



**IPM Monthly Prayer Focus  
May 2026**

**Prayer Focus: Hope**

**IPM Foundation Scripture: Romans 12:12** KJV Rejoicing in hope; patient in tribulation; *continuing instant in prayer.*

**Weekly Prayer Focus**

**Focus Scripture: Romans 15:13 (NIV)** May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

**Week 1: Hope in God's Character (Unfailing Love)**

- **Scripture:** Psalm 71:14 (NIV) As for me I will always have hope; I will praise you more and more.
- **Focus:** Shifting trust from circumstances to God's character.
- **Prayer Prompt:** Ask God to renew faith, acknowledging Him as the source of light in darkness.
- **Prayer:** Lord, I find hope in Your unfailing love. Your love is a rock I can stand upon, and it never wavers. Even in the midst of trials and tribulations, I am secure in Your love. Fill me with hope, that I may face each day with confidence and trust in You. In Jesus' name, I pray. Amen.

**Week 2: Hope in Times of Despair (Refuge & Strength)**

- **Scripture:** Psalm 42:11 (NIV) Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.
- **Focus:** Finding comfort when overwhelmed or in a "waiting" season.
- **Prayer Prompt:** Pray for patience to wait on God's perfect timing and for comfort in grief.
- **Prayer:** Heavenly Father, when despair and doubt surround me, help me to find hope in Your promises. Your Word reminds me that You are my refuge and strength, an ever-present help in trouble. Let this truth be a source of hope in my life. In Jesus' name, I pray. Amen.

### Week 3: Hope for Renewed Strength (Perseverance)

- **Scripture:** Isaiah 40:31 (NIV) 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.
- **Focus:** Gaining endurance to overcome obstacles.
- **Prayer Prompt:** Ask for strength to "run and not grow weary" and to see life from a new perspective.
- **Prayer:** Father God, thank you for revealing your power in my life. I confess that I tend to rely on my own strength and abilities rather than turning to you in weakness. I ask you to bring me to the end of my strength so that I might experience your perfect power working in and through me. Help me to trust you as I wait for you. In Jesus' name, I pray. Amen.

### Week 4: Hope for the Future (Purpose)

- **Scripture:** Jeremiah 29: 11 (NIV) For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.
- **Focus:** Trusting in God's plans for a future.
- **Prayer Prompt:** Pray for guidance in new beginnings and confidence to step into new opportunities.
- **Prayer:** Lord, grant me the patience and trust to wait upon your perfect timing. I may not understand your plan, but I know it is filled with hope and a future. Help me to rest in the assurance that your ways are higher than my ways. In Jesus' name, I pray. Amen."

### Daily Hope Declarations

Throughout the month, use these declarations to maintain a hopeful mindset:

- I choose to hope in the Lord, my anchor and my refuge.
- I will look for God's blessings and trust in His provision.
- I am resilient, capable, and guided by love.

### Themes for Hope Prayers

- **Trusting God's Presence:** Ask for comfort and the assurance that God is present in chaos.
- **Renewal of Strength:** Pray for the strength to endure, based on promises.
- **Letting Go of the Past:** Seek grace to stop looking back and move into a new season.
- **Seeing God's Light:** Ask for eyes to see God's evidence of support in your life.
- **Shifting Perspective:** Ask for a transformation from worry to hope, waiting on God's timing.

### - Prayer-

Lord, help me to hear you say, "I am your hope" over all the other voices. Lord, your word says you are the hope for the hopeless, so I'm running to you with both hands stretched out and grabbing onto you. Fill my heart with hope and remind me that hope is an unbreakable spiritual lifeline. Lord, your promises are my anchor, you are my hope and I'm trusting you. In Jesus' name, I pray. Amen.