

Ready, Set, Pray!

31 Days of Prayer



Welcome to 2026! This year at The Park Church, we are continuing our theme of **Responding to God's Call: The Year of Everyone +1**. As we enter this year in a posture of prayer, we give attention to the first 31 days with specific petitions to our Father around reflection, prayer, maturing in Christ, serving, sending, and worship. This 31 Days of Prayer guide provides daily prayers written by members of our congregation to kick off our year and to encourage us in our faith journey. We have also including fasting instructions for each day (see pages 33-34 for more information about fasting).

For a fruitful time of prayer:

1. **Read** the Scripture and prayer for the day.
2. **Reflect** on the question "What is God saying to me during this prayer time?"
3. **Respond** to what you heard.

During this time, join us on Wednesdays at 6:30 a.m. for our jumpstart prayer call (605) 313-5941; Access code: 2794030.

What better way to start the year? Are you ready? Get set. Let's pray!

Day 1

“

As I reflect on who you are to me, every part of my being from the depths of my soul praises you.

DR. KIMBERLY NASH ALEXANDER



SCRIPTURE READING OF THE DAY:
PSALM 103:1-2

Prayer

All that I am praises you Lord. As I reflect on who you are to me, every part of my being from the depths of my soul praises you. I can't forget all your benefits; your grace, your mercy, how you saved me, how you heal me, how you keep me, how you love me, how you provide for me, how you restore me, how you know me and love me the same. There is no one like you. My soul magnifies Your holy name.

First Day of the Year Action:

Spend some time reflecting on all of the Lord's benefits toward you.

Day 2

“

You remind us that Your faithfulness has never failed Your people.

MIN. MARKEISHA FORD



SCRIPTURE READING OF THE DAY:
PSALM 65:11

Prayer

Gracious God, we thank You that You crown this year with Your goodness and cause every path before us to overflow with abundance. As we reflect on all You've carried us through from generation to generation, You remind us that Your faithfulness has never failed Your people. Let the young see hope in Your promises, let the seasoned testify of Your keeping power, and let us all stand united in gratitude. Shape our reflections into praise, our praise into purpose, and our purpose into impact for Your kingdom.

In Jesus' name, Amen.

Fast: Omit one meal today.

Day 3

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The very thought of Your works in my life is the fuel and encouragement to remind me of who holds my life.

ROBIN E. BROWN



SCRIPTURE READING OF THE DAY:
PSALM 77:11-12

Prayer

God, thank you for being the bridge that lifts me out of distress into praise. The very thought of Your works in my life is the fuel and encouragement to remind me of who holds my life, my situation and my soul. The very thought. Thank you for renewing my strength in time of need.

In Jesus' name, Amen.

Fast: Omit one meal today.

Day 4

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Thank You for being such a loving and faithful God who hears and answers my prayers.

DR. PAM SMITH



SCRIPTURE READING OF THE DAY:
PSALM 5:3

Prayer

I am grateful that my voice is heard by You, Lord, at the dawn of every new day! In those moments, I release the needs and desires of my heart unto You and then eagerly wait in expectation for Your response. Thank You for being such a loving and faithful God who hears and answers my prayers.

In Jesus' name, Amen.

Pause the fast for a time of communion with God, family and friends

Day 5

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May my life reflect unbroken communion with You, now and always.

DR. BARBARA L. PEACOCK



SCRIPTURE READING OF THE DAY:
1 THESSALONIANS 5:17

Prayer

Most Gracious God, please teach me to carry an unceasing spirit of prayer wherever I go. Help me to breathe Your Holy presence in every moment and help me to keep my heart open to You throughout each day. When distractions arise, draw my mind back to You. Let my every thoughts, words, and actions become a continual offering of prayer before You (without ceasing).

May my life reflect unbroken communion with You, now and always. Amen.

Fast: No technology 6 a.m. - 6 p.m.

Day 6

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Thank you for assuring me that if I do my part and come to you, You will take care of everything.

KEVIN M. WILSON



SCRIPTURE READING OF THE DAY:
MATTHEW 7:7

Prayer

Father, I thank you that you have solutions for whatever I am in need of. Everything that I could ever need is found in who You are. Forgive me for the times that I tried to figure out or handle things in my own strength.

Let my heart be reminded that you are Jireh; my source, my strength and my provider. Thank you for assuring me that if I do my part and come to you, You will take care of everything.

In Jesus' name, Amen.

Fast: Omit one meal today.

