

90 Day Prayer and Scripture Commitment

The goal of a 90 day practice is to develop a habit. The goal of OUR 90 day practice is to develop a habit of staying in God's word and praying for others. Some of the prayer prompts are for you to consider for yourself. Others are meant for you to practice empathy as you pray. Consider the joys, challenges, struggles, and blessings of the people in each prayer prompt. Be as specific as you can be. Use a journal to write your prayers--you can write them out word for word, or you can make bullet points to guide your prayer.

As you read your New Testament chapters for the day, make note of what stands out to you, what you have more questions about, what makes your struggle, and what makes you feel joy.

Day 1	What do I need to let go of?	Matthew 1-3
Day 2	What do I hope God will do through me?	Matthew 4-6
Day 3	Family	Matthew 7-9
Day 4	Friends on your heart	Matthew 10-12
Day 5	The neighbors whose houses you can see/if you can't see them, your closest neighbor	Matthew 13-15
Day 6	The employees of your grocery store	Matthew 16-18
Day 7	The postal workers and delivery drivers who bring your mail/packages	Matthew 19-20
Day 8	The workers on our roads (road construction, maintenance, beautification, etc)	Matthew 22-24
Day 9	The employees of any other store you frequent	Matthew 25-28
Day 10	Elementary school children	Mark 1-3
Day 11	Middle school children	Mark 4-6
Day 12	High school children	Mark 7-9
Day 13	College students	Mark 10-12
Day 14	Teachers	Mark 13-16
Day 15	School administrators	Luke 1-3

Day 16	County government officials	Luke 4-6
Day 17	State government officials	Luke 7-9
Day 18	Federal government officials	Luke 10-12
Day 19	US Armed forces stationed stateside	Luke 13-15
Day 20	US Armed forces serving abroad	Luke 16-18
Day 21	Children in foster care	Luke 19-21
Day 22	People without adequate housing	Luke 22-24
Day 23	Those who don't have enough food	John 1-3
Day 24	Employees in the restaurants you frequent	John 4-6
Day 25	Small business owners	John 7-9
Day 26	Those who are unemployed or underemployed	John 10-12
Day 27	Pick a hospital - all who work there (from doctors and administrators to custodial and food service staff and everyone in between)	John 13-15
Day 28	Farmers who grow your food	John 16-17
Day 29	Farm workers who pick your food	John 18-19
Day 30	Factory workers who process, package, prepare your food	John 20-21
Day 31	Drivers who transport your food	Acts 1-3
Day 32	Neighbors in Canada	Acts 4-6
Day 33	Neighbors in Mexico	Acts 7-9
Day 34	Pick a country in Central America, read something about its people and their concerns	Acts 10-12

Day 35	Pick a country in South America, read something about its people and their concerns	Acts 13-15
Day 36	Pick a country in Europe, read something about its people and their concerns	Acts 16-18
Day 37	Pick a country in Asia, read something about its people and their concerns	Acts 19-21
Day 38	Neighbors in Australia	Acts 22-24
Day 39	Animals and plants and all of God's creation	Acts 25-28
Day 40	Scientists and researchers who develop things we need everyday	Romans 1-3
Day 41	Innovators and inventors	Romans 4-6
Day 42	Explorers (maybe those learning about new things on earth, or those still exploring space)	Romans 7-9
Day 43	Those who work on our cars	Romans 10-12
Day 44	Utility workers, engineers, architects, lineworkers, service workers	Romans 13-16
Day 45	Water workers	1 Corinthians 1-3
Day 46	Sanitation workers	1 Corinthians 4-6
Day 47	Department of Natural Resources workers	1 Corinthians 7-9
Day 48	Factory workers who make your clothing	1 Corinthians 10-12
Day 49	Political refugees	1 Corinthians 13-16
Day 50	Those currently at war	2 Corinthians 1-3
Day 51	Those currently in the midst of or recovering from natural disaster	2 Corinthians 4-6
Day 52	Transportation workers - bus drivers, flight attendants, pilots, crews, those who get us places	2 Corinthians 7-9
Day 53	Think of something you are really impressed by - pray for everything you can think of that made it happen (designer, craftsmen, laborers, etc)	2 Corinthians 10-13

Day 54	Immigrants to our country	Galatians 1-3
Day 55	Pastors	Galatians 4-6
Day 56	Missionaries	Ephesians 1-3
Day 57	District Superintendents and Bishops	Ephesians 4-6
Day 58	Those who grieve	Philippians 1-4
Day 59	Those who are dealing with physical illness	Colossians 1-2
Day 60	Those who are dealing with mental illness	Colossians 3-4
Day 61	Those suffering addiction	1 Thessalonians 1-3
Day 62	The banking and insurance industries	1 Thessalonians 4-5
Day 63	the pharmaceutical industry	2 Thessalonians 1-3
Day 64	Coffee and tea growers	1 Timothy 1-3
Day 65	Employers	1 Timothy 4-6
Day 66	Those who make minimum wage and/or live paycheck to paycheck	2 Timothy 1-4
Day 67	Artists	Titus 1-3
Day 68	Musicians	Philemon and Hebrews 1-2
Day 69	Historians	Hebrews 3-5
Day 70	Authors and illustrators	Hebrews 6-8
Day 71	Your healthcare providers - by name if you can	Hebrews 9-11
Day 72	Those in prison	Hebrews 12-13
Day 73	Law enforcement	James 1-3

Day 74	First responders	James 4-5
Day 75	Those who cannot see or hear	1 Peter 1-3
Day 76	Those who cannot walk on their own	1 Peter 4-5
Day 77	Pick another country in Central America, read something about its people and their concerns	2 Peter 1-3
Day 78	Pick another country in South America, read something about its people and their concerns	1 John 1-3
Day 79	Pick another country in Europe, read something about its people and their concerns	1 John 4 - 2 John 1
Day 80	Pick another country in Asia, read something about its people and their concerns	3 John and Jude
Day 81	Elementary school children	Revelation 1-3
Day 82	Middle school children	Revelation 4-6
Day 83	High school children	Revelation 7-8
Day 84	College students	Revelation 9-10
Day 85	Teachers	Revelation 11-12
Day 86	School administrators	Revelation 13-14
Day 87	County government officials	Revelation 15-16
Day 88	State government officials	Revelation 17-18
Day 89	Federal government officials	Revelation 19-20
Day 90	What have I learned?	Revelation 21-22
