

# Developing Spiritual Habits in 2025

## February I Prayer

Bible reading and prayer are indispensable and will be in the mix every month. That said, this month we are going to focus on building consistency and fruitfulness in prayer. The basic flow will still be **Read → Reflect → Pray**.

First, get a journal or a notebook. I am going to ask you to write out a prayer every day, and it will be nice to have them all in one place at the end of the month. Writing prayers helps us slow down, refine our thoughts as we go, and reflect on what we are saying. Give it a shot!

Each Monday, I will introduce a tool (or template), which we will use all week. The goal is to get familiar enough with the tool that it becomes a more natural way to pray. The following pages in this document have instructions for each week.

On the weekends, we will pray through a collection of Psalms that celebrate God as the sovereign ruler of the world. These Psalms have historically been used in association with the Sabbath day and worship liturgies.

### Here's an overview of the month:

#### **THE FIRST WEEKEND**

**FEB 1** Psalm 24

**FEB 2** Psalm 92

**WEEK ONE (3-7)** The Lord's Prayer

#### **THE SECOND WEEKEND**

**FEB 8** Psalm 93

**FEB 9** Psalm 95

**WEEK TWO (10-14)** Luther's "Simple Way to Pray"

#### **THE THIRD WEEKEND**

**FEB 15** Psalm 96

**FEB 16** Psalm 97

**WEEK THREE (17-21)** Communicating Petitions

#### **THE FOURTH WEEKEND**

**FEB 22** Psalm 98

**FEB 23** Psalm 99

**WEEK FOUR (24-28)** Pray for Providence and our Partners

# A Daily Guide for February

## THE FIRST WEEKEND

### SATURDAY (2/1)

**Read** Psalm 24

**Reflect:** Focus on a verse or theme.

**Pray:** Write a prayer of praise and confidence in God.

### SUNDAY (2/2)

**Read** Psalm 92

**Reflect:** Focus on a verse or theme.

**Pray:** Write a prayer of praise and confidence in God.

## WEEK ONE | THE LORD'S PRAYER

The disciples asked Jesus to teach them how to pray, so he gave them a model prayer. It is simple enough to memorize and repeat, as Christians have done throughout history. But it also functions like a template. It gives us categories so that we can fill in our current concerns and requests. That is what we aim to do this week.

### MONDAY (2/3)

**Read** Matthew 6:9-13

#### **Reflect & Pray:**

Using the guide on the next page, work through the prayer one phrase at a time. In your journal, write each phrase down like a heading, **reflect** on what it means, and **write a prayer** that expands on the prayer in your own words (add your praise, desires, needs, confession, concerns, etc.)

[You can see an example prayer here.](#)

**Note:** You are going to do this exercise five days in a row, so you don't have to include everything you could pray every day. Ask the Spirit to lead and direct you each day.

# The Lord's Prayer I Guide

## **“Our Father in heaven”**

Prayer addresses God. He is our Father, who rules over all things. And through faith in Jesus, we are his children. We come to him with all the adoration and confidence a young child has in his or her parents.

## **“Hallowed be your name”**

God's name is above every other name and should be treasured and loved as such. Until God's name is held in highest possible regard, the human compass will always be pointing in the wrong direction.

- *Take a moment to acknowledge the greatness and mercy of God, and why we are confident that he hears our prayers and will act for our good.*

## **“Your kingdom come, your will be done, on earth as it is in heaven”**

This request is for the work of God among us. In the places we spend our lives and in all our daily activities, we are asking for God's redemptive action to come.

- *Think through where you will be today, and who you will be with. Imagine what it would look like for God's will to be done in those places and events. Ask God to make it so. You can do the same with broader concerns for your community, the city, and the world.*

## **“Give us today our daily bread”**

This request deals with our personal needs. When we rest in God's provision for us, we are freed from anxiety, and instead we are governed by generosity and contentment.

- *Take a moment to ask God for what you need today— physically, emotionally, spiritually, relationally. This is a time to cast your anxieties upon him, because he cares for you (1 Peter 5:7).*

## **“Forgive us our sins, as we are also forgiving others”**

We are asking God to forgive us and deal with us based on mercy (Psalm 103:10-14). As we experience God's forgiveness we are softened toward others, and we forgive them in the same manner.

