

Days of Prayer

January 12-25, 2026

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Praying through the Psalms

“It is good to proclaim your unfailing love in the morning, your faithfulness in the evening.” — Psalm 92:2 (NLT)

The book of Psalms captures the rhythm of a life centred on God, praising Him from sunrise to sunset. This collection of 150 prayers and songs of Israel have prompted God’s people through millennia to connect to God with honesty, faith, and worship. They are a source of strength and comfort in times of need, but also windows on how to pray over relationships, heart motivations, and life obstacles.

Many of our prayers can often tend to focus on our own needs—which is natural—but the Psalms also help us to widen our vision. They teach us to pray for the world, for justice, for leaders, and for the nations to know God.

Our team has selected various Psalms that allow us to see glimpses on all these kinds of prayers. May you be inspired in engaging prayer not only for the next few days, but to see the beauty of connecting each sunrise and sunset to your heavenly Father.



Day 01 – *January 12*

ROOTED IN GOD'S WORD

"He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— Whatever he does prospers" — Psalm 1:3 (NIV)

On social media it's still quite common to see the hashtag "#Blessed" used in various ways. But what does a "blessed" individual look like according to Scripture? Psalm 1 points to someone who delights in God's Word, not just reading it out of duty, but finding joy in it. This person becomes like a tree planted by living water—with deep roots, stable, nourished, and fruitful in every season.

In contrast, those who ignore God's Word are like chaff—light, rootless, and easily blown away by the wind. The difference isn't luck or talent; it's where each person is planted. Psalm 1 reminds us that real blessing doesn't come from chasing success or approval, but from walking closely with God and living by His wisdom.

REFLECTION QUESTIONS:

Where are my roots planted—near God's living water, or in the dry soil of worldly things? How can I delight more deeply in God's Word this week?

PRAYER:

Lord, plant me beside Your living waters. Help me to find joy in Your Word and strength in Your presence. Let my life bear fruit that honors You. Amen.

Day 02 – *January 13*

WHEN GOD FEELS SILENT

“How long, LORD? Will you forget me forever? How long will you hide your face from me?”

— Psalm 13:1 (NIV)

Psalm 13 is one of David's rawest prayers. He doesn't hide his pain or pretend everything is fine—he cries out honestly: “How long, LORD?” We've all been there—times when God feels distant, prayers seem unanswered, and hope grows thin.

But even in his despair, David doesn't walk away. He keeps praying. He keeps talking to God. And by the end of the psalm, his tone changes: “But I trust in your unfailing love; my heart rejoices in your salvation” (v.5). What happened? His situation didn't change—his perspective did.

David reminds us that faith isn't the absence of questions; it's choosing to trust God in the middle of them. When God feels silent, He's still working. When we feel forgotten, He's still holding us. The silence is not the end of the story—it's the soil where deeper faith grows.

REFLECTION QUESTIONS:

How do I usually respond when God feels far away?

What does it mean for me to “trust in His unfailing love” right now?

PRAYER:

Lord, even when I can't see You, I will trust You. When You feel silent, remind me that You are near. Teach me to rest in Your love and rejoice in Your salvation. Amen.

Day 03 – *January 14*

GOD'S WAY IS THE BEST WAY

"Show me your ways, LORD, teach me your paths. Guide me in your truth and teach me, for you are God my Saviour, and my hope is in you all day long." — Psalm 25:4–5 (NIV)

Psalm 25 is a prayer of someone who doesn't just want God's help—they want God's direction. David isn't asking for a quick fix; he's asking to be taught. That's how God shows us His ways—not by dropping a map from heaven, but by walking beside us, step by step. God reveals His ways through His Word, which gives us wisdom and truth for every part of life. He also teaches us through the Holy Spirit, who reminds us of what is right and gives us peace when we're on the right path. And often, He shows His ways through circumstances—through moments of waiting, difficulty, and grace, where we learn to depend on Him more deeply.

When we ask God to "show us His ways," we're really saying, "Shape my heart to follow You." His ways aren't always the easiest or fastest, but they're always the truest and safest, because they lead us closer to Him.

