

January, February, March, 2026

**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.

**Week of: January 4, 2026 -  
Theme: Fresh Start**

**SEEKING GOD**

**Suggested Bible Verses:** Matthew 6:33, Proverbs 8:17, Psalm 34:4, Isaiah 55:6  
Jeremiah 29:13 *You will seek me and find me when you seek me with all your heart.*

Loving God, as I step into this new year, remind me to seek you first in all that I do. Thank you for letting me find you. In Jesus' name I pray, Amen.



**Week of: January 11, 2026 -  
Theme: Fresh Start**

**LOVING GOD**

**Suggested Bible Verses:** Deuteronomy 6:5, 1 John 4:19, John 14:21

Matthew 22:37-38: *Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment.*

**What specific daily activities (or lack thereof) show you're loving God with all your heart, soul, and mind?**

**What are your current priorities, and how do your daily choices reflect (or contradict) this greatest commandment?**

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**Week of: January 18, 2026 -  
Theme: Fresh Start**

**TRUSTING GOD**

**Suggested Bible Verses:** Psalm 56:3-5, Isaiah 12:2, Romans 15:13

Proverbs 3:5-6: *Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.*

Lord, I want to trust you with all of my being. Help me let go and let you guide me. Remove all obstacles that stand in the way. In Jesus' name I pray, Amen.



**Week of: January 25, 2026 -  
Theme: Fresh Start**

**OBEYING GOD**

**Suggested Bible Verses:** 1 Samuel 15:22, Acts 5:29, Luke 11:28, 1 Peter 1:14

James 1:22: *Do not merely listen to the word, and so deceive yourselves. Do what it says.*

**What are practical ways to move from *hearing* God's Word to *doing* it in daily life (e.g., family, work, community)?**

**How does this verse connect to Jesus' parable of the wise and foolish builders (Matthew 7:24-27)?**

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**Week of: February 1, 2026 -  
Theme: God's Promises**

**ETERNAL LIFE**

**Suggested Bible Verses:** John 3:16, Romans 6:23,  
John 10:28, 1 John 5:11-13

John 14:6: *Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."*



Heavenly Father, Thank you for sending your son Jesus, who came down from heaven to save us from sin. Jesus, having taken on human form, dwelled among us, teaching the very nature of God. Jesus taught that all who believed in Him and in God, would be forgiven of sin and would be granted eternal life. Lord, we thank you for our salvation through Jesus, who has taken on our sin that separated us from you, and we thank you for the gift of eternal life. Amen.

**Week of: February 8, 2026 -  
Theme: God's Promises**

**FORGIVENESS**

**Suggested Bible Verses:** 1 John 1:9,  
Matthew 6:14-15, Colossians 3:13, Luke 6:37

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

**What does it look like to *practically* show kindness and tenderheartedness to family, friends, or colleagues?**

**When is it hardest to forgive, and how can Ephesians 4:32 guide you in those specific situations?**

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**Week of: February 15, 2026 -  
Theme: God's Promises**

**PRESENCE**

**Suggested Bible Verses:** Psalm 16:11, Isaiah 41:10,  
Exodus 33:14, Psalm 23:4, 1 Corinthians 3:16

Matthew 28:20: *And teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.*



Heavenly Father, Thank you Lord for your steadfast presence in our lives. Lord, you have promised to be with us always, through carefree times and difficult times. When we doubt your presence help us to remember that your timeline is not our timeline, but that you are there, watching, protecting and guiding us. Grant us an extra measure of mercy and grace as we wait for your presence to reveal itself. Help us to recognize your presence in the carefree times as well as the trials in life. Help us to remember that your ways are infinitely better than ours. Amen.

**Week of: February 22, 2026 -  
Theme: God's Promises**

**HELP**

**Suggested Bible Verses:** Psalm 46:1, Isaiah 41:10

Psalm 121:1-2: *I lift up my eyes to the mountains—where does my help come from? My help comes from the LORD, the Maker of heaven and earth.*

**The Hills: What do the "hills" represent in your life (challenges, dangers), and how does looking to them change when you remember God made them?**

**God's Identity: How does knowing your helper is the "Maker of heaven and earth" influence your trust and perspective on your problems?**

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**Week of: March 1, 2026 -  
Theme: God's Promises**

**PROVISION**

**Suggested Bible Verses:** Psalm 23:1, Philippians 4:19, Matthew 6:26, Psalm 34:10, Isaiah 58:11, Matthew 7:11

2 Corinthians 9:8: *And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.*

**What are practical ways to be generous with time, talents, and resources, not just money?**

**How does a lack of generosity reveal a misunderstanding of God's abundance?**

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**Week of: March 8, 2026 -  
Theme: God's Promises**

**STRENGTH**

**Suggested Bible Verses:** Philippians 4:13, Psalm 46:1, Exodus 15:2, Joshua 1:9

Isaiah 41:10: *So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.*

Psalm 28:7: *The LORD is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.*

Dear Lord, Thank you for providing my strength. Please replace my fears with trust in You, always. I will find joy under the wings of your protection. Amen.



**Week of: March 15, 2026 -  
Theme: God's Promises**

**PROTECTION**

**Suggested Bible Verses:** Psalm 91:1-2.

2 Timothy 4:18, Proverbs 18:10

Psalm 121:7-8: *The LORD will keep you from all harm—he will watch over your life; the LORD will watch over your coming and going both now and forevermore.*

**How do you currently experience God's watchfulness, and what challenges make it hard to feel His constant care?**

**When have you felt God's protection most strongly, and how did that moment affect your faith?**

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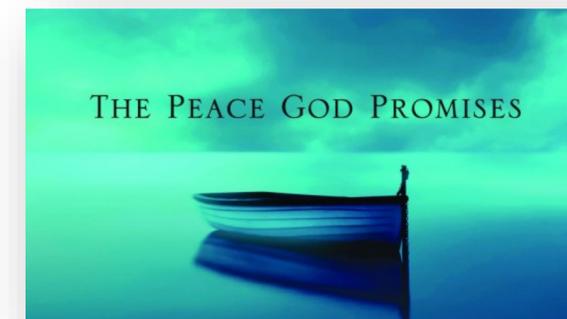
**Week of: March 22, 2026 -  
Theme: God's Promises**

**PEACE**

**Suggested Bible Verses:** Philippians 4:7, Isaiah 26:3, 2 Thessalonians 3:16

John 14:27: *Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.*

Dear Lord,  
Thank you for your perfect peace that does not depend on my circumstances. In you I will find a sense of inner calm that I can't receive from this world. In you, I can claim eternal glory. Amen.



**Week of: March 29, 2026 -  
Theme: God's Promises**

**GUIDANCE**

**Suggested Bible Verses:** Psalm 119: 105, John 16:13

Psalm 32:8 *I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.*

**When have I experienced God's guidance or protection, and how did it feel?**

**What steps can I take to be more aware of God's "eye" on me, His watchful care?**

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