



MDPC Women's Ministry is excited to offer you the 31 Days of Prayer booklet to encourage you to begin 2024 with prayer! 31 Days of Prayer is an invitation to start the year going deeper with God and growing as a follower of Jesus.

The daily themes were inspired by MDPC's 2023 Summer Sermon series, *The Jesus Way*. In the series we were challenged to grow as disciples by practicing six habits: prayer, worship, witness, give, serve, and study. As we practice these spiritual habits, we will grow closer to Jesus and experience more of God's joy.

Every day you will have the opportunity to read a passage of scripture, engage in a brief reflection, and consider various questions. Whether you have 5 minutes or 30 minutes this is a wonderful tool for you to begin your year growing as a follower of Jesus. And one of the best parts is you are joining with a host of other MDPC women who also want to grow closer to Jesus by starting the year off with prayer.

Margaret and I, Teri, want to encourage you in your journey of discipleship so please feel free to reach out to us with prayer requests or praise reports at our emails below.

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Lastly, we are deeply grateful to all the women who submitted journal entries and collaborated to create this beautiful *31 Days of Prayer* guide. Without them this would not have been possible.

Blessings!

Teri and Margaret

If you prefer a digital version of this prayer guide, go to 31days.mdpc.org.





JANUARY 1, 2024

Joy

"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." Romans 15:13 (NIV)

"May God, the source of hope, fill you completely with joy and shalom as you continue trusting, so that by the power of the Ruach HaKodesh (Holy Spirit) you may overflow with hope."

Romans 15:13 (Complete Jewish Bible)

For as unchanging and steadfast as God is, He is certainly not stagnant. He is the head, the source, of an abounding river of joy. He is the unending wellspring of shalom, wholeness, peace. By the active power of the Spirit, we are not left stagnant either. As we persist in believing, the Spirit fills us completely with joy so that we overflow with hope.

Where do you feel entrenched, stuck, or even ensnared? As you continue					
trusting in God's faithfulness, where can God fill you completely with joy					
and shalom?					

**JANUARY 2, 2024** 



"O magnify the LORD with me, and let us exalt His Name together. " Psalm 34:3 (ESV)

I read this as a marvelous invitation:

- 1. to praise an amazing God on our own and
- 2. in a shared experience with fellow believers.

May this be a year where we are consumed and begin our days in worship. May our worship of Him extend beyond solitary worship and overflow into a community praising God. Let us be women who praise, rejoice, and sing together with our families, neighbors, and church. Imagine and listen now to a unified chorus of praise to the One who is Worthy of Praise.

Today, draw near to our Holy God in worship and magnify Him. Praise

	and His promises	, , ,	_	someone
to church to	experience worshi	ping God toget	her.	





**JANUARY 3, 2024** 

## Prayer

"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you." James 1:5 (NIV)

Do you remember the story in 1 Kings 3 where God appeared to the young King Solomon and let Solomon ask for whatever he wanted? Solomon, not asking for fame, fortune, or fill-in-the-blank, asked for wisdom - and God was pleased! If you look at the life of Solomon, God's wisdom was definitely granted to him (1 Kings 4:29-34). I do not know about you, but I am in constant need of some sort of wisdom. This verse in James tells us that all we need to do is to ask God for it. Why is it so hard for me to remember to simply ask God for wisdom in prayer?

What are some things going on in your life, both big and small, where you could use God's wisdom?					

**JANUARY 4, 2024** 



"The Lord says: 'These people come near to Me with their mouth and honor Me with their lips, but their hearts are far from Me. Their worship of Me is based on merely human rules they have been taught." Isaiah 29:13 (NIV)

I desire to have a mouth that always honors and a heart that is never far from Jesus, as Mark 7:1-23 paints so vividly. The last thing I want to do is worship Jesus in vain, teach people's commandments as doctrine, or be a hypocrite. When we learn and live well the words and ways of Jesus, we receive blessings from heaven. Like the old hymn proclaims: when we trust and obey Jesus, our hearts are happy in Him. All Jesus' written words are worth our time to honestly examine ourselves under, especially those that relate to the purity of our hearts.