Day 7

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Strengthen me as I persevere and persist in my supplication to You.

DR. RAHAMA HAREWOOD



SCRIPTURE READING OF THE DAY:
LUKE 18:1

Prayer

Dear Lord, Your Word tells me to remain steadfast in prayer. Strengthen me as I persevere and persist in my supplication to You. God, You know my hopes as well as my doubts. Help me to stay close to you no matter what the circumstance. I know that You are more than enough no matter what.

In Jesus' name, Amen.

Fast: Omit one meal today.

Day 8

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I bring my petitions to You with humble trust because You are my High Priest.

DR. MAJOR MCGUIRE



SCRIPTURE READING OF THE DAY:
HEBREWS 4:16

Prayer

O God, how I thank You for this glorious opportunity to approach You - to continually draw near to Your throne with bold, confident, open, genuine words of confession thanksgiving, prayer and praise. I bring my petitions to You with humble trust because You are my High Priest. I am thankful for the relationship we have through Jesus' sacrificial death on the cross, His victorious resurrection from the dead and His ascension where He now ever lives to make intercession for me; it's because of His death on the cross that I have continual access to the throne of grace.

I thank You Lord Jesus, my everlasting advocate that I can depend on You for forgiveness and strength to help me in my time of need.

I am thankful and give You the highest praise. Amen.

Fast: Omit one meal today.

Day 9

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I know you hear my prayers and that you are an on-time God that I can come to in all points of life.

TRINITY RUSSELL



SCRIPTURE READING OF THE DAY:
EPHESIANS 6:18

Prayer

Dear God, coming to you as humble as I know how, I pray this prayer to you to continue to keep your arms around me, around those who are near to me and those who need you and your guidance and your will.

Lord, I know you are here for all the trials and tribulations, the celebrations, and triumphs, the highs and lows, the good times, and the bad times that I experience. I know you hear my prayers and that you are an on-time God that I can come to in all points of life, and I will receive all blessings through you who strengthens me. I pray for your continued healing, strength, courage, blessings, and all things in your will that you intend for me.

In Jesus' name, Amen.

Fast: Omit one meal today.

Day 10

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Thank you in advance for setting the captives free indeed through the power of fervent prayer.

PAMELA MULLEN



SCRIPTURE READING OF THE DAY:
JAMES 5:16

Prayer

Heavenly Father,
You are the God Who Sees Me (Jehovah Roi). Holy Spirit I pray that you lead me with wisdom on who I can share my shortcomings with. It can be scary to share the dark side of my spiritual life, but you have called me to be in community.

I know you to be a God of Healing (Jehovah Rapha) for you are your children's keeper. Thank you in advance for setting the captives free indeed through the power of fervent prayer.

In Jesus' name, Amen.

Fast: Omit one meal today.

Day 11

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Dear Lord, I sincerely desire to mature in Christ.

DR. RAYNETTE COVINGTON



SCRIPTURE READING OF THE DAY:
ROMANS 12:2

Prayer

Dear Lord, I sincerely desire to mature in Christ. Help me to be changed on the inside so that my thinking and behavior reflect the nature and character of Christ. May I daily invest my time and attention in Your Word such that my mindset is changed from the world's immature and ungodly ways. Enable me through the Holy Spirit to progressively demonstrate changes that are pleasing to You and align with Your will. Be glorified as I grow in Christ.

In Jesus' name, Amen.

Fast: No social media for 24 hours.

Day 12

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Keep our hearts pure so by your direction we focus on You.

MIN. PATRICIA PROBY



SCRIPTURE READING OF THE DAY:
GALATIANS 5:25-26

Prayer

Father, Help us to walk in the Spirit. Let us not get caught up in what others say or do. Let not pride or malice rule our hearts. Keep our hearts pure so by your direction we focus on You and move according to your will.

In Jesus' name, Amen.

Fast: Daniel Fast

Day 13

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May my walk with you please you, and my talk show forth my witness about you.

REV. KEITH W. CLARK



SCRIPTURE READING OF THE DAY:
2 TIMOTHY 2:15

Prayer

Lord please help me daily to be conformed to the image of Christ so that His mind, which is the mind of His Father, begins to govern my mind and the way I think and act. May my walk with you please you, and my talk show forth my witness about you. Help me to walk with you in agreement so that my witness about you is true and effective.

Amen.

Fast: Daniel Fast

Day 14

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Lord, thank You for growing me through every season of my life.

