



Welcome to another **Quarterly Day of Prayer** for 2026. We might be tempted to think that prayer is a duty to God and that it is only for His benefit. Indeed, when we come to our Heavenly Father as His children in need, it honors Him. But God does not merely need to be informed by our prayers. Rather, followers of Jesus need to be transformed through the adventure of prayer!

Our great need is for God's presence and power in our lives and church. We can only be effective for God as we remain connected to Christ (John 15:4). Please join others in our church family in deliberate dependence upon God by prayer. What follows is an outline that you can use as you take some intentional time of intercession on May 26. Please read [Psalm 40](#) and pray through six themes. If you take ten minutes for each theme that creates one meaningful hour of prayer.

Please pray on the day of prayer as God directs you. You may wish to fast for this day of prayer. Perhaps you find walking and praying effective. At www.cornerstoneneighbourhood.com/ministries/prayer you will find links to resources on **fasting** and **prayer walking**. Above all, remember the promise of Hebrews 4:14, "Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."

Wait Patiently – Psalm 40:1-2

Don't rush into God's presence with your petitions. Sit quietly and contemplate His greatness. Take time to recognize how eager and passionate God is to meet you in your concerns and cares. Wait upon Him in eager expectation.

Trust Joyfully – Psalm 40:3-5

What are the wonderful things God has done in your life? Take time to joyfully remember His goodness to you. Perhaps you may want to jot a list of God's blessings. Allow your trust in God for needs to be saturated with joyful thanks.

Listen Submissively – Psalm 40:6-8

What might God be saying to you in your prayer time? Is there a step of obedience He is highlighting? Ponder ways God is inviting you into deeper places of submission to Him. Pray verse 8: "I desire to do your will, O my God!"

Share Openly – Psalm 40:9-10

If God has blessed you, with whom could you share this news? Is there someone whom God is placing on your heart that you could encourage with your testimony of God's grace and goodness? Pray for that person and an opportunity to share.

Ask Confidently – Psalm 40:11-15

Be confident in asking for God's mercy, faithfulness, protection, cleansing, and clarity for your life. Is there a difficult relationship or situation that is weighing on your heart? Seek God for His strategic intervention for this challenge in your life.

Seek Peacefully – Psalm 40:16-17

Conclude your time of prayer with further reflection that seeking God leads to rejoicing. You could even shout out "The Lord is great!" (v.16b) Be sure to see the connection between deep dependence upon God and true peace of heart.

Waiting for God is not laziness. Waiting for God is not going to sleep. Waiting for God is not the abandonment of effort. Waiting for God means, first, activity under command; second, readiness for any new command that may come; third, the ability to do nothing until the command is given.
- G. Campbell Morgan

Prayer Requests

There are many prayer requests you can include in your day of prayer. Please especially pray for our **Annual General Meeting** on May 31. You can pray for Cornerstone ministries such as Cornerstone Kids/Juniors, youth Emmaus/Blast, our men's and women's ministries, English Café, GriefShare, weekly worship services, and various Adult Bible Classes. You can also pray for our Cornerstone **Ministry Partners**. Please pray for our neighbourhood, city, province, and country. Don't forget to pray for our government leaders. Please remember our **Fellowship Pacific** and **Fellowship National** family of churches. Let's pray that God will help us multiply disciples as we **live and share the life of Jesus Christ**.