

## 28 Days of Prayer // January 12 to February 9, 2025

It's too easy to enter a season or year as if it all depends on us.

It partly does – God doesn't avoid us in accomplishing his mission, he invites our participation.

However, it doesn't fully depend on us. **He's the source, vision, strength and framework we live every day in and with.** *In him we live and move and have our being* (Acts 17:28)

Countless references in scripture call us to pray like it depends on God (2 Chron. 7:14; Col. 4:2-4; Matthew 6:10, 33; Gal. 6:16, 18, 25)

**More than just God accomplishing something, God wants to be with us and transform us.** THIS is the heart behind our praying - relationship and formation.

Jesus called his disciple to be with him (Mark 3:14; John 15) and he demonstrated a posture and practice of being with his Father.

David, Israel's king described as one after God's own heart demonstrates this hunger when he prayed in the middle of a battle raging around him,

*One thing I ask from the Lord,  
this only do I seek:  
that I may dwell in the house of the Lord  
all the days of my life,  
to gaze on the beauty of the Lord  
and to seek him in his temple.*

*(Psalm 27:4)*

**Would you carve out the next 28 DAYS for contemplation, prayer and intercession?**

- To dwell in God's presence and behold his beauty?
- To stand with each other and the world around us in prayer?
- To intercede for friends and family still not in relationship with Jesus?
- To see revival in our city and communities?
- To sustain our ministry teams and leaders?
- To develop a joyful inner hunger for the presence of God?

The following pages will describe suggested daily and weekly practices, scripture, resources, and prayer groups to help us engage these 28 days of prayer together!

Let's lean in with intentionality and expectation. Invite someone to partner with you.

## DAILY PRACTICES

- **Daily Office**
  - Below you'll find 4 weeks of guided scripture and prayer for Sunday, Monday, Wednesday, and Friday; those can be your theme for that day.
  - In addition, you're invited to pause 3x a day – morning, mid-day, evening – to be still before God, present to his presence, reflecting on a short scripture, to keep your day before him.
  - Suggested scripture for those pauses: Psalm 27:4, The Lord's Prayer, Psalm 23, Psalm 139 :23-24
  - Include a brief moment of silence, prayer, reflection with the time you have
- **Daily Scripture**
  - Use the curated daily offices below on Sunday, Monday, Wednesday and Friday; this is ideal for those with limited time OR in addition to whatever current reading plan you're following
  - Need a reading plan? Use our suggested 2 year plan (Daily Office Lectionary)
    - <https://westsidegathering.com/practice/2-year-bible-reading-plan>
- **Commit to 3 Unplugged Hours per day**

## WEEKLY PRACTICES

- **Sunday** Worship, Learning and Community – of course!
  - Pre-gathering prayer, 9:30-10:15AM
- Wednesday – **Fasting Day**
- **Zoom Prayer Groups** (listed below)
  - prayer groups for various pockets of our church
- **In Person Prayer Groups** (listed below)
- Young Adults Prayer Course (Tuesdays)
- Youth Nights (Fridays)
- **Family Prayer Resource** (parents receiving via email from KidsQuest)
  - request via [kidsquest@westsidegathering.com](mailto:kidsquest@westsidegathering.com)
- **Sabbath** – plan a 24 hour period to stop, rest, delight, contemplate (consider digitally unplugging for the day)

## PRAYER AND WORSHIP NIGHT – Friday, February 7 @ 7PM

- In partnership with ALPHA Canada for our region

## WEEK 1 – January 12-18

**PRAYER FOCUS:** intentionally pursue God, extend your time in prayer and in his presence; make your daily request about being drawn close to him; ask him to reveal himself through scripture, silence and prayer. (James 4:8)

**SUNDAY:** Worship with the Church (reflect on scripture, prayers and message of the day)

(prayer) *Father in heaven, who at the baptism of Jesus in the River Jordan proclaimed him your beloved Son and anointed him with the Holy Spirit: Grant that all who are baptized into his Name may keep the covenant they have made, and boldly confess him as Lord and Savior; who with you and the Holy Spirit lives and reigns, one God, in glory everlasting. Amen.*

(extra scripture) Isaiah 40:1-11 • Heb. 1:1-12 • John 1:1-7, 19-20, 29-34

### MONDAY

- Silence: 2 minutes, slow breathing, anchor thoughts with “I’m still before you God”
- Read: Psalm 139:23-24
- Question: What am I anxious about today? Where am I not aligned with Jesus today?
- Prayer: Heavenly Father, we hear your invitation to join the life everlasting available to us in you, your Son, and in your Holy Spirit. We welcome your conviction and correction in any area that is preventing from knowing you deeply. Amen.