Will you take the 13 topics Jesus lists in Mark 7:20-23 to prayer personally
Search me O God and know my heart! Try me and know my thoughts! And see if there be any grievous, offensive way in me, and lead me in the way everlasting. (from Psalm 139:23-24)





**JANUARY 5, 2024** 

# Generosity

"Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously." 2 Corinthians 9:6 (NIV)

Think about it...the more flower seeds we plant in our garden, the more blossoms we get to enjoy! This passage invites us to give generously of our time, talents, and treasure. If we don't, we are the ones who miss out on so many good and beautiful things.

Where might God be asking you to sow your seeds of time, talents, and treasure more generously? Ask God, breathe deeply, listen attentively ... and then be ready for God to show you!


**JANUARY 6, 2024** 



"God comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us." 2 Corinthians 1:4 (NLT)

To many of us, "witnessing winsomely" can sound intimidating! It can be down-right scary to explain the reasons I believe the Bible is God's Word, or to argue intelligently for the resurrection of Jesus Christ from the dead. However, many of us have stories of how God has met us in our suffering. If someone asked you what difference God has made in your life, how would you answer? How has Christ offered comfort, hope, stability, a new start?

Make a timeline, considering your life in 5 or 10-year increments. Within each segment, make note of a suffering endured and a comfort received. When did God seem far away or near? How do these aches and pains, healings and helps, give perspective on your own life today? Is there someone with whom God would have you share the story of comfort?





### JANUARY 7, 2024



"When they had finished eating, Jesus said to Simon Peter, 'Simon son of John, do you love Me more than these?' 'Yes, Lord,' he said, 'You know that I love You.' Jesus said, 'Feed My lambs." John 21:15 (NIV)

"Love" and "service" are often inextricably wound together in the teaching of Jesus. Like twines in a rope, only made stronger when linked together and negligible without the other. Is it possible to love without service, or to serve without love? In this passage from John, Jesus directs Simon Peter to "Feed My lambs" and "Feed My sheep" following the question, "Do you love Me?"

Let us pray for each other that our answer is "Yes, Lord, You know that I love You." Amen.					





"At that moment the curtain of the temple was torn in two from the top to the bottom." Matthew 27:51 (NIV)

The curtain that separated the Holy of Holies from the people in the Temple designed by God was symbolic of man's separation from God by our sin. Only the head priest could enter on behalf of the people. When Jesus died on the Cross for our sins, this curtain tore, by the hand of God, from TOP TO BOTTOM. From this point on, we have direct access to God, no matter where we are. What joy that brings me, in reverence and awe, that God says, "Welcome, My child...come to Me".

Do you recognize and stand in awe of the freedom you have to come before the throne of the Most High and to worship and pray as a child of God? Does it bring you joy?				
87.4.7.7.				





JANUARY 9, 2024

### Worship

"Teach them to your children, talking about them when you sit at home and when you walk along the road, when you lie down and when you get up."

Deuteronomy 11:19 (NIV)

This past summer at my father's retirement party, my sisters and my husband performed the emotional worship song "The Blessings" by Elevation Worship. Unbeknownst to me, it made an impression on my sweet preschool girls who could be heard singing the song lyrics throughout our home for several weeks. This verse tells us to make teaching the Lord's commandments as common as breathing. Often, I see my girls pick up something from me I wish they wouldn't, but my husband's vulnerable example of living for Jesus unintentionally taught our girls to worship.

Did you ever consider your worship to be contagious? How would you					
like God to describe your worship?					
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JANUARY 10, 2024



"But Jesus often withdrew to lonely places and prayed." Luke 5:16 (NIV)

There are so many moments throughout the day that can be brought back into perspective, grounding, and peace if we just take moments to connect to our Father in prayer. As a mom of three kids, finding a "lonely place" is tough sometimes, but even a moment in the bathroom or closet can change my entire mood.

