

National Day Of Prayer, May 7, 2026

The National Day of Prayer is a sacred opportunity for individuals, families, churches, and communities to come together and seek God intentionally. It is a moment set aside to humble ourselves, acknowledge our dependence on God, and invite His guidance into every area of our lives and nation. In a time when the world feels divided, uncertain, and burdened by conflict, prayer becomes not just a spiritual discipline but a lifeline.

As the Scripture encourages us to “pray continually,” it is only natural that we would wish to join the broader effort of the National Day of Prayer. What follows is a resource to guide your prayers, either intensively on the day of prayer, or as a 30 day discipline. This resource is provided by the National Day of Prayer organization, and certainly covers a range of appropriate topics. Since it is a very broad organization, the prayers tend to be generic in nature. Remember as you enter into prayer, that we have access to the Father through Jesus, the one to whom all authority in heaven and on earth has been given. We pray boldly in the name of Jesus, and He hears our prayers. Thank you for joining with our brothers and sisters across the nation for this effort!

-Pastor Kempin

PRAYER CONCLUSION

Many people today face challenges such as fear about the future, moral confusion, broken leadership, economic pressure, violence, and spiritual dryness. These struggles affect not only individuals but entire nations. The Bible reminds us that true change begins when God’s people pray.

If My people, who are called by My name, will humble themselves and pray... then I will hear from heaven”

(2 Chronicles 7:14)

Prayer reconnects us to God’s heart and invites His power into human affairs. Prayer on the National Day of Prayer is not about rituals or perfect words. It is about sincere hearts turning back to God. Scripture assures us that;

“The prayer of a righteous person is powerful and effective” (James 5:16).

“As we pray together, we stand in the gap for our homes, leaders, communities, and nation, trusting God to bring healing, wisdom, and renewal.”

A 30 Day Prayer Resource for You

The following pages are a collection of 30 powerful prayer points for the National Day of Prayer designed to guide you through focused, meaningful prayers that address personal, spiritual, and national needs. Each prayer point includes a short meditation to explain why the topic matters, a supporting Bible verse, and a heartfelt personal prayer you can pray aloud or silently. The St. John’s Prayer Team will be using this resource over the next 30 days and we invite you to pray with us. We welcome you to join us each Tuesday as we meet in Rm. 3 from noon to 1 p.m. interceding for those who have requested our prayers, our leaders and nation.

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1. Prayer for Humility Before God

Humility is the foundation of effective prayer. Without humility, prayer becomes self-centered instead of God-centered. On the National Day of Prayer, humility reminds us that we do not have all the answers and that we desperately need God's guidance. When a nation humbles itself before God, it opens the door for repentance, healing, and restoration. Humility shifts our focus from pride and self-reliance to surrender and trust in God.

“God opposes the proud but shows favor to the humble.

— James 4:6

Prayer

Heavenly Father, I come before You with a humble heart. I acknowledge that without You, I can do nothing. Forgive me for moments of pride, self-reliance, and ignoring Your voice. Teach me to depend fully on You in every area of my life. As I pray today, help me approach You with reverence, honesty, and surrender. May my heart be soft before You, and may my life reflect humility and obedience. I place myself completely in Your hands. Amen.

2. Prayer for Repentance and Forgiveness

Repentance is essential for spiritual renewal. A nation cannot move forward spiritually while ignoring sin and disobedience. Repentance is not about shame but about turning back to God with sincerity. When individuals repent, families are restored, and when families repent, nations can be healed. God's forgiveness brings freedom, restoration, and hope.

“If we confess our sins, He is faithful and just to forgive us.”

— 1 John 1:9

Prayer

Lord God, I confess my sins before You. Forgive me for the ways I have fallen short of Your will. Cleanse my heart and renew my spirit. I also lift up our nation and ask for Your mercy. Where we have turned away from You, bring us back. Wash us with Your grace and restore our relationship with You. Thank You for Your forgiveness that brings healing and new beginnings. I receive Your mercy with gratitude. Amen.

3. Prayer for Spiritual Revival

Spiritual revival begins when hearts are awakened to God's presence. Many people live disconnected from God, relying on routines instead of relationships. Revival brings renewed passion for prayer, worship, and obedience. On this day, we ask God to ignite a spiritual awakening that transforms lives and communities.

“Will You not revive us again, that Your people may rejoice in You?” — Psalm 85:6

Prayer

Father God, send revival to my heart and to our nation. Awaken us from spiritual complacency and renew our hunger for You. Stir a fresh desire for prayer, holiness, and truth. Let Your Spirit move powerfully among us, bringing conviction, repentance, and joy. May lives be transformed and hearts turned back to You. I ask You to start this revival in me. Use me as a vessel of Your light and love. Amen.