REFLECTION QUESTIONS:

How is God showing me His way right now — through His Word, His Spirit, or my circumstances?
Am I open to being taught, or am I still trying to lead myself?

PRAYER:

Lord, show me Your ways and teach me Your heart. Help me to see where You are leading, even when the path is unfamiliar. Let Your truth guide every step I take. Amen.

Day 04 – *January 15*

FROM MOURNING TO DANCING

**“You turned my wailing into dancing;
you removed my sackcloth and
clothed me with joy.”**

— Psalm 30:11 (NIV)

Psalm 30 is a song of thanksgiving from someone who's seen both the darkness and the light. David remembers what it felt like to be low—to cry out from the pit of despair—and how God lifted him up again. This psalm reminds us that no matter how deep our sorrow or how long our night feels, God is always able to bring restoration.

God shows His power not only by rescuing us but by transforming us. He doesn't just end our pain—He turns it into praise. He takes the very things that once broke us and uses them to strengthen our faith. The same tears that once fell in grief can become tears of gratitude when we realize how faithfully He carried us through.

When we walk with God, our stories never end in despair. His presence turns mourning into dancing, darkness into light, and weakness into worship.

REFLECTION QUESTIONS:

What pain or disappointment might God be turning into something beautiful in my life?
How can I thank Him today for what He's brought me through?

PRAYER:

Lord, thank You for turning my sorrow into joy. When I fall, lift me up; when I weep, remind me that joy is coming. Let my life be a song that gives You praise. Amen.

Day 05 – January 16

GOD, OUR REFUGE

“Show me your ways, LORD, teach me your paths. Guide me in your truth and teach me, for you are God my Saviour, and my hope is in you all day long.”

— Psalm 25:4–5 (NIV)

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When we ask God to “show us His ways,” we're really saying, “Shape my heart to follow You.” His ways aren't always the easiest or fastest, but they're always the truest and safest, because they lead us closer to Him.

REFLECTION QUESTIONS:

Where in my life do I need to remember that God is my protector?
How would my fears change if I truly believed He is guarding me right now?

PRAYER:

Lord, You are my refuge, my strength, and my defender. Thank You for surrounding me with Your protection. Even when I'm afraid, help me trust that You are near and that nothing can shake the safety I have in You. Amen.

Day 06 – January 17

A CLEAN HEART

**“Create in me a clean heart, O God,
and renew a right spirit within me.”**
— Psalm 51:10 (KJV)

Psalm 51 is David's cry after he realized how deeply he had sinned. Instead of hiding or making excuses, he runs straight to God—broken, honest, and desperate for mercy. It's a powerful reminder that no one is too far gone for God's grace.

When David says, “Create in me a clean heart,” he's not asking for a quick wash; he's asking for renewal. The word “create” is the same one used in Genesis—it means to make something brand new. Only God can take a heart stained by guilt and make it clean again.

God shows His mercy not by ignoring our failures but by renewing us through His forgiveness. When we confess, He doesn't just wipe away our sins — He restores our joy, our peace, and intimacy with Him. True repentance isn't about shame; it's about being made whole again in His love.

REFLECTION QUESTIONS:

Is there something I need to bring honestly before God today?

What would it look like to let Him renew my heart instead of trying to fix it myself?

PRAYER:

Lord, create in me a clean heart and make me new. Wash away my sins, and fill me with Your Spirit again. Thank You for mercy that never runs out. Amen.

Day 07 – *January 18*

**Join us for our Sunday Experience
9am & 11am
680 York Rd. | NOTL
Online: centralcc.ca/watch, Facebook, YouTube**

Day 08 – *January 19*

THE KINGDOM WITHOUT BORDERS

“He will rule from sea to sea and from the River to the ends of the earth.”

— Psalm 72:8 (NIV)

Inscribed on Canada’s parliament building (peace tower, east window), this verse recognizes a breathtaking picture of God’s kingdom—one that stretches farther than any nation or power on earth. It’s a verse about the limitless reach of God’s rule, a promise that one day His justice, peace, and protection will cover the whole world.

