



Day 1

Pray: "I will give thanks to the Lord because of his righteousness; I will sing the praises of the name of the Lord Most High" (Ps. 7:17).

Wait: "In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly" (Ps. 5:3).

Trust: "Those who know your name trust in you, for you, O Lord, do not abandon those who search for you" (Ps. 9:10 NLT).

Day 2

Pray: "This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us" (1 John 5:14).

Wait: "The Lord longs to be gracious to you; therefore, he will rise up to show you compassion. For the Lord is a God of justice. Blessed are all who wait for him!" (Is. 30:18).

Trust: "The Lord is good, a strong refuge when trouble comes. He is close to those who trust in him" (Nahum 1:7 NLT).

Day 3

Pray: "I am praying to you because I know you will answer, O God. Bend down and listen as I pray" (Ps. 17:6 NLT).

Wait: "Let all that I am wait quietly before God, for my hope is in him" (Ps. 62:5 NLT).

Trust: "Commit your actions to the Lord, and your plans will succeed" (Prov. 16:3 NLT).

Day 4

Pray: "The Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God" (Rom. 8:26-27).

Wait: "For since the world began, no ear has heard and no eye has seen a God like you, who works for those who wait for him" (Is. 64:4 NLT).

Trust: "Blessed are those who trust in the Lord and have made the Lord their hope and confidence" (Jer. 17:7 NLT).

Day 5

Pray: "Surely God is my help; the Lord is the one who sustains me" (Ps. 54:4).

Wait: "Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes" (Ps.37:7).

Trust: "Those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint" (Is. 40:31 NLT).

Day 6

Pray: "It is good to give thanks to the Lord, to sing praises to the Most High. It is good to proclaim your unfailing love in the morning, your faithfulness in the evening" (Ps. 92:1-2 NLT).

Wait: "Wait patiently for the Lord. Be brave and courageous. Yes, wait patiently for the Lord" (Ps. 27:14 NLT).

Trust: "The Lord will rescue me from every evil attack and will bring me safely to his heavenly kingdom. To him be glory for ever and ever. Amen" (2 Tim. 4:18).

Day 7

Pray: "I cry out to God Most High, to God who will fulfill his purpose for me" (Ps. 57:2 NLT).

Wait: "As for me, I watch in hope for the Lord, I wait for God my Savior; my God will hear me" (Micah 7:7).

Trust: "Praise the Lord! For he has heard my cry for mercy. The Lord is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving" (Ps. 28:6-7 NLT).

Day 8

Pray: "I will praise God's name in song and glorify him with thanksgiving" (Ps. 69:30).

Wait: "God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him" (James 1:12 NLT).

Trust: "Those who listen to instruction will prosper; those who trust the Lord will be joyful" (Prov. 16:20 NLT).

Day 9

Pray: "Look to the Lord and his strength; seek his face always" (Ps. 105:4).

Wait: "Lord, I wait for you; you will answer, Lord my God" (Ps. 38:15).

Trust: "Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, 'I will take revenge; I will pay them back,' says the Lord" (Rom. 12:19 NLT).

Day 10

Pray: "Let the name of the Lord be praised, both now and forevermore. From the rising of the sun to the place where it sets, the name of the Lord is to be praised" (Ps. 113:2-3).

Wait: "You are my refuge and my shield; your word is my source of hope" (Ps. 119:114 NLT).

Trust: "Surely God is my salvation; I will trust and not be afraid. The Lord, the Lord himself, is my strength and my defense; he has become my salvation" (Is. 12:2).

Day 11

Pray: "Show me your ways, Lord, teach me your paths. Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long" (Ps. 25:4-5).

Wait: "I rejoice in following your statutes as one rejoices in great riches. I meditate on your precepts and consider your ways. I delight in your decrees; I will not neglect your word" (Ps. 119:14-16).

Trust: "Every word of God is flawless; he is a shield to those who take refuge in him" (Prov. 30:5).

Day 12

Pray: "Rescue me from my enemies, O God. Protect me from those who have come to destroy me" (Ps. 59:1 NLT).

Wait: "Wait for the Lord and keep his way, and he will exalt you to inherit the land; you will look on when the wicked are cut off." (Ps. 37:34 ESV).

Trust: "Lord Almighty, blessed is the one who trusts in you" (Ps. 84:12).

