

Can We Pray for You?
40-Day Prayer
Guide for Lent 2025



Wednesday 5th March – Saturday 19th April
(excluding Sundays)

For the next 40 days, let's pray boldly and step out in faith,
believing for God to move in the lives of those around us.

Each day includes
A Scripture to reflect on
A Prayer Focus to guide your time with God
A Bold Step to encourage you to step out and pray for someone

Week 01: Mental Health

Anxiety, depression, and emotional well-being

Day 1: Wednesday 5th March

Scripture: Philippians 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Prayer Focus

Pray for those struggling with anxiety to experience God's peace.

Bold Step

Reach out to a friend who may be struggling and ask if you can pray for them.

Day 2: Thursday 6th March

Scripture: 2 Timothy 1:7

For God has not given us a spirit of fear, but of power, love, and a sound mind.

Prayer Focus

Pray against fear and for a sound mind in those battling depression.

Bold Step

Share this verse with someone who may need encouragement today.

Day 3: Friday 7th March

Scripture: Psalm 34:18

The Lord is close to the brokenhearted and saves those who are crushed in spirit.

Prayer Focus

Pray for those experiencing grief and deep sadness.

Bold Step

Send a message of comfort to someone who has experienced loss.

Day 4: Saturday 8th March

Scripture: Isaiah 26:3

You will keep in perfect peace those whose minds are steadfast, because they trust in you.

Prayer Focus

Pray for peace over those who struggle with racing thoughts and stress.

Bold Step

Take a moment to pray with someone in person today.

Day 5 - Monday 10th March

Scripture: Matthew 11:28

Come to me, all you who are weary and burdened, and I will give you rest.

Prayer Focus

Pray for those feeling overwhelmed by life's pressures.

Bold Step

Offer to help lighten someone's burden today.

Day 6: Tuesday 11th March

Scripture: John 10:10

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

Prayer Focus

Pray for joy to replace despair in those struggling with mental health

Bold Step

Speak words of life and encouragement over someone today.

Week 02 : Relationships

Marriage, singleness, friendship, children

Day 7 - Wednesday 12th March

Scripture: Ecclesiastes 4:9-10

Two are better than one... If either of them falls down, one can help the other up.

Prayer Focus

Pray for stronger friendships and deep, godly connections.

Bold Step

Send a message of encouragement to a friend today.

Day 8 - Thursday 13th March

Scripture: 1 Corinthians 13:4-7

Love is patient, love is kind... It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

Prayer Focus

Pray for restoration in relationships, particularly for marriages and families.

Bold Step

Speak kindness into a difficult relationship today.

Day 9 - Friday 14th March

Scripture: 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.

Prayer Focus

Pray for wisdom in relationships and trust in God's guidance.

Bold Step

Share this verse with someone seeking direction in their relationships.

Day 10 - Saturday 15th March

Scripture: James 1:5

If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach.

Prayer Focus

Pray for wisdom for those navigating the single season or dating.

Bold Step

Pray for someone in your church or community who is in a relationship or single.

Day 11 - Monday 17th March

Scripture: Ephesians 4:2-3

Be completely humble and gentle; be patient, bearing with one another in love.

Prayer Focus

Pray for patience and understanding in relationships.

Bold Step

Be intentional about showing patience and love in a relationship today.

Day 12 - Tuesday 18th March

Scripture: 1 Corinthians 13:4-7

Love is patient, love is kind... It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

Prayer Focus

Pray for restoration in relationships, particularly for marriages and families.

Bold Step

Speak kindness into a difficult relationship today.

Week 3: Finances

Business, personal finances, provision

Day 13 - Wednesday 19th March

Scripture: Matthew 6:33

But seek first His kingdom and His righteousness, and all these things will be given to you as well.

Prayer Focus

Pray for those in financial need to trust God as their provider.

Bold Step

Bless someone financially in a small but meaningful way today.

Day 14 - Thursday 20th March

Scripture: 2 Corinthians 9:7

Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.

Prayer Focus

Pray for generosity in your own heart and for others to be able to give cheerfully.

Bold Step

Practice generosity in your daily life today.

Day 15 - Friday 21st March

Scripture: Luke 6:38

Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap.

Prayer Focus

Pray for God's provision and financial breakthrough for those struggling.

Bold Step

Pray with someone for a breakthrough in their finances today.

Day 16 - Saturday 22nd March

Scripture: Philippians 4:19

And my God will meet all your needs according to the riches of his glory in Christ Jesus.

