

July, August, September, 2026

A Prayer Guide for the Third 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: July 5, 2026 -
Theme: In Christ You Are...**

A - Adopted: Welcomed into God's family. Through Jesus Christ we are forgiven, given a new identity as His children and granted a full eternal inheritance.

Suggested Bible Verses: Ephesians 1:5, Romans 8:15

Galatians 4:4-5: But when the set time had fully come, God sent his Son, born of a woman, born under the law, to redeem those under the law, that we might receive adoption to sonship.

Lord, thank You for sending Jesus at just the right moment. Thank You that He came to redeem us and rescue us, so that we could be adopted as Your children. Help me to walk in the freedom and love of this beautiful identity today. In Jesus' name, Amen.



**Week of: July 12, 2026 -
Theme: In Christ You Are...**

B - Beloved: Through faith in Jesus, God sees you as His dearly loved, chosen, and accepted child.

Suggested Bible Verses: Ephesians 1:5-6, Ephesians 5:2

Colossians 3:12: But thanks be to God! He gives us the victory through our Lord Jesus Christ.

1 John 3:1: See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him.

In what specific, practical ways has God shown this adoptive love to you recently?



Week of: July 19, 2026 -
Theme: In Christ You Are...

C - Chosen: You are deeply loved, adopted into God's family and set apart for a purpose.

Suggested Bible Verses: Ephesians 1:4, Deuteronomy 14:2, Matthew 22:14, 1 Peter 2:9, John 15:16, Isaiah 43:10

Jeremiah 1:5: *Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations.*

1 Thessalonians 1:4: *For we know, brothers and sisters loved by God, that he has chosen you.*

Dear Lord, I praise You for the profound truth that I am loved and chosen by You. Thank You for adopting me into Your family before the foundation of the world. Let this assurance of Your unconditional love anchor my soul, giving me the courage and peace to live a life that honors You. In Jesus' name, Amen.



Week of: July 26, 2026 -
Theme: In Christ You Are...

D - Delivered: Freedom from the power of darkness, sin, and fear.

Suggested Bible Verses: Psalm 34:4, Psalm 91:3, 2 Timothy 4:18, Psalm 32:7

Colossians 1:13 *For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves.*

What are some concrete ways you can reflect the nature of Christ's Kingdom in your relationships, work, and community?



**Week of: August 2, 2026 -
Theme: In Christ You Are...**

E - Established: Being established in Christ means your identity, strength, and security are anchored in Him rather than changing situations.

Suggested Bible Verses: Romans 16:25,
2 Corinthians 1-21-22

Colossians 2:6-7: *So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.*

Dear Lord, Thank You for the gift of salvation and the joy of knowing Jesus as my Lord. Just as I first received Him, I pray for the grace to continually walk in Him every day. Help my faith to grow deep roots, securely built up in Your truth.
Amen



**Week of: August 9, 2026 -
Theme: In Christ You Are...**

F - Forgiven: You are completely forgiven! God's grace completely removes your past.

Suggested Bible Verses: 1 John 1:9, Isaiah 43:25,
Colossians 2:13

Psalm 103:12: *As far as the east is from the west, so far has he removed our transgressions from us.*

Why is it often harder for us to forgive ourselves than it is to believe God has forgiven us? How can we align our view of ourselves with God's view?



**Week of: August 16, 2026 -
Theme: In Christ You Are...**

G - Given Everything You Need: Christ provides all of our physical needs and spiritual strength.

Suggested Bible Verses: Colossians 2:9-10.
Philippians 4:19, 2 Peter 1:3

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.*

Heavenly Father, thank You for Your endless grace and faithful provision. When I focus on my limitations or worry about what I lack, remind me that You are more than enough. Please bless me abundantly with all that I need at all times. Amen.



**Week of: August 23, 2026 -
Theme: In Christ You Are...**

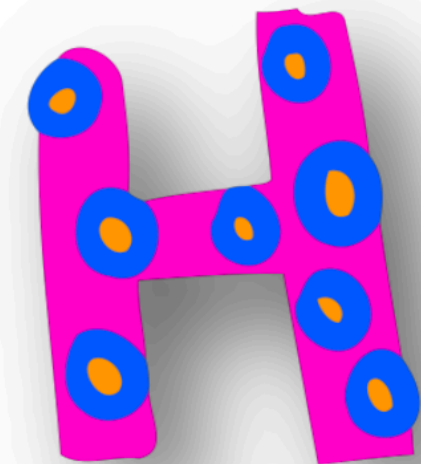
H - Helped: We receive the exact help, strength and grace to navigate life's challenges.