Do you have a go-to solitary place or can you think of a place that would

work for you to	withdraw an	d pray?		
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#### JANUARY 11, 2024

# Study

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing, and perfect will."

Romans 12:1-2 (NIV)

The Christian life does not culminate when we accept/declare our allegiance to King Jesus. Rather, that is just the start! We are called to mature in our faith and understanding of God through faithful, purposeful study as the Spirit helps us to "transform our minds." It is not just our hearts and wills that need to be re-made in the image of Christ. Our minds, how we think, and what we know about our King is of the upmost importance. Having our minds, intellects, and understanding transformed is a major aspect of the Christian life—and it is part of how we are called to worship God!

How are you learning, studying, and growing in your faith right now? What steps could you take to go deeper in the transformation of your mind?

JANUARY 12, 2024



"So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up." Galatians 6:9 (NLT)

Have you ever watched a plant grow? It's amazing what a little water and dirt will do. I once planted basil and with just a little bit of attention every day, I got to eat from the plant for weeks. Generosity is this way. All it takes is a little investment, a little time, and a little presence for big dividends.

What is one sphere in your life where you can show up a little more this

week? What is one area in your life where you can give a little bit more?				





### JANUARY 13, 2024

### Witness

"O God, from my youth You have taught me, and I still proclaim Your wondrous deeds. So even to old age and gray hairs, O God, do not forsake me, until I proclaim Your might to another generation, Your power to all those to come." Psalm 71:17-18 (ESV)

Sometimes I fall into the trap of believing that our story must be spectacular, miraculous, or dramatic. But how powerful is it to proclaim that the God of the universe speaks to us even in the mundane? Your stories of God's faithfulness don't only have to be about Him rescuing you from the pit, but can also be about Him sustaining you through another school year, bringing joy amid a job change, or reassuring you in a season of doubt. Sharing our stories is important for others to hear and a reminder to ourselves when we find hope or joy hard to muster. May we honor God by proclaiming all He has done to all who will hear.

Spend some time reflecting on moments of God's faithfulness. Write them					
down so they're concrete, and then consider where God might call you to					
share those stories!					

### JANUARY 14, 2024



"The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of Mine, you did for Me." Matthew 25:40 (NIV)

I would encourage you to read Matthew 25:35-40 to reflect on the parable Jesus shared with His disciples. The point of this parable is that when we serve others, we are serving God. When we feed and clothe others, care for the sick, and visit prisoners, we are doing this for God. We have the awesome privilege of serving others knowing as we do that we are serving the King of Kings. Just ponder that for a minute!

Has God been nudging you to serve in a particular ministry in the

church, local community, or another country? Ask God to help you be attentive to the Holy Spirit in ways you can serve.					
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#### JANUARY 15, 2024

Joy

"This is the day that the LORD has made; let us rejoice and be glad in it."

Psalm 118:24 (ESV)

Social media is a fast and easy way to connect, but more often than not I find myself easily lost and consumed in a world of pixels. The noise of a friend's vacation image, clean house, or even their thriving plant can shift my focus from the Truth and the gift Jesus offers me. May I encourage you today to disconnect, mute, or pause any noise around you. Take a deep breath and allow yourself to fully engage in God's presence via solitude. It may be by stepping outside for a minute to watch the leaves dance, pausing the music or the podcast for a minute, and enjoying the silence. However it is possible for you to fully engage with God, may you rejoice in the gift of solitude alongside Him.

Are you ready to breathe? Breathe in one, two, three, four. Hold or two, three, four. Exhale one, two, three, four.	ne,

JANUARY 16, 2024



"Whoever believes in Me, as Scripture has said, rivers of living water will flow from within them." John 7:38 (NIV)

Living water, flowing through me, saturate my soul, Like a river, break the levee, let it overflow. I can never have too much of Your love, Your love... Living water flowing through me, saturate my soul.

