through you in amazing ways. Look for my hand moving in your life when you are feeling lonely, incompetent, and out of control. Blessed are you when you don't run away from the means I use to draw you to me.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 6- January 13

Open your mind and heart to God's Presence and Guidance.

Scripture: Psalm 34

Focus Verse: "The Lord is near to the brokenhearted and saves the crushed in spirit" (v. 18).

"Listening to God"-

It is sad that you often feel my presence least when you are in the most need. It should be just the opposite. Like any good parent, my love reaches its peak when my child needs help. I have everything you need and want to give it to you. All you have to do is ask. Repent your lack of trust and come to me in prayer. I will bring good out of anything that is tormenting you.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 7- January 14

Open your mind and heart to God's Presence and Guidance.

Scripture: Mark 1:14-20

Focus Verse: "The time is fulfilled, and the kingdom of God has come near; repent and believe in the good news" (v. 15).

"Listening to God"-

I want to do something new in you and in your church. This new thing is of a piece with what I have been doing with you, but it is also fresh and different. I want you to turn away from your contentment with the way things are and ask me what I want you to be doing. I want you to partner with me now, not next week or next year. There are people all around you who need what only I can give. Let me use you to be good news to them.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 8- January 15

Open your mind and heart to God's Presence and Guidance.

Scripture: Luke 15:11-24

Focus Verse: "While he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him" (v. 20).

"Listening to God"-

Your unfaithfulness does not change my faithfulness to you. Your sin does not erase our relationship. Jesus died on a cross so that sin would not have the last word between us. Turn and take one step in my direction, and I will run to meet you. You cannot imagine how the angels rejoice when they see you turn for home.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 9- January 16

Open your mind and heart to God's Presence and Guidance.

Scripture: Revelation 2:1-7

Focus Verse: "I have this against you, that you have abandoned the love you had at first" (v. 4).

"Listening to God"-

Haven't you been missing something in your life? There is so much more I want to give you if you would only turn and open up to me again. I did not move away from you, but you have put distance between us. This makes everything in your life out of kilter. I will rekindle the passion of our relationship, the fire of my presence in your life. Just ask me and wait in my presence.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 10- January 17

Open your mind and heart to God's Presence and Guidance.

Scripture: Luke 3:1-14

Focus Verse: "And the crowds asked him, 'What then should we do?'" (v. 10).

"Listening to God"-

I care about how you live. I created you to reflect my love in the world. No matter what your situation in life, I have marked out this calling for you, a way of life that gives me joy. Are you consciously and intentionally living toward my will for your life? When was the last time you invited me to direct your way? Turn to me now! I can make your crooked paths straight and your rough places like a plain.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 11- January 18

Open your mind and heart to God's Presence and Guidance.

Scripture: Matthew 18:1-4

Focus Verse: "Unless you change and become like children, you will never enter the kingdom of heaven" (v. 3).

"Listening to God"-

When I made you, I wove your spirit together with mine. You will always be my child. The best parent in all the world cannot love as I can love you. My love is unconditional and unbreakable. When you live into this relationship, you fulfill the purpose for which you are placed on earth. Why are you always struggling to be independent? I created you to depend on me and your fellow human beings. It is when you let go and become as dependent as a little child that I can do the most in your life.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 12- January 19

Open your mind and heart to God's Presence and Guidance.

Scripture: Matthew 11:20-30

Focus Verse: "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest" (v. 28).

"Listening to God"-

Your walk with me was never meant to be a weary slog. If you are feeling worn out and overburdened, check your load to make sure that you are not carrying things I have not called you to carry. When you get in the yoke with me, I always provide what you need to carry the load. When you load yourself up and try to go it alone, I can't help you. Try putting the things that are making you weary in my hands right now. Call on me to do what only I can do. I will give you rest.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 13- January 20

Open your mind and heart to God's Presence and Guidance.

Scripture: Isaiah 43:1-21

Focus Verse: "I am about to do a new thing; now it springs forth, do you not perceive it?" (v. 19).

"Listening to God"-

Never think you have me figured out. I am always doing something new. If you are too comfortable, you are probably not living close enough to me. Do not resist when life takes you out of your comfort zone. Do not struggle to hold on to the way things are or have been. I am a God of the future, and I am always walking with you into the unfolding surprises of my will. Relax and enjoy the journey!

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 14- January 21

Open your mind and heart to God's Presence and Guidance.