Suggested Bible Verses: Hebrews 4:16, Hebrews 13:6

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.*

Psalms 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.*

In what areas of your life are you currently relying on your own strength rather than allowing God to strengthen and help you?



**Week of: August 30, 2026 -
Theme: In Christ You Are...**

I - Invited: God invites everyone to experience His love and salvation and calls us to extend that same welcoming hospitality to others.

Suggested Bible Verses: Matthew 22:14, Romans 15:7

Matthew 25:35: *For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in.*

Dear Lord, Thank You for the powerful reminder that serving others is serving You. Open my eyes to see the needs right in front of me, and give me a generous and willing heart. When someone is hungry or thirsty, may I be quick to provide. When a stranger feels alone, help me to welcome them. Amen.

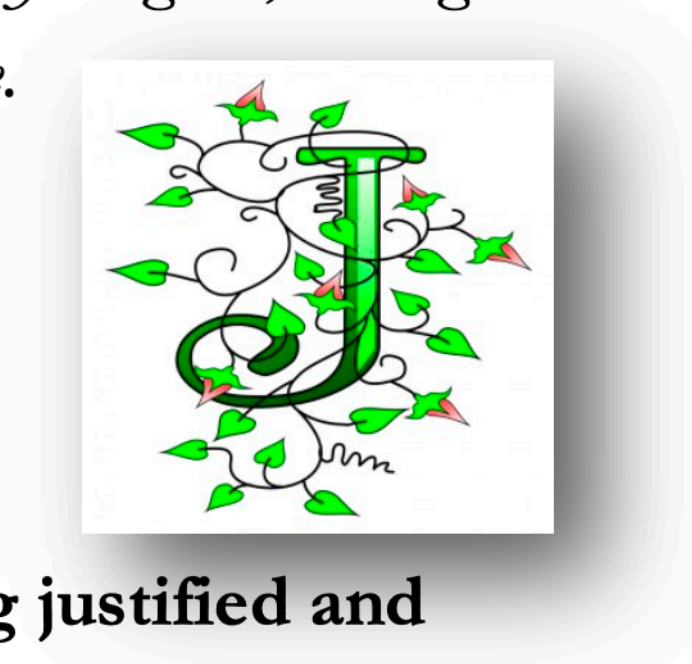


**Week of: September 6, 2026 -
Theme: In Christ You Are...**

J - Justified: God declares believers “not guilty” and righteous through the sacrifice of Jesus.

Suggested Bible Verses: Romans 5:1, Romans 3:23-24, Galatians 2:16, 1 Corinthians 6:11

Titus 3:7: *So that, having been justified by his grace, we might become heirs having the hope of eternal life.*



How does the assurance of being justified and receiving eternal life impact your day-to-day life and interactions with others?

Week of: September 13, 2026 -

Theme: In Christ You Are...

K - Known: Your identity, purpose and worth are defined by your relationship with Jesus. Through Him you are completely known and deeply loved.

Suggested Bible Verses: Psalm 139:1-2,

1 Corinthians 13:12, Galatians 4:9

2 Corinthians 5:17 *Therefore, if anyone is in Christ, the new creation has come: [The old has gone, the new is here!]*

Thank You, Father, that in Christ all things are made new. Thank You that in Christ, old things have passed away, and I have been made a new creation, in Him. Help me to truly understand that this amazing truth is not only something for the future but something that took place the moment I believed in Christ as Saviour. I pray that I may come to a deeper understanding of what it is to be a part of a new, and heavenly creation in Christ, in His name I pray, Amen.



Week of: September 20, 2026 -

Theme: In Christ You Are...

L - Loved: You are deeply, unconditionally loved by God, and nothing can ever separate you from that love.

Suggested Bible Verses: 1 John 4:10,

Ephesians 3:17-19, Galatians 2:20, Romans 5:8, John 15:9

Romans 8:38-39: *For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*

We all have moments of feeling far from God. How can you use these verses as an anchor when you are prone to doubt or feeling abandoned?



**Week of: September 27, 2026 -
Theme: In Christ You Are...**

M - God's Masterpiece: A uniquely crafted work of art, designed with immense value and intention. It shifts your identity away from worldly standards, reminding you that you are equipped for a specific, God - given purpose.

Ephesians 2:10: *For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.*

Dear Lord, Thank You for creating me with intention and making me Your masterpiece. Help me to see myself the way You see me, rooted in Your grace rather than my own accomplishments. Guide my steps and give me the courage to walk faithfully in the good works You have prepared for me. Strengthen me to use my life to reflect Your love, and show me the divine opportunities You place before me each day. Amen.



Rockford United Methodist Church

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