

40 day prayer guide

The Transformative Power of a 40-Day Prayer Guide: A Comprehensive Exploration

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Editor: Reverend Thomas Miller, a seasoned spiritual director with 30 years of experience guiding individuals through intensive prayer journeys. He has extensively reviewed and utilized various prayer guides, including numerous 40-day prayer guides, offering valuable input on their structure, effectiveness, and potential impact.

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Introduction:

The concept of a 40-day prayer guide has deep roots in various religious traditions. From the biblical account of Jesus' 40-day fast in the wilderness to contemporary spiritual practices, the 40-day period symbolizes a significant journey of spiritual growth, transformation, and deepening faith. This in-depth report explores the effectiveness of 40-day prayer guides, examining their historical context, psychological benefits, and practical applications. We will delve into the research on the impact of consistent prayer and how a structured approach, such as a 40-day prayer guide, can enhance this impact.

Historical Context of 40-Day Prayer Practices:

The number 40 holds significant symbolic weight across various religious and cultural contexts. In the Bible, the number 40 often represents a period of testing, trial, and transformation. Moses spent 40 days on Mount Sinai receiving the Ten Commandments, and the Israelites wandered in the desert for 40 years. Jesus' 40-day fast in the wilderness serves as a powerful example of spiritual discipline and preparation for ministry. This historical precedent lends weight to the practice of undertaking a 40-day period of focused prayer. Many modern 40-day prayer guides draw inspiration from this rich historical tradition.

The Psychological Benefits of a 40-Day Prayer Guide:

Numerous studies have explored the positive psychological effects of prayer. Research suggests that regular prayer can reduce stress, anxiety, and depression, promoting emotional well-being. A structured 40-day prayer guide provides a framework for consistent engagement in prayer, maximizing these potential benefits. The daily discipline inherent in using a 40-day prayer guide fosters self-awareness, builds resilience, and cultivates a deeper connection with one's spirituality.

Research Findings on the Effectiveness of Structured Prayer:

While definitive scientific research on the specific impact of a 40-day prayer guide is limited, extensive studies on the benefits of regular prayer provide strong supporting evidence. Research indicates that consistent prayer can lead to:

Increased sense of purpose and meaning: Engaging with a 40-day prayer guide provides a framework for focusing on spiritual goals, fostering a stronger sense of purpose and meaning in life.
Improved coping mechanisms: The daily reflections and prayers found in a 40-day prayer guide offer tools for navigating life's challenges and developing healthier coping strategies.
Enhanced emotional regulation: The practice of prayer, particularly when guided, can help individuals better understand and manage their emotions, fostering emotional resilience.
Strengthened social connections: Participation in community-based 40-day prayer initiatives can enhance social support and foster a sense of belonging.

Designing an Effective 40-Day Prayer Guide:

A well-designed 40-day prayer guide should incorporate several key elements:

Clear structure and daily prompts: A well-defined daily structure helps maintain consistency and provides focus. Prompts should be thought-provoking and encourage introspection.
Variety of prayer styles: The guide should incorporate diverse prayer styles – contemplative prayer, intercessory prayer, scripture-based prayer, etc. – to engage different aspects of spiritual life.
Thematic unity: While incorporating variety, the themes explored throughout the 40 days should offer a cohesive and progressive journey of spiritual growth.
Integration with daily life: The 40-day prayer guide should be practical and adaptable to the reader's daily life, not adding unnecessary burden or stress.

Potential Challenges and Considerations:

While a 40-day prayer guide offers significant potential benefits, it's essential to acknowledge potential challenges:

Maintaining consistency: Committing to daily prayer for 40 days requires dedication and discipline.
Burnout: Overly demanding or intense prayer guides can lead to spiritual burnout.
Discouragement: If expectations are unrealistic, individuals may experience discouragement. It's crucial to approach the 40-day prayer guide with realistic goals and expectations.

