

40■Day Lent Prayer Journal

HealingPrayer.com – Grow Spiritually Every Day

A guided spiritual journal to help you reflect, pray, and grow closer to God during Lent.

Day 1: Repentance

Acts 3:19 – Repent, then, and turn to God, so that your sins may be wiped out.

Prayer:

Lord, help me recognize my sins and turn my heart back to You. Cleanse me and renew my spirit.

Spiritual Action:

- Confess one mistake honestly and ask God for forgiveness.

Day 2: Humility

Proverbs 22:4 – Humility is the fear of the Lord; its wages are riches and honor and life.

Prayer:

Father, teach me humility and help me depend on Your wisdom instead of my own pride.

Spiritual Action:

- Put someone else's needs before your own today.

Day 3: Faith

Hebrews 11:1 – Faith is confidence in what we hope for and assurance about what we do not see.

Prayer:

Lord, strengthen my faith when I feel uncertain and help me trust Your plan fully.

Spiritual Action:

- Trust God with one worry instead of stressing.

Day 4: Forgiveness

Colossians 3:13 – Forgive as the Lord forgave you.

Prayer:

God, help me release anger and forgive others just as You forgave me.

Spiritual Action:

- Forgive someone who hurt you.

Day 5: Obedience

John 14:23 – Anyone who loves me will obey my teaching.

Prayer:

Lord, help me listen to Your voice and obey You faithfully.

Spiritual Action:

- Choose obedience even when it feels difficult.

Day 6: Repentance

Acts 3:19 – Repent, then, and turn to God, so that your sins may be wiped out.

Prayer:

Lord, help me recognize my sins and turn my heart back to You. Cleanse me and renew my spirit.

Spiritual Action:

- Confess one mistake honestly and ask God for forgiveness.

Day 7: Humility

Proverbs 22:4 – Humility is the fear of the Lord; its wages are riches and honor and life.

Prayer:

Father, teach me humility and help me depend on Your wisdom instead of my own pride.

Spiritual Action:

- Put someone else's needs before your own today.

Day 8: Faith

Hebrews 11:1 – Faith is confidence in what we hope for and assurance about what we do not see.

Prayer:

Lord, strengthen my faith when I feel uncertain and help me trust Your plan fully.

Spiritual Action:

- Trust God with one worry instead of stressing.

Day 9: Forgiveness

Colossians 3:13 – Forgive as the Lord forgave you.

Prayer:

God, help me release anger and forgive others just as You forgave me.

Spiritual Action:

- Forgive someone who hurt you.

Day 10: Obedience

John 14:23 – Anyone who loves me will obey my teaching.

Prayer:

Lord, help me listen to Your voice and obey You faithfully.

Spiritual Action:

- Choose obedience even when it feels difficult.

Day 11: Repentance

Acts 3:19 – Repent, then, and turn to God, so that your sins may be wiped out.

Prayer:

Lord, help me recognize my sins and turn my heart back to You. Cleanse me and renew my spirit.

Spiritual Action:

- Confess one mistake honestly and ask God for forgiveness.

Day 12: Humility

Proverbs 22:4 – Humility is the fear of the Lord; its wages are riches and honor and life.

Prayer:

Father, teach me humility and help me depend on Your wisdom instead of my own pride.

Spiritual Action:

- Put someone else's needs before your own today.

Day 13: Faith

Hebrews 11:1 – Faith is confidence in what we hope for and assurance about what we do not see.

Prayer:

Lord, strengthen my faith when I feel uncertain and help me trust Your plan fully.

Spiritual Action:

- Trust God with one worry instead of stressing.

Day 14: Forgiveness

Colossians 3:13 – Forgive as the Lord forgave you.

Prayer:

God, help me release anger and forgive others just as You forgave me.

Spiritual Action:

- Forgive someone who hurt you.

Day 15: Obedience

John 14:23 – Anyone who loves me will obey my teaching.

Prayer:

Lord, help me listen to Your voice and obey You faithfully.

Spiritual Action:

- Choose obedience even when it feels difficult.

Day 16: Repentance

Acts 3:19 – Repent, then, and turn to God, so that your sins may be wiped out.

Prayer:

Lord, help me recognize my sins and turn my heart back to You. Cleanse me and renew my spirit.

Spiritual Action:

- Confess one mistake honestly and ask God for forgiveness.

Day 17: Humility

Proverbs 22:4 – Humility is the fear of the Lord; its wages are riches and honor and life.

Prayer:

Father, teach me humility and help me depend on Your wisdom instead of my own pride.

Spiritual Action:

- Put someone else's needs before your own today.

Day 18: Faith

Hebrews 11:1 – Faith is confidence in what we hope for and assurance about what we do not see.

Prayer:

Lord, strengthen my faith when I feel uncertain and help me trust Your plan fully.

Spiritual Action:

- Trust God with one worry instead of stressing.

Day 19: Forgiveness

Colossians 3:13 – Forgive as the Lord forgave you.

Prayer:

God, help me release anger and forgive others just as You forgave me.

Spiritual Action:

- Forgive someone who hurt you.

Day 20: Obedience

John 14:23 – Anyone who loves me will obey my teaching.

Prayer:

Lord, help me listen to Your voice and obey You faithfully.