4. Prayer for National Unity

Division weakens a nation, while unity strengthens it. Differences in opinion, culture, and beliefs can easily lead to conflict and hatred. God calls His people to be peacemakers. Prayer for unity invites God to heal divisions and replace hostility with understanding and compassion.

“Every kingdom divided against itself will be ruined.” — Matthew 12:25

Prayer

Lord, I pray for unity in our nation. Heal the divisions that separate us and replace them with understanding and respect. Help us listen to one another with humility and speak with grace. Remove hatred, pride, and bitterness from our hearts. Teach us to work together for peace and the common good. May Your love unite us beyond our differences. I trust You to bring healing and harmony where there is division. Amen.

5. Prayer for Government Leaders

Leaders carry great responsibility, and their decisions affect millions of lives. Without God's wisdom, leadership can become self-serving or unjust. Scripture urges believers to pray for those in authority so that society may live in peace and order.

"I urge... prayers... be made for all those in authority."

— 1 Timothy 2:1–2

Prayer

Heavenly Father, I lift up our leaders before You. Grant them wisdom, integrity, and humility. Guide their decisions and help them govern with justice and compassion. Protect them from corruption and selfish ambition. Surround them with godly counsel and hearts that seek truth. May they lead in ways that honor You and serve the people faithfully. I place our leadership into Your capable hands. Amen.

6. Prayer for the Church

The Church is called to be the light of the world. When the Church grows weak or divided, its influence fades. Prayer strengthens the Church, unites believers, and renews its mission to share God's love and truth.

"You are the light of the world."

— Matthew 5:14

Prayer

Lord, strengthen Your Church. Unite believers in love, truth, and purpose. Renew our passion for prayer, holiness, and service. Remove complacency and compromise. Empower pastors, leaders, and members to walk in obedience and bold faith. Let Your Church shine brightly in a dark world, bringing hope and healing. I pray that Your name will be glorified through Your people. Amen.

7. Prayer for Families

Families are the foundation of society. When families are strong, communities thrive. Yet many families face broken relationships, stress, and spiritual challenges. Prayer invites God to restore love, unity, and faith within homes.

“As for me and my house, we will serve the Lord.”
— Joshua 24:15

Prayer

Father God, I lift up families across our nation. Heal broken relationships and strengthen bonds of love. Restore peace, trust, and faith within homes. Help parents lead with wisdom and children grow in truth. Let families be places of prayer, safety, and encouragement. I dedicate my own family to You and ask for Your protection and guidance. Amen.

8. Prayer for Children and Youth

Children and youth face immense pressure from society, media, and peers. They need guidance, protection, and godly influence. Prayer covers them with God’s wisdom and direction as they grow.

“Train up a child in the way he should go.”
— Proverbs 22:6

Prayer

Lord, I pray for the children and youth of our nation. Protect their hearts and minds from harmful influences. Guide them in truth, wisdom, and faith. Surround them with godly mentors and loving families. Help them discover their purpose and walk in confidence. May they grow to love You and serve You faithfully. I place their future into Your hands. Amen.

9. Prayer for Peace in the Nation

Peace is more than the absence of conflict; it is the presence of justice, safety, and trust. Many nations struggle with violence and unrest. Prayer invites God’s peace to reign in hearts and communities.

“Blessed are the peacemakers.” — Matthew 5:9

Prayer

God of peace, I ask You to bring peace to our nation. Calm unrest, violence, and fear. Heal communities affected by conflict and loss. Teach us to seek peaceful solutions and to treat one another with dignity. Let Your peace rule in our hearts and guide our actions. I trust You to bring lasting peace. Amen.

10. Prayer for Justice and Righteousness

Justice reflects God's character. When injustice prevails, people suffer, and trust erodes. Prayer calls on God to establish righteousness and fairness in systems and hearts.

"Let justice roll on like a river." — Amos 5:24

Prayer

Lord, I pray for justice in our nation. Expose corruption and wrongdoing. Protect the vulnerable and oppressed. Guide leaders and institutions to act with integrity and fairness. Help me live justly in my own actions and choices. May righteousness be honored and truth upheld. I trust You as the ultimate judge and defender. Amen.

11. Prayer for National Healing

Healing is deeply needed in many nations today, healing from violence, injustice, division, trauma, and spiritual brokenness. Wounds left untreated can shape generations, but God's healing restores hope and wholeness. National healing begins when individuals open their hearts to God and allow Him to mend what is broken within and among us.