Conclusion:

The 40-day prayer guide represents a powerful tool for spiritual growth and transformation. By providing a structured framework for consistent prayer, it allows individuals to cultivate a deeper relationship with their faith, enhance their emotional well-being, and develop greater resilience in

the face of life's challenges. While research on the specific impact of a 40-day prayer guide requires further investigation, the substantial body of research on the benefits of prayer itself strongly supports the potential for positive transformation. Choosing a well-structured 40-day prayer guide, paired with realistic expectations and self-compassion, can be a profoundly enriching spiritual experience.

FAQs:

1. Can I use a 40-day prayer guide if I'm not religious? While often used in religious contexts, the principles of reflection, intention-setting, and mindfulness are applicable to anyone seeking personal growth.
1. What if I miss a day in my 40-day prayer guide? Don't be discouraged! Simply pick up where you left off. The emphasis is on consistent effort, not perfection.
1. Is it necessary to follow a specific 40-day prayer guide? No, you can create your own. The key is consistency and intentionality.
1. Can a 40-day prayer guide help with specific issues like anxiety or grief? Yes, many 40-day prayer guides focus on specific themes that can be helpful in addressing these challenges.
1. What's the difference between a 40-day prayer guide and a daily devotional? While similar, a 40-day prayer guide usually has a more focused theme and structured approach compared to a daily devotional.
1. How can I find a 40-day prayer guide that suits my needs? Explore various publishers and online resources, searching for guides that resonate with your spiritual path and current needs.
1. Can I use a 40-day prayer guide as a group? Absolutely! Sharing the journey with others can enhance the experience and provide mutual support.

1. What should I do after completing a 40-day prayer guide? Consider continuing a daily prayer practice, possibly incorporating themes or insights gained from the guide.
1. Are there 40-day prayer guides for specific denominations or faiths? Yes, many 40-day prayer guides are tailored to specific denominational or faith traditions.

Related Articles:

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40 day prayer guide: If My People . . . Jack Countryman, 2008-07-08 If My People guides believers on a 40-day prayer journey in the spirit of 2nd Chronicles 7:14 If my people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land. The 40-days prior to the election beginning September 26th the prayer booklet guides believers through the 40 days of prayer, plus providing 7 prayers from past presidents that were inspired during some of our Country's darkest days.

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40 day prayer guide: The 40 Day Prayer Challenge Squire Rushnell, Louise DuArt, 2016-02-02 Squire Rushnell and Louise DuArt have practiced daily prayer together for sixteen years. Now they offer readers step-by-step advice on why and how to pray with another person. The 40 Day Prayer Challenge answers the question they hear from readers daily: How do you pray with someone else? The authors also explain how Partnered Prayer—which sounds like a new idea, but comes from ancient biblical promises—restores relationships and revitalizes families. Supported by the testimony of dozens of praying partners who themselves became empowered by taking The Challenge, the authors explain how a couple, a mother and son, or two close friends can pray together for five minutes a day for forty days and experience phenomenal outcomes. Squire and Louise show how churches, small groups, and individual partners can participate in a groundbreaking national initiative called historic—a first-ever empirical study by Baylor University—while personally measuring their own Partnered Prayer progress.

40 day prayer guide: Draw the Circle Prayer Journal Mark Batterson, 2018-08-21 Drawn from Mark Batterson's bestselling books *The Circle Maker* and *Draw the Circle*, this bullet journal will guide you into deeper and more intentional prayers with writing prompts for each day, scripture quotes, and beautifully designed spreads. Experience the power of bold prayer in your life as you journey through this prayer experiment.

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40 day prayer guide: 40 Days of Fasting and Prayer Guide Book J. Charles, 2018-01-27 The 40 Days of Fasting and Prayer Guide Book, offers guidance for individuals, congregations and ministry groups as they engage in extended seasons of consecration to God. What is fasting? Why fast? Why pray? These questions are addressed in the book. The author also includes a chapter on the benefits of fasting. This is a time when we consecrate and dedicate ourselves to the purposes of God, a transformational journey that will lead you on an inward expedition to greater health, happiness, freedom, and success, as we are told by Jesus in the book of (Matthew 3:11). The application of these spiritual disciplines shall also bring greater effectiveness in ministry (Matt. 17:

14-21). It is the will of God for every believer to live a life of victory with nothing being impossible. A life of consistent fasting will cause many victories to manifest.