Prayer Focus

Pray for those experiencing financial pressure to see God's provision.

Bold Step

Offer to help someone in need with practical support or prayer today.

Day 17 - Monday 24th March

Scripture: Proverbs 11:25

A generous person will prosper; whoever refreshes others will be refreshed.

Prayer Focus

Pray for a spirit of generosity to flow in the lives of God's people.

Bold Step

Find someone to bless today, whether financially or through an act of kindness.

Day 18 - Tuesday 25th March

Scripture: Malachi 3:10

Bring the whole tithe into the storehouse... Test me in this, says the Lord Almighty, and see if I will not throw open the floodgates of heaven

Prayer Focus

Pray for boldness in trusting God with finances, including giving and tithing.

Bold Step

Consider how you can honor God with your resources today.

Week 4: Miracles

Healings, health, relationships

Day 19 - Wednesday 26th March

Scripture: Jeremiah 30:17

But I will restore you to health and heal your wounds, declares the Lord.

Prayer Focus

Pray for someone who needs physical healing.

Bold Step

Ask someone who is sick if you can pray for them today.

Day 20 - Thursday 27th March

Scripture: Isaiah 53:5

But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds, we are healed.

Prayer Focus

Pray for emotional healing for those who are broken-hearted.

Bold Step

Pray for someone experiencing pain—physical or emotional—today.

Day 21 - Friday 28th March

Scripture: Mark 5:34

Daughter, your faith has healed you. Go in peace and be freed from your suffering.

Prayer Focus

Pray for those battling long-term illness or pain to experience healing.

Bold Step

Encourage someone battling sickness to trust in God's healing power.

Day 22 - Saturday 29th March

Scripture: Matthew 9:35

Jesus went through all the towns and villages, healing every disease and sickness.

Prayer Focus

Pray for God to show His power in healing and miracles in your community.

Bold Step

Speak life and healing over someone today.

Day 23 - Monday 31st March

Scripture: James 5:16

Therefore confess your sins to each other and pray for each other so that you may be healed.

Prayer Focus

Pray for spiritual healing for those struggling with guilt or unforgiveness.

Bold Step

Ask someone if you can pray for them about an area of hurt.

Day 24 - Tuesday 1st April

Scripture: Matthew 17:20

He replied, "Because you have so little faith... If you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you."

Prayer Focus

Pray for greater faith in believing for miracles.

Bold Step

Take a step of faith and ask God for a miracle in your own life.

Week 5: World & Mission

Nations, missionaries, the lost

Day 25 - Wednesday 2nd April

Scripture: Matthew 28:19

Therefore go and make disciples of all nations...

Prayer Focus

Pray for missionaries and those sharing the gospel around the world.

Bold Step

Support a missionary in some way—through prayer, giving, or encouragement.

Day 26 - Thursday 3rd April

Scripture: Acts 1:8

But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.

Prayer Focus

Pray for boldness for Christians to share the gospel wherever they are.

Bold Step

Share your faith with someone you haven't shared it with before.

Day 27 - Friday 4th April

Scripture: Romans 10:14-15

How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard?

Prayer Focus

Pray for missionaries reaching people in closed countries.

Bold Step

Write a note of encouragement to a missionary today.

Day 28 - Saturday 5th April

Scripture: John 4:35

Do you not say, 'Four months more and then the harvest'? I tell you, open your eyes and look at the fields! They are ripe for harvest.

Prayer Focus

Pray for God to open the eyes of those who are spiritually blind.

Bold Step

Pray for someone who is not yet saved—believe for their salvation.

Day 29 - Monday 7th April

Scripture: Matthew 9:37-38

Then he said to his disciples, "The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field."

Prayer Focus

Pray for God to raise up more laborers for the harvest, particularly in hard-to-reach places.

Bold Step

Commit to supporting someone in ministry, whether through prayer, financial support, or involvement.

Day 30 - Tuesday 8th April

Scripture: Colossians 4:3

And pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains.

Prayer Focus

Pray for open doors for the gospel in places where the message is restricted.

Bold Step

Pray for an open door to speak to someone about Christ.

Week 6: Leaders

Pastors, government leaders, and spiritual leaders

Day 31 - Wednesday 9th April

Scripture: James 1:5

"If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him."

Prayer Focus

Pray for wisdom and discernment for the leaders in your church and community. Ask God to guide their decisions and strengthen their leadership.

Bold Step

Reach out to a leader in your life (a pastor, mentor, or workplace leader) and let them know you're praying for them.

