



Navigator Discipleship Tool

31 DAYS OF Prayer

Commit to spending 31 days seeking God in prayer. Look up each verse and study the context of that passage. Ask God to show you how you can apply this in your life. Write the verses on note cards and place them around your house to memorize God's Word.

1 Then Hannah prayed and said: "My heart rejoices in the LORD; in the LORD my horn is lifted high."
1 Samuel 2:1

2 Hear my cry for help, my King and my God, for to you I pray. Psalm 5:2

3 By day the LORD directs his love, at night his song is with me—a prayer to the God of my life.
Psalm 42:8

4 Praise be to God, who has not rejected my prayer or withheld his love from me!
Psalm 66:20

5 But I cry to you for help, LORD; in the morning my prayer comes before you. Psalm 88:13

6 May my prayer be set before you like incense; may the lifting up of my hands be like the evening sacrifice. Psalm 141:2

7 The LORD detests the sacrifice of the wicked, but the prayer of the upright pleases him.
Proverbs 15:8

8 Seek the peace and prosperity of the city to which I have carried you into exile. Pray to the LORD for it, because if it prospers, you too will prosper. Jeremiah 29:7

9 Three times a day he [Daniel] got down on his knees and prayed, giving thanks to his God, just as he had done before. Daniel 6:10

10 When my life was ebbing away, I remembered you, LORD, and my prayer rose to you, to your holy temple. Jonah 2:7

11 But I tell you, love your enemies and pray for those who persecute you. Matthew 5:44

12 But when you pray, go into your room, close the door and pray to your Father, who is unseen. Matthew 6:6

13 If you believe, you will receive whatever you ask for in prayer. Matthew 21:22

14 But Jesus often withdrew to lonely places and prayed. Luke 5:16

31 DAYS OF *Prayer*

15 *My prayer is not for them alone. I pray also for those who will believe in me through their message. John 17:20*

16 *They all joined together constantly in prayer. Acts 1:14*

17 *They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. Acts 2:42*

18 *After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly. Acts 4:31*

19 *Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust. Acts 14:23*

20 *The Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. Romans 8:26*

21 *Be joyful in hope, patient in affliction, faithful in prayer. Romans 12:12*

22 *I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you. Ephesians 1:18*

23 *I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. Ephesians 3:16,17*

24 *And this is my prayer: that your love may abound more and more in knowledge and depth of insight. Philippians 1:9*

25 *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. Philippians 4:6*

26 *Devote yourselves to prayer, being watchful and thankful. Colossians 4:2*

27 *We always thank God for all of you and continually mention you in our prayers. 1 Thessalonians 1:2*

28 *Is anyone among you in trouble? Let them pray. James 5:13*

29 *Therefore confess your sins to each other and pray for each other so that you may be healed. James 5:16*

30 *For the eyes of the Lord are on the righteous and his ears are attentive to their prayer. 1 Peter 3:12*

31 *The smoke of the incense, together with the prayers of God's people, went up before God from the angel's hand. Revelation 8:4*