These words, taken from a Summer Celebration worship song, have been running through my mind lately. It is a daily reminder of how blessed I am to experience God's love for me, and a reminder to share that Living Water love.





### JANUARY 17, 2024

## Prayer

"Humble yourselves, therefore, under the mighty hand of God so that at the proper time He may exalt you, casting all your anxieties on Him because He cares for you." 1 Peter 5:6-7 (ESV)

When my son deployed to Iraq, I was worried for his safety, so this verse reminded me that I needed to rely fully on God. I prayed every day, and some days I had a "God-nudge" to pray more often. When my son was injured, God provided a medical team who discovered a life-threatening injury, thus saving my son's life. God showed me that through those "God-nudge" prayers, He was taking care of my son.

Where is God asking you to give Him all of you and your anxious thoughts and worries?

### JANUARY 18, 2024



"How I love Your instruction! It is my meditation all day long. Your commands make me wiser than my enemies, for they are always with me."

Psalm 119:97-98 (HCSB)

This world is in desperate need of wise women, women whose True North is the unparalleled counsel of God. Renewing our minds in the Word teaches us the difference between the true wisdom of God and the false (but alluring) "wisdom" of the various cultures around us. Whose counsel will you allow to penetrate your heart and mind today? How will you know the difference?

me this year a desire for Your wisdom? I am hopeful for Your guidance as
I study Your Word for the transformation of my thoughts and actions. I trust You with the renewing of my mind, for Your glory and my good.





JANUARY 19, 2024

# Generosity

"We loved you so much that we shared with you not only God's Good News but our own lives too." 1 Thessalonians 2:8 (NLT)

Mentors have changed my life. When a sister in Christ has shown me how she manages her household or reveals the hurt and healing of marital growing pains or listens compassionately to my struggles, I am swept up in the power of God to bring order, hope, and salvation. Sharing our lives - our time and our stories - can be a generous, sacrificial act of love that God uses to reach the hearts of His daughters. It can be the Gospel with skin on.

Is there someone God has already placed in your orbit that the Holy Spirit is prompting you to invest in? What is one simple way to avail yourself to her this week?

Think of the name(s) of women who have shared their life with you and

offer a prayer of thanksgiving and blessing on their behalf.	
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JANUARY 20, 2024

In Him (Jesus) was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcome it. There was a man sent from God whose name was John. He came as a witness to testify concerning that light, so that through him all might believe.

John 1:4-7 (NIV)

There was a woman sent from God whose name is (your name here). She came as a witness to testify to Jesus as the light of the world, so that through her testimony many might believe.

Have you ever considered your actions and words as bearing witness to Jesus? As followers of Jesus, we can shine God's light each and every day! We can point people to the Light of the world by our words and deeds... by our witness. There once was a woman named...

	estify to the Ligh	t.		





### JANUARY 21, 2024



"Make a joyful noise to the Lord, all the lands! Serve the Lord with gladness! Come into His presence with singing!" Psalm 100:1-2 (RSV)

When I started studying these verses, I noticed something interesting. The King James Version and Revised Standard Version of the Bible tell us to "Serve the Lord with gladness." However, the NIV says "Worship the Lord with gladness." At first I wondered about the discrepancy. Then it occurred to me that maybe service and worship are so entwined that they are interchangeable. I believe that when my heart is right with God, any service that I do for another person is an act of holy worship of the Creator God. Praise and joy should permeate my every action, and I pray that it does.

How can I refocus my thoughts from service as a duty to service as a form of worship? Where can I substitute the word "worship" for "service"? "I'm going to worship the Lord with gladness at the Food Pantry, Sunday
School,,"





"You make known to me the path of life; in Your presence there is fullness of joy." Psalm 16:11a (ESV)

Joy is relational. It is something we experience when we are with someone who is glad to be with us. In this Psalm, David expresses this very thing, "in Your presence there is fullness of joy." Just being in God's presence can fill you with joy because God is always glad to be with you. God delights in you!

