



2026

PRAYER GUIDE



WEEKLY PRAYERS FOR FORMING COMPASSIONATE HEARTS

January - March

"Prayers are tools not for doing or getting, but for being and becoming."

- Eugene Peterson

At Christian Heritage, prayer is a vital part of our ministry to children and families. Because of that, we want to invite you into a deeper partnership with us through prayer in the new year.

We have created this weekly prayer guide for 2026 to support that shared commitment. Each week includes a short Scripture passage followed by a suggested prayer. You can read the passage and pray the prayer once a week or daily. It's completely up to you. And you don't have to pray these exact words—they are simply offered as a prompt to help orient your heart as you come before the Lord.

These prayers focus less on praying for the families we serve (though we certainly do that at times), and more on aligning our hearts with God's nature, character, and work in the world. Our goal in these prayers—as in all our prayers—is not mainly to get things done, but to become the kind of people God desires for us to be.

We want to become more compassionate, more mindful of trauma, and more responsive to the God who lives among and identifies with the vulnerable.

As you pray, we invite you to lift up both the children and families Christian Heritage serves and your own life before God. We believe that as we learn to abide in Christ, walk with him through suffering and restoration, and attend to his presence, our prayers become a means through which God brings healing, wisdom, and hope—to others and to us.

This guide will be released in four parts, one for each quarter of the year. This guide is for January-March 2026.

Thank you for partnering with us in prayer. We are grateful for you, and we trust that the Lord will use these shared rhythms to deepen our dependence on him and our love for those he has entrusted to our care.

January

**light, calling,
belovedness**

light, calling, belovedness

January 4-10



SCRIPTURE

Read Isaiah 60:1–6



PRAY

O God, you who are light in the darkness, from the beginning you have been at work bringing hope where it is most needed. We ask that your light would shine upon us and upon the vulnerable families we serve—not as pressure or demand, but as warmth, safety, and gentle guidance. May we know dignity, belonging, and the quiet assurance that we are not alone. And as we rest in your light, make us faithful witnesses to it, bearing that light to others through our presence, compassion, and care. Amen.

light, calling, belovedness

January 11-17



SCRIPTURE

Read Mark 1:29–39



PRAY

O Christ, our Great Physician, you cared not only about people's eternity, but also about their physical existence—their bodies, their relationships, and their overall well-being. You care about my body and my health, and you care about the bodies of those we serve. May we experience your healing and restoring presence in our own lives, and may we reflect that same care to a hurting world, bearing witness through compassion, attentiveness, and love. Amen.

light, calling, belovedness

January 18-24



SCRIPTURE

Read Mark 1:16-20



PRAY

Gracious God, who calls ordinary people to participate with you in your work, you invite us not because we are prepared or impressive, but because you choose to work through willing hearts. Help us to discern how you are calling us to show up with faithfulness, humility, and courage in the lives of children and families. Give us wisdom to care well, patience to walk alongside others, and trust to leave outcomes in your hands. Amen.

light, calling, belovedness

January 25-31



SCRIPTURE

Read Luke 3:21–22



PRAY

O Christ, you who are the Beloved of the Father, before you spoke or healed or served, your Father delighted in you. Teach us to rest in that same gift of belonging—not in what we accomplish, but in who we are before you. Many of the children and families we serve have rarely experienced love that is steady, patient, and secure. We ask that, through the care they receive and the relationships that surround them, they might encounter safety, affirmation, and a growing sense of worth. May your Spirit bring comfort and peace to them today. Amen.