40 day prayer guide: The Jesus Fast Lou Engle, Dean Briggs, 2016-04-19 A Passionate, Prophetic Summons to Prayer and Fasting We are poised at a key moment in history. Amidst pain and chaos, we can turn the tide of evil in our lands. With excitement and profound insight, seasoned prophetic leader Lou Engle shows how: through bold faith and aggressive, passionate prayer and fasting. Here he equips you with the dynamic, practical tools you need to answer the call of countercultural consecration. Using Jesus as the role model, he reveals that 40 days of prayer and fasting always precede breakthrough, revelations of God's glory, breakage of demonic hindrances, and more. As we join together in fasting and intercession, we'll see victory in the critical issues of our day--and we'll awaken the nations for Christ. Global revival and transformation is imminent. Will you answer the call?

40 day prayer guide: God on Mute Pete Greig, 2011-04-07 Pete Greig, the acclaimed author of *Red Moon Rising*, has written his most intensely personal and honest account yet in *God on Mute*, a book born out of his wife Samie's fight for her life and diagnosis of a debilitating brain tumor. Greig asks the timeless questions of what it means to suffer and to pray and to suffer through the silence because your prayers seem unanswered. This silence, Greig relates, is the hardest thing. The world collapses. Then all goes quiet. Words can't explain, don't fit, won't work. People avoid you and don't know what to say. So you turn to Him and you pray. You need Him more than ever before. But somehow . . . even God Himself seems on mute. In this heart-searching, honest, and deeply profound book, Pete Greig looks at the hard side of prayer, how to respond when there seem to be no answers, and how to cope with those who seek to interpret our experience for us. Here is a story of faith, hope, and love beyond all understanding.

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40 day prayer guide: Prayer: Forty Days of Practice Justin McRoberts, Scott Erickson, 2019-02-05 A simple yet profound guide to facilitate the instinctively human desire to pray. We pray because we are human, not because we are religious. Something in our nature points beyond itself; something in us searches for and desires personal connection with God. Although communicating with our Creator through prayer is innate, the effective practice of it often feels just beyond our reach. This unique book guides you to pray in deeper and more authentic ways. The short prayers and thought-provoking imagery, interspersed with contemplative reflections and suggested practices, will stir, inform, and encourage you. The simplicity of the prayers and the aesthetic appeal of the images will inspire people in every facet of life, including those with no real religious background at all.

40 day prayer guide: Forty Days of Prayer New Kit Cummings, 2015-02-25 As a result of his passion for helping people, Kit created and authored The Power of Peace Project, a program which is bringing reconciliation and peace to inmates, rival gang members and opposing factions inside some of the toughest maximum security prisons, and is now spreading to prisons and inner city schools across the nation. Kit also recently launched The Power of Peace Productions, Inc. and partnered with The Catalyst TV Network. Kit serves as an instructor with the Georgia Department of Corrections; a teacher for The Atlanta Mission; an advisor to Project KARMA, an organization devoted to youth gang intervention; as well as serving on the advisory board with HOPE worldwide Atlanta, an organization devoted to helping those in need... Kit spreads much needed, life-changing good news to the corporate world, the prisons, the schools and the streets. In this book, Kit takes you on another forty-day journey, and this time we will seek spiritual breakthrough together with seven new steps that lead us to look for God's answers on a daily basis. Many people pray. Many people even pray daily. And some pray daily and really cry out to God. Why then, are so many church

folks so stressed, worried and fearful? Why are so many Christians filled with doubt and dread, when they are consistently praying to God? Kit believes that the answer lies in focus and attention--or lack thereof. He believes people are sincere and that they really want help. But he also believes that they have fallen into the trap of seeing things the same old way, after years of thinking the same old way, and they are now unable to see God's answers right in front of them. This new project is about opening our eyes and adjusting our lens, so that we can see our glorious God doing his powerful work every day.