Scripture: 2 Samuel 6:1-7

Focus Verse: "When they came to the threshing floor of Nacon, Uzzah reached out his hand to the ark of God for the oxen shook it" (v. 6).

"Listening to God"-

I have called you to partner with me in my work in the world. But never forget that you are the junior partner. I do not have to have your help. Instead I invite you to join me because I love you. I am the God of the universe. I am in control! When you start thinking you need to fix things, you open yourself up to all kinds of trouble. Today, trust me to be the senior partner in what we are doing.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 15- January 22

Open your mind and heart to God's Presence and Guidance.

Scripture: Mark 6:30-44

Focus Verse: "And he said to them, 'How many loaves have you? Go and see'" (v. 38).

"Listening to God"-

Miracles happen when you take what you have and put it in my hands. So often you refuse to give me what you have. Usually this is because you feel that it is small, insignificant, even ugly. But I want you exactly as you are. I want the real you. Don't wait until you have achieved some imagined level of perfection to come to me. Do you have fears, doubts, negative feelings, guilt, bad habits? No problem! Bring it on; I can take whatever you give me and transform you to be a blessing to others.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 16- January 23

Open your mind and heart to God's Presence and Guidance.

Scripture: Hebrews 4:1-11

Focus Verse: "So then, a Sabbath rest still remains for the people of God; for those who enter God's rest also cease from their labors as God did from his" (vv. 9, 10).

"Listening to God"-

You were created to need down time. Sabbath is my gift to you. Here's a thought: give yourself one day a week when you do only things that feed you and give you joy, and do them with an awareness of my presence. Think it can't be done? Think you are too busy and important to rest? Just give it a try. Taking a Sabbath day every week will fill you with new energy so that the other six days are more productive and joyful.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 17- January 24

Open your mind and heart to God's Presence and Guidance.

Scripture: James 3:13-18

Focus Verse: "But the wisdom from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits without a trace of partiality or hypocrisy" (v. 17).

"Listening to God"-

Beware of being too sure you are right. Often an unwillingness to yield is linked with a selfish disposition. My wisdom does not push others around or refuse to listen to differing points of view. Human wisdom is often about winning. My wisdom is about healing, saving, and redeeming. Next time someone disagrees with you, be quiet. Put yourself in a listening posture and ask me to show you what is wise and true. This way of being with others bears a rich harvest of good fruit.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 18- January 25

Open your mind and heart to God's Presence and Guidance.

Scripture: Luke 11:1-13

Focus Verse: "If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask" (v. 13).

"Listening to God"-

You think you have to understand everything before you can experience it. This misconception robs you of many blessings. There are some things you will never understand until you experience them. And there are some things you are not meant to understand this side of heaven. Instead of always demanding to understand my ways, experiment with trusting me. The best gift I can ever give you is the gift of my Spirit in your life. You don't have to understand it; just ask for the Spirit to come into your life and see what I do. Give me a tiny crack to operate in, and I will transform you.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 19- January 26

Open your mind and heart to God's Presence and Guidance.

Scripture: Acts 1:1-11

Focus Verse: "But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses" (v. 8).

"Listening to God"-

I pour out my power only on those who are willing to do my will. All too often you work your own agenda instead of mine. This behavior is rooted deep in fallen human nature. If you are not in close communion with me and filled with my Spirit, the work you do for me is of little value in my sight. Relationship must come before work, if the work is to have value. Before you do anything for me, spend some quality time with me. Keep in close touch throughout the day. Then even the smallest thing you do will be a witness to my presence in this world.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 20- January 27

Open your mind and heart to God's Presence and Guidance.

Scripture: John 11:17-44

Focus Verse: "Jesus said to them, 'Unbind him, and let him go'"
(v. 44).

"Listening to God"-

You are mine! My deepest delight is to set you free from everything that stunts and binds your life. The tentacles of envy, worry, self-will, and so many other things wrap themselves around your heart without you even realizing it. They steal your joy and make you less effective as my witness. You cannot rescue yourself; they are more powerful than you are. Come to me, and let me free you from the clutches of these spiritual predators. Let me unbind you and set you free!

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 21- January 28

Open your mind and heart to God's Presence and Guidance.

Scripture: Mark 6:1-13

Focus Verse: "And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. And he was amazed at their unbelief" (vv. 5, 6).

