

**Week of: March 23, 2025 -  
Theme: Lent**

**FORGIVENESS**

Ephesians 4:32: *Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

Hebrews 8:12: *For I will forgive their wickedness and will remember their sins no more.*

**What practical steps can you take to demonstrate kindness and compassion in your relationships?**



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**Week of: January 5, 2025 -  
Theme: Good News**

**SPIRIT**

John 20:22 *And with that he breathed on them and said, "Receive the Holy Spirit."*

**Dear Lord,**

**As we read the words of your holy scripture, we are reminded of the moment when you breathed on your disciples and gave them the gift of the Holy Spirit. We pray that you would also breathe on us today, filling us with your Spirit and empowering us to live out your will in our lives. Amen.**



**Week of: January 5, 2025 -  
Theme: Good News**

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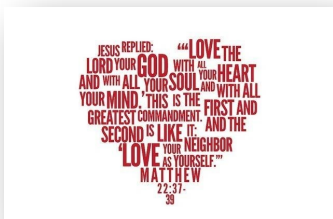


**Week of: January 12, 2025 -  
Theme: Good News**

**SOUL**

Deuteronomy 4:29: *But if from there you seek the Lord your God, you will find him if you seek him with all your heart and with all your soul.*

How will you work to seek the Lord with all your heart and all your soul in 2025?



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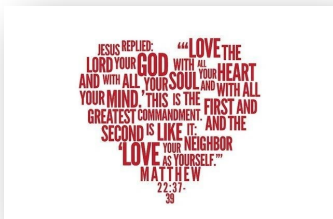
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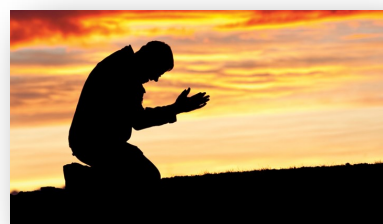
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**Week of: March 16, 2025 -  
Theme: Lent**

**REPENTANCE**

Acts 3:19: *Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.*

Heavenly Father, thank You for Your Word of truth. Help me to read it with understanding and to learn all the lessons that You would teach me. Amen.

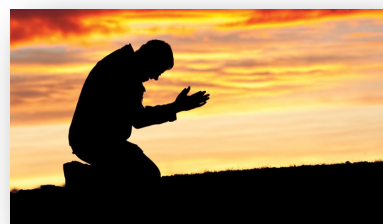


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Week of: March 9, 2025 -

**Theme: Lent**

**CONFESSION**

James 5:16: *Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.*

What are some practical ways to practice confession with other believers?



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What are some practical ways to practice confession with other believers?



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Week of: January 19, 2025 -

**Theme: Good News**

**BODY**

1 Corinthians 3:16: *Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst?*

Dear God, I thank you for reminding me that I am your temple and that your Spirit lives in me. Help me to honor and respect my body as your dwelling place. May I always seek to glorify you in all that I do and say. Fill me with your Spirit and guide me in your ways. Amen.



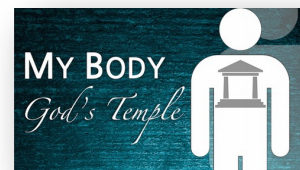
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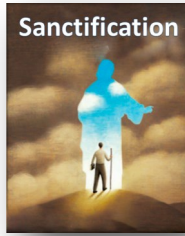
Week of: January 26, 2025 -

Theme: Good News

WHOLENESS

1 Thessalonians 5:23: *May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.*

How does this verse demonstrate that God is the one who ultimately sanctifies us completely, affecting our spirit, soul, and body, and ensuring we are blameless at the coming of Christ?



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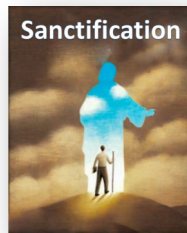
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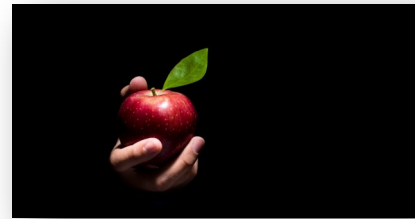
Week of: March 2, 2025 -

Theme: Lent

TEMPTATION

Matthew 26:41: *“Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”*

Dear Lord, I pray that you help me to watch and pray so that I do not fall into temptation. I know that my spirit is willing, but my flesh is weak. Please strengthen me and guide me so that I may resist the temptations of this world. Help me to stay focused on you and your will for my life. Thank you for your love and grace. Amen.