"I will heal their land." — 2 Chronicles 7:14

Prayer

Heavenly Father, I ask for healing over our nation. Heal the wounds caused by hatred, injustice, violence, and broken trust. Bring comfort to those who are grieving and strength to those who are weary. Heal hearts that are burdened with anger and fear. Restore hope where despair has taken root. I surrender our nation into Your hands and trust You to bring healing that only You can provide. Let Your mercy flow freely among us. Amen.

12. Prayer for Wisdom in Decision-Making

Decisions made by individuals and leaders shape the future of families, communities, and nations. Without wisdom, choices can lead to harm and regret. God offers wisdom generously to those who ask, making prayer essential when facing important decisions.

If any of you lacks wisdom, you should ask God.”
— James 1:5

Prayer

Lord God, I ask You for wisdom. Guide my thoughts, words, and decisions. Help me choose what is right, not what is easy. Grant wisdom to our leaders, judges, and policymakers as they make decisions that affect many lives. Remove confusion and bring clarity. Teach us to seek Your will above personal gain. I trust You to lead us in paths of righteousness and truth. Amen.

13. Prayer for Economic Stability

Economic challenges affect families deeply, causing stress, fear, and uncertainty. Job loss, rising costs, and financial inequality can weaken communities. Prayer invites God’s provision, wisdom, and peace into economic matters while reminding us to trust Him as our ultimate provider.

“The Lord will provide.” — Genesis 22:14

Prayer

Father God, I lift up the economic needs of our nation. Provide opportunities for employment, fairness in wages, and stability for families. Help those struggling financially to find relief and hope. Give wisdom to leaders and businesses to act responsibly and compassionately. Teach us to manage resources wisely and to care for those in need. I trust You as our provider and source. Thank You for Your faithful provision. Amen.

14. Prayer for the Poor and Vulnerable

God’s heart is close to the poor, the oppressed, and the marginalized. A nation is measured not by its wealth but by how it treats its most vulnerable. Prayer moves hearts toward compassion and action, encouraging justice and mercy.

“The Lord hears the cry of the poor.” — Psalm 34:6

Prayer

Lord, I lift up the poor and vulnerable in our nation. Provide food, shelter, and dignity for those in need. Protect the elderly, the homeless, widows, and orphans. Soften hearts and inspire compassion in those with resources. Use me to be a source of

kindness and support to others. May our nation reflect Your heart for justice and mercy. I trust You to care for every life. Amen.

15. Prayer for Education and Schools

Education shapes the minds and values of future generations. Teachers, students, and administrators face immense pressure and responsibility. Prayer invites God’s wisdom, protection, and guidance into schools and learning environments.

The fear of the Lord is the beginning of knowledge.”
— Proverbs 1:7

Prayer

Heavenly Father, I pray for our schools and educational systems. Protect students and teachers. Grant wisdom, patience, and strength to educators. Help students grow in knowledge, character, and truth. Remove violence, confusion, and harmful influences from learning environments. Let education be a tool for growth, integrity, and hope. I place our schools and future generations into Your care. Amen.

16. Prayer for Healthcare Workers

Healthcare workers serve on the front lines of care, healing, and compassion. Their work often comes with emotional and physical exhaustion. Prayer strengthens them, renews their purpose, and reminds them that God sees their service.

“The Lord will sustain him on his sickbed.” — Psalm 41:3

Prayer

Lord God, I pray for doctors, nurses, caregivers, and all healthcare workers. Strengthen them in body, mind, and spirit. Protect them from burnout, fear, and discouragement. Give them wisdom, compassion, and endurance. Bless their hands as they care for the sick and vulnerable. May they feel appreciated and supported. I thank You for their dedication and ask You to renew their strength daily. Amen.

17. Prayer for Law Enforcement and Security Forces

Those who serve in law enforcement and security carry great responsibility. They face danger, stress, and difficult decisions daily. Prayer covers them with protection, wisdom, and integrity as they work to maintain peace and safety.

“Blessed are those who maintain justice.”
— Psalm 106:3

Prayer

Father God, I lift up law enforcement officers and security personnel. Protect them as they serve and keep communities safe. Grant them wisdom, fairness, and restraint in every situation. Heal relationships between officers and communities. Remove corruption and fear, and replace them with trust and respect. I ask You to guide and guard all who serve in this role. Amen.

