

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Prompts inspired by the book HOPE PREVAILS by Dr. Michelle Bengtson and with help from Michelle Nietert, LPC. Learn more at DRMICHELLEBENGTSON.COM and COUNSELORTHOUGHTS.COM

march

prayer prompts

1

pray for direction for someone who feels **LOST**

2

In Him, we are sufficiently equipped for **WHATEVER** He calls us to. Give thanks and believe this promise.

3

Rest is one of our greatest spiritual weapons. **Ask God to help you rest.**

4

We **always** have something to be thankful for. Thank God for all you can think of.

5

thank God for **UNDERSTANDING** our pain and for weeping when we weep

6

pray for someone who is **SUFFERING** in secret

7

pray for someone who's feeling **BLUE**

8

listen to a worship **SONG** and let the words be your prayer

9

pray for **strength** for someone struggling with addiction

10

spend time in prayer and ask God to help you regain your **PEACE**

11

pray with confidence: **GOD IS FOR ME.** Who can be against me? (Romans 8:31)

12

pray for someone who feels alone, that they may feel God's presence

13

thank God for His promise to "never fail nor abandon" us (Hebrews 13:5, Joshua 1:5)

14

Sometimes it's all just **TOO MUCH!** Pray for someone in this place right now.

15

ask God to exchange darkness and despair for good mental health (pray for yourself or for a friend)

16

remember that God has promised to supply **all** your needs (Philippians 4:19)

17

thank God for his promise to **HEAL** the brokenhearted (Psalm 146:3)

18

Someone with depression is experiencing pain no different than cancer or grief. **Pray for someone living in pain.**

19

pray for someone who feels **UNLOVED**

20

Pray with **JOY** because God loves you (John 3:16)

21

ask God what lies of the enemy you have believed—and ask Him to show you the **truth**

22

Draw near to God when your burdens are great and you're too weary to fight alone. **He'll help you carry them.**

23

pray for someone fighting cancer—and for those who love them

24

God is greater than anxiety. He says do not be anxious for anything. **Pray for someone who suffers from anxiety.** (Philippians 4:6)

25

The words we speak over our loved ones can build them up or tear them down. **Pray for someone's self-image.**

26

When you feel ugly, remember God made everything **beautiful** (Ecclesiastes 3:11)

27

pray for **WISDOM** for a pastor or counselor who works with someone with depression

28

pray for help **FORGIVING** someone (that may include yourself!)

29

ask God to show you how to use your own experiences to bring comfort to others

30

God loves us as we are, not as we think we should be. **Ask for help believing this.**

31

thank God for **HOPE**—because hope **always** prevails!

HOPE