Spiritual Action:

- Choose obedience even when it feels difficult.

Day 21: Repentance

Acts 3:19 – Repent, then, and turn to God, so that your sins may be wiped out.

Prayer:

Lord, help me recognize my sins and turn my heart back to You. Cleanse me and renew my spirit.

Spiritual Action:

- Confess one mistake honestly and ask God for forgiveness.

Day 22: Humility

Proverbs 22:4 – Humility is the fear of the Lord; its wages are riches and honor and life.

Prayer:

Father, teach me humility and help me depend on Your wisdom instead of my own pride.

Spiritual Action:

- Put someone else's needs before your own today.

Day 23: Faith

Hebrews 11:1 – Faith is confidence in what we hope for and assurance about what we do not see.

Prayer:

Lord, strengthen my faith when I feel uncertain and help me trust Your plan fully.

Spiritual Action:

- Trust God with one worry instead of stressing.

Day 24: Forgiveness

Colossians 3:13 – Forgive as the Lord forgave you.

Prayer:

God, help me release anger and forgive others just as You forgave me.

Spiritual Action:

- Forgive someone who hurt you.

Day 25: Obedience

John 14:23 – Anyone who loves me will obey my teaching.

Prayer:

Lord, help me listen to Your voice and obey You faithfully.

Spiritual Action:

- Choose obedience even when it feels difficult.

Day 26: Repentance

Acts 3:19 – Repent, then, and turn to God, so that your sins may be wiped out.

Prayer:

Lord, help me recognize my sins and turn my heart back to You. Cleanse me and renew my spirit.

Spiritual Action:

- Confess one mistake honestly and ask God for forgiveness.

Day 27: Humility

Proverbs 22:4 – Humility is the fear of the Lord; its wages are riches and honor and life.

Prayer:

Father, teach me humility and help me depend on Your wisdom instead of my own pride.

Spiritual Action:

- Put someone else's needs before your own today.

Day 28: Faith

Hebrews 11:1 – Faith is confidence in what we hope for and assurance about what we do not see.

Prayer:

Lord, strengthen my faith when I feel uncertain and help me trust Your plan fully.

Spiritual Action:

- Trust God with one worry instead of stressing.

Day 29: Forgiveness

Colossians 3:13 – Forgive as the Lord forgave you.

Prayer:

God, help me release anger and forgive others just as You forgave me.

Spiritual Action:

- Forgive someone who hurt you.

Day 30: Obedience

John 14:23 – Anyone who loves me will obey my teaching.

Prayer:

Lord, help me listen to Your voice and obey You faithfully.

Spiritual Action:

- Choose obedience even when it feels difficult.

Day 31: Repentance

Acts 3:19 – Repent, then, and turn to God, so that your sins may be wiped out.

Prayer:

Lord, help me recognize my sins and turn my heart back to You. Cleanse me and renew my spirit.

Spiritual Action:

- Confess one mistake honestly and ask God for forgiveness.

Day 32: Humility

Proverbs 22:4 – Humility is the fear of the Lord; its wages are riches and honor and life.

Prayer:

Father, teach me humility and help me depend on Your wisdom instead of my own pride.

Spiritual Action:

- Put someone else's needs before your own today.

Day 33: Faith

Hebrews 11:1 – Faith is confidence in what we hope for and assurance about what we do not see.

Prayer:

Lord, strengthen my faith when I feel uncertain and help me trust Your plan fully.

Spiritual Action:

- Trust God with one worry instead of stressing.

Day 34: Forgiveness

Colossians 3:13 – Forgive as the Lord forgave you.

Prayer:

God, help me release anger and forgive others just as You forgave me.

Spiritual Action:

- Forgive someone who hurt you.

Day 35: Obedience

John 14:23 – Anyone who loves me will obey my teaching.

Prayer:

Lord, help me listen to Your voice and obey You faithfully.

Spiritual Action:

- Choose obedience even when it feels difficult.

Day 36: Repentance

Acts 3:19 – Repent, then, and turn to God, so that your sins may be wiped out.

Prayer:

Lord, help me recognize my sins and turn my heart back to You. Cleanse me and renew my spirit.

Spiritual Action:

- Confess one mistake honestly and ask God for forgiveness.

Day 37: Humility

Proverbs 22:4 – Humility is the fear of the Lord; its wages are riches and honor and life.

Prayer:

Father, teach me humility and help me depend on Your wisdom instead of my own pride.

Spiritual Action:

- Put someone else's needs before your own today.

Day 38: Faith

Hebrews 11:1 – Faith is confidence in what we hope for and assurance about what we do not see.

Prayer:

Lord, strengthen my faith when I feel uncertain and help me trust Your plan fully.

Spiritual Action:

- Trust God with one worry instead of stressing.

Day 39: Forgiveness

Colossians 3:13 – Forgive as the Lord forgave you.

Prayer:

God, help me release anger and forgive others just as You forgave me.

Spiritual Action:

- Forgive someone who hurt you.

Day 40: Obedience

John 14:23 – Anyone who loves me will obey my teaching.

Prayer:

Lord, help me listen to Your voice and obey You faithfully.

Spiritual Action:

- Choose obedience even when it feels difficult.