40 day prayer guide: The Ultimate Guide to the Daniel Fast Kristen Feola, 2010-12-21 With 21 devotionals and 100+ recipes, this book is your ultimate plan of action and toolbox as you commit to the Daniel Fast. You'll not only embrace healthier eating habits, you'll also discover a greater awareness of God's presence. Divided into three parts--fast, focus, and food--this book is your inspirational resource for pursuing a more intimate relationship with God as you eliminate certain foods such as sugars, processed ingredients, and solid fats from your diet for 21 days. Author Kristen Feola explains the Daniel Fast in easy-to-understand language, provides thought-provoking devotions for each day of the fast, and shares more than 100 tasty, easy-to-make recipes that follow fasting guidelines. In a conversational style, Feola helps you structure the fast so you can spend less time thinking about what to eat and more time focusing on God. As Feola writes, When you want ideas on what to cook for dinner, you can quickly and easily find a recipe. When you feel weary, you can be refreshed through Bible verses and devotions. When you are struggling with staying committed, you can refer to the information and tools in this book to motivate you.

40 day prayer guide: Pray40Days Michael J. Denk, 2017-02 Pray40Days is a 40 days prayer program for people of any age who want to set their prayer life on fire! Whether a beginner in prayer or more advanced, everyone can benefit from the 6 different ways of praying presented in this book.

40 day prayer guide: 40 Days of Intentional Living Ink & Willow, 2023-02-28 Cultivate intentional faith practices with this 40-day guided journal that features thoughtful reflections from well-known Christian authors, inspirational quotes, and beautiful illustrations designed to set your mind and soul at rest. The practice of developing intentional faith habits is not a natural tendency. It requires focus, discipline, prayer, and persistence to grow in our walk with God. We may have great intentions, but often the busyness and chaos of everyday life force our spiritual growth to take a back seat. Fortunately, 40 Days of Intentional Living offers both a practical guide and an inspiring resource to deepening your faith. Divided into eight themes central to the Christian faith—such as hope, joy, surrender, and rest—these 40 devotions draw from the writings of a number of bestselling and beloved authors of faith, including C.S. Lewis, Dietrich Bonhoeffer, Martin Luther King Jr., Louie Giglio, Jennie Allen, Mark Batterson, Brennan Manning, Randy Alcorn, and more. Partnered with daily Scripture reading, thought-provoking journal prompts, and practical action steps to encourage you toward a more intentional faith lifestyle, this 40-day resource is the ideal companion for walking through the seasons of Lent and Advent, as well as for use in personal or group study.

40 day prayer guide: In the Presence of Jesus Paul Bane, Matt Litton, 2021-10 A 40-day journey to calm your restless, anxious thoughts and listen for the voice of Jesus. In the stress, noise, and activity of modern life, there is a way of finding inner peace and contentment. In the Presence of Jesus will help you learn to quiet your mind and focus your attention on the grace and love that is only available in God's presence. Deeply faithful to Scripture and infused with the truth of Christ's unwavering love on every page, In the Presence of Jesus is an easy-to-understand, step-by-step, daily guide that will empower you to transfer the truth of His everlasting love for you from your head to your heart. This 40-day journey will help you focus on the character of Jesus and open your spirit to His presence in your life. Every day, you'll experience: an invocation welcoming Christ's presence into your devotional time a personal note as if it were written by Jesus to you, drawn carefully from Scripture and opening your heart to the grace of Christ Bible verses to meditate on daily prayers, reflection activities, and blessings to help you focus on Christ's presence with you throughout your day. Awaken moment by moment to the presence of a loving God--and find peace for your mind and

soul.