To be honest, I do not always slow down enough to enjoy God's presence. Do you? One exercise I use to bring me back into relational joy with God is to remember moments in my life when I felt God's presence. For me it's moments taking in God's creative majesty in nature, deep conversations with a good friend, or times when God answered prayers in miraculous ways. These memories always bring me back into the fullness of joy because they remind me of God's presence with me.

What moments can you remember experiencing God's presence? Write
them down and how they made you feel.





JANUARY 23, 2024

### Worship

"Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, yet I will rejoice in the Lord, I will be joyful in God my Savior. The Sovereign Lord is my strength; He makes my feet like the feet of a deer, He enables me to tread on the heights." Habakkuk 3:17-19 (NIV)

Have you ever felt like life is not going how it should be? Maybe you're facing a scary health diagnosis, a season of painful waiting, a broken relationship, or an unexpected life change. Whoever you are and whatever it is, life can be downright uncomfortable. Recently, the Lord has shown me (despite my stubbornness to always accept this) that He actually wants me in the uncomfortable. He wants me in the places where I come to find true comfort, satisfaction, and security in Him, and Him alone. So in the uncomfortable, may we be "yet people" like the prophet Habakkuk. People who proclaim with full assurance, "Life is hard right now, yet I will find joy in the comfort, strength, and security of my Savior because He is enough and He is worthy of praise".

Where is Jesus calling you to seek Him and praise Him in the uncomfortable? Where is He calling you to be a "yet person"?

JANUARY 24, 2024



"Trust in the Lord with all your heart and lean not on your understanding.

In all your ways acknowledge Him, and He shall direct your paths."

Proverbs 3:5-6 (NKIV)

Praying calms my mind and soul and focuses me on what God wants for me and away from my concerns for my life. This part of God's word has rescued me many times when I was troubled in my spirit. Verse 6 says, "He will" and that is His promise to me that I am not alone and that He will be faithful to show me the way to go by trusting Him in all ways and times as life tosses me around. My grounding is in Him!

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Where is life demanding more of you than you can handle? Today? In the future?





#### JANUARY 25, 2024

# Study

"Though the mountains be shaken and the hills be removed, yet My unfailing love for you will not be shaken nor My covenant of peace be removed," says the Lord, who has compassion on you. Isaiah 54:10 (NIV)

My spunky joy-filled widowed neighbor told me that scripture memory is the best way to grow my faith during tough seasons. This has held true! I have the Bible in my pocket anytime I need it or the Lord wants to speak to me. During these sleepless years as I walk outside, fold laundry, put away dishes, or push a swing, I recite scripture. Isaiah 54:10 has been one of my favorite scriptures to memorize as it brings me instant peace that passes understanding.

Look back through this journal to find a scripture you'd like to memorize.

Write it in this journal, act it out, or even put a tune to it for one week.
"Lord Jesus, help mold this scripture into my heart and mind."

JANUARY 26, 2024



"Jesus sat down opposite the place where the offerings were put and watched the crowd putting their money into the temple treasury. Many rich people threw in large amounts. But a poor widow came and put in two very small copper coins, worth only a few cents.

Calling His disciples to Him, Jesus said, 'Truly I tell you, this poor widow has put more into the treasury than all the others. They all gave out of their wealth; but she, out of her poverty, put in everything - all she had to live on." Mark 12:41-44 (NIV)

"but she out of her poverty, put in everything - all she had to live on." I do not know about you, but this passage always unsettles me. Why would anyone give EVERYTHING they had to live on to God? Surely that is not fiscally responsible! But that's just it, radical generosity can only make sense in the Kingdom of God. It is about our heart, not our pocketbook. This poor widow was all in. Can I let go of my treasures, time, and talent with such radical generosity?

	oment to allow the Holy Spirit to speak to your heart about one can be radically generous with your time, talents, and/or trea-
sures tod	ay.





