



# **January, 2026**

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## **Commitment**

Our central challenge of 2026 is to become more than a church that prays — we want to become a church of prayer. Throughout the year, we will be offering studies and small groups to help us grow in our understanding and practice of prayer. We also have multiple prayer spaces available throughout the week and on Sundays for individuals and small groups to spend time in prayer.

Each month, we will provide a prayer guide (you're holding the first one) to develop daily, weekly, and monthly rhythms of prayer. Each guide will focus on a theme for the month, reflected in a different prayer from Christian history each week. It will also include a weekly calendar with a different prayer focus for each day of the week.

You can find more resources at:  
[polkstreet.org/yearofprayer](http://polkstreet.org/yearofprayer).

# Daily Prayer Focus

*Throughout the Church and her history, many believers have found it helpful to create a weekly prayer list with a different focus for each day. This ensures that we don't overlook the prayer needs around us and that we are intentional about spending time in all the forms of prayer—praise, confession, thanksgiving, request, and surrender. Consider the following prompts during your prayer time this month.*

## **SUNDAY—Praise**

Spend time at this, the beginning of the week, in praise and thanksgiving to the Lord. Pause in His presence and rejoice in His goodness. Praise Him for the gifts He gave in the year that has just passed, and rejoice in the beginning of a new year.

## **MONDAY—Heart**

Take time to pray for your own personal needs. Spend some time in confession, repentance, and surrender to the Lord. Ask Him to reveal the ways He is working all around you. Commit this new week and your life in it to the Lord.

## **TUESDAY—Home**

Use your time of prayer to pray for your family, friends, neighbors, and work associates. Lift up each by name and pray for any needs you know. Ask the Lord to draw each person closer to Himself.

## **WEDNESDAY—Church**

Pray for Polk Street Methodist Church—our pastors, leaders, teachers, staff, and members. Lift up our ministries and missions, asking the Lord to lead and guide us. Pray for those listed in the prayer list and others you know in need.

## **THURSDAY—City**

Spend time praying for the City of Amarillo and the entire Panhandle area. Lift up our local government, business leaders, other authorities. Pray for those institutions and services that are critical for the well-being of our community: schools, hospitals, and first responders.

## **FRIDAY—Church Universal**

As we near the end of the week, remember the church around the world in your prayers. Pray for the Global Methodist Church and our leaders, that we would be empowered by God to “spread Scriptural holiness across the globe.” Ask the Lord to bring unity to the Church universal. Pray that, together, we would be a bold witness for Him. Pray for the advance of the Gospel around the world.

## **SATURDAY—World**

On this last day of the week, pray for the lost and hurting world. Lift up our state, national, and world leaders. Name before the Lord your concerns for the state of our world. Pray for the helpless, hopeless, hurting, and lost, that they would find rest, peace, and salvation in the Lord..

*Let these prayer prompts develop a rhythm of prayer for yourself, your home, our church, our community, the Church, and the world. And let all of these prayers be grounded in praise and thanksgiving to the Lord, whose steadfast love endures forever.*

## JANUARY 4-10

*A Prayer of Commitment from John Wesley's  
Covenant Renewal Service, 1780*

Commit yourselves to Christ as His servants.  
Give yourselves to Him, that you may belong to Him.  
Christ has many services to be done.  
Some are more easy and honorable,  
    others are more difficult and disgraceful.  
Some are suitable to our inclinations and interests,  
    others are contrary to both.  
In some we may please Christ and please ourselves.  
But then there are other works  
    where we cannot please Christ  
        except by denying ourselves.

Let us, therefore, go to Christ and pray:

Let me be Your servant, under Your command.  
I will no longer be my own.  
I will give up myself to Your will in all things.

Lord, make me what You will.  
I put myself fully into Your hands:  
    put me to doing, put me to suffering,  
    let me be employed for You, or laid aside for You,  
    let me be full, let me be empty,  
    let me have all things, let me have nothing.

I freely and with a willing heart  
    give it all to Your pleasure and disposal.

In the name of the Father, Son, and Holy Spirit. Amen.

## JANUARY 11-17

*Prayer of Consecration from the daily  
Wake-up Call by Seedbed*

Jesus, I belong to you.

I lift up my heart to you.

I set my mind on you.

I fix my eyes on you.

I offer my body to You as a living sacrifice.

Jesus, we belong to You.

Praying in the name of the Father, Son, and Holy Spirit. Amen.

*This prayer can also be expanded to:*

Father, I belong to you.

I lift up my heart to you.

I set my mind on you.

I fix my eyes on you.

I offer my body to You as a living sacrifice.

Father, we belong to You.

Jesus, I belong to you.

I lift up my heart to you.

I set my mind on you.

I fix my eyes on you.

I offer my body to You as a living sacrifice.

Jesus, we belong to You.

Spirit, I belong to you.

I lift up my heart to you.

I set my mind on you.

I fix my eyes on you.

I offer my body to You as a living sacrifice.

Spirit, we belong to You.

Praying in the name of the Father, Son, and Holy Spirit. Amen.

## JANUARY 18-24

*Prayer of St. Thomas à Kempis (A.D. 1380-1470)*

Lord, You know what is best;  
let this be done or that be done as You please.  
Give what You will, as much as You will, when You will.  
Do with me as You know best,  
as will most please you,  
and will be for Your greater honor.  
Place me where You will  
and deal with me freely in all things.  
I am in Your hand;  
turn me about which ever way You will.  
Behold, I am Your servant,  
ready to obey in all things.  
Not for myself do I desire to live, but for You—  
would that I could do this worthily and perfectly!  
Amen.

## JANUARY 25-31

*Prayer of St. Francis of Assisi (A.D. 1182-1226)*

Almighty, eternal, just and merciful God:

Grant us the desire to do only what pleases You,  
and the strength to do only what You command.

Cleanse our souls,

enlighten our minds,

and inflame our hearts with Your Holy Spirit,

that we may follow in the footsteps of Your beloved Son,  
Jesus Christ. Amen.

*Don't forget to pick up your  
prayer guide for next month!  
It is available in the Narthex  
(outside the Sanctuary), in the  
Church Office, or online.*