DWAYNE SPARKS



SCRIPTURE READING OF THE DAY:
1 CORINTHIANS 13:11

Prayer

Lord, thank You for growing me through every season of my life. Help me put away childish thoughts, reactions, and self-reliance. Teach me to appreciate the gifts of the Holy Spirit you have given me and to be mature enough to still put You above them all. Use my growth to ignite others for Your glory and purpose.

It's in the name of Jesus that I pray. Amen.

Fast: Liquids only 6 a.m. - 6 p.m.

Day 15

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We are grateful to be blessed by a God who knows no end to blessing His people.

BONITA JONES



SCRIPTURE READING OF THE DAY:
MATTHEW 6:33

Prayer

Father, in you we find our true identity. We find purpose, strength, hope, stability, provision and peace.

We're grateful for the invitation extended by way of the cross to seek first your kingdom and its righteousness. If that's not enough, you promise us that if we do so, you will handle the needs of our lives. We are living witnesses of this promise. We bless you for giving us a directive that secures our lives in a way that the world could never. We are grateful for your hand of provision over our lives. We are grateful to be blessed by a God who knows no end to blessing His people.

In Jesus' name, Amen.

Fast: Omit one meal today.

Day 16

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*Let my responses reflect Your love,
drawing others to see You through the
Christ in me.*

DIANE C. HARRIS



SCRIPTURE READING OF THE DAY:
EPHESIANS 4:32

Prayer

Heavenly Father, I thank You that in the Word there is direction on how I should live my life as a Christian. Holy Spirit, be my guide today. Please help me be kind in my words and calm in my actions today, showing compassion to those around me. Let my responses reflect Your love, drawing others to see You through the Christ in me.

Thank you for instilling in me a forgiving spirit and for remembering Your grace in forgiving me. I will be forever grateful to You, in the name of Jesus, Amen.

Fast: Liquids only 6 a.m. - 6 p.m.

Day 17

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Holy Spirit, open healthy doors to deep, life-giving loving relationships that glorify Jesus.

REV. CHRIS COOPER



SCRIPTURE READING OF THE DAY:
HEBREWS 10:24-25

Prayer

Father, reveal to me the gift of Your Church—where we spur on and stir one another in love and good deeds for Christ. Holy Spirit, open healthy doors to deep, life-giving loving relationships that glorify Jesus. As the day of Jesus' return draws near, give me a willing heart, and boldness to step into fellowship opportunities.

Amen.

Fast: Omit one meal today.

Day 18

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Lord, cleanse me from the inside out so that I may willingly proclaim, "Here I am, Lord! Send me."

DESTINY LEONARD



SCRIPTURE READING OF THE DAY:
ISAIAH 6:8

Prayer

God, You are worthy of all my praise. Thank You for being You, not because of anything I have done, but because You are just that good. Lord, open my ears so that I may clearly hear Your voice; open my eyes so that I may see where You are at work; and open my heart and my mind to receive Your Word. Lord, cleanse me from the inside out so that I may willingly proclaim, "Here I am, Lord! Send me," and boldly share Your Word with those around me so You get the glory.

Amen.

Fast: No social media for 24 hours.

Day 19

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I am joyfully awaiting new opportunities to extend a helping hand.

DR. TONDRA MCLAURIN



SCRIPTURE READING OF THE DAY:
MATTHEW 6:1

Prayer

God I thank you for opportunities to serve You while serving Your people. You have blessed me exceedingly, abundantly and above, and it is my desire to be a blessing to others. I am joyfully awaiting new opportunities to extend a helping hand. And, as I obediently follow Your direction, may You receive all the glory, honor and praise, for You alone are worthy of it.

Amen.

Fast: Daniel Fast

Day 20

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Embolden me by Your Spirit to use my gifts boldly and faithfully.

MIN. KIMBERLY MORRISON



SCRIPTURE READING OF THE DAY:

1 PETER 4:10

Prayer

Gracious and Loving Heavenly Father, I come before You with a grateful heart, acknowledging that every good and perfect gift comes from You. Thank You for the unique spiritual gifts and abilities You have placed within me. May my gifts be shaped by Your wisdom, grace, and purpose in Jesus' Name. Gracious God, teach me to be a faithful steward of the gifts You have entrusted to me as I freely offer my time, gifts, and compassion in love. Embolden me by Your Spirit to use my gifts boldly and faithfully, building up the body of Christ and reflecting Your heart to the world. Lord, as I serve others, open my eyes and shape my heart to serve as Christ served. May Your unmerited grace flow through me in many forms — bringing light into dark places so that others may encounter Your redemptive love and be strengthened in faith.