**WEDNESDAY** (consider fasting 1 or more meals today with the church)

- Silence: 2 minutes, slow breathing, anchor prayer with “I’m still before you God”
- Read: 1 Peter 1:23
- Question: Do you live with an awareness of the newness of the gospel in your life?
- Prayer: Lord, thank you for your living and enduring word, first sent to us through your prophets and then fully in your Son, Jesus. Help me to remember that I am born again through something beyond myself. May I remember this when I pray for and share the gospel with others in my life. Amen.

### FRIDAY

- Silence: 2 minutes, slow breathing, anchor prayer with “Jesus fill me... free me”
- Read: Matthew 22:37-40
- Question: What parts of your life come to mind when you consider loving God and others?
- Prayer: Lord, I often wonder what the core of knowing and following you is. Help me hear this summary as an invitation to the life you long for me. A life focused on love – for you and others, and also remembering that you love me deeply.

## WEEK 2 – January 19-25

**PRAYER FOCUS:** pray daily for Westsiders (list by name, asking God to draw them, fill them with his Spirit, reveal himself to them; ask how you can pray for someone); Choose a prayer partner for the month!! // Pray for a different church ministry or group of leaders each day.

**SUNDAY:** Worship with the Church (reflect on scripture, prayers and message of the day)

*(prayer) Almighty God, whose Son our Savior Jesus Christ is the light of the world: Grant that your people, illumined by your Word and Sacraments, may shine with the radiance of Christ's glory, that he may be known, worshiped, and obeyed to the ends of the earth; through Jesus Christ our Lord, who with you and the Holy Spirit lives and reigns, one God, now and forever. Amen.*

(extra scripture) Isaiah 43:14-44:5 • Heb. 6:17-7:10 • John 4:27-42

### MONDAY

- Silence: 2 minutes, slow breathing, anchor prayer with “Welcome Holy Spirit”
- Read: Ephesians 1:3-14
- Reflect: According to these verses, what has God done for you? List the blessings mentioned. Which one stands out to you today?
- Pray: Father, your kindness blows me away. Thank you for choosing me, adopting me into your family, forgiving me, filling me with the Holy Spirit, blessing me with every spiritual blessing in Christ, and including me in your plan to bless the world. May you be praised forever. Amen.

**WEDNESDAY** (consider fasting 1 or more meals today with the church)

- Silence: 2 minutes, slow breathing, anchor prayer with “Search me, God”
- Read: 1 John 1:5-10
- Reflect: Am I walking in the light or are there aspects of my life that I prefer to remain hidden? Is there something that I need to confess to God or about which I need to be transparent with other people?
- Pray: Lord, thank you that you don't expect that we'll never stumble, but instead you only ask that we be honest with you and others. Please grant me the courage and humility to confess my sins to you and be transparent with others. Amen.

### FRIDAY

- Silence: 2 minutes, slow breathing, anchor prayer with “Jesus fill me... free me”
- Read: Psalm 23
- Question: How are you allowing God to be your Shepherd in this season? What parts of your soul need restoration?
- Prayer: (read through the Psalm again as a prayer slowly, allowing yourself to keep praying the themes as God highlights sections or words to you)

## WEEK 3 – January 26-February 1

**PRAYER FOCUS:** alternate days to pray for your neighborhood/borough, city/province, social services, global issues or regions. *“Your kingdom come, your will be done in \_\_\_\_\_ as it is in heaven”*

**SUNDAY:** Worship with the Church (reflect on scripture, prayers and message of the day)

(prayer) *Give us grace, O Lord, to answer readily the call of our Savior Jesus Christ and proclaim to all people the Good News of his salvation, that we and the whole world may perceive the glory of his marvelous works; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.*

(extra scripture) Isaiah 47:1-15 • Heb. 10:19-31 • John 5:2-18

### MONDAY

- Silence: 2 minutes, slow breathing, anchor prayer with “I’m still before you God”
- Read: 1 Samuel 1:6-20
- Reflect: Hannah was grieving, provoked and misunderstood. What situation is breaking your heart that you can pour out to the Lord as Hannah did?
- Pray: "Lord, I pour out my broken heart to you. Thank you that you love me and you care about what I'm going through. Please grant me favor as you did for Hannah. Help me to trust that you know what's best for me. Amen."

