



# 40 DAYS

OF PRAYER

**CANADA CENTRAL SDMI**  
[sdmicentral.com/lent](http://sdmicentral.com/lent)

# A CALL TO PRAYER



We want to support individuals and families in renewing the practice of daily prayer and Bible reading. Join Nazarenes across Ontario for 40 days of prayer during Lent.

## THE PLAN

Start: March 2nd (Ash Wednesday)

End: April 10th (Palm Sunday)

Each week we will pray for specific Zones across the Canada Central Church of the Nazarene district (plus our district boards and leadership). Use the prayer starters provided at the end of this guide.

Each day we invite you to read the Psalm provided. We are going to spend Lent in the Psalms - use the guide provided.

## THE GUIDE

Print off the page for each week and use it to guide your prayer and Bible readings (Psalms).

Use the prayer starters and Scripture to shape your prayers.

## PRAY TOGETHER

Join others on the district praying together twice a day on Zoom.

Monday – Saturday (every week)

6-6:30 am and 8-8:30pm.

*Both sessions are the same, so choose a time that works for you.*

*Link can be found at [sdmicentral.com/lent](https://sdmicentral.com/lent)*

# WEEK ONE

Wednesday March 2 - Saturday March 5

## PRAYER FOCUS: CAPITAL + HISPANIC

**Capital:** Ottawa Bridlewood, Ottawa Haitian, Ottawa Trinity

**Hispanic:** Bradford, Brampton, Hamilton Young Flock, London Spanish Truth and Life, Milton Casa De Pan, Mississauga, Mississauga Taberaculo Evangelico, Toronto Emmanuel, Toronto Grace of God, Toronto Hacedores De Historia, Woodbridge

## DAILY BIBLE READINGS

**Wednesday, March 2. Psalm 51.1-17**

*"Create in me a clean heart, O God. Renew a loyal spirit within me." Psalm 51.10*

**Thursday, March 3 Psalm 37**

*"Trust in the Lord and do good. Then you will live safely in the land and prosper. Take delight in Lord, and he will give you your heart's desires." Psalm 37.3-4*

**Friday, March 4 Psalm 31**

*"Love the Lord, all you godly ones! For the Lord protects those who are loyal to him, but he harshly punishes the arrogant. So be strong and courageous, all you who put your hope in the Lord!" -Psalm 31.23-24*

**Saturday, March 5 Psalm 32**

*"For you are my hiding place; you protect me from trouble. You surround me with songs of victory." – Psalm 32.7*

# WEEK TWO

Monday, March 7 - Saturday March 12

## PRAYER FOCUS: GREATER TORONTO AREA

Ajax Connect, Brampton, Brampton Spanish, Markham Grace Chinese, Markham Village, Milton Casa De Pan, Mississauga Spanish, Mississauga Bethel Tamil, Mississauga Taberaculo Evangelico, Pickering Altona Road Community, Quinte West, Richmond Hill Solid Rock Community

Toronto: Armenian, Emmanuel, Emmanuel Spanish, Emmanuel Tamil, Good Shepherd Community, Grace @ the Sharing Place, Grace of God Spanish, Hacedores De Historia, Kennedy Road, Kennedy Road Tamil, Main St., Rosewood, Rosewood Chinese, Whitby Gateway Community, Woodbridge Spanish

## DAILY BIBLE READINGS

### Monday, March 7 Psalm 52

"But I am like an olive tree, thriving in the house of God. I will always trust in God's unfailing love." – Psalm 52.8

### Tuesday, March 8 Psalm 48

"... that you may describe them to future generations. For that is what God is like. He is our God forever and ever, and he will guide us until we die." – Psalm 48.13b-14

### Wednesday, March 9 Psalm 119.49-72

"My suffering was good for me, for it taught me to pay attention to your decrees. Your instructions are more valuable to me than millions in gold and silver." – Psalm 119.71-72

### Thursday, March 10 Psalm 50

"Then call on me when you are in trouble, and I will rescue you, and you will give me glory." – Psalm 50.15

