



Short Daily Prayers for Lent

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Short Daily Prayers for Lent

NOTE about Sundays and the 40 Days of Lent Prayers: The 40 days of Lent don't technically include Sundays, according to the Catholic Church calendar. So if you pray through each of these daily Lenten prayers every day (including Sundays) throughout the Lenten season, you will finish your 40 days of lent prayers a few days early (before Easter).

You're welcome to skip Sundays, if you'd like to finish your 2022 Lent prayers closer to Easter. You could also use the extra days as a "back up" just in case you miss a few daily lenten prayers. (It happens!)

Or you can simply pray your prayers for the Lenten season each day, then go back to repeat your favorite prayers for Lent on the days you have left.

It's up to you!

DAY 1: ASH WEDNESDAY

Prayer of Adoration

"God, you are truly amazing. Not only did You create the entire universe with nothing more than the sound of Your voice, but you truly care about your creation—each and every one of us! You are holy. You are good. You are true. You are love. And you never ever change. Thank You for everything you are, and thank you for loving me."

DAY 2: PRAYER OF THANKSGIVING

for Physical Blessings

"God, thank you for all of the many, many blessings you have given me—blessings way beyond what I could ever hope to deserve. Thank you for _____.
You are such a good God. Thank You for always taking such good care of me."

**fill the blank with several of your physical or material blessings, such as your home, your family, your job, the food in your fridge, the clothes in your closet, running water, working toilets — whatever you personally have to be thankful for.*



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DAY 3: PRAYER OF THANKSGIVING

for Spiritual Blessings

“God, before I even took my first breath, you already knew me and loved me. Thank you for sending your son, Jesus, to die for my sins. I cannot even imagine sacrificing one of my children so a criminal could go free, but that’s exactly what you did—for me! Thank you for the gift of eternal life you freely offer those who love you, and thank you for the precious gift of the Holy Spirit to lead me into Your presence until You call me home. You truly have given me so much, even when I was so far from you. Thank you!”

DAY 4: PRAYER OF

Repentance

“God, I admit that I have sinned and fallen short of Your best for my life—more times than I could count! Please forgive me for all the times I have sinned against You and against others. I was wrong, and I am truly sorry. Please forgive me for _____. And if there are any additional sins I’m still struggling with that I’m not aware of yet, please let me know. I truly desire to please you with every area of my life. Please help me to do so. I can’t do this without your help.”

***fill the blank with as many of your specific, unconfessed sins as you can think of – both current and past.*

DAY 5: PRAYER FOR

Right Priorities

“God, in today’s busy world, it’s so easy to get distracted and off-course. Please help me to keep my priorities in order, so I always give my most important priorities the time, attention and devotion they deserve. Please align my heart to Yours, so loving and following You is truly my #1 priority. Help me also love my friends and family well, and to be a good steward of the gifts and responsibilities You have placed in my life, without getting distracted by the things You have not. Please give me a kick in the pants when I need it God. Help me follow You.”

DAY 6: PRAYER FOR A CLOSER

Relationship with God

“God, it’s so easy to get so caught up in doing things for you that I forget to spend enough time simply being with You. Please help me grow in close, intimate relationship with You as I pray each of these 40 Lenten prayers for spiritual renewal this Lenten season. I don’t just want to know a few things about You, God. I want to know You and be known by You. Matthew 7:7 promises “...seek and you will find...” I’m seeking YOU today, God. Please reveal Yourself to me in mighty ways.”



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DAY 7: PRAYER FOR

Increased Faith

“God, I confess I have a tendency to worry or play it small, preferring to stick with what feels safe and comfortable. I doubt what You can or will do. But God, You created the Universe! You conquered death! There’s nothing You can’t do. Please strengthen my faith and help me to trust in You for every one of my needs today.”

DAY 8: PRAYER FOR

Wisdom and Direction

“God, while I have some ideas about what I would like my future to look like, I know that YOUR plan far surpasses anything I could ever hope or dream for myself. So today, as I make decisions (both small and large), please give me wisdom, discernment, vision and direction so I make decisions that help lead me and those around me into a fuller relationship with You and keep us on track with Your will for our lives, whatever that may be.”

DAY 9: PRAYER FOR

Peace

“God, as I go about my busy day today, I ask that you would give me a sense of peace and calm. Help me not to get stressed out, worried or frantic by all the problems I see around me. Instead, please give me a sense of peace and calm that comes from knowing You are in control, You have it all figured out, and my best is enough because I can always trust You to take care of issues and situations I can’t. Please help me keep my eyes on You today, not all the negativity in the world around me.”

