

The background of the image is a photograph of a coastal scene. The top half shows turquoise blue ocean water with small white-capped waves. The bottom half shows a sandy beach with a white, foamy line of waves crashing onto it. The overall texture is slightly grainy, suggesting an aerial or close-up shot.

# 40 days of Prayer



**“HOW TO PRAY THROUGHOUT YOUR DAY”**

“Pray in the Spirit AT ALL TIMES with ALL KINDS OF PRAYERS, asking for everything you need. To do this you must always be ready and never give up.

And always pray for all God's people.”

***Ephesians 6:18 (NCV)***

# What does it mean to pray in the Spirit?

- It just means let God lead you.
- Follow the Spirit's leading.
- Listen to God's impressions.
- When the Holy Spirit puts an idea in your mind, stop and pray about it.

- **How do you pray without ceasing?**
- **How do you continually pray without stopping?**

- There is no bad time to pray.
- There's never an inappropriate time to pray.
- Every time, anywhere, you can pray all the time.
- It's always a good idea to pray.
- Nothing is off limits.
- Pray with all kinds of prayer.

Now when Daniel knew that the writing was signed, he went home. And in his upper room, with his windows open toward Jerusalem, he knelt down on his knees three times that day, and prayed and gave thanks before his God, as was his custom since early days.

*Daniel 6:10 (NKJV)*



Worry never changes  
anything, but prayer can  
change things!



Give all your worries and cares to  
God, for he cares about you.

*1 Peter 5:7 (NLT)*

I sought the Lord, and He heard  
me, And delivered me from all  
my fears.

*Psalm 34:4 (NKJV)*

1 I cried out to God with my voice —  
To God with my voice; And He gave ear to me.  
2 In the day of my trouble I sought the Lord;

*Psalm 77:1-2 (NKJV)*



# **Three Different Ways That You Can Pray Throughout Your Day:**

# Three Different Ways That You Can Pray Throughout Your Day:

1. Start your day with a meeting with God in prayer.
2. Keep a running conversation with God.
3. Reflect on God's goodness throughout your day.

- **Get up with gratitude.**
- **Bless God's name at breakfast.**
- **At midmorning remember what matters most.**
- **List your needs at lunch.**
- **I ask for forgiveness in the afternoon.**
- **Ask God to help me make wise decisions.**
- **End your day with an encouraging truth.**

*"For yours is the kingdom, and the power, and the glory, forever! Amen!"*

**Matthew 6:13**