### Friday, March 11 Psalm 51

"The sacrifice you desire is a broken spirit. You will not reject a broken and repentant heart, O God." – Psalm 51.17

### Saturday, March 12 Psalm 139.1-17

"Thank you for making me so wonderfully complex! Your workmanship is marvelous – how well I know it." – Psalm 139.14

# WEEK THREE

Monday, March 14 - Saturday March 19

## PRAYER FOCUS: GOLDEN HORSESHOE

Hamilton Crown Point Community, Hamilton Mountain, Hamilton Young Flock Spanish, Niagara Heights Community, Oakville Generations, Oakville Spanish

## DAILY BIBLE READINGS

### Monday, March 14 Psalm 56

"... many are boldly attacking me. But when I am afraid, I will put my trust in you. I praise God for what he has promised. I trust in God, so why should I be afraid? What can mere mortals do to me? – Psalm 56.2b-4

### Tuesday, March 15 Psalm 62

"Let all that I am wait quietly before God, for my hope is in him. He alone is my rock and my salvation, my fortress where I will not be shaken." – Psalm 62.5-6

### Wednesday, March 16 Psalm 72

"Praise the Lord God the God of Israel, who alone does such wonderful things. Praise his glorious name forever! Let the whole earth be filled with his glory. Amen and amen!" – Psalm 72.18-19

### Thursday, March 17 Psalm 71

"Yes, you have been with me from birth, from my mother's womb you have cared for me. No wonder I am always praising you!" – Psalm 71.6

### Friday, March 18 Psalm 69

"Even my own brothers pretend they don't know me; they treat me like a stranger. Passion for your house has consumed me, and the insults of those who insult you have fallen on me." – Psalm 69.8-9

### Saturday, March 19 Psalm 23

"The Lord is my shepherd; I have all that I need. He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honour to his name." – Psalm 23.1-3

PRAY WITH US ONLINE EACH DAY  
6-6:30 AM AND 8-8:30PM.  
ZOOM LINK AT [SDMICENTRAL.COM/LENT](https://SDMICENTRAL.COM/LENT)

# WEEK FOUR

Monday, March 21 - Saturday, March 26

## PRAYER FOCUS: GEORGIAN BAY

Collingwood Erie Street Community, Feversham, Kolapore Calvary, Markdale Community, Meaford Bethany, Owen Sound, Sault Ste. Marie Pim Street Community, Shelburne Grace

## DAILY BIBLE READINGS

### Monday, March 21 Psalm 77

"But then I recall all you have done, O Lord; I remember your wonderful deeds of long ago. They are constantly in my thoughts. I cannot stop thinking about your mighty works." – Psalm 77.11-12

### Tuesday, March 22 Psalm 78

"Yet he was merciful and forgave their sins and did not destroy them all. Many times he held back his anger and did not unleash his fury! For he remembered that they were merely mortal, gone like a breath of wind that never returns." – Psalm 78.38-39

### Wednesday, March 23 Psalm 119.97-120

"Your word is a lamp to guide my feet and a light for my path." – Psalm 119.105

### Thursday, March 24 Psalm 42

"As the deer longs for streams of water, so I long for you, O God. I thirst for God, the living God. When can I go and stand before him?" – Psalm 42.1-2

### Friday, March 25 Psalm 92

"You thrill me, Lord, with all you have done for me! I sing for joy because of what you have done." – Psalm 92.4

### Saturday, March 26 Psalm 136

"Give thanks to him who alone does mighty miracles. His faithful love endures forever. Give thanks to him who placed the earth among the waters. His faithful love endures forever. Give thanks to him who placed the earth among the waters. His faithful love endures forever." – Psalm 136.4-6

# WEEK FIVE

Monday, March 28 - Saturday, April 2

## PRAYER FOCUS: LAKE SIMCOE

Barrie Ferris Lane Community, Bradford Spanish, Cedardale, Egypt, Lakeside, Newmarket

## DAILY BIBLE READINGS

### Monday, March 28 Psalm 89.1-18

“The heavens are yours, and the earth is yours; everything in the world is yours – you created it all.” – Psalm 89.11