- *Ask God to reveal any unbelief or waywardness. Confess your sins and receive his full forgiveness and cleansing through the blood of Jesus. (1 John 1:7) Is there anyone you need to forgive?*

## **“Lead us not into temptation, but deliver us from evil”**

We are asking God to keep us from trials and hardships, and to deliver us from the schemes of the devil. This prayer brings assurance that any trials that do come upon us have a special function in God's plans.

- *Ask God for protection and wisdom, for you and for people in your life. Pray for those who are going through a difficult situation right now.*

## **“For Yours is the kingdom and the power and the glory forever, Amen.”**

This line may have been added later for the liturgy of the early church. In any case, it is a summary of who God is and why we come to Him in prayer. It expresses our worship to God and our confidence in His rule.

## **TUESDAY (2/4) – FRIDAY (2/7)**

**Repeat** the same process that you did on Monday (using this guide).

# THE SECOND WEEKEND

## SATURDAY (2/8)

**Read** Psalm 93

**Reflect:** Focus on a verse or theme.

**Pray:** Write a prayer of praise and confidence in God.

## SUNDAY (2/9)

**Read** Psalm 95

**Reflect:** Focus on a verse or theme.

**Pray:** Write a prayer of praise and confidence in God.

## WEEK TWO | LUTHER'S SIMPLE WAY TO PRAY

Martin Luther would meditate on a portion of scripture and then think of it as a garland of four strands: *Instruction, thanksgiving, confession, and prayer*. Thus, every biblical text became a “school text, a song book, a penitential book, and a prayer book.” Using this simple tool, we aim to take the words of scripture and ponder them (meditate on them) in such a way that our thoughts and feelings converge on God.

## MONDAY (2/10)

**Read** Isaiah 40:21-31

**Reflect:** Make some notes in response to these four questions:

1. *What is the instruction of the text? (the teaching of the text in a nutshell)*
2. *How does this lead me to thank and praise God?*
3. *How does this lead me to confess sin and repent?*
4. *How does this lead me to pray for others, the world, or myself?*

**Pray:** Use your notes to write a prayer. [You can see an example prayer here.](#)

## TUESDAY (2/11) – FRIDAY (2/14)

**Repeat** the same process with different readings:

Tuesday reading: James 4:1-11

Wednesday reading: Matthew 6:25-34

Thursday reading: Acts 4:1-22

Friday reading: 1 Thessalonians 4:13-5:11

# THE THIRD WEEKEND

## SATURDAY (2/15)

**Read** Psalm 96

**Reflect:** Focus on a verse or theme.

**Pray:** Write a prayer of praise and confidence in God.

## SUNDAY (2/16)

**Read** Psalm 97

**Reflect:** Focus on a verse or theme.

**Pray:** Write a prayer of praise and confidence in God.

## WEEK THREE | COMMUNICATING PETITIONS

A petition is simply a request, asking God to do something for us or for others. Our focus this week is learning how to ask God for what we want with humility and confidence.

## MONDAY (2/17)

**Read:** [\*Communicating Petitions\*](#)

**Reflect:** [\*Barriers to Asking God\*](#) → Which barriers do you feel the most?

**Pray:** Ask God to give you confidence in prayer this week.

## TUESDAY (2/18)

**Read** Philippians 4:4-6

**Reflect:** What do you want to ask God for today?

**Pray:** Use the template below to write a prayer (you will use this the whole week).

1. First, try to list five reasons why you think God would grant your request. Evaluate your reasons, building on God and His word, the world around you, and the people of God.
2. Next, write a prayer using this simple **template**:  
*O [divine name or title], I come to you asking...* [what do you want God to do?].  
*I make this request because of your people. We are...* [give an appeal on behalf of God's people].  
*I call upon you because of the world around us. The world...* [give support from circumstances in the world].  
*I also make this request because of your character. You are ...* [give support from God's character/word].  
*Hear my prayer, O Lord. I honor you, [divine name or title] for your generous hand. Amen.*