Day 13

Pray: "As for me, I call to God, and the Lord saves me. Evening, morning and noon I cry out in distress, and he hears my voice. He rescues me unharmed from the battle waged against me, even though many oppose me" (Ps. 55:16-18).

Wait: "We are citizens of heaven, where the Lord Jesus Christ lives. And we are eagerly waiting for him to return as our Savior" (Phil. 3:20 NLT).

Trust: "Many sorrows come to the wicked, but unfailing love surrounds those who trust the Lord" (Ps. 32:10 NLT).

Day 14

Pray: "Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus" (1 Thess. 5:16-18 NLT).

Wait: "I wait for the Lord, my whole being waits, and in his word I put my hope" (Ps. 130:5).

Trust: "For the word of the Lord holds true, and we can trust everything he does" (Ps. 33:4 NLT).

Day 15

Pray: "Truly my soul finds rest in God; my salvation comes from him. Truly he is my rock and my salvation; he is my fortress, I will never be shaken" (Ps. 62:1-2).

Wait: "The Lord is good to those who wait for him, to the soul who seeks him" (Lam. 3:25 ESV).

Trust: "Trust in him at all times, you people; pour out your hearts to him, for God is our refuge" (Ps. 62:8).

Day 16

Pray: "You are the God of great wonders! You demonstrate your awesome power among the nations" (Ps. 77:14 NLT).

Wait: "The Lord isn't really being slow about his promise, as some people think. No, he is being patient for your sake. He does not want anyone to be destroyed, but wants everyone to repent" (2 Peter 3:9 NLT).

Trust: "My help comes from the Lord, the Maker of heaven and earth" (Ps. 121:2).

Day 17

Pray: "You thrill me, Lord, with all you have done for me! I sing for joy because of what you have done. O Lord, what great works you do! And how deep are your thoughts" (Ps. 92:4-5 NLT).

Wait: "We wait in hope for the Lord; he is our help and our shield. In him our hearts rejoice, for we trust in his holy name. May your unfailing love be with us, Lord, even as we put our hope in you" (Ps. 33:20-22).

Trust: "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" (Jer. 29:11).

Day 18

Pray: "Hear me as I pray, O Lord. Be merciful and answer me! My heart has heard you say, 'Come and talk with me.' And my heart responds, 'Lord, I am coming'" (Ps. 27:7-8 NLT).

Wait: "Direct me in the path of your commands, for there I find delight. Turn my heart toward your statutes and not toward selfish gain. Turn my eyes away from worthless things; preserve my life according to your word" (Ps. 119:132-133).

Trust: "We are confident that God is able to orchestrate everything to work toward something good *and beautiful* when we love Him and accept His invitation to live according to His plan" (Rom. 8:28 VOICE).

Day 19

Pray: "I love the Lord because he hears my voice and my prayer for mercy. Because he bends down to listen, I will pray as long as I have breath" (Ps. 116:1-2 NLT).

Wait: "If you wait at wisdom's doorway, longing to hear a word for every day, joy will break forth within you as you listen for what I'll say" (Prov. 8:34 TPT).

Trust: "Those who trust in the Lord are like Mount Zion, which cannot be shaken but endures forever. As the mountains surround Jerusalem, so the Lord surrounds his people both now and forevermore" (Ps. 125:1-2).

Day 20

Pray: "As for me, I will sing about your power. Each morning I will sing with joy about your unfailing love. For you have been my refuge, a place of safety when I am in distress. O my Strength, to you I sing praises, for you, O God, are my refuge, the God who shows me unfailing love" (Ps. 59:16-17 NLT).

Wait: "Oh, how I love your instructions! I think about them all day long. Your commands make me wiser than my enemies, for they are my constant guide" (Ps. 119:97-98 NLT).

Trust: "Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. This I declare about the Lord: He alone is my refuge, my place of safety; he is my God, and I trust him" (Ps. 91:1-2 NLT).

Day 21

Pray: "I will praise you, Lord, among the nations; I will sing of you among the peoples. For great is your love, reaching to the heavens; your faithfulness reaches to the skies" (Ps. 57:9-10).

Wait: "I waited patiently for the Lord. He turned to me and heard my cry for help" (Ps. 40:1 GW).

Trust: "You will keep in perfect peace those whose minds are steadfast, because they trust in you. Trust in the Lord forever, for the Lord, the Lord himself, is the Rock eternal" (Is. 26:3-4).