DAY 10: PRAYER FOR

Joy

“God, the Bible tells us in Galatians 5:22-23 that, when we are full of Your Spirit, it naturally produces more joy in our lives. God, I want and need Your joy today. Please fill me SO full of Your Spirit and Your love that I cannot help but be filled with joy. I don’t ask that you take every hardship away... but that you help me see my current situation through a lens of gratitude and joy. You know what you’re doing, and You are in control. Please help me to find joy in that today!”



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DAY 11: PRAYER FOR

Patience

“God, I admit I am not a super patient person. Sometimes people annoy me, and sometimes I insist on having things my way right now. God, please help me grow in patience as I pray each of these 40 Lenten prayers for spiritual renewal this Lenten season. Please help me to trust You even when I don’t yet see what You’re up to, and please help me to respond to those around me with an extra dose of love and patience as well.”

DAY 12: PRAYER FOR

Strength in Tough Times

“God, please give me the strength to make it through this day. I don’t know what You’re up to or what is going to happen, but you do. Please help me trust in You in all things, even when the road isn’t easy or clear.”

DAY 13: PRAYER FOR

Endurance

“God, I am really struggling to obey your Word in (this particular area of my life). Please grant me endurance to keep going. I truly want to follow You, even when it’s hard, when I’m tired or when I don’t see the benefits right away. I need your help to keep going, Lord. Please come through today.”

DAY 14: PRAYER FOR

Growth

“God, I know I’m a sinner saved by grace. I mess up all the time, and I have so much room for improvement. God, please foster spiritual growth in me. Please give me opportunities to do the right thing, and give me the courage to do them. I want to grow spiritually, God. I want to be more like you.”



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DAY 15: PRAYER FOR

Generosity

“God, I know I can be a bit selfish and self-centered when it comes to my time, attention and money. All too often, I think about myself without regard to others. Please open my eyes to the needs of those around me, and help me to respond generously when I have the ability to meet a need.”

DAY 16: PRAYER FOR

Overcoming Temptation

“God, I truly want to follow your will for my life. I don't want to fall into sin and temptation, but it seems I often do. Please keep me safe from sin and temptation today. Please provide a way out and give me the courage to take it, even when it's not easy.”

DAY 17: PRAYER FOR

Passion

“God, I remember I used to be SO passionate about You and Your Word, but lately I've felt more lukewarm. Please light a fire in me again. Help me fall in love with you, and give me true passion for You and Your Word above all else.”

DAY 18: PRAYER FOR

Courage

“God, following you wholeheartedly definitely isn't always easy. Please give me the courage to follow you anyway. Even when it's difficult, when my friends and family don't understand, and I don't see where you are leading me. Please give me the courage to be ALL IN.”



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DAY 19: PRAYER FOR

Purpose

“God, I truly desire to fulfill YOUR purpose for me in this life, but sometimes I struggle to know or understand what that is. Please fill me with a sense of purpose that comes from You alone. Please show me what you want me to do, and give me the strength and motivation to walk it out.”

DAY 20: PRAYER FOR

Transformation

“God, I don’t want to just do a few good things for You. I want to be a brand new creation. Please transform my life God. Please transform me from the inside out and make me more like You.”

DAY 21: PRAYER FOR

Your Husband

“God, thank You for my husband and for all the ways He shows up for our family each day. Please draw him to Yourself and give him an insatiable desire to know You better and love You more. Please help him be the man You desire Him to be, and help Him lead our family well.”

DAY 22: PRAYER FOR

Your Children

“God, thank you for my children. Please draw them to Yourself and hold them close. Help them to grow up to know You, love You and serve You all of their lives. Please keep them right in the center of Your will and keep them safe there. Please also give me the strength, courage and wisdom to raise them well.”



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DAY 23: PRAYER FOR

Your Parents

“God, thank you for my parents. Please draw them close to yourself today. Give them peace, joy, strength and wisdom in decision making. Help them to know You, love You and want to serve You more.”

DAY 24: PRAYER FOR

Friends

“God, please be especially close to (specific friend or friends) today. Help them to know You, love You and serve You. Help them resist any temptations they may face today, and bring them through any struggles they may currently be dealing with, including any hidden struggles I know nothing about. Please help me to be a positive influence and encouragement in their life, as I draw near to you and inspire and encourage them to do the same.”

DAY 25: PRAYER FOR

Acquaintances

“God, today I offer up my daily Lenten prayers for (these specific neighbors, coworkers, church members or acquaintances). Please draw them to Yourself today. Please help me to be an inspiration and encouragement to them, and give me opportunities to talk about my faith and what You are doing in my life in a way that they can receive and benefit from. Thank you for bringing these people into my life.”

DAY 26: PRAYER FOR

Love for Others

“God, it’s so easy to get wrapped up in my own life, my own worries and my own cares. Please help me love others the way that You love them. Help me to notice the needs of those around me and truly care enough to go out of my way to help those in need of help, strength and encouragement today. Help me care, and help me love like You love.”