I pray this with thanksgiving in the mighty name of Jesus, Amen.

Fast: Daniel Fast



#TPCPRAYS

Day 21

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May we behold you when serving gets tough and find strength in who you are and have been!

STEPHANIE CASSELL



SCRIPTURE READING OF THE DAY:
MARK 10:45

Prayer

Dear God, Creator of all things, in whom all things hold together, thank you that you set a model for service. That you came to serve and not to be served and to give your life; your everything! In return may we give you our praise, our worship, and our everything! May we behold you when serving gets tough and find strength in who you are and have been!

In Jesus' name, Amen.

Fast: Daniel Fast

Day 22

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You show me a need as I go throughout this day that I may display Your love and be a blessing to someone I encounter.

MIN. CORNELIUS MOORE



SCRIPTURE READING OF THE DAY:
ACTS 20:35

Prayer

God, thank You for allowing me to be a part of this day. Thank You for the opportunity to impact the lives of others through the giving of my time, treasure and talent. Your Word tells me that it is more blessed to help others, so I ask that You show me a need as I go throughout this day that I may display Your love and be a blessing to someone I encounter.

In Jesus name I pray, Amen!

Fast: Liquids only 6 p.m. - 6 a.m.

Day 23

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Dear God we thank You for provisions and enabling us to give.

MIN. NORVITA BELL



SCRIPTURE READING OF THE DAY:
PROVERBS 19:17

Prayer

Dear God we thank You for provisions and enabling us to give. Being generous, loving, and kind is how You have called Your children to live. Sensitize our hearts to serve those with less who are in need of more. The blessings of giving and receiving are what You have in store.

In Jesus' name, Amen.

Fast: Liquids only 6 p.m. - 6 a.m.

Day 24

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I trust You to provide every necessity as I step out in faith to abound in every good work.

DR. KYDIA MCCOY



SCRIPTURE READING OF THE DAY:
2 CORINTHIANS 9:8

Prayer

Heavenly Father, thank You for Your promise in 2 Corinthians 9:8 to make all grace abound toward me. Forgive my moments of unbelief and replace my hesitation with a cheerful, generous heart. Help me view my time, love, and finances as divine resources intended to be shared rather than hoarded. I trust You to provide every necessity as I step out in faith to abound in every good work. May my life reflect Your overwhelming generosity and bring glory to Your Name.

In Jesus' name, Amen.

Fast: Liquids only 6 p.m. - 6 a.m.

Day 25

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May my worship and praise honor You.

TARA BROWN



SCRIPTURE READING OF THE DAY:
EXODUS 34:4-8

Prayer

Lord, it is a privilege to worship you. No one is more worthy. Thank you for your continual grace, mercy and faithfulness; and for letting me find my rest and peace in You. May my worship and praise honor You, and may my testimony be a blessing to others so they can know how great and wonderful You are. May Your name continue to be praised throughout all the earth.

In Jesus' name, Amen.

Fast: No social media for 24 hours.

Day 26

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Let my praise be a weapon that confuses the enemy and magnifies Your glory.

EDITH BROWN



SCRIPTURE READING OF THE DAY:
2 CHRONICLES 20:21

Prayer

Lord, I lift my voice in praise, declaring Your mercy endures forever. Strengthen my heart to worship You even before the battle is won, trusting in Your power. Let my praise be a weapon that confuses the enemy and magnifies Your glory. Teach me to honor You with thanksgiving, knowing victory comes through faith and obedience. May my life continually proclaim Your goodness, and may others be drawn to Your everlasting love.

In Jesus' name, Amen.

Fast: Liquids only 6 a.m. - 6 p.m.

Day 27

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Let my praise continually rise as a testament to my gratitude for who You are.

MIN. KATHRYN MAHONEY



SCRIPTURE READING OF THE DAY:
PSALM 71:8

Prayer

Lord, there has never been a moment when you were not faithful, loving, and true. My heart overflows with joy in you. I worship you in every moment, not just with songs of praise, but with every word I utter and every breath I take. Let my praise continually rise as a testament to my gratitude for who You are. May my life reflect the glory I proclaim with my lips.

In Jesus' name, Amen.

Fast: No technology 6 a.m. - 6 p.m.

Day 28

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Create in me a pure and true heart to worship you.