Day 32: Thursday 10th April

Scripture: Proverbs 3:5-6

"Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths."

Prayer Focus

Pray for guidance for the leaders in your workplace or your local community. Ask God to lead them with clarity and purpose.

Bold Step

Pray for a community leader (e.g., school principal, local government official) you know, even if you don't have a personal connection.

Day 33: Friday 11th April

Scripture: Psalm 133:1

"Behold, how good and how pleasant it is for brethren to dwell together in unity!"

Prayer Focus

Pray for unity and harmony among the leadership in your church. Ask God to strengthen relationships and to give them a unified vision.

Bold Step

Send a message of encouragement to a leader in your church, thanking them for their leadership.

Day 34: Saturday 12th April

Scripture: 1 Timothy 2:1-2

"Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence."

Prayer Focus

Pray for the leaders of your nation, asking God to grant them wisdom and integrity as they make decisions that impact your community and the world.

Bold Step

Pray for a national leader, even if you don't agree with their policies—ask God to bless them and guide their decisions

Day 35: Monday 14th April

Scripture: Ephesians 6:10-11

"Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil."

Prayer Focus

Pray for the spiritual protection of your church leaders. Ask God to guard their hearts and minds from discouragement and opposition.

Bold Step

Encourage a church leader by offering to pray with them before or after service.

Day 36: Tuesday 15th April

Scripture: 1 Peter 5:2-3

"Shepherd the flock of God which is among you, serving as overseers, not by compulsion but willingly, not for dishonest gain but eagerly; nor as being lords over those entrusted to you, but being examples to the flock."

Prayer Focus

Pray for the leadership team in your church, asking God to help them serve with humility, grace, and passion for God's people.

Bold Step

Ask a leader what they need prayer for and commit to lifting them up in prayer this week.

Week 7: Easter

Resurrection Power; Celebrating Christ's Victory

Day 37: Wednesday 16th April

Scripture: Luke 22:39-42

"Jesus went out as usual to the Mount of Olives, and his disciples followed him. On reaching the place, he said to them, 'Pray that you will not fall into temptation.' He withdrew about a stone's throw beyond them, knelt down and prayed, 'Father, if you are willing, take this cup from me; yet not my will, but yours be done.'"

Prayer Focus

Reflect on Jesus' surrender to God's will in the Garden of Gethsemane. Ask God for the strength to trust His will in your own life.

Bold Step

Pray for someone who is struggling with surrendering to God's plan. Encourage them with the example of Jesus' obedience.

Day 38: Thursday 17th April

Scripture to reflect on: Matthew 26:26-2

"While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, 'Take and eat; this is my body.' Then he took a cup, and when he had given thanks, he gave it to them, saying, 'Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins.'"

Prayer Focus

Thank Jesus for the new covenant of grace that He established through His body and blood. Reflect on the power of communion in reminding us of His sacrifice.

Bold Step

Share with someone the significance of Jesus' sacrifice and invite them to reflect on the gift of communion.

Day 39: Good Friday - Friday 18th April

Scripture: John 19:30

"When he had received the drink, Jesus said, 'It is finished.' With that, he bowed his head and gave up his spirit."

Prayer Focus

Reflect on the significance of Jesus' final words on the cross. Give thanks for the complete work of redemption He accomplished. Pray for those who have not yet experienced the fullness of Christ's sacrifice.

Bold Step

Reach out to someone who may not yet understand the depth of Jesus' sacrifice and share with them the hope found in His finished work on the cross.

Day 40: Easter Saturday - Saturday 19th April

Scripture: Matthew 27:62-66

"The next day, the one after Preparation Day, the chief priests and the Pharisees went to Pilate. 'Sir,' they said, 'we remember that while he was still alive that deceiver said, "After three days I will rise again." So give the order for the tomb to be made secure until the third day. Otherwise, his disciples may come and steal the body and tell the people that he has been raised from the dead. This last deception will be worse than the first.' 'Take a guard,' Pilate answered. 'Go, make the tomb as secure as you know how.' So they went and made the tomb secure by putting a seal on the stone and posting the guard."

Prayer Focus

Reflect on the waiting and silence of Holy Saturday. Though Jesus' body was in the tomb, God's work was still unfolding. Pray for those in seasons of waiting, trusting that God is at work even when we cannot see it.

Bold Step

Reach out to someone who may be feeling stuck or in a season of waiting. Encourage them to trust in the work God is doing behind the scenes, just as He was preparing for the resurrection.