

SET THE PACE:

A January 2026 Prayer Journal

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Introduction: Setting Your Pace

Welcome to "Set the Pace," your guide to a spiritually intentional January 2026. This journal is designed to move you beyond routine and into a deeper, more active relationship with God and the world around you. We're setting a pace of **intentionality, self-reflection, and outreach.**

This month, you will practice praying for others, cultivating personal spiritual health, challenging your perspective, and carving out space for honest conversation with yourself and your Creator.

January Prayer Assignments

This month is broken into four weekly assignments designed to build momentum and establish habits.

Week 1: Intercession – Setting the Pace for Others

The goal of this week is to intentionally lift others up in prayer, recognizing we are part of a greater community.

Days	Prayer Focus	Assignment
January 1-3	Global Needs	Choose three countries you know little about. Research one urgent need in each (e.g., peace, poverty, clean water) and pray specifically for those issues and the people affected.

Days	Prayer Focus	Assignment
January 4-7	The Community You See	Pray for people you encounter daily but rarely think about—the grocery clerk, the bus driver, the mail carrier, local government officials, and emergency services. Pray for their protection, peace, and needs.

Week 2: Cultivating – Setting the Pace for Self

This week focuses on personal spiritual growth and identifying the foundation of your faith for the coming year.

Days	Prayer Focus	Assignment
January 8-11	Spiritual Health	Pray over a specific spiritual discipline you want to cultivate (e.g., silence, fasting, studying scripture). Ask God to reveal barriers and provide clarity.
January 12-14	Healing and Release	Pray for emotional or relational wounds from 2025. Ask for God's healing and the strength to release any unforgiveness you may be holding onto.

Week 3: Independence – Defining Healthy Spiritual Independence

True spiritual independence is not about being alone, but about rooting your identity and fulfillment *solely* in Christ, rather than in people, accomplishments, or circumstances.

Days	Prayer Focus	Assignment
January 15-18	Source of Identity	Identify three things you often derive your worth from (e.g., job title, parental approval, physical appearance). Pray

Days	Prayer Focus	Assignment
		specifically to shift your validation from those things to your identity as a beloved child of God.
January 19-21	Decision-Making	Identify a major decision you face in 2026. Pray for the discernment to hear God's voice above the noise of external opinions, advice, or expectations.

Week 4: Vision – Setting the Pace for a Different Perspective

The focus shifts outward and challenges your mental and physical comfort zone.

Days	Prayer Focus	Assignment
January 22-25	The Future You Can't See	Pray for the things you can't control: the economy, global events, the future health of your loved ones. Practice surrendering your anxieties and trusting God's sovereignty.
January 26-31	Active Gratitude	Each day, find three <i>new</i> things to be grateful for that you have previously overlooked, and write a specific, detailed prayer of thanks for each one.

Carve Deep: Challenging Questions

Take time this month to answer these questions honestly. Use the space below each question for reflection and prayer. **Carve deep.**

Question 1: The 'Why' of Busyness (Week 1 Focus)

What is the primary motive (fear, ambition, need for approval, genuine purpose) behind your busiest activities? If God asked you to slow down by 25%, what would you be most afraid of losing?

Question 2: The Unspoken Need (Week 2 Focus)

If you were to be completely honest with yourself and God, what is the deepest, most difficult thing you need healing or freedom from right now? (Do not censor this answer.)

Question 3: Defining Independence (Week 3 Focus)

What is one person, habit, or circumstance that you rely on for stability or joy more than you rely on God? What is the *first* practical step you can take to shift that reliance this month?

Question 4: The Path of Least Resistance (Week 4 Focus)

In what area of your life are you currently settling for the path of least resistance (spiritually, relationally, physically)? What is the hardest thing God is asking you to say "yes" to, and what is the hardest thing He is asking you to say "no" to?

SET THE PACE Photo Scavenger Hunt

This scavenger hunt is designed to get you outside your usual routine, challenge your perspective, and view the familiar with fresh eyes. Pray while you seek the item, asking God to show you something new about the world or yourself.

Item to Find & Photograph	Perspective Challenge/Prayer Focus	Date Completed
A doorway you've never noticed.	Pray for a new <i>door</i> God wants to open in your life this year. Pray for courage to walk through it.	[]
Something beautiful amidst decay.	Pray for the ability to see beauty and hope in brokenness and difficult circumstances.	[]
A moment of unintended symmetry.	Pray for the order God brings to a chaotic world and chaotic life.	[]
A sign of generosity (e.g., a "free library" box, a kind note).	Pray for an opportunity to be a visible sign of generosity to a stranger this week.	[]
A reflection of your own face in an unexpected surface.	Pray for the ability to see yourself as God sees you—not through filters or expectations.	[]
The color blue that inspires the most peace.	Pray for a deeper experience of the peace that surpasses all understanding.	[]

Daily Journaling Space

January 1

Prayer Assignment Focus: Global Needs

Carve Deep Reflection:

Prayer/Reflection:

January 2

Prayer Assignment Focus: Global Needs

Carve Deep Reflection:

Prayer/Reflection:

January 3

Prayer Assignment Focus: Global Needs

Carve Deep Reflection:

Prayer/Reflection:

January 4

Prayer Assignment Focus: The Community You See
Carve Deep Reflection:

Prayer/Reflection:

January 5

Prayer Assignment Focus: The Community You See
Carve Deep Reflection:

Prayer/Reflection:

January 6

Prayer Assignment Focus: The Community You See
Carve Deep Reflection:

Prayer/Reflection:

January 7

Prayer Assignment Focus: The Community You See
Carve Deep Reflection:

Prayer/Reflection:

January 8

Prayer Assignment Focus: Spiritual Health
Carve Deep Reflection:

Prayer/Reflection:

January 9

Prayer Assignment Focus: Spiritual Health
Carve Deep Reflection:

Prayer/Reflection:

January 10

Prayer Assignment Focus: Spiritual Health

Carve Deep Reflection:

Prayer/Reflection:

January 11

Prayer Assignment Focus: Spiritual Health

Carve Deep Reflection:

Prayer/Reflection:

January 12

Prayer Assignment Focus: Healing and Release

Carve Deep Reflection:

Prayer/Reflection:

January 13

Prayer Assignment Focus: Healing and Release

Carve Deep Reflection:

Prayer/Reflection:

January 14

Prayer Assignment Focus: Healing and Release

Carve Deep Reflection:

Prayer/Reflection:

January 15

Prayer Assignment Focus: Source of Identity

Carve Deep Reflection:

Prayer/Reflection:

January 16

Prayer Assignment Focus: Source of Identity
Carve Deep Reflection:

Prayer/Reflection:

January 17

Prayer Assignment Focus: Source of Identity
Carve Deep Reflection:

Prayer/Reflection:

January 18

Prayer Assignment Focus: Source of Identity
Carve Deep Reflection:

Prayer/Reflection:

January 19

Prayer Assignment Focus: Decision-Making
Carve Deep Reflection:

Prayer/Reflection:

January 20

Prayer Assignment Focus: Decision-Making
Carve Deep Reflection:

Prayer/Reflection:

January 21

Prayer Assignment Focus: Decision-Making
Carve Deep Reflection:

Prayer/Reflection:

January 22

Prayer Assignment Focus: The Future You Can't See
Carve Deep Reflection:

Prayer/Reflection:

January 23

Prayer Assignment Focus: The Future You Can't See
Carve Deep Reflection:

Prayer/Reflection:

January 24

Prayer Assignment Focus: The Future You Can't See
Carve Deep Reflection:

Prayer/Reflection:

January 25

Prayer Assignment Focus: The Future You Can't See
Carve Deep Reflection:

Prayer/Reflection:

January 26

Prayer Assignment Focus: Active Gratitude

Carve Deep Reflection:

Prayer/Reflection:

January 27

Prayer Assignment Focus: Active Gratitude

Carve Deep Reflection:

Prayer/Reflection:

January 28

Prayer Assignment Focus: Active Gratitude
Carve Deep Reflection:

Prayer/Reflection:

January 29

Prayer Assignment Focus: Active Gratitude
Carve Deep Reflection:

Prayer/Reflection:

January 30

Prayer Assignment Focus: Active Gratitude
Carve Deep Reflection:

Prayer/Reflection:

January 31

Prayer Assignment Focus: Active Gratitude
Carve Deep Reflection:

Prayer/Reflection:

Concluding Prayer: A Commission to Keep the Pace

Heavenly Father, as we close this dedicated time of intention and reflection, we thank You for the privilege of setting our pace with Your Spirit as our guide. We acknowledge that the journey of faith is not a sprint, but a sustained, deliberate walk in Your purpose.

We have prayed for the world, we have examined our hearts, and we have sought Your vision for the path ahead. Now, empower us to move forward not in our own strength, but in the authority of Your Son. May the seeds of discipline sown this month bear the fruit of lasting transformation.

Where we were fragmented, unify us. Where we were passive, ignite us. Where we were dependent on the world, root our identity solely in Christ. Let us not simply return to routine, but continue this committed, courageous pace—living out Your truth in our families, our communities, and our spheres of influence.

We pray for the discernment to hear Your voice above all others and the courage to act upon what You command. Seal these prayers and reflections into the very fabric of our lives, so that we may finish our race with joy, bringing glory to Your name alone.

In the mighty name of Jesus Christ we pray, amen.



Get-Prayer.com is a Christian website dedicated to helping believers both give and receive prayer in meaningful ways. It offers practical guidance for submitting prayer requests when life feels heavy and connects you with a community willing to intercede for your needs. The site features daily prayers, devotional articles, prayer journal resources, and tools designed to support your spiritual walk and enrich your rhythm of prayer and reflection. By sharing your prayer needs and praying for others, you become part of an ongoing network of heartfelt intercession and encouragement rooted in Scripture and faith.