### Tuesday, March 29 Psalm 94

“He punishes the nations – won’t he also punish you? He knows everything – doesn’t he also know what you are doing?” – Psalm 94.10

### Wednesday, March 30 Psalm 101

“I will be careful to live a blameless life – when will you come to help me?” – Psalm 101.2

### Thursday, March 31 Psalm 73

“My health may fail, and my spirit may grow weak, but God remains the strength of my heart; he is mine forever.” – Psalm 73.26

### Friday, April 1 Psalm 107.1-32

“Let them praise the Lord for his great love and for the wonderful things he has done for them. For he satisfies the thirsty and fills the hungry with good things.” – Psalm 107.8-9

### Saturday, April 2 Psalm 108.1-6

“Be exalted, O God, above the highest heavens. May your glory shine over all the earth. Now rescue your beloved people. Answer and save us by your power.” – Psalm 108.5-6

# WEEK SIX

Monday, April 4 - Saturday, April 9

## PRAYER FOCUS: WESTERN

Brantford, Cambridge Preston, London Filipino, London First, London Spanish Truth and Life, Windsor Devonwood Community, Woodstock

## DAILY BIBLE READINGS

### Monday, April 4 Psalm 35

“O Lord, oppose those who oppose me. Fight for those who fight against me. Put on your armour, and take up your shield. Prepare for battle, and come to my aid.” – Psalm 35.1-2

### Tuesday, April 5 Psalm 126

“Those who plant in tears will harvest with shouts of joy. They weep as they go to plant their seed, but they sing as they return with the harvest.” – Psalm 126.5-6

### Wednesday, April 6 Psalm 119.145-176

“I rise early, before the sun is up; I cry out for help and put my hope in your words.” – Psalm 119.147

### Thursday, April 7 Psalm 131

“Instead, I have calmed and quieted myself, like a weaned child who no longer cries for its mother’s milk. Yes, like a weaned child is my soul within me.” – Psalm 131.2

### Friday, April 8 Psalm 143.1-11

“Let me hear of your unfailing love each morning, for I am trusting you. Show me where to walk, for I give myself to you. Show me where to walk, for I give myself to you.” – Psalm 143.8

### Saturday, April 9 Psalm 137

“Beside the rivers of Babylon, we sat and wept as we thought of Jerusalem. We put away our harps, hanging them on the branches of poplar trees.” – Psalm 137.1-2



# WEEK SIX

Monday, April 11 - Saturday, April 16

## PRAYER FOCUS: DISTRICT BOARDS AND LEADERSHIP

### District Leadership

District Superintendent – Rev. Stephen Ottley  
District Secretary – Rev. Franklin Chouinard  
District Treasurer – Donald Tweedle  
District NMI President – Rev. Donna Wilson  
District NYI President – Marg Stahlbaum  
District SDMI Chair – Cindy Stavropoulos  
National Director – Rev. Ian Fitzpatrick  
District Administrator – Rev. Terry Hudson  
District Chaplaincy Director – Rev. Rosemary Redshaw  
District Training – Rev. Tamara Hudson

### District Boards

Advisory Board  
Board of Ministry  
Board of Church Properties  
Finance Committee  
Camping Ministries  
New Church Development  
District Spanish Committee  
District NMI Board  
District NYI Board  
District SDMI Board  
National Board

## DAILY BIBLE READINGS

### Monday, April 11 Psalm 36.5-11

“Your unfailing love, O Lord, is as vast as the heavens; your faithfulness reaches beyond the clouds. Your righteousness is like the mighty mountains, your justice is like the ocean depths. You care for people and animals alike, O God!” – Psalm 36.5-6

### Tuesday, April 12 Psalm 71.1-14

“Be my rock of safety where I can always hide. Give the order to save me, for you are my rock and my fortress.” – Psalm 71.3

### Wednesday, April 13 Psalm 70

“But may all who search for you be filled with joy and gladness in you. May those who love your salvation repeatedly shout, “God is great!” – Psalm 70.4

### Thursday, April 14 Psalm 116.1-2, 12-19

“I love the Lord because he hears my voice and my prayer for mercy. Because he bends down to listen, I will pray as long as I have breath!” – Psalm 116.1-2