### JANUARY 27, 2024

### Witness

"You are the light of the world. A city situated on a hill cannot be hidden. No one lights a lamp and puts it under a basket, but rather on a lampstand, and it gives light for all who are in the house. In the same way, let your light shine before men, so that they may see your good works and give glory to your Father in heaven." Matthew 5:14-16 (HCSB)

The simplest way for us to witness to others is to be who we already are in Christ. Jesus says in this passage from the Sermon on the Mount that we are a city on a hill, and a lighted lamp. Simply by belonging to Jesus, we are visible. We can choose to hide, or to let the light of the Spirit of God shine in and through us as it naturally does. This is God's work, and as we follow Him faithfully, He will do it!

Am I hiding the light of God within me in any way? Who in my circle needs that light?

### JANUARY 28, 2024



Jesus called them over and said to them, "You know that those who are regarded as rulers of the Gentiles dominate them, and their men of high positions exercise power over them. But it must not be like that among you. On the contrary, whoever wants to become great among you must be your servant, and whoever wants to be first among you must be a slave to all. For even the Son of Man did not come to be served, but to serve, and to give His life—a ransom for many." Mark 10:42-45 (HCSB)

This was such a gentle but powerful teaching from Jesus! He's telling His disciples, "We won't do things the way the world does them. We will not be using power to dominate. Whatever power God supplies us we will use to serve others." Then He becomes a living example in this kind of service, to the point of surrendering His life as "a ransom for many."

	Do I use my power or influence to command others, or to serve them? How can I serve those closest to me today, in Jesus' tender way and in Hi								
Name?									





### JANUARY 29, 2024



"Always be full of joy in the Lord. I say it again - rejoice!" Phil 4:4 (NLT)

Joy is a state of being. Happiness is fleeting. How can you be "full of joy" this week? Simply by rejoicing!

What are three things you are thankful for today and why? They can be big things like reconciliation or small things like a warm cup of coffee.

Write a prayer. Thank God for who He is.							





"Sing to Him; yes, sing His praises. Tell everyone about His wonderful deeds." Psalm 105:2 (NLT)

"Over the mountains and the sea Your river runs with love for me And I will open up my heart And let the Healer set me free I'm happy to be in the truth And I will daily lift my hands For I will always sing Of when Your love came down..."

"I Could Sing of Your Love Forever" by Delirious and Hillsong Worship was pivotal in my faith growing up. It was a song I'd sing at youth group, in the shower, you name it. Even today, I still remember the melody. I could sing of His love forever...couldn't you?

What worship song tells of God's wonderful deeds? Listen to or sing that song today. The band, Shane and Shane, has several albums of Psalms. Each song on each album puts a different psalm to music. Listen today and let the Scriptures come to life in a new way.




### JANUARY 31, 2024



"Call to Me and I will answer you and tell you great and unsearchable things you do not know." Jeremiah 33:3 (NIV)

Definition of "unsearchable": not lending itself to research or exploration; hidden; unfathomable; mysterious.

If you're a planner like me, you like to know exactly what's going to happen next. Today, we have access to an unprecedented amount of information through the internet. We can find answers to countless questions and acquire knowledge on almost any topic imaginable. However, a search engine cannot predict or inform our future, and neither can we. This verse promises us that if we call to the Father, He will tell us "great and unsearchable things that we do not know." I need this reminder from God that my knowledge and understanding is limited, but His is not. God will impart what we need to know at the right and appropriate time. He doesn't promise that we will know everything - but He tells us that there is wisdom that comes only through Him.

I find great comfort in knowing that God is in control and that He possesses all knowledge! Rest in the knowledge that we can ask God what we do not know and that we can have peace in what we don't.

What great and unsearchable thing would you like to ask God today and 2024?



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