MAYA ALEXANDER



SCRIPTURE READING OF THE DAY:
JOHN 4:23-24

Prayer

Heavenly Father,

Thank you for the ability to worship you freely. I repent for any time I allowed anything to hinder my worship unto you. I thank you for the blood of Jesus that has gone before me as the wage for all my sins. I ask that you purge me from anything unlike you, create in me a pure and true heart to worship you.

In Jesus' name I pray, Amen.

Fast: Today, choose a fast based upon how the Holy Spirit leads you.

Day 29

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I praise you, Lord, for your goodness and mercy you grant me all day long.

GLORIA WARDLAW



SCRIPTURE READING OF THE DAY:
PSALM 100

Prayer

Lord, I come to you with my whole heart and worship you with gladness. I praise you, Lord, for your goodness and mercy you grant me all day long.

Lord, as I enter your presence, I bring my appreciation and praise.
Lord, I thank you for your LOVE, which endures forever.

In your matchless name, I pray, Amen.

Fast: Liquids only for 24 hours.

Day 30

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*I choose to surrender my worship to you
and you alone, the God of my salvation.*

REV. TASWELL HENDERSON JR.



SCRIPTURE READING OF THE DAY:
LUKE 4:8

Prayer

Lord, let your Holy Spirit give me the strength to keep from being pulled in by the attractiveness of worldly offerings and desires. Don't let my mind drift away from you and start to worship the empty and deceitful promises of Satan. Keep my heart pure and my mind stayed on you.

I choose to surrender my worship to you and you alone, the God of my salvation. Amen.

Fast: Liquids only for 24 hours.

Day 31

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I was created to worship you and give glory to your name.

MIN. TONIA GATHERS



SCRIPTURE READING OF THE DAY:
REVELATION 4:8-11

Prayer

Most Holy One,

I was created to worship you and give glory to your name. Day and night, it is my responsibility to reverence and adore you. I submit myself to you and cast my crowns down at your feet, recognizing that You are the one who was, is and is to come. In you, I have victory and it is because of that, I can celebrate and look forward to the day of your return with great joy! So, thank you for the intimate knowledge of what happens at the throne of God. I am in awe and in love, and will praise you forever!

Amen!

Fast: Water only until early afternoon.

Fasting Guide

What is a Fast?

A fast is a period of abstaining from something; denying self from a desire. There are multiple types of fasts, which we will cover in the Types of Fasts section below.

Why Should I Fast?

When you combine fasting and prayer, it can bring about a transformational revival - in you, the nation, and the world. It can be a very powerful tool in seeking God. The ultimate purpose of the fast is not you and what you seek, but God. Fasting is a true way to sacrifice for God and humble oneself to Him (Psalm 35:13; Ezra 8:21). Fasting is an act of worship and honoring.

How Should We Prepare for a Fast?

Spiritual Preparation

- Pray before you fast. Ensure that you communicate with God and seek His guidance regarding your fast.
- Ask God to help you to examine your heart, detect and repent any unconfessed sins.

Physical Preparation

- **Consult a doctor before fasting to ensure that all of your vitals are stable.**
- If you have severe medical maladies, you should definitely have professional supervision while fasting.
- Decrease the amount of food that you eat a couple of days prior to the fast starting in order to prepare your mind, stomach, and appetite for less food.

The best way to choose the appropriate fast is to follow the lead of the Holy Spirit. Pray purposefully in identifying God's purpose and direction in your fast. His direction is the only thing that will make the fast meaningful and significant.

Types of Fasts

Partial Fast – Abstain from food for a set time; eat a simple meal of bread & water; sacrifice a certain food.

Daniel Fast – Abstain from delicacies, meats, and wines and focus on fresh foods such as fruits and vegetables.

Water/liquids only Fast – Abstain from everything except water/liquids.

Technology Fast – Unplug from social media and refrain from watching television.

During the fast, it is important to focus on God, rather than food or technology. The spiritual focus and growth will replace the normal presence of those things during the fast. It is our prayer that the Lord's most wonderful love and blessings will be poured out on you as you take this exciting step of faith.

Fasting Guide

Foods to Include in Your Diet During The Daniel Fast

One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather to the kinds of food you can eat. The Daniel Fast is limited to vegetables (includes fruits) and water.

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: Spring water, distilled water or other pure waters.

Other: Tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to Avoid on the Daniel Fast

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Please make sure to **READ THE LABELS** when purchasing packaged, canned or bottled foods. They should be **sugar-free** and **chemical-free**. Keep this in mind as you review this list of acceptable food.