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DAY 27: PRAYER FOR

Your Country

“God, sometimes it feels as though our country has strayed so far from your ideals that we’ll never get it back, but I know You are a God of miracles. Please change the hearts of the people in our country. Give them a longing to return back to You, and let it start with me.”

DAY 28: PRAYER FOR

The World

“God, I know Your heart must break when You see all the evil, sickness and injustice in the world. Please do mighty works in this world God. Protect us and draw us all to You as only You can do. And please use me in whatever capacity You can. I want to help, God. Use me. Show me how.”

DAY 29: PRAYER FOR

an End to Suffering

“God, the Bible tells us in Psalm 34:18 that you are near to the brokenhearted. Please be near to all those who are suffering today, Lord. Bring healing and relief where You want to bring healing, and bring strength and courage to those who You have decided in Your wisdom need to wait a bit longer. Thank You for all You are doing that we aren’t even aware of. Help me to always trust Your way is best.”

DAY 30: PRAYER FOR

Strength Against Satan

“God, please protect me, my friends and my family against the realities of spiritual warfare today. Keep us safe from unnecessary battles, and give us the strength and courage to boldly fight where You are asking us to fight. Help us to cling to Your Word and Your truth. Help us persevere until the end. I put my trust in You today, God.”



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DAY 31: PRAYER FOR

Spiritual Leaders

“God, please be with our church and our nation’s spiritual leaders today. Please give them wisdom in decision making and the strength and courage to follow you wholeheartedly, even when doing so is difficult, unpopular or may come at a cost. Help them lead our churches and our nations well, drawing all of us straight back to you.”

DAY 32: PRAYER FOR

Political Leaders

“God, while I may not agree with all of the decisions our nation’s political leaders make, I know that You have allowed them to be placed into those positions and You know what you are doing. Please draw our nation’s leaders back to You. Show them what it means to have a true relationship with You, and help them to follow You, even when doing so is difficult, unpopular or may come at a cost. Please raise up good, Godly leaders for our country, and help me to be loving and respectful even when I disagree.”

DAY 33: PRAYER FOR

Business Leaders

“God, please be with our nation’s business leaders today—both those who oversee large businesses and those who oversee small ones. Please help them make wise decisions that will positively impact the people who work in their companies as well as our nation’s economy as a whole. Please bring them back to You, and help them keep their focus on following You and Your will, not just what is profitable or popular.”

DAY 34: PRAYER FOR

Cultural Leaders

“God, there are so many people our cultural looks up to, and even idolizes, and not all of these cultural leaders always send the right messages. Today, I ask that You would draw our nation’s cultural leaders back to You. Bring about a revival, God. Give a greater voice to those who speak Your words and Your truth, and quiet those who would speak against You. Change our nation’s culture as only You can.”



Short Daily Prayers for Lent

DAY 35: PRAYER FOR

More Kingdom Workers

“God, Matthew 9:37-38 instructs us to ask You for more kingdom workers. This is my prayer today. Please raise up more people who will passionately and wholeheartedly follow You, who will challenge and encourage others to do the same. Make us bold in sharing our faith with others, and help us to share what we know plainly and convincingly.”

DAY 36: PRAYER FOR

the Sick

“God, today I pray for those who are sick—both those suffering from long-term, chronic illnesses as well as those who simply aren’t feeling well today. We know You are the great Healer. Please heal those You choose to heal, and give strength and peace to those who continue to wait for their healing. And help us to trust You in the meantime.”

DAY 37: PRAYER FOR

Those We Disagree With

“God, it’s so easy to get annoyed, upset or critical with those I disagree with. Today, I ask that you would soften these tensions. Help me to listen, and help them to listen as well. Help us to have mature discussions, and let Your truth be known. Please make these conversations pleasant, edifying and fruitful, even when we don’t agree.”

DAY 38: PRAYER FOR

Forgiveness for Others

“God, I am really struggling to forgive (specific person). Please give me the strength and courage to forgive this person, keeping in mind that You first forgave me. I know it may not be easy, but I want to do what is right. Please strengthen and enable me to do so today.”



Short Daily Prayers for Lent

DAY 39: PRAYER FOR

Our Enemies

“God, sometimes it can feel like (this specific group of people) is an enemy, out to destroy the things I love and value. Please help me to see all people the way You see them, God. Please help these people come to know You and love You, and help my interactions to be loving as well. I want to live up to Your good example, God—even when it’s hard.”

DAY 40: PRAYER FOR

Easter

“God, thank you so much for sending your son Jesus to die on the cross to take the punishment for my sins and to enable me to have new life in You. Please help me never forget what a sacrifice he made for me. Please help me to live a life worthy of the calling You have given me. I truly want to love and serve You, God.”