In Solomon’s time, these words described the ideal of a righteous king whose influence brought prosperity and peace. But in the greater story, they point to Jesus, the eternal King whose reign has no borders. His authority isn’t limited by geography or politics; it reaches “to the ends of the earth”—into every heart that welcomes Him.

God’s protection and peace aren’t bound by distance or circumstance. Wherever you are—in joy or in struggle, in strength or weakness—His rule covers you. The same King who reigns over the nations also reigns over your heart. When you live under His authority, you live under perfect protection and endless peace.

REFLECTION QUESTIONS:

Do I trust that God’s power truly reaches every part of my life?
How can I live today as a citizen of His unshakable kingdom?

PRAYER:

Lord Jesus, You reign from sea to sea and to the ends of the earth. Reign also in my heart. Let Your peace and power rule over every part of my life, and help me to live as part of Your kingdom wherever I go. Amen

Day 09 – January 20

TOGETHER IN HIS PRESENCE

“How lovely is your dwelling place, LORD Almighty! My soul yearns, even faints, for the courts of the LORD; my heart and my flesh cry out for the living God.”

— Psalm 84:1–2 (NIV)

Psalm 84 isn't just a private prayer—it's a pilgrim's song, sung by those traveling together to worship in God's temple. These verses capture the excitement of joining a community of believers who long to be where God is. The psalmist's yearning isn't just for a sacred space, but for shared fellowship in God's presence—to stand side by side with others who love and worship Him.

In God's house, no one stands alone. His dwelling place is meant to be a home for His people—a place where hearts unite in praise, where burdens are shared, and where joy overflows through community. There, every voice adds to the harmony of worship, reminding us that our faith was never meant to be lived in isolation.

Even today, God invites us into that same shared presence—whether on a Sunday morning, in smaller mid-week gatherings, or in any place His people come together. When we worship as one body, our individual cries blend into a beautiful chorus of praise that draws us all closer to Him and to each other.

REFLECTION QUESTIONS:

Do I see worship as something shared — not just between me and God, but with others too? How can I help create a sense of belonging and unity in God's “dwelling place”?

PRAYER:

Lord Almighty, thank You for giving me a place among Your people. Teach me to love Your house, not only for Your presence but for the community You've placed me in. Unite our hearts in worship and make Your presence our shared home. Amen.

Day 10 – January 21

REACH THE WORLD

“All the nations you have made will come and worship before you, LORD; they will bring glory to your name.”

— Psalm 86:9 (NIV)

Psalm 86:9 is a bold, world-shaking declaration. It reminds us that the message of God—His truth, His salvation, His glory—has the power to reach every corner of the earth. No culture is too distant, no people too forgotten, and no heart too hard for God's Word to touch.

David speaks this verse in faith, long before the gospel spread beyond Israel. Yet he sees what only God could accomplish: a day when all nations would come to worship the Lord. The same God who created every nation is also the One who calls each of them to Himself. His message transcends borders, languages, and generations—because His power is not limited by human reach.

This verse fuels the mission of the Church. It tells us that the spread of the gospel is not a human idea—it is God's unstoppable plan. Every time His Word is communicated, a Bible is translated, or a heart turns toward Him, Psalm 86:9 moves closer to fulfillment. The nations will come. The world will hear. The glory of God will fill the earth.

REFLECTION QUESTIONS:

Do I believe God's message truly has the power to reach every nation? How can I be part of that mission — through prayer, giving, or going?

PRAYER:

Lord, Your Word has power to reach the ends of the earth. Strengthen those who carry Your message and awaken my heart to take part in Your mission. Let every nation hear of Your glory until the whole world worships You. Amen.