40 day prayer guide: The 40-Day Sugar Fast Wendy Speake, 2019-11-05 What would you be willing to give up to experience the presence of God in your life again? Many of us sign up for a physical detox program, thinking that if our bodies are healthier, then we're healthier. But a healthy body doesn't do us a lot of good if we are spiritually malnourished. Welcome to the 40-Day Sugar Fast, a fast that begins with us giving Jesus our sugar and ends with Jesus giving us more of himself--the only thing that can ever truly satisfy our soul's deep hunger. On this 40-day journey you'll learn how to stop fixating on food and other things you use to fill the voids in life and instead fix your eyes on Christ. Anyone who runs to sugar for comfort or a reward, who eats mindlessly or out of boredom, who feels physically and spiritually lethargic, or who struggles with self-control will discover here not only freedom from their cravings but an entirely new appetite for the good things God has for us.

40 day prayer guide: 40 Days to a New Beginning Yemi E Ajimatanrareje, 2018-01-04 This book, *40 Days to A New Beginning: A Fasting and Prayer Guide for Spiritual Transformation and Renewal*, is written to help Christians, churches and anyone interested in a life-changing 40-day fast to achieve their goals. It provides day-to-day guidance for the 40 days, which includes Scripture readings, written prayers and space to write messages received from God. The book also serves as a helpful devotional reading as you spend time alone with God. Great gain awaits everyone who draws closer and nearer to God on a daily basis.

40 day prayer guide: When God Winks Squire Rushnell, 2012-12-11 'Raising your consciousness to the 'God Winks' that often go by unnoticed, and recognising them as tremendously personal, will affirm that your existence is not random and that you have a role to play in life's grand plan' Squire Rushnell Have you ever thought about someone who hasn't crossed your path or mind in years and then bumped into them? Are there such things as coincidences? Do they mean anything? According to Rushnell, 'coincidences, like winks from God, are encouraging signposts along your universal path.' In *WHEN GOD WINKS* he explains that a 'God Wink' is a message of reassurance that comes our way whenever we need it and that coincidences are the best way for God to establish a presence in our lives. Rushnell shows how to retrace crossroads (a new job, a death, change in relationships) that took us in an entirely different direction, showing how to map the turning points made by coincidences that have guided us throughout our lives. Best of all, *WHEN GOD WINKS* shows us how to create our own coincidences and turn wishes into winks. He explains his compelling theory of coincidences through a series of incredible stories and motivational writing on how coincidences play a role in all facets of our life, including career, love, history, medicine, entertainment, sports and politics with telling comments from Oprah Winfrey, Barbara Streisand, Mark Twain, Kevin Costner and other celebrities. *WHEN GOD WINKS* is a fascinating bridge to self-discovery.

40 day prayer guide: 40 Days With Jesus Sarah Young, 2010-12-19 Spend 40 days with Jesus—from the time leading up to His death on Good Friday to the celebration of His resurrection on Easter Sunday—and celebrate His presence as never before. Select devotions from Sarah Young's bestselling *Jesus Calling* have been compiled to create an experience of closeness with the Savior during any time of the year. This booklet edition of key devotions offers a convenient format that fits into a purse or travel bag. Millions of people have found comfort and inspiration in Sarah Young's #1 bestselling *Jesus Calling*. Repeat customers enjoy giving *40 Days with Jesus* as a gift throughout the year Perfect size for travel Experience peace in His presence in *40 Days with Jesus*.

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prayer and gain a deeper understanding of how prayer can draw you closer to His heart.

40 day prayer guide: 40 Days Dennis Edwin Smith, 2011 Physical health influences spiritual and emotional health as well as the ability to minister effectively. As Ellen White said so succinctly: The misuse of our physical powers shortens the period of time in which our lives can be used for the glory of God. And it unfits us to accomplish the work God has given us to do (Christ's Object Lessons, p. 346). In this volume Dennis Smith invites you to spend 40 days continuing the work God has given you while exploring a wholistic view of health the importance of caring for mind, body, and soul and the integral role of the health message during these last days of earth's history.