"Listening to God"-

Your unbelief can block the good I want to do in this world. I have promised over and over again that whatever you ask in my name I will do. This applies to your life, to those around you, and also to your church and the wider community. If you are dedicated to doing my will, all the power of heaven is at your disposal. Does this mean you will get everything you want? No. That would not be good for you. However, I promise to give you everything you need to live in the flow of my will. Today ask for this and trust me to keep my promise! Your prayers are the channel through which my power flows into the world.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 22- January 29

Open your mind and heart to God's Presence and Guidance.

Scripture: 2 Kings 6:8-17

Focus Verse: "Do not be afraid, for there are more with us than there are with them" (v. 16).

"Listening to God"-

You are never alone or outnumbered. Remember how I promised "I will be with you always?" Always means right now. It also means tomorrow and every day to come. No matter how powerful your Adversary seems, the armies of heaven are more powerful. I loose those armies to accompany my children on their way in this world. Nothing can defeat you while you hold my hand and rest in me. It's not about how strong you are; it's about how much you trust me. Trust in me with all your heart, and I will bring you through.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 23- January 30

Open your mind and heart to God's Presence and Guidance.

Scripture: Luke 14:15-24

Focus Verse: "Come; for everything is ready now.' But they all alike began to make excuses" (vv. 17, 18).

"Listening to God"-

I have prepared wonderful things for you – a veritable feast of blessings and joys. Why don't you show up to claim them? You keep busy with your "to-do list" and put me last on the agenda. I, however, continue to invite. Try putting the to-do list aside for a while and spend time with me. My greatest gifts are given to those who do this. I can make it all go so much better than you ever dreamed. As you rest in my presence, I will give you everything you need.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 24- January 31

Open your mind and heart to God's Presence and Guidance.

Scripture: Matthew 13:31-33

Focus Verse: "The kingdom of heaven is like a mustard seed that someone took and sowed in his field; it is the smallest of all seeds, but when it is grown it is the greatest of shrubs" (vs. 31, 32).

"Listening to God"-

You tend to despise small things. This is a mistake. The idea that nothing is worth anything unless it is big is one of the Adversary's lies. This false idea keeps you discouraged and hampers my ability to work through you. When you engage faithfully in the small things I call you to do, I use them for my larger purposes. A word or two spoken at my urging can change a person's life. A small gift of time or attention can rescue someone from hopelessness. You may not always see the results, but trust me to use your small faithfulness to bring in my kingdom.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 25 – February 1

Open your mind and heart to God's Presence and Guidance.

Scripture: Genesis 1:1-25

Focus Verse: "The earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters" (v. 2).

"Listening to God"-

In the beginning, my Spirit moved across the dark watery chaos bringing light and order. I can still do this for you today. You may think your situation is totally out of control and beyond help. Or maybe someone else's chaotic life is causing you pain. You may be so immersed in the chaos that you cannot even find words to pray. Don't worry about that. You don't need to tell me what to do. Instead, invite my Spirit to come in and move in the midst of the disorder and pain. I can do more than you could ever ask or imagine.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 26 – February 2

Open your mind and heart to God's Presence and Guidance.

Scripture: Isaiah 30:15-22

Focus Verse: "And when you turn to the right or when you turn to the left, your ears shall hear a word behind you, saying, 'This is the way; walk in it'" (v. 21).

"Listening to God"-

You may feel that you are alone, but you are not. Do not let the clamor of the world and the raging of your own spirit drown out the voice of my Spirit within you. You need to listen for me the most when situations are tense and competing voices are loud. As you begin to feel overwhelmed, take time out and let me do my work in you. Here is my promise, and I do not lie: "in returning and rest you shall be saved; in quietness and trust shall be your strength" (v. 15).

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 27 – February 3

Open your mind and heart to God's Presence and Guidance.

Scripture: Psalm 55

Focus Verse: "Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved" (v. 22).

"Listening to God"-

Why do you try to carry these heavy burdens by yourself? The responsibilities I have placed on your shoulders are meant to be shared with me. The purpose for this sharing is to draw you and me closer together. Out of this deeper relationship you will be able to accomplish far more than you ever could alone. If you do not abide with me and allow me to provide what you need, you will become worn out and embittered. Give this burden to me, and give me yourself too!

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and Notes

Day 28 – February 4

Open your mind and heart to God's Presence and Guidance.

Scripture: Matthew 16:13-28

Focus Verse: "You are Peter, and on this rock I will build my church, and the gates of Hades will not prevail against it" (v. 18).

