



## 28-DAY PRAYER

PREPARED BY  
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# made for a divine purpose

JEREMIAH 1:5



CALL AND COMMITMENT 2026



# God, We Adore You

## day one

Creator God – Father, Son, and Holy Spirit – my prayer is simple today. I adore You. I pause now to practice this breath prayer: (Inhale) Creator God (Exhale) I adore You.

Stay in this quiet space, breathing out your adoration for God, and let yourself rest in His Presence.

## day two

Abba, Father, You told Jeremiah that before he was formed, You knew him. I praise You because before I was formed, You knew me; You knew me before even a single cell in my being was formed, and You know me now. "I will praise You because I am fearfully and wonderfully made. Your works are marvellous and my soul knows it very well."

Spend time in prayer praising God for His intimate and loving knowledge of you.

## day three

God of all eternity, not only did You know me and form me, but You set me apart for Your purposes, that Your Name and Your glory and Your character would be known through my life. May my whole life, and all that I am, magnify and glorify You.

Worthy are you, our Lord and God, to receive glory and honour and power, for you created all things, and by your will they existed and were created." (Rev. 4:11)

Breath Prayer: (Inhale) Holy Spirit, (Exhale) Be magnified in me.



# God, We Adore You

## day four

Sovereign LORD, You who ordains and commissions Your people, You knew me, You formed me, You set me apart for Your glory, and You have commissioned me to speak Your healing and love and saving grace to this world. I worship You, Jesus, the One who gave His life to set all people free.

Spend time with God, asking Him to show you the places and people to whom He wants you to speak His love and healing.

## day five

Abba, You told Jeremiah that You would be with him. Abba, You are a God of promise; You always keep Your word and You fulfill Your covenant. You were with Jeremiah, and You are with me. I adore You, my faithful, present, and near-to-me Father. Amen.

## day six

Spend time today quietly reading and reflecting on these Scriptures:

"Praise be to you, Lord, the God of our father Israel, from everlasting to everlasting. <sup>11</sup> Yours, Lord, is the greatness and the power and the glory and the majesty and the splendor, for everything in heaven and earth is yours. Yours, Lord, is the kingdom; you are exalted as head over all. <sup>12</sup> Wealth and honor come from you; you are the ruler of all things. In your hands are strength and power to exalt and give strength to all. <sup>13</sup> Now, our God, we give you thanks, and praise your glorious name."  
(1 Chronicles 29:10b-13)

"Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father." (Philippians 2:9-11)



# God, We Adore You

day seven

The song "Great Are You Lord" says, "You give life, You are love, You bring light to the darkness. You give hope, You restore every heart that is broken. Great are You Lord."

Spend time listening to and worshiping God through music.  
Great Are You Lord by All Sons and Daughters

## notes



# Honest Conversations with a Loving Father

## day eight

Gracious and compassionate Saviour, today I confess that I need You. My lips may speak Your praise but sometimes my heart and the outward expression of my life do not. Holy Spirit, fill me; remind me that I am Yours, and that I need Your saving grace in my life.

Breath Prayer: (Inhale) Holy Spirit (Exhale) I need You today and every day.

## day nine

Loving Creator, I confess that sometimes I live like I have formed myself and built my own life. Help me to remember each day that You formed my inmost being and knit me together in my mother's womb. You direct my steps and light the way before me. Today, I confess my own struggle in wanting to control the direction of my life; I lay down my own plans to receive Your good way for me. Amen.

## day three

Father, I confess that sometimes I doubt Your goodness. I believe and declare that You are good all the time, even when my circumstances tempt me to believe or say something else. Help me to cling to the truth of Your goodness, both in the now and in the days that lie ahead of me. "The Lord is good to all; he has compassion on all he has made." (Psalm 145:9)

Breath Prayer: (Inhale) Yahweh (Exhale) You are good to all.



# Honest Conversations with a Loving Father

## day eleven

Abba, I confess that sometimes I neglect to share Your blessing in my life with others. I hold back from sharing the story of Your saving grace, I forget to share Your joy, I hold on tightly to the gifts You have given me for my own gain, rather than using them to bless others. Abba, help me to be generous with all You have given me so that Your heart of generosity would be seen in me.

Spend time asking God to show you His gifts in your life; ask Him to cultivate a heart of generosity in you and to show you how He wants you to bless others.

## day twelve

Holy Spirit, I confess that sometimes I struggle to feel Your nearness and to believe that You are with me. I think now about all the times Your Word says, "I will be with you". I pause now to remember how You have been with me in the past. Sit in quietness, inviting the Holy Spirit to draw near as you read 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."

## day thirteen

Spend time today quietly reading and reflecting on these Scriptures:

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." (1 John 1:9)

"Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed. The prayer of a person living right with God is something powerful to be reckoned with." (James 5:16, Message paraphrase)



# Honest Conversations with a Loving Father

day fourteen

"I came to You with my heart in pieces and found the God with healing in His hands. I turned to You, put everything behind me and found the God who makes all things new. ... I ran from You, I wandered in the shadows and found a God who relentlessly pursues. I hid from You, haunted by my failure and found the God whose grace still covers me. I fell on You when I was at my weakest and found the God, the lifter of my head." (God of All my Days by Casting Crowns, selected lyrics)

Spend time listening to and worshiping God through music.

[God of All My Days by Casting Crowns](#)

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# God, We Can't Say Thank You Enough

## day fifteen

Creator God, I thank You that You are a God of limitless creativity. I thank You that You created beauty and wonder and that You gifted creativity to Your creation: us. Thank You for every star-filled sky, for each delicate flower petal of every shape, colour and size, for the way the wind whispers in the trees, for the call of the loon across the still waters. We see Your power and presence through it all. Thank You. Help us, by Your Spirit, to partner with You to create beauty in our world. Amen.