40 day prayer guide: Forty Days to a Closer Walk with God J. David Muyskens, 2016-04-01 It's been said that Centering Prayer is like two friends sitting together in silence, just being in each other's presence—completely natural and comfortable. Yet, Centering Prayer is sometimes viewed as too mysterious, too escapist, too hard. At first, it even appeared that way to the author, but events in his life and his further studies about prayer changed his views. Through Muyskens' insightful guidance, you'll explore a method of prayer that goes deeper than verbal conversations with God. This book teaches: silent communion with God a method of being open to the gift of God's presence a way of receiving a deep and intimate relationship with God Each day's reading has a focal scripture verse and the author's reflection, ending with simple suggestions for contemplative prayer. You'll begin with as few as 5 minutes of Centering Prayer. By following the guidance in this book for 40 days, you will be led to a closer relationship with God. As you progress through the daily scripture and meditative readings in Forty Days to a Closer Walk with God, you'll find greater understanding and fresh awareness of Jesus' promise, I am with you always.

40 day prayer guide: 40 Days Dennis Edwin Smith, 2012-12 Physical health influences spiritual and emotional health as well as the ability to minister effectively. As Ellen White said so succinctly: The misuse of our physical powers shortens the period of time in which our lives can be used for the glory of God. And it unfits us to accomplish the work God has given us to do (Christ's Object Lessons, p. 346). In this volume Dennis Smith invites you to spend 40 days continuing the work God has given you while exploring a wholistic view of health the importance of caring for mind, body, and soul and the integral role of the health message during these last days of earth's history.

40 day prayer guide: Preaching the Whole Counsel of God Julius Kim, 2015-11-17 Preaching the Whole Counsel of God is a primary textbook on the art and science of preaching for pastors and pastors-in-training that teaches you how to practice expository, Christ-focused hermeneutics, combined with Gospel-centered, audience-transforming homiletics. It will guide you to: Discover the truth of the text according to the human author. Discern Christ in the text according to the divine author. Design your sermon with truth, goodness, and beauty. Deliver your sermon in a way that keeps attention, retention, and leads to transformation.

40 day prayer guide: *The Activated Disciple* Jeff Cavins, 2018-11-05 Are you ready to take your faith to the next level? If you yearn for a life that moves beyond believing and practicing your faith, if you want to radically live your faith, if you want a more profound relationship with Jesus Christ, then it is time for you to become an activated disciple. The Foundation of discipleship is imitation. True discipleship requires such a close relationship with God that every area of your life is transformed. It is about opening yourself to God and inviting him to dwell within you, becoming holy as he is holy, loving as he is loving, disciples of Christ become the instruments God employs to transform the world. - Move beyond simply believing and practicing your faith and begin radically living it! - Overcome obstacles that keep you from being the disciple you are made to be.
 - Be a positive influence and an instrument of transformation in the Church.

40 day prayer guide: *40 Days of Love Study Guide* Rick Warren, 2009-12-12 A six-session video-based study for small groups--Container.

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Your life, and the people and situations around you, need as much prayer as you can give. In *Keys to Powerful Prayer*, Stormie will help you pray more effectively. She answers the question “How can I maximize the time I have in prayer in order to see greater results?” Start small and let these powerful insights on prayer have a life-changing impact on all of your prayer times.

40 day prayer guide: Prayer Timothy Keller, 2014-11-04 Renowned pastor and New York Times bestselling author of *The Prodigal Prophet* Timothy Keller explores the power of prayer. Christians are taught in their churches and schools that prayer is the most powerful way to experience God. But few receive instruction or guidance in how to make prayer genuinely meaningful. In *Prayer*, renowned pastor Timothy Keller delves into the many facets of this everyday act. With his trademark insights and energy, Keller offers biblical guidance as well as specific prayers for certain situations, such as dealing with grief, loss, love, and forgiveness. He discusses ways to make prayers more personal and powerful, and how to establish a practice of prayer that works for each reader. Dr. Keller’s previous books have sold more than one million copies. His Redeemer Presbyterian Church is not only a major presence in his home base of New York, it has also helped to launch more than two hundred fifty other churches in forty-eight cities around the world. His teachings have already helped millions, the majority of whom pray regularly. And with *Prayer*, he’ll show them how to find a deeper connection with God.

