



40

DAYS OF

PRAYER

AND

FASTING

A PRAYER GUIDE TO HELP US
“SPRINT THROUGH THE LINE”



SPRING 2026

Prayer & Fasting Guide

Welcome!

Thank you for joining LifePointe Church in our 40 days of prayer and fasting as we approach Good Friday and Easter. This Prayer Guide provides 40 verses and prayer prompts that help prayer become a conversation with God. He speaks through his revealed Word, and we respond in prayer.

This guide was designed for anyone to use as a standalone resource or in addition to any other Bible reading Plans and Devotions you may already use. The daily guide can be used in as little as 5 mins or could prompt a prayer that lasts hours. It can also be used in conjunction with fasting in a variety of ways including fasting from one meal a day or from social media. Fasting can help awaken and intensify our desire for God over the things of this world.

Our theme this year as a church is “Sprinting Through the Line” as we strive to finish well, the course marked out for us (Philippians 3:13-14). In this final year of our NextSteps 2026 vision, we’re asking God to send out 3 global partners, help us engage 2 of our neighbors, and see 1 neighborhood transformed in the backyard of the church. We’re also seeking God’s wisdom together in how to steward God’s provision of paying off the church debt to fuel the mission he has given our church. Join us in asking God for these daily!

Our prayer for you is that this resource would stir up your love for our Heavenly Father, as you engage with Him in prayer (Matthew 6:9-13).

Questions to enrich the prayer guide:

Scripture

- Invite God to open your eyes to His Word before you read the scripture
- Read the day's scripture slowly, then read it again
- Try emphasizing different words as you read

Observations

- What words or phrases stick out to you?
- What is the original author trying to say?
- In 1-3 words, what is the main idea of the text?

Application

- What does this text teach me about God, the world, or myself?
- What circumstances in my life are relevant to this text?
- How does the principle of this text apply in my life?

Prayer

- Talk with God about what you have seen in this text
- Consider categories of Adoration, Confession, Supplication, and Thanksgiving
- Or use the general flow of the The Lord's Prayer (Matthew 6:9-13) as a guide to your prayer

During these 40 Days

During this season of prayer, the elders want to hear from you! We want to sense God's Spirit guiding us as one united body of believers. Throughout the 40 days of prayer, send in a written prayer or any feedback you may sense as you engage with God. Anyone can participate by sending us an email at elders@sharethelife.org and share how God is on the move in our church through prayer!

How to Use This Guide each Day (S.O.A.P.)

*S*cripture: Pray. Read slowly. Read again.

*O*bserve: What stands out? What is the main idea?

*A*pply: What is God showing you? How does this shape your life today?

*P*ray: Respond with a praise, confession, thanksgiving, or a request.

Week 1 February 23 - March 1 | Day 1 - 7

1. *Philippians 3:13-14*
2. *Matthew 6:9-13*
3. *2 Chronicles 7:14*
4. *John 15:5*
5. *Isaiah 41:10*
6. *Philippians 4:4-7*
7. *Psalms 51:7-12*

Week 2 March 2 - 8 | Day 8 - 14

8. *Colossians 3:1-4*
9. *Deuteronomy 8:3*
10. *Romans 12:12*
11. *John 10:10*
12. *Isaiah 26:3*
13. *1 Peter 5:6-7*
14. *1 Thessalonians 5:17*

Week 3 March 9 - 15 | Day 15 - 21

15. *Mark 12:31*
16. *1 Timothy 2:1-2*
17. *1 Peter 4:10*
18. *Matthew 5:14-16*
19. *Romans 1:16-17*
20. *Hosea 6:6*
21. *James 5:16*

Week 4 March 16 - 22 | Day 22 - 28

- 22. Galatians 6:10
- 23. Psalm 67:4
- 24. 2 Corinthians 9:6-7
- 25. Revelation 22:2
- 26. Proverbs 3:5-6
- 27. Philippians 4:19
- 28. 1 John 5:14-15

Week 5 March 23 - 29 | Day 29 - 35

- 29. Luke 10:25-37
- 30. Psalm 22:28
- 31. 1 Chronicles 29:14
- 32. Isaiah 54:10
- 33. Romans 5:8
- 34. John 16:33
- 35. Jeremiah 29:7

Week 6 March 30 - April 3 | Day 36 - 40

- 36. Matthew 25:14-30
- 37. James 1:2-3
- 38. 1 John 1:9
- 39. Hebrews 4:12-13
- 40. Philippians 3:13-14



LifePointe Church
sharethelife.org/prayer