"Listening to God"-

Never doubt that there is an Adversary who is eager to bring you down and many others with you. In fact, if you are about my business in this world you can expect all kinds of opposition. Don't waste too much time fighting against these things. The opposition is too powerful for you. Instead, trust in my promise that the powers of hell and death will never prevail against my church and my chosen ones. Faithfully put on all the armor that I have provided for you, and the Adversary cannot touch you. Keep on being filled with my Spirit every day, and you will be saved.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 29 – February 5

Open your mind and heart to God's Presence and Guidance.

Scripture: Isaiah 64:1-6

Focus Verse: "From ages past no one has heard, no ear has perceived, no eye has seen any God beside you who works for those who wait for him" (v. 4).

"Listening to God"-

I know you hate to wait, but if you are not willing to wait on me, you cannot work with me. If you are not willing to wait, you will rush in and do things that will carry you and your church away from my will. In this dance of life, I am the one who leads. Your job is to follow my guidance as I give it to you moment by moment, day by day. I will lead you, if you are willing to be led. Walk into this day with me. Pay attention to me as I speak, act, and guide. If you do this, you will see me work in ways beyond anything you have ever imagined.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 30 – February 6

Open your mind and heart to God's Presence and Guidance.

Scripture: John 10:1-18

Focus Verse: "I am the good shepherd. I know my own and my own know me" (v. 14).

"Listening to God"-

I know you through and through, and I want you to know me. Don't think of me as a holy concept or force. I am a living person right now. Talk to me. Tell me what is on your mind. I don't want to be a stranger to you. Your sin is not a problem with me. I defeated it on the cross, and my Holy Spirit is in the process of rooting it out and destroying it. Spending time with me will help that process along. Give me ten minutes a day, and I will transform you.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 31 – February 7

Open your mind and heart to God's Presence and Guidance.

Scripture: Matthew 6:5-15

Focus Verse: "For if you forgive others their trespasses, your heavenly Father will also forgive you; but if you do not forgive others, neither will your heavenly Father forgive your trespasses" (vv. 14, 15).

"Listening to God"-

When you refuse to forgive someone, you bind that person and the hurt they caused you to your soul. This blocks your spiritual growth and gives the Adversary lots to work with in your life. I cannot bless you as much as I would like if you are holding on to things you should have forgiven. Unforgiveness is poison to your spirit. If you can't bring yourself to forgive, pray to me your desire to want to forgive. I want to set you free. When you let me do that, many will be blessed through you.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 32 – February 8

Open your mind and heart to God's Presence and Guidance.

Scripture: Romans 5:12-21

Focus Verse: "If, because of one man's trespass, death reigned through that one man, much more will those who have received the abundance of grace and the free gift of righteousness reign in life through the one man Jesus Christ" (v. 17).

"Listening to God"-

I did not create and redeem you to go through life just barely scraping by. You have received an abundance of grace. It is yours to claim by prayer whenever you want. This grace will enable you to follow my path through any difficulty. This is victory, to follow my path through life no matter where it takes you. If you try to follow a path you make, you will end up bogged down in needless problems and woes. Or you will succeed (by human standards) and become something I never meant you to be. Stay close to me, and you will find abundant life.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 33 – February 9

Open your mind and heart to God's Presence and Guidance.

Scripture: Ephesians 3:7-21

Focus Verse: "Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory..." (vv. 20, 21).

"Listening to God"-

It grieves me that you think in such cramped terms about what I can do. I am the God of the universe, and I have promised to do whatever you ask in my name. Where is your imagination? Why do you dream so small when the needs around you are so great? And why do you settle for so little of my grace and power in your life and in your church? If you can imagine it, I can do it and more. Spend time with me, getting in the flow of my will, then dream big!

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 34 – February 10

Open your mind and heart to God's Presence and Guidance.

Scripture: 1 Corinthians 3:1-15

Focus Verse: "The work of each builder will become visible, for the Day will disclose it, because it will be revealed with fire, and the fire will test what sort of work each has done" (v. 13).

"Listening to God"-

Much is done in my name that has very little to do with me and my purposes in this world. Much energy is spent doing religious activities that will count for nothing in the end. If you are not listening to my direction, your work will not endure, no matter how successful it looks now. You are called to be my disciples. Are you asking my guidance each day about what to do and how to do it? Is what you are doing for your glory or for mine? If you work for yourself, you have your reward. But if you truly work for me by walking with me, your reward will be great in heaven.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 35 – February 11

Open your mind and heart to God's Presence and Guidance.