40 day prayer guide: 40 Days of Prayer for My Business Becky A. Davis, 2017-01-30 Every day for the last five years, I've read a prayer for my business, and I know without a doubt, those prayers are what have helped me grow, sustain and build a successful business. Those prayers gave me strength when things got hard, when I struggled in business and when I doubted myself. I knew that praying for my business was a game changer and I wanted to help other entrepreneurs create a disciplined behavior to pray for 40-days and watch God move in your business. The number 40 shows up often in the Bible; specifically, 126 times. In the New Testament, Jesus was tempted for 40 days and 40 nights (Matthew 4:2). There were 40 days between Jesus' resurrection and ascension (Acts 1:3). The Bible seems to use 40 to emphasize a time of testing and strengthening, and after the 40 days, there is an emphasis on spiritual truth, a new beginning, transition, change or renewal. It has been said that 40 is the length of time necessary to accomplish major parts of God's Plan. This book has 40 prayers for your business. Prayer that helps you push through when things get tough, and they always get tough in business. These prayers help you remember to keep God first in your business and to continue to acknowledge him on your business journey. The prayers in this book are a guide to help build your spiritual muscle in life and business. These prayers will help you weather the storms that come by building a closer and intimate relationship with God. Take one vitamin P (prayer) each day for essential spiritual nutrients.

40 day prayer guide: The 40 Day Soul Fast Cindy Trimm, 2011-10-20 Get ready to experience the best 40 days of your life! *The 40 Day Soul Fast: Your Journey To Authentic Living* is an eight-week study of the life of the soul, the practice of fasting, and the process of living more authentically. It is a transformational expedition that will lead you on an inward journey to greater health, happiness, and success as you learn to live from the inside out—as we are told by Jesus in the book of Matthew: “Ignite the kingdom life within you, a fire within you . . . changing you from the inside out . . . make a clean sweep of your lives” (Matthew 3:11). When all is well with the souls of humanity, all will be well in the world. When you have peace in your soul, you will bring that peace to bear on the world around you—you will become the change you are hoping to see. Churches, organizations, small groups, and families are encouraged to travel together on this 40-day journey to greater mental, emotional, and spiritual health. If everyone who picks up this book takes it upon him or herself to encourage others to participate, we would create an unstoppable movement! You may think that one healed soul cannot heal the world, but it can. Join the Soul Fast Movement by going to www.soulfast.com. There you will find soul-empowering resources and tools to not only transform your life, but the world! The 40 Day Soul Fast promises to bring the best out of you so that you can impact your world for good. Have the courage to follow your heart! Step out and engage with your authentic self—it will be the best 40 days of your life!

40 day prayer guide: *Wonderstruck* Margaret Feinberg, 2012-12-01 Let's be honest: it's far too easy to go through day-to-day life without a sense of the mystery, the marvel, or the awe of God's presence. Have you ever felt your relationship with God isn't as vibrant as you want it to be? Have you ever felt like God seemed far away -- even in the midst of devotions, prayer, and church? We Were Created for Wonder You were created and designed to experience wonder. Woven into the fabric of our humanity is an innate ability and desire for the wonder of God. It's felt in the moments when you watch the sun melt behind the horizon, when you reach out to cradle a baby and smell the sweet scent of new life, when you can't help but smile as you witness two wrinkled souls renew their vows to each other. Such moments remind us we were made for something more than deadlines and debt, carpools and coffee breaks. Yet despite such wondrous moments, we can still find ourselves going through the motions of faith. Whether you're: A long time follower of Jesus or still figuring Him out Unemployed, overly-employed, or an entrepreneur A creator, innovator, or conformist Grumpy, ebullient, grey-haired or bed-head An average Joe or have-a-gym-membership-but-never-go A superhero (of any era), supermom, superdad, super grand, super great grand, or don't feel particularly super at all No matter who you are or where you've been -- if you've lived a life where you've seen it all, done it all, or feel like you're past it all -- God still longs to take your breath away. Isaiah 29:4 records God's desire for you: Therefore once more I will astound these people with wonder upon wonder. Do you see it? God is busting at the seams to display His glory, power, and might in your life. And He wants to give you the greatest gift of all -- Himself. Yet why do we pass by the wonder of God unaware?

