

□ **DAY 22:** In Galatians 6:9, the Bible says: “*Let us not become tired of doing good*” (NIV). Father, Your Word tells us to do good, even when it’s hard. Help us to look for ways to be kind, generous, and helpful—and to not grow tired in doing so.

□ **DAY 23:** In 1 Corinthians 12:4-7, Paul tells us that each of us was created with a variety of gifts and talents. Father in heaven, thank You for the gifts and talents You have given us. Help us know how to use those gifts and talents to show others how good You are.

□ **DAY 24:** God, it’s easy to give up. It’s challenging to work hard. We pray that in the moments we feel like we can’t keep going, that we would remember You are a big, strong, and loving Father. Thank you for being with us and for helping us when we ask.

□ **DAY 25:** Father, we ask You to help us forgive those who hurt us, upset us, or make us angry. You have forgiven us for so much, and we want to forgive others to show how thankful we are for Your grace.

□ **DAY 26:** The Bible says in Colossians 3:12 (NIV) to “*clothe yourselves with compassion.*” Lord, each day remind us to do what your Word says—to be completely and fully loving and generous with others. Help us to be so compassionate that it’s as if we were actually dressed in it.

□ **DAY 27:** God, thank You for all Your amazing creations. Thank You for the birds, the animals, the flowers and the trees, the lakes and the streams, and the sun that rises and sets each day. Thank You for creating a beautiful world for us to live in and enjoy.

□ **DAY 28:** Father, sometimes it’s hard to be brave and courageous. Sometimes our fears can feel bigger than our faith. But we know that You are always with us. Help us to tell You when we’re afraid. Help us to know You are with us.

□ **DAY 29:** The Psalmist says that “. . . *those who look to the Lord have every good thing they need*” (Psalm 34:10b NIV). Father, it can be hard to focus on the good things we have when there’s something we really want. Help us to look to You in moments of jealousy and discontentment.

□ **DAY 30:** God, there are times when we don’t feel like talking about what’s wrong. We just want to be mad or sad or frustrated. Sometimes, life seems really unfair. Father, You are the only One who sees everything and knows everything. Please help me to trust You. Please help me to rely on You when I feel this way.

□ **DAY 31:** God, thank You for our family. Our family doesn’t look like all other families. We are different—and that’s a good thing! Help us to remember that our family is a gift from you. And even when we don’t get along, You want us to show each other patience, grace, and love.



Praying every day is a great habit to develop and it helps us grow in our faith. But it can also feel overwhelming. How about just starting off with 31 days? We’ve made it easy for you by creating short prompts to guide your time. You can use these prayer prompts by yourself or use them to guide your family in praying out loud together.

Don’t get discouraged if you miss days here and there—no one’s keeping score! Our goal is to give you a practical and meaningful way to restart the year with a focus on faith and your family.



□ **DAY 1:** God, Your Word says: “*Forget the things that happened in the past. Do not keep on thinking about them*” (Isaiah 43:18 NIV). Help our family to view the new year as a new start. Help us to forgive others and ourselves. Help us to move beyond the failures, hurts, and regrets of the past.

□ **DAY 2:** Father, help us to be content with all You’ve given us. We know that the best way to be content is to remember all the things You’ve already done for us. If we had nothing else, Your love is enough. Thank You for the hope You’ve given us through Jesus.

□ **DAY 3:** Father, thank You for loving us enough to send us Your Son, Jesus, even when we did nothing to deserve it. Help us to not only love others, but to do something to show them we love them in every situation.

□ **DAY 4:** God, You know every part of us. You know our thoughts, our hopes, and our fears. You even know the number of hairs on our head. You know us inside and out. Thank You for being a Creator who loves us completely. Give us the confidence to love ourselves the same way.

□ **DAY 5:** God, You love it when we work with others. Thank you for reminding us that we can get so much more done together than we can alone. We may not feel like it, we may not want to do it, but working together matters to You, so it should matter to us.

□ **DAY 6:** Father, help us to be people who think before we act. Remind us to pause, take a deep breath, and consider our options before we make choices. We know that showing self-control helps us just as much as it helps others.

□ **DAY 7:** Lord, we know that it’s important for us to keep going, even when we want to give up. We know that showing perseverance makes us stronger—and it makes our life better, too. Give us the strength to push through, even when it’s difficult.

□ **DAY 8:** Father, help us fight feelings of discontentment. It’s easy to look at what other people have and wish we had those things, too. You give us what we need each and every day. Help us to celebrate other people when we’re tempted to be jealous or upset.

□ **DAY 9:** God, when we’re hurt, tired, angry, or anxious, it’s hard to keep going. But we know that those are the times when it’s especially important to fight the temptation to give up. We need You, God, to remind us that You are the source of our strength when we are weak.

□ **DAY 10:** If we lived in a world without generosity, it would be a very sad place. Help us to remember that although our lives aren’t perfect, we are loved by a giving Father in heaven. Help us to show compassion to others to spread light and hope in the world.

□ **DAY 11:** God, you made me different from my friends and family—on purpose! You did this because You wanted me to be me. Show me all the unique ways You created me; help me to use those things so that others see what a big, loving, amazing Father You are.

□ **DAY 12:** God, thank You for our family. You have brought us together to work with and support each other. Help us to cooperate whenever and wherever we can. You created us to belong and to work together—thank You for that!

□ **DAY 13:** God, help us to show self-control in every situation. When we want to lose our tempers or give in when we shouldn’t, remind us that with your help, we can overcome temptation and make the wise choice.

□ **DAY 14:** The next time we are struggling with feelings of anxiety, anger, or discontentment, help us remember to tell You about it. Sharing our weaknesses with You helps make us stronger. You are the source of comfort and peace.

□ **DAY 15:** God, thank You for creating us just the way we are. You made us special, different, and unique. You want us to love ourselves the way You love us. Help us to do that. Help us to celebrate Your good works.

□ **DAY 16:** God, thank You for the people in our lives who have shown us grace. You have given us people to love us and forgive us. You have also given us people who have supported us, accepted us, and encouraged us. Help us to do those things for others, too.

□ **DAY 17:** Father in heaven, we pray for people who need You. We pray for those who are lonely, sick, or hurting. Father, use us to shine Your light into these peoples’ lives. And when we don’t know how to help, give us the wisdom to know what to do and the courage it takes to do it.

□ **DAY 18:** Father, Your Word tells us that You knew what our lives would look like before we were even born. It says that You have a specific plan for us—a good plan! God, give us the courage and the faith to accomplish all that You have set out for us.

□ **DAY 19:** God, help us to ask ourselves: How can we be more patient? How can we be more kind? How can we be less selfish? How can we make wise choices? Give us the wisdom and strength to better ourselves today and every day after.

□ **DAY 20:** God, we pray for our family’s perseverance. Thank You for all the ways You’ve helped us push through in the past. We know that You can help us keep going when we feel like giving up. Thank You!

□ **DAY 21:** Father in heaven, forgive us for any time we have mistreated someone because they are different from us. Forgive us for any time we have seen someone being mistreated and did nothing about it. Give us the courage to do the right thing and to stand up for someone else.