Scripture: Micah 6:6-8

Focus Verse: "What does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God" (v. 8).

"Listening to God"-

I demand integrity from my disciples. You cannot walk humbly with me and walk in arrogance with your brothers and sisters. You cannot be a saint in prayer and a tyrant in your job or with your family. I have given you many things that I intend you to use for the good of those in need around you. The quality of your human relationships shows the true quality of your relationship with me. If you are truly walking with me, I bring you face to face with the needs of my other children. As you treat them, so you treat me.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 36 – February 12

Open your mind and heart to God's Presence and Guidance.

Scripture: Romans 5:1-11

Focus Verse: "We also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us" (vv. 3-5).

"Listening to God"-

You don't have to go looking for suffering. Life will bring it your way. And if you are faithful to my call, you may have even more suffering than those who are not faithful. Don't be afraid of it. I can do things for you in your suffering that I cannot do otherwise. Suffering strips you of your defenses, your pride, your ability to control things. I can do my best work in you when these things are taken away, I don't send suffering to you or enjoy watching you go through it. But I am able to use it for your good and your growth in grace. Trust me when suffering comes. I will never leave you or forsake you. I will give you gifts as you come through the fire.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 37 – February 13

Open your mind and heart to God's Presence and Guidance.

Scripture: Acts 3:1-10

Focus Verse: "I have no silver or gold, but what I have I give you; in the name of Jesus Christ of Nazareth, stand up and walk" (v. 6).

"Listening to God"-

Your lack is never the end of the story. When your resources run out, if you are in the flow of my will, all the resources of heaven are available to you. It grieves me when you forget that I am your source of supply. Praying in the name of Jesus is not magic. It means that you surrender yourself to my will and are willing to be used for my purposes. Let me work through you to do miracles in the lives of others! Together, we can do more than you could ever ask or imagine.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 38 – February 14

Open your mind and heart to God's Presence and Guidance.

Scripture: Matthew 6:19-24

Focus Verse: "No one can serve two masters" (v. 24).

"Listening to God"-

You were created to have me at the center of your life. If I am in my proper place in your affection, everything else in your life will be in balance. If you allow any other thing (even good things such as family or job or hobbies) to move to the center of your life, eventually everything will fall out of balance. You cannot be your own center of gravity. My will is the best thing that could ever happen to you and those around you. I always have your best interest at heart. Can you trust me for this?

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 39 – February 15

Open your mind and heart to God's Presence and Guidance.

Scripture: 1 Peter 5:1-11

Focus Verse: "All of you must clothe yourselves with humility in your dealings with one another, for God opposes the proud, but gives grace to the humble" (v. 5).

"Listening to God"-

The way you deal with others is a window into your soul. If you are in right relationship with me, you will not need to elevate yourself on the one hand or feel inferior on the other. You will be at ease with others because your worth is rooted and grounded in what I think of you rather than what they think. You will not need to promote yourself if you know in the depths of your heart that I am working out my will for your life. Don't be afraid of people or circumstances that seem to put you at a disadvantage. In my economy, downward mobility is the way up.

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Day 40 – February 16

Open your mind and heart to God's Presence and Guidance.

Scripture: Malachi 3:8 – 18.

Focus Verse: "Bring the full tithe into the storehouse, so that there may be food in my house, and thus put me to the test, says the Lord of Hosts; see if I will not open the windows of heaven and pour down on you blessings beyond your wildest dreams" (v. 10)."

"Listening to God"-

If you are going to walk with me, I must own your possessions. If I do not own them, they will own you. I gave them all to you in the first place. Do you understand that? Or is there still a corner of your soul where you hide the idea that you got them for yourself? If you let go of these things, I can use them to bless you. If you hold on to them, they will strangle our relationship. Obey me in giving me one tenth of your income. If you can't do it all right now, start with one per cent a year and work toward the tithe. Put my promise to the test; I dare you!

Listen in silence for 5 or more minutes. Quiet your mind by letting go of sounds and thoughts as they occur, seeking a silent space for God's word to you.

My Prayer and notes:

Reflection Process – After the 40 Days

1. Are your feelings toward this 40-day journey the same as they were before you started the journey? Why or why not?

2. What happened with your hope for these 40 Days of Prayer?

3. Do you feel closer to God having done this? Why or why not?

BIBLIOGRAPHY

Gray, Joan S. 2014. *Sailboat Church – Helping Your Church Rethink Its Mission and Practice*. Louisville: Westminster John Knox.