

Thursday 1 Jan: For strength.

May God's promise strengthen our hearts to trust Him in this New Year and to be courageous. John 16:33.

Friday 2 Jan: For belief.

Thank You, Lord Jesus, for bringing me out of darkness and into Your marvellous light. Help me to continue walking in Your light always. Hebrews 12:18-24.

Saturday 3 Jan: For thankfulness.

Lord, help me to always remember the sacrifice made by Jesus on the cross and to give thanks. 1 Corinthians 11:23-28.

Sunday 4 Jan: For contentment.

Father, help me to trust you when I feel unsettled and afraid, surround me with your peace. Psalm 131.

Monday 5 Jan: For comfort.

Lord, I sometimes struggle to fit in and I feel judged by others but you know my potential and I thank you for seeing me as I am. Matthew 16: 13-24

Tuesday 6 Jan: For learning.

Lord Jesus, we pray for those who have just returned to school. Open our hearts and minds as we grow in Your love. Proverbs 1:1-7.

Wednesday 7 Jan: For those who suffer.

Lord, help us to be aware of those who suffer, are lonely or in need, especially during these cold months. Isaiah 58:6-9.

Thursday 8 Jan: For watchfulness.

Dear God, I've been sleeping spiritually, please help me to spend more time with you in prayer. Matthew 26:36-46

Friday 9 Jan: For honesty.

Lord, keep us true and honest in all our dealings with others. Help us to be guided by You in all our relationships. Matthew 15: 1-11, 16-20.

Saturday 10 Jan: For nature.

Lord, thank You for the beauty of Your creation, in snowflakes and spider webs and the early snowdrops. Job 37: 14-24.

Sunday 11 Jan: For rest.

Father, help me to take time to rest in Your presence, even when so many things seem to need my attention. Luke 10: 38-42

Monday 12 Jan: For our gifts.

Father, thank you for the gifts and talents you have given me, may I use them to serve you and others. 2 kings 4:5.

Tuesday 13 Jan: For courage.

Father, forgive me for being hesitant to tell others about Jesus and your love for us all. Romans 1: 16.

Wednesday 14 Jan: For comfort.

Lord, You are with me always, in every season, problem or pain. I praise you. Luke 2.

Thursday 15 Jan: For peace.

Jesus, help me to be a peacemaker and to be to be inclusive of others. Ephesians 2: 14-17

Friday 16 Jan: For encouragement.

Father, help me to grow as I pray and read Your Word and help me to guide others along Your way. Romans 15:1-7.

Saturday 17 Jan: For strength.

Father, I entrust my troubled heart to you. Please help me to pray and to feel your presence. Psalm 13

Sunday 18 Jan: For humility.

Father, by the work of the Holy Spirit, please give me the humility to receive good advice from others. Proverbs 6: 20-23.

Monday 19 Jan: For kindness and love.

Loving God, your love never fails so please guide me in the ways of kindness and love for others. 1 Corinthians 13.

Tuesday 20 Jan: For faith.

Faithful God, you are always there to help us, please strengthen my faith and belief in you. Hebrews 11.

Wednesday 21 Jan: For Your Glory.

Lord, please fill me with Your love and goodness as I reflect on Your Word today.

Ephesians 3: 16-21.

Thursday 22 Jan: For joy.

Father, you know each one of us and you rejoice and delight in us. Help me to know you and to love you. Zephaniah 3: 14-17.

Friday 23 Jan: For courage.

Lord, help me to be strong and courageous when life is hard. Help me to say, 'I can and will with God's help.' Exodus 3: 12.

Saturday 24 Jan: For ourselves.

Father, help me to escape the clamour of both my external and internal world, to quietly open my heart to You to hear Your gentle whisper. Kings 19: 9-13.

Sunday 25 Jan: For generosity.

Gracious God, thank you for the joy of giving, let my giving be unconditional, as yours is. Luke 6:31-38.

Monday 26 Jan: For understanding.

Dear God, thank you for the Scriptures and for the privilege of sharing them with others. 2 Timothy 3:16.

Tuesday 27 Jan: For doctors and nurses.

Dear God, thank You for those who are called to heal. Help us to serve You through the work to which we have been called. Job 38: 1-11.

Wednesday 28 Jan: For the beauty of nature.

Lord, thank You for Your wonderful creation. Make us mindful of the part we have to play in keeping and sustaining the Earth and all Your creatures. Hebrews 1: 1-4.

Thursday 29 Jan: For mercy.

Father, I am sorry for the times when I have caused offence, help me to overlook the times when I feel offended. Proverbs 19: 8-13

Friday 30 Jan: For joy.

Lord Jesus, You love us so much that You died for us, thank you for the joy that is ours through the Holy Spirit. Psalm 92.

Saturday 31 Jan: For rest

Lord Jesus, please help me to manage my time and to replace busyness with being still so I can know you more closely. Luke 10: 41 7 Psalm 46:10.

St.Margaret's Church

I P S W I C H



Prayer Diary

January 2026

Prepared by Mo Stiles