## WEDNESDAY (2/19)

**Read** Matthew 7:7-11

**Reflect:** What do you want to ask God for today?

**Pray:** Use the template to communicate your petition to God.

## THURSDAY (2/20)

**Read** Mark 9:14-29

**Reflect:** What do you want to ask God for today?

**Pray:** Use the template to communicate your petition to God.

## FRIDAY (2/21)

**Read** Luke 18:1-8

**Reflect:** What do you want to ask God for today?

**Pray:** Use the template to communicate your petition to God.

# THE FOURTH WEEKEND

## SATURDAY (2/22)

**Read** Psalm 98

**Reflect:** Focus on a verse or theme.

**Pray:** Write a prayer of praise and confidence in God.

## SUNDAY (2/23)

**Read** Psalm 99

**Reflect:** Focus on a verse or theme.

**Pray:** Write a prayer of praise and confidence in God.

## WEEK FOUR | PRAY FOR PROVIDENCE & OUR PARTNERS

This week we are praying for our church and some of our partnerships. Each day has a Bible Reading, a description of the ministry, and specific prayer requests. Read → Reflect → Pray.

### OVERVIEW

Monday (2/24): Church Planting/Brady & Kristyn Bowman

Tuesday (2/25): Reap India

Wednesday (2/26): Fostering Hope Austin

Thursday (2/27): Gospel Communities (and your GC!)

Friday (2/28): More Than Welcome

## MONDAY (2/24): [Church Planting](#) | Brady & Kristyn Bowman

**Read** Colossians 1:3-14

### Reflect

We want to see the gospel “bear fruit and increase” in Austin (Col 1:6). To that end, we are aiming to plant another church in less than a year from now! Brady is finishing his residency this year and starting to gather a core team who will help get this new work off the ground. There are many details to work out still, but the general target area is central/north Austin. Our vision is for the entire church to “own” this effort by praying, giving, networking, and/or going. This is a great way to start!

### Pray

- A committed core team (40+ adults)
- A “#2 guy” to serve alongside Brady full-time.
- Fundraising efforts – pray that Brady and the church plant will be fully funded.
- Increasing clarity and conviction about specific location and vision for ministry
- Spiritual vitality and protection for Brady, Kristyn and their girls

## TUESDAY (2/25): [REAP India](#)

**Read** Acts 2:42-47

### **Reflect**

Reap trains local believers in India to plant and reproduce discipleship-driven churches. They train pastors to share the gospel and impact their communities. Our financial support helps fund church planters and support pastors in the field.

### **Pray**

REAP's biggest need right now is for more strategic leaders who can disciple and oversee church planters. They are asking God to raise up strategic leaders in every region where they have church planters.

## WEDNESDAY (2/26): [Fostering Hope Austin](#)

**Read** James 1:19-26 and Psalm 146

### **Reflect**

Fostering Hope Austin seeks to equip and empower churches and families to transform the lives of foster and adopted children. Providence has several GCs and families that have been trained as trauma-informed babysitters through FHA, as well as several families actively involved in the foster care system. Providence supports Fostering Hope Austin monthly, as well as annual support for A Future and A Hope Conference. This year's conference is March 1<sup>st</sup>, and attendees will have the opportunity to explore foster care, kinship care, adoption, and post-placement/adoptive family support.

### **Pray**

- Pray that families and individuals within Providence would become directly involved in FHA
- Pray for the people in our church who are beginning the process of getting involved in foster care
- Pray for the *A Future and A Hope* Conference on March 1.

## THURSDAY (2/27): [Gospel Communities](#)

**Read** Hebrews 10:19-25

### **Reflect**

Our Gospel Communities are central to the health of our church. They are a place of connection, learning, discipleship, support, and communal witness. It's easy to get in a rut in GC, so we want to use this week to pray for our GCs, and especially for you to pray for your group!

### **Pray**

- We need more groups (and leaders) ... specifically, we need 5 more groups this year.
- Pray for the spiritual vitality of people in your group.
- Pray for needs you are aware of in your group.
- Pray for your leaders.
- Pray for your GC to grow and multiply.



## FRIDAY (2/28): [More Than Welcome](#)

**Read** Matthew 25:31-45

### **Reflect**

More Than Welcome is dedicated to helping refugees and asylum seekers successfully transition into our community. They mobilize volunteers and educate local churches about the needs of refugees. The state of Texas, receives approximately 10% of all refugees who arrive in the U.S.

### **Pray**

- More families and small groups to "adopt" a refugee family, providing them with friendship and community.
- Success in fundraising efforts to hire new staff who can support their growing operation.
- Someone to step forward who can organize and coordinate volunteers.
- More churches to partner with.