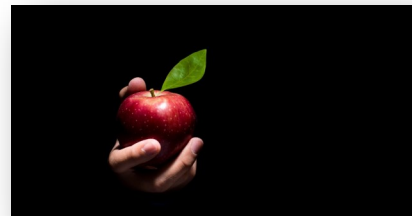
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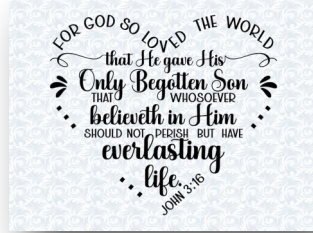


**Week of: February 23, 2025 -  
Theme: Love**

**UNCONDITIONAL LOVE**

John 3:16: *For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.*

**How does this verse challenge your perspective on God's love and its implications for your life?**



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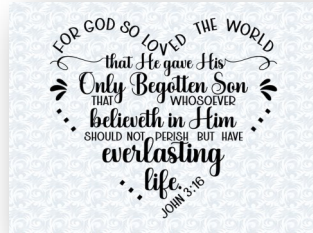
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**Week of: February 2, 2025 -  
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**EVERLASTING LOVE**

Jeremiah 31:3 *The LORD appeared to us in the past,<sup>[a]</sup> saying: "I have loved you with an everlasting love; I have drawn you with unfailing kindness."*

**Dear Lord, I want to experience Your love in a deeper way than I have ever experienced before. Amen.**

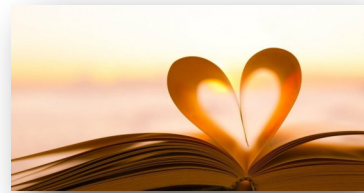


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Week of: February 9, 2025 -

Theme: Love

Week of: February 16, 2025 -

Theme: Love

**FAITHFUL LOVE**

Lamentations 3:21-26: *Yet this I call to mind and therefore I have hope: Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, "The Lord is my portion; therefore I will wait for him." The Lord is good to those whose hope is in him; to the one who seeks him; it is good to wait quietly for the salvation of the Lord.*

How does this passage offer a source of strength and resilience even when facing difficult circumstances?



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**STEADFAST LOVE**

Psalm 136:1: *Give thanks to the LORD, for he is good. His love endures forever.*

**Gracious God, As I reflect on Psalm 136, my heart overflows with gratitude for Your enduring love and faithfulness. Amen.**



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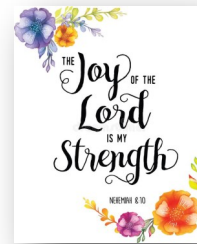
**Week of: March 30, 2025 -**

**Theme: Lent**

**ANTICIPATION**

*Acts 2:26: Therefore my heart is glad and my tongue rejoices;  
my body also will rest in hope.*

**Dear Lord, You are my joy, my peace, my  
strength, my all, and I give you my worship this  
day because of everything You have done to save  
me from sin. Amen.**



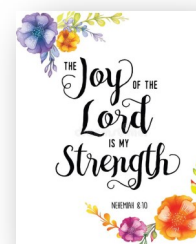
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January, February, March, 2025

**A Prayer Guide for the First Quarter of the Year**



We have provided prayers for some of the weeks and hope you will write your own prayers for other weeks. Carefully think about the week's verse as it applies to your life then write your own prayer as the Holy Spirit directs your thoughts. You may want to add to your prayer throughout the week as you continue to meditate on the verse, creating your own prayer journal. We hope this way of praying Scripture helps you grow in your relationship to God and in loving His word.



*Rockford United Methodist Church*

Created Just For You - by Your RUMC Prayer Team

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