18. Prayer for Religious Freedom

Religious freedom allows people to worship God openly and live according to their faith. When this freedom is threatened, spiritual expression is limited. Prayer seeks God’s protection over the right to worship and serve Him without fear.

“Where the Spirit of the Lord is, there is freedom.”
— 2 Corinthians 3:17

Prayer

Lord, I thank You for the freedom to worship You. I pray for the protection of religious freedom in our nation. Guard the right to pray, teach, and live according to faith. Strengthen those who face persecution for their beliefs. Let truth and righteousness be upheld. I trust You to preserve freedom and guide our nation in honoring You openly. Amen.

19. Prayer for Moral Renewal

Moral decline affects families, communities, and leadership. When truth is compromised, confusion grows. Prayer invites God to restore moral clarity and guide hearts back to righteousness and integrity.

“Righteousness exalts a nation.” — Proverbs 14:34

Prayer

Heavenly Father, I pray for moral renewal in our nation. Restore respect for truth, integrity, and holiness. Help us reject lies and compromise. Transform hearts to love what is right and just. Begin this renewal in me and let it spread throughout our

communities. May our nation honor You in words, actions, and values. I trust You to lead us back to righteousness. Amen.

20. Prayer for National Repentance and Turning to God

True transformation begins when a nation turns back to God wholeheartedly. Repentance is not weakness; it is strength and humility before God. Prayer invites a collective turning away from sin and a renewed commitment to God's ways.

“Return to Me, and I will return to you.” — Malachi 3:7

Prayer

Lord God, I pray for our nation to return to You. Where we have strayed, call us back. Where we have ignored You, open our eyes. Forgive us for our sins and restore our hearts. Help us seek You sincerely and walk in obedience. Let this National Day of Prayer mark a turning point toward faith, humility, and righteousness. I surrender my heart and my nation to You. Amen.

21. Prayer for Peace in Homes and Communities

Peace in a nation begins in individual homes and local communities. When households are filled with anger, fear, or conflict, that unrest spreads outward. God desires peace to rule our hearts, relationships, and neighborhoods. Praying for peace invites God to calm tensions, heal relationships, and restore harmony where chaos once existed.

“Let the peace of Christ rule in your hearts.”
— Colossians 3:15

Prayer

Heavenly Father, I pray for peace in homes and communities across our nation. Heal broken relationships and calm angry hearts. Remove fear, violence, and division from our neighborhoods. Teach us to live with patience, understanding, and compassion toward one another. Let Your peace fill our homes and overflow into our streets. I ask You to make me an instrument of Your peace wherever I go. Thank You for being the Prince of Peace. Amen.

22. Prayer for the Media and Communication

The media has a great influence over public opinion, values, and behavior. Words can inform, heal, or destroy. Prayer for those in media seeks truth, responsibility, and integrity in communication so that information builds rather than divides.

“Set a guard over my mouth, Lord.” — Psalm 141:3

Prayer

Lord God, I lift up those who work in media and communication. Guide them to speak truth with integrity and wisdom. Remove deception, manipulation, and harmful narratives. Help information be shared responsibly and fairly. Guard hearts and minds from fear and confusion. Teach me to discern truth and respond with grace. May words spoken publicly bring understanding, peace, and accountability. I trust You to guide all communication toward what is right. Amen.

23. Prayer for National Safety and Security

Safety allows people to live, work, and worship without fear. Threats of violence, crime, and instability disrupt daily life. Prayer invites God’s protection over borders, cities, and communities while strengthening trust in Him as our ultimate security.

“The Lord is my refuge and fortress.” — Psalm 91:2

Prayer

Father God, I ask for safety and protection over our nation. Guard our cities, communities, and borders. Protect lives from violence, disasters, and harm. Strengthen those responsible for security and give them wisdom and integrity. Calm fearful hearts and remind us that You are our refuge. I place my trust in You as our defender and protector. Thank You for watching over us day and night. Amen.

24. Prayer for Compassion and Love Among Citizens

Love and compassion bind a nation together. Without them, society becomes divided and cold. God calls His people to love

one another deeply, even when differences exist. Prayer softens hearts and inspires acts of kindness and mercy.

“Love your neighbor as yourself.” — Mark 12:31

Prayer

Lord, fill our nation with compassion and love. Teach us to care for one another beyond differences in background or belief. Remove hatred, indifference, and selfishness from our hearts. Help us see others through Your eyes and respond with kindness. Use me to show love in practical ways every day. May compassion shape our actions and heal our divisions. Thank you for loving us first. Amen.