### Friday, April 15 Psalm 22

“Our ancestors trusted in you, and you rescued them. They cried out to you and were saved. They trusted in you and were never disgraced.” – Psalm 22.4-5

### Saturday, April 16 Psalm 31.1-4, 15-16

“You are my rock and my fortress. For the honour of your name, lead me out of this danger.” – Psalm 31.3

# PROTECTION

*God is for us, who can be against us? 37 ...we are more than conquerors through him who loved us. 38 For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, 39 neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. - Romans 8:31b, 37-39*

**Holy God, you have our ADORATION.**

- *Everything in the heavens and on earth is yours, O Lord, and this is your kingdom. We adore you as the one who is over all things. (1 Chr 29:11b)*
- You God are the Creator of the universe, everything is from your power.
- You are a great, mighty, and glorious King, we worship you.
- There is no other God except you.
- All praise and worship are for you Father God, we sing your songs of praise.

**Lord, we CONFESS our sins and short comings.**

- When we have allowed the busyness of life encroach on our walk with you.
- When we have failed to pray continuously. Lord forgive us.
- When we missed the mark to love you with all our heart, soul, and mind.
- When we faltered in our love for our neighbour as you have taught us.
- When we have sinned in thought, word, and deed; have mercy on us.

**God, we are THANKFUL for all you have done and continue to do.**

- Father God, we thank you for your love, inseparable from us through Jesus.
- We thank you that you are our shelter, our refuge, our fortress.
- You protect us from trouble, you never desert us.
- *You will strengthen us and help us; You will uphold us with your righteous right hand. (Isaiah 41:10b)*
- We thank you for your grace and our salvation.

**Lord, we come to you in humble SUPPLICATION, hear our prayers.**

- For your divine protection on the ministries of our local churches.
- We pray for unity within the body of Christ.
- Lord, keep your hand of protection on the pastor and leadership.
- For your hand of protection on every layperson.
- *Lead us not into temptation, but deliver us from evil. (Matthew 6:13)*

# DIRECTION

*Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. - Proverbs 3:5-6*

- Lord, we give our hearts to you, it is through surrendering our understanding that we can receive your direction.
- We trust you God, we know that you are faithful, you called us.
- Help us to set aside our ways and embrace your ways in all things.
- Help us to see with your eyes the people and needs around us, fill us with your grace to love and serve others.
- Lord, we acknowledge you in our lives, we believe in you, we submit ourselves to your ways.
- Help us to follow your guidance and direction daily.

*I will instruct you and teach you in the way you should go;  
I will counsel you with my eye upon you.  
- Psalm 32:8*

- Lord, we embrace your truth and your direction in our lives.
- Help us to have a teachable spirit, thirsting after you and your ways.
- God, we trust you will show us the way, should we go to the left or to the right? Help us to be sensitive to your nudge.
- We know you love us and care for us daily.

*And he put all things under his feet and gave him as head over all things to the church, which is his body, the fullness of him who fills all in all.  
- Ephesians 1:22-23*

- Christ Jesus, you are the Messiah, the head over the Church, our redeemer.
- Help us to submit our lives to you daily, and recognize you as the head of the Church.
- Lord, help us to love what you love, help us to love the Church and to faithfully serve her.
- God, we pray for unity in the Church of the Nazarene, and to be known for our love.

*Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us. - Hebrews 12:1*

# REVELATION

*The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth. - John 1:14*

- God, we begin by thanking you for sending your Son for our salvation.
- God, you revealed yourself in Christ, the firstborn of all creation. (Col 1:15)
- We thank you in every circumstance as we see you working in our lives.
- Your amazing grace is revealed to us in the person of Jesus Christ, our hope.
- God, we pray for our lives and for the church to reflect your ways.

*All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work. - 2 Timothy 3:16-17*

- Lord we trust in your Word, your Holy Scriptures are God-breathed.
- Help us to have a teachable spirit, seeking your ways for ourselves and the church.
- Lord, help us pray, to read, and to listen to your still small voice.
- God, your revealed truth can be gained through prayer, thank you.