February

**trust,
presence,
love**

trust, presence, love

February 1-7



SCRIPTURE

Read Psalm 46



PRAY

O God, our Refuge and Strength, you are intimately aware of how deeply we are impacted by the brokenness and trouble in this world. Trauma is very real. Help us to remember this as we pray and as we care for others. As we contemplate the upheaval around us—in politics, the economy, our communities, and even within our own families and personal lives—may we experience your steady presence with us. Teach us to be still in awe of you: to trust that you are near, and to take heart that you will be exalted in and through it all. Amen.

trust, presence, love

February 8-14



SCRIPTURE

Read Luke 6:17–26



PRAY

O Christ, King of the upside-down kingdom, you bless those the world overlooks and draw near to those on the margins. Grant that we learn to value what you value, even when it stretches us beyond our comfort zone. May our hearts be turned toward those who experience poverty, exclusion, and vulnerability, and may we be shaped to respond with humility, generosity, and faithfulness. May our lives reflect your nearness and compassion. Amen.

trust, presence, love

February 15-21



SCRIPTURE

Read 1 Corinthians 13:1-13



PRAY

O God, you have given us the capacity to love because you are Love. Help us remember that love is not merely an idea or a feeling, but something you live out toward us. Shape us so that we do not only believe the right things or feel the right emotions, but live in ways that reflect your self-giving love. May we love in word and in deed. And may the children and families we serve experience that love as we support and care for them. Amen.

trust, presence, love

February 22-28



SCRIPTURE

Read Psalm 139:1–12



PRAY

O God, you who know all things and are present everywhere, you know each of us intimately—everything about us. We cannot escape your presence, and we do not want to. If we are honest, Lord, this knowledge can sometimes feel overwhelming. Your presence and your love are deeper than we can fully grasp. Draw us nearer to you, and may we—and the families we serve—experience the strength of your right hand, which upholds us, leads us, and gently invites us to continue drawing near. Amen.

March

**wilderness,
suffering,
resilience**

wilderness, suffering, resilience

March 1-7



SCRIPTURE

Read Isaiah 53:1-3



PRAY

O Christ, Man of Sorrows, we praise you for joining us in our humanity. You know what it's like to be tempted. You are intimately familiar with suffering. You can identify with us in our weakness, though you never sinned. You were rejected by people, yet you welcomed all who would come to you. Since you have identified with us, may we learn to identify with you by welcoming, loving, and caring for the vulnerable. Amen.

wilderness, suffering, resilience

March 8-14



SCRIPTURE

Read Psalm 88



PRAY

O God of the Valley, you are with us even in the darkness. As we think about the impact of trauma in our lives and the lives of the vulnerable, it can seem like there's no hope, no escape, no redemption. There are times you even seem silent, Lord, and we admit that's hard to admit and process. Grow in us an awareness that even in the midst of confusion and pain, you are still always present, and may that awareness inspire us to approach and serve the vulnerable with great tenderness, patience, and grace. Amen.

wilderness, suffering, resilience

March 15-21



SCRIPTURE

Read Psalm 22:22-24



PRAY

O God of the forsaken, we cry out to you in the midst of our pain. We acknowledge that suffering is universal, and some endure significant trauma in ways we have not and cannot comprehend. Be near to us, and be near them. You tell us that you do not despise the afflicted, but you welcome their cries, and we cry out to you on their behalf, O Lord. Amen.

wilderness, suffering, resilience

March 22-28



SCRIPTURE

Read Hebrews 2:14-18



PRAY

O Christ, our High Priest, you became like us so that no one could ever say, "God doesn't understand my pain." How well you understand temptation, exhaustion, stress, and betrayal! And how merciful and compassionate you are! May we continually lean on your mercy and compassion, and be ready to extend that same care to the vulnerable and hurting in our midst. Amen.

wilderness, suffering, resilience

March 29 - April 4



SCRIPTURE

Read Exodus 3:6-8



PRAY

O God of the wilderness, there are no surprises to you. When your people Israel were enslaved in Egypt, you heard their cries and came down to rescue them. We trust that you still hear the cries of those who are oppressed today—those caught in systems of injustice or cycles of trauma they long to escape but cannot. Hear their cries, O Lord, and come now, by your Spirit, to bring deliverance and freedom. Amen.