25. Prayer for Racial Healing and Reconciliation

Racial division causes deep pain and mistrust. Healing requires humility, listening, repentance, and forgiveness. God created all people in His image, and prayer invites His power to bring reconciliation and unity where division has existed.

“There is neither Jew nor Gentile... for you are all one in Christ Jesus.” — Galatians 3:28

Prayer

Heavenly Father, I pray for racial healing and reconciliation. Heal wounds caused by injustice, prejudice, and misunderstanding. Teach us to listen with humility and love with sincerity. Remove bitterness and replace it with grace and unity. Help us honor one another as Your creation. Begin this healing work in my own heart. I trust You to restore relationships and bring lasting peace. Amen.

26. Prayer for the Environment and Stewardship

God entrusted humanity with the care of His creation. Environmental neglect affects health, livelihoods, and future generations. Prayer encourages responsible stewardship and respect for the world God has made.

“The earth is the Lord’s, and everything in it.” — Psalm 24:1

Prayer

Lord God, thank You for the gift of creation. Help us care for the environment wisely and responsibly. Teach us to respect the land, water, and resources you have provided. Guide leaders and communities toward sustainable and ethical choices. Help me do my part in protecting what you have entrusted to us. May our stewardship honor You and bless future generations. Amen.

27. Prayer for Workers and Businesses

Work provides dignity, provision, and purpose. Businesses and workers alike need God's guidance to operate with fairness and integrity. Prayer invites God's blessing over labor and commerce.

"Commit to the Lord whatever you do." — Proverbs 16:3

Prayer

Father God, I pray for workers and businesses across our nation. Bless honest labor and provide fair opportunities. Give employers wisdom and compassion, and give workers diligence and integrity. Protect jobs and provide new opportunities where there is a loss. Help work environments reflect respect and justice. I commit my own work and efforts into Your hands and trust You to guide and bless them. Amen.

28. Prayer for the Elderly

The elderly carry wisdom, experience, and history. Yet many feel forgotten or vulnerable. Prayer honors them and asks God to surround them with care, dignity, and peace.

"Even to your old age and gray hairs I am He." — Isaiah 46:4

Prayer

Lord, I lift up the elderly in our nation. Surround them with care, comfort, and respect. Protect them from loneliness, neglect, and fear. Strengthen their bodies and encourage their hearts. Help families and communities honor their wisdom and value their lives. Thank you for their contributions and stories. I trust You to be their comfort and strength. Amen.

29. Prayer for Future Generations

The decisions made today shape tomorrow's world. Praying for future generations ensures that faith, wisdom, and hope are passed forward. God desires each generation to know Him and walk in His ways.

“One generation commends Your works to another.”
— Psalm 145:4

Prayer

Heavenly Father, I pray for future generations. Prepare their hearts to know You and walk in truth. Protect them from confusion and lead them with wisdom. May they inherit a nation rooted in faith, justice, and peace. Use today's prayers and actions to bless their tomorrow. I trust You with what lies ahead and commit future generations into Your care. Amen.

30. Prayer of Dedication for the Nation

Dedicating a nation to God is an act of surrender and faith. It acknowledges God as sovereign and invites His will to guide every area of national life. Prayer seals this commitment with trust and hope.

“Blessed is the nation whose God is the Lord.”
— Psalm 33:12

Prayer

Lord God, I dedicate our nation to You. We acknowledge You as our source, guide, and hope. Forgive our failures and lead us forward in righteousness. Shape our leaders, families, and communities according to Your will. Let Your presence dwell among us, and Your truth guide us. I place our nation into Your loving hands and trust You completely. May Your name be honored in all we do. Amen.

Conclusion

The National Day of Prayer reminds us that true change begins when hearts turn toward God. While laws, policies, and systems matter, lasting transformation comes through humility, repentance, and sincere prayer. Each prayer offered today is a seed planted in faith, believing that God hears, responds, and moves in powerful ways.

As you reflect on these 30 prayer points, remember that prayer is not limited to one day. It is a daily invitation to walk with God, seek His wisdom, and live out His love. Let these prayers guide your personal devotion, family prayers, and community gatherings. Choose to live what you pray, show humility, pursue peace, act justly, and love deeply.

May this National Day of Prayer mark a renewed commitment to faith, unity, and righteousness. Continue to stand in the gap for your nation, trusting that God is faithful to heal, restore, and lead His people forward.

This is a shortened version of a document found at the Daily Prayer Room.

The Original Manuscript can be found at

<https://dailyprayerroom.org/national-day-of-prayer-prayer-points/>