*I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe. - Ephesians 1:17-19a*

- Thank you for giving us the Spirit of wisdom and revelation as you promised.
- Holy Spirit, you are our counselor, our helper, and our advocate. Thank you for guiding our lives and for guiding your church.
- We are sanctified by grace through the Holy Spirit. God, you are faithful and we are thankful.
- Holy Spirit, lead us and speak to us about your plan for the Nazarene Church in the coming days. Help us discern your plans for our future.
- Lord, speak to us about your plans and your will, help us to be obedience in all things.

# RENEWAL

*He gives strength to the weary  
and increases the power of the weak.  
Even youths grow tired and weary,  
and young men stumble and fall;  
but those who hope in the LORD  
will renew their strength.  
They will soar on wings like eagles;  
they will run and not grow weary,  
they will walk and not be faint.  
- Isaiah 40:29-31*

- God, we pray that you would renew our strength for the days ahead.
- Lord, give us hope for our future and the future of the church.
- Father, encourage us and lift us on the wings like eagles. Help us to continue steadfast in our ministry and to sense your presence and strength.

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is —his good, pleasing and perfect will. - Romans 12:2*

- Holy Spirit, be in fellowship with us daily, renew our hearts and minds.
- Lord, we desire to cooperate with your will in our lives and in our ministry.
- We love you and pray for the renewal of our faith.
- God, may you be glorified in everything we say and do.

*He saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, whom he poured out on us generously through Jesus Christ our Savior. - Titus 3:5-6*

- Christ Jesus, we thank you for your suffering and sacrifice for our salvation.
- Lord, we thank you for our rebirth and renewal by your grace.
- Holy Spirit, help us to bring your truth and gospel message to the community we are in for the salvation and service of everyone.
- God help us to live in peace with humility, kindness, gentleness, and love for one another.
- Renew our hearts and our minds, help us to live for you and to work for you.

# TIPS

## Pray With Your Family

- Children can pray too!
- Read the Scripture aloud and invite your children to illustrate or retell what it says.
- Pray together as a family and give your children prompts to help shape their prayers.
- Find a consistent time to do this together - for example every night after dinner at the table.
- Find a translation that is ideal for your children's age (NirV, ICB, CEV for younger children and NIV, NKJV, NLT for older children)

## Keep Track of your Progress

- Highlight passages as you pray them aloud
- Cross of church names as you pray for them

## Do the Work

- Visit the district website ([centralnazarene.ca](http://centralnazarene.ca)) and choose "churches" (under "about") to find a list of all our churches with their pastor's name. Visit their website and pray intentionally for their ministries, board, community, etc.

## Pray Scripture

Praying Scripture is using God's Word directly to inform and form the content of prayer. It's praying the Scriptures word for word, along with reflection on the words, or praying the themes of a Scripture passage in a manner that sticks close to the text. According to Christian spirituality professor, Evan Howard, "To pray the Scriptures is to order one's time of prayer around a particular text in the Bible."

Open your Bible to the Psalms, start reading, pause at each verse, engage your sanctified imagination, pray the verses back to God, and without fail, you will pray dynamically and productively.

Recommended Resource: The Abide Bible, Thomas Nelson, 2020. [This Bible includes prompts or sidebars to help you pray Scripture]- Dr. Lawson Murray, [JumpIntoTheWord.com](http://JumpIntoTheWord.com)



A TIME OF FOCUSED  
PRAYER FOR PROTECTION,  
DIRECTION, REVELATION,  
AND RENEWAL.

*That's plain enough, isn't it? You're no longer wandering exiles. This kingdom of faith is now your home country. You're no longer strangers or outsiders. You belong here, with as much right to the name Christian as anyone. God is building a home. He's using us all—irrespective of how we got here—in what he is building. He used the apostles and prophets for the foundation. Now he's using you, fitting you in brick by brick, stone by stone, with Christ Jesus as the cornerstone that holds all the parts together. We see it taking shape day after day—a holy temple built by God, all of us built into it, a temple in which God is quite at home.*

*Ephesians 2:19-22 - MSG*