40 day prayer guide: *Desperate for Change* David Butts, 2012-09 America is clearly in trouble. We have lost our spiritual and moral moorings. It is time now to cry out to God as never before, as a unified voice, to ask for forgiveness and His blessing on our nation again. This scripture-based guide by David Butts, the chairman of America's National Prayer Committee, offers 40 inspiring devotionals and 40 scriptures to pray for our nation.

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40 day prayer guide: *40 Days Through the Bible* Lysa TerKeurst, 2022-02-15 Find the better you've been longing for in the pages of God's Word. Lysa TerKeurst and the Proverbs 31 ministry team have come together to write a Bible study that will show you how God's promises fulfill our deepest longings. We know the Bible is a big book and can oftentimes feel overwhelming. Lysa and Proverbs 31 team have created an eight-week study that will help you understand the story of the Bible, from start to finish, along with its amazing promises. In *40 Days Through the Bible: The Answers to Your Deepest Longings*, you will: Take a journey through the storyline of the Bible in 40 days so you can see major themes, how they are all connected and what that means for us as we read the Bible today. Discover the eight major things humanity longs for and how Jesus fulfills all of them for us. Stop the endless cycle of seeking and searching for satisfaction and find the answers to your deepest longings. For the next 40 days, we'll be feasting on the very thing Jesus used to defeat the enemy at the end of His 40 days of fasting: the Word of God. —Lysa TerKeurst

40 day prayer guide: *She Reads Truth* Raechel Myers, Amanda Bible Williams, 2016-10-04 Born out of the experiences of hundreds of thousands of women who Raechel and Amanda have walked alongside as they walk with the Lord, *She Reads Truth* is the message that will help you

understand the place of God's Word in your life.

40 day prayer guide: 40 Day Prayer Guides - Praying for Godly Character Eric Sprinkle, Laura Shaffer, 2022-04-15 Throughout the Bible we see God's character, reflected in His followers. Joy, Creativity, Thankfulness, Obedience, the list goes on and on. Here at 40 Day Prayer Guides, we say, if you're going to ask for Godly Character, why not ask for all of them? Risk-taking, Perseverance, Authenticity. How would they make your work life different? Boldness, Generosity, and Forgiveness. How would they change your relationships? How about if we begin to find out, starting today. - Diplomatic and Teachable - Confident and Encouraging - Self-Controlled and Diplomatic. - Humble and Courageous These are just a few of the characteristics you've read about in Scripture. Lived out in the lives of Moses, David, and other giants of the Faith, as well as lesser characters like a Leper, a Blind man, and a Poor Widow giving her all as an offering. All glorifying God in their lives, all reflecting Him in their character. How about you? Could you use some help with Trusting? Being more Hopeful or Caring? Whatever you're asking for in Jesus' name, you're about to see some changes in your life as a result. See if you aren't a more Powerful Pray-er, just like Hezekiah by Day 19, or more Ready to Act like David's buddies after Day 14. Nehemiah, Daniel, even Ruth and Rahab; they're all there, waiting to show you the way. This time, the prayers are for you, the benefits are for everyone. Grab your copy today and let's start enjoying more Godly traits, starting now.

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