## day sixteen

Father, Thank You for knowing me. Thank You that You are not distant or uncaring, but that You are intimately involved and lovingly invested in Your creation. When we had fully turned away from You, You pursued us with Your love and gave us everything: undeserved mercy, overflowing grace, full redemption, a brand-new life in Christ, and a peace we can't fully understand or explain, yet we feel it in the deepest parts of who we are. Breath Prayer: (Inhale) Jesus, Prince of Peace (Exhale) Thank You for giving Yourself on the cross for me.

## day seventeen

Abba Father, Thank You that "You know the plans You have for me, plans to prosper me and not to harm me, plans to give me hope and a future." Teach me "to call on you and come and pray to you" and to believe that You will listen. Teach me to seek You and to trust You when You say, "You will seek me and find me when you seek me with all your heart. I will be found by you," declares the LORD, "and will bring you back from captivity". (Jeremiah 29:11-14) Your plan for me, Father, is freedom - freedom from all that would hold me captive and destroy my life; that freedom comes only from seeking and knowing You. Thank You, Father, that You want me to know You. Amen.



# God, We Can't Say Thank You Enough

## day eighteen

God, Thank You that as a follower of Jesus, I am sealed by Your Spirit and appointed to bear Good News. Thank you for the person (or people) who shared Your Good News with me, who pointed me to Jesus, and who led me into a personal relationship with You. Show me who needs Your Good News today.

Spend time today praying for people in your life who don't yet know Jesus. Thank God for the people who pointed you to Jesus.

## day nineteen

Healer God, Thank You that You call us to partner with You in Your restoring work in our world. Thank You for the gifts You have given me to serve and bless others. Thank You that You call Your children to be teachers, doctors, custodians, artists, engineers, musicians, politicians, leaders in business, tradespeople, pastors, and other vocations of all kinds. Help us to love people well and make You known in all of these spaces as we follow Your call on our lives.

Reflect on where God has placed you in this season and how you can minister there in His Name.



# God, We Can't Say Thank You Enough

## day twenty

Spend time today quietly reading and reflecting on this Scripture:

<sup>15</sup>"Let the peace of heart that comes from Christ be always present in your hearts and lives, for this is your responsibility and privilege as members of his body. And always be thankful. <sup>16</sup>Remember what Christ taught, and let his words enrich your lives and make you wise; teach them to each other and sing them out in psalms and hymns and spiritual songs, singing to the Lord with thankful hearts. <sup>17</sup>And whatever you do or say, let it be as a representative of the Lord Jesus, and come with him into the presence of God the Father to give him your thanks." (Colossians 3:15-17, Living Bible)

## day twenty-one

Listen to the song [Gratitude by Brandon Lake](#) and let the words move you into a heart posture of thankfulness today. "All my words fall short, I got nothing new. How could I express all my gratitude? I could sing these songs as I often do, but every song must end, and You never do. So I throw up my hands and praise You again and again, 'cause all that I have is a hallelujah. Hallelujah. And I know it's not much, but I've nothing else fit for a King, except for a heart singing hallelujah. Hallelujah"

## notes

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# Holy Spirit, We Depend on You

## day twenty-two

Holy Spirit, in humility we recognize our dependence on You. We cry out for Your Presence, Your power, and Your provision. We need You to continue Your transforming work in our lives.

Breath Prayer: (Inhale) Holy Spirit (Exhale) Make me all that You created and purposed me to be as I depend on You.

## day twenty-three

Father, give us a clear vision of Your plan. Help us to pray, "Your Kingdom come, Your will be done on earth as it is in heaven" every single day. Then help us to live as Your Kingdom citizens – as peacemakers, as people of mercy and compassion, as people who love our enemies, and who welcome the whosoever to Your feasting table.

## day twenty-four

Holy Spirit, fall afresh on me. Holy Spirit, fall afresh on our Officers; fall afresh on all those who lead and serve in our Corps and in our social ministries; fall afresh on our congregations, and in our communities. We thank You for the ways You are moving in power among Your people; move in our hearts, move in our worship gatherings, move in our everyday interactions with one another. Holy Spirit, come.



# Holy Spirit, We Depend on You

## day twenty-five

Holy Spirit, as You call me into specific spaces, and to specific people, and to specific tasks, help me to trust You, and to say yes to You. Calm my fears, silence my doubts, help me to walk in confident assurance that You go before me and with me, and give me faith as a mustard seed – a faith planted and rooted in Jesus that grows into something BIG, uncontainable, and unstoppable.

Ask God today for a faith firmly rooted and established in Christ; ask Him to deepen Your trust in Him; ask Him to help you discern His call and to say yes to the invitations He has for you.

## day twenty-six

Father, surrendering to Your will for my life isn't easy...and yet, I know Your will is the best way...the only way. Give me courage, humility, and obedience to You.

Breath Prayer: (Inhale) Loving Father (Exhale) Help me to want what You want.

## day twenty-seven

Spend time today prayerfully reading and reflecting on these Scriptures:

"The Lord gave me this message: Before I shaped you in the womb, I knew all about you. Before you saw the light of day, I had holy plans for you: a prophet to the nations—that's what I had in mind for you." (Jeremiah 1:5)

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." (Philippians 4:6-7)



# Holy Spirit, We Depend on You

day twenty-eight

Be reminded today of the truth of who God is with this beautiful worship song: Fountains by Josh Baldwin. "I will never forget the moment I met You, the moment You called my name. You pulled me out of the darkness, gave me a promise to never thirst again. All that I ever wanted, my heart has found in You. I have tasted life, and nothing satisfies like You do; the Fount that won't run dry, nothing satisfies like You do."

## notes