**WEDNESDAY** (consider fasting 1 or more meals today with the church)

- Silence: 2 minutes, slow breathing, anchor prayer with “Jesus fill me... free me”
- Read Matthew 1:23
- Reflect: Are you waiting and hoping for something great to be fulfilled? Pray that hope will remain in your heart for what is to come.
- Prayer: Father God, thank you for the times we have to wait to see our prayers answered. Thank you for journeying with us in this waiting time. Teach us to turn to You in this time and remember to be thankful, for You will answer our prayers. Amen.

### FRIDAY

- Silence: 2 minutes, slow breathing, anchor prayer with “Welcome Holy Spirit”
- Read: Galatians 5:13,14
- Reflect: Is there a neighbor/friend/co-worker/family member that the Lord is prompting me to reach out to? How can I serve them in love?
- Pray: "Father, thank you that we are no longer under the law, but that you lavish your grace upon us. Open my eyes to see who I can share your love with today. Make me a blessing to my neighbor. Amen."

## WEEK 4 – February 2-8

**PRAYER FOCUS:** as we come to the last week, pray for revival in our church, city and beyond (Ps. 84, 51; 2 Chron. 7:14); choose 1-2 themes daily: repentance, confession, revelation, healing, conversion, holiness, conviction, spiritual impact

**SUNDAY:** Worship with the Church (reflect on scripture, prayers and message of the day)

(prayer) *Almighty and everlasting God, you govern all things both in heaven and on earth: Mercifully hear the supplications of your people, and in our time grant us your peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.*

(extra scripture) Isaiah 51:9-16 • Heb. 11:8-16 • John 7:14-31

### MONDAY

- Silence: 2 minutes, slow breathing, anchor prayer with “Jesus fill me... free me”
- Read: John 15:4-5
- Reflect: How am I remaining in Jesus this season? What fruit do I notice when I remain in him?
- Prayer: Heavenly Father, you are the gardener. May we trust that you know what helps us grow and mature best. Jesus, you are the true vine. May we trust that our lives bear the best kind of fruit when we are rooted in you. Teach us by your Spirit what it means to truly remain in you.

**WEDNESDAY** (consider fasting 1 or more meals today with the church)

- Silence: 2 minutes, slow breathing, anchor prayer with “I’m still before you God”
- Read: Isaiah 26:3-4
- Reflect: How is the state of my mind affecting my sense of peace?
- Prayer: Lord, you are my rock. I trust you fully. I long for my mind to be steadfast, steady, and clear. Amen.

### FRIDAY

- Silence: 2 minutes, slow breathing, anchor prayer with “Welcome Holy Spirit”
- Read: Ezekiel 36:26-27
- Reflect: What can you begin to change in your life today to reflect God’s promise of a new heart softened to hear His voice?
- Prayer: Father God, thank you for these beautiful words of promise. The promise of renewal and change in our hearts to reflect Your ways in our lives. Thank you for Your Spirit to help us do this, for we cannot do this without You. Amen.

## COMMUNITY PRAYER ENVIRONMENTS AVAILABLE (28 Days)

### WEEKLY

- Sundays @ 9:30AM-10:15 (in person; Joan W)
- Wednesdays @ 7:00-8:00PM (zoom, Joseph F)
- Wednesdays @ 7:00-8:00AM (in-person, David M)
- Wednesday, January 22 & February 5 @ 10:30AM-12:00PM
  - (for women only; zoom, Laura H)

### ONE TIME GROUPS with specific prayer focus

- PARENT/FAMILY → Thursday, January 23 @ 7:00PM (zoom, KQ)
- WSG MISSION PARTNERS → Tuesday, January 28 @ 7-8PM (zoom, Joan W)
- MEN → TBD (David Z)
- WOMEN → TBD (Amy V)
- (additional groups or changes will be added to our website and on social media)

**Devote yourselves to prayer**, being watchful and thankful. 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.

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

(Col. 4:2-4; Eph. 6:18))