Day 11 – January 22

ESTABLISH THE WORK OF OUR HANDS

“May the favour of the Lord our God rest on us; establish the work of our hands for us—yes, establish the work of our hands.”
— Psalm 90:17 (NIV)

Psalm 90 ends with a humble and powerful prayer—that God's favour would rest on His people, and that He would make their efforts last. Written by Moses, this psalm contrasts the shortness of human life with the eternity of God. In that light, verse 17 becomes a cry for meaning and permanence—that what we do in our brief time on earth would matter in the eyes of the Eternal One.

To ask God to “establish the work of our hands” is to admit that our labor alone can't produce lasting fruit. Only when God blesses our efforts do they gain eternal value. His favor transforms ordinary work—teaching, creating, parenting, serving, leading—into something that carries His purpose and reflects His glory.

This verse invites us to begin each day by asking God's presence in what we do. When His favor rests on us, even small acts of faithfulness can ripple into eternity.

REFLECTION QUESTIONS:

Do I invite God's favor into my daily work, or do I rely on my own strength?
How can I dedicate what I do—big or small—to His glory today?

PRAYER:

Lord, let Your favor rest on me today. Take the work of my hands — my efforts, my time, my service — and make them count for Your kingdom. Establish what I cannot, and let my life reflect Your lasting purpose. Amen.

Day 12 – January 23

THE GOD WHO DEFENDS THE NEEDY

“I know that the LORD secures justice for the poor and upholds the cause of the needy.”
— Psalm 140:12 (NIV)

Psalm 140:12 is a confident declaration in the middle of chaos. David has been surrounded by violence and injustice, yet he lifts his eyes and says with certainty: “I know the Lord secures justice.” It’s not wishful thinking—it’s faith in the unchanging character of God. This verse reminds us that God is not indifferent to suffering or blind to the struggles of the vulnerable. He sees the oppressed, the unheard, and the mistreated—and He acts on their behalf. His justice is not delayed forever, and His compassion never fails. Even when the world seems ruled by corruption or cruelty, God remains the defender of those who cannot defend themselves.

For believers, this truth calls us to trust and to act. We can rest knowing God will uphold what is right — but we are also invited to join Him in that work: to speak for those without a voice, to serve the hurting, and to reflect His righteousness in a world that often forgets mercy.

REFLECTION QUESTIONS:

Do I trust that God truly sees and defends the needy and the oppressed?
How can I reflect God’s justice and compassion in my daily life?

PRAYER:

Lord, You are the defender of the poor and the protector of the powerless. Strengthen my faith in Your justice and teach me to live as Your hands and heart in this world. Help me to stand for what is right and to care for those You care for. Amen.

Day 13 – January 24

LET EVERYTHING PRAISE THE LORD

**“Let everything that has breath
praise the LORD. Praise the LORD.”
— Psalm 150:6 (NIV)**

Psalm 150 closes not just the book of Psalms, but the entire collection of Hebrew worship songs—and it ends with an explosion of joy. The final line is simple yet sweeping: “Let everything that has breath praise the LORD.” This is the grand conclusion of Scripture’s longest book on worship—a universal invitation to every living being to lift up praise to God.

The psalmist doesn’t limit praise to one nation, one generation, or one type of person. The call extends to all creation—every voice, every culture, every corner of the earth. Wherever there is breath, there is reason to praise. It reminds us that life itself is a gift meant to be turned back toward its Giver in worship.

Our praise is not just a song—it’s a response to who God is and what He’s done. Each heartbeat, each breath, is an opportunity to glorify Him. Whether through singing, serving, or simply living with gratitude, our lives become a continual “hallelujah.” And as we praise, we join a global and eternal chorus that will never cease.

REFLECTION QUESTIONS:

Do I use my “breath” — my words, actions, and energy — to praise the Lord each day? How can I cultivate a lifestyle of worship that reflects gratitude in all things?

PRAYER:

Lord, every breath I take is a gift from You. Let my life, my voice, and my actions give You praise. May all creation—every heart, every nation, every creature—join together in glorifying Your holy name. Amen.

Day 14 – *January 25*

Join us for our **Sunday Experience**

9am & 11am

680 York Rd. | NOTL

Online: centralcc.ca/watch, Facebook, YouTube



