

Praying for An Unanswered Prayer

A 30 Day Guide

Processing the Silence (Days 1–10)

Use this time to honestly express your grief, confusion, and desires to God.

- Day 1: Name your specific request out loud. Write it down, acknowledging the emotions it brings.
- Day 2: Read and reflect on Psalm 13. David models crying out "How long, Lord?"— give yourself permission to do the same.
- Day 3: Pray for a softening of your heart. Ask God to remove bitterness or resentment regarding the delay.
- Day 4: Acknowledge God's presence over His answers. Pray: "Lord, even when I don't see Your hand, I choose to believe You are near."
- Day 5: Reflect on Romans 8:28. Pray that God works this specific situation out for your ultimate good.
- Day 6: Practice lament. Tell God exactly what you are disappointed about.
- Day 7: Pray for the strength to endure the waiting process.
- Day 8: Take a step back. Spend today thanking God for 3 distinct blessings that may or may not be related to your unanswered prayer.
- Day 9: Read Proverbs 3:5-6. Pray for grace to not lean on your own understanding.
- Day 10: Release control. Pray: "Not my will, but Yours be done."

Shifting Your Perspective (Days 11–20)

Focus on aligning your desires with God's broader will and trusting His timing.

- Day 11: Pray for trust. Ask God to help you believe that "not yet" can be a loving answer.
- Day 12: Meditate on Matthew 6:32-33. Pray for peace, trusting that your heavenly Father already knows what you need.
- Day 13: Read Psalm 27:14. Pray for the strength to take heart and wait.
- Day 14: Pray that God uses this period of unanswered prayer to prepare you for future blessings.
- Day 15: Ask for wisdom to discern if there is any action you need to take, or if you simply need to rest and wait.
- Day 16: Give yourself grace. Pray for relief from any self-blame, guilt, or the feeling that you haven't prayed "well enough."

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- Day 17: Reflect on the life of Jesus, who experienced immense sorrow in the Garden of Gethsemane but surrendered to the cross.
- Day 18: Pray for a fresh revelation of God's character. Ask to see His goodness in the land of the living, independent of this specific request.
- Day 19: Ask God to open your eyes. Sometimes an unanswered prayer is God redirecting you to something better than you originally imagined.
- Day 20: Pray for the people around you. Intercede for the needs of a friend or family member, shifting the focus outward.

Surrender and Peace (Days 21–30)

Conclude by finding peace in the silence and anchoring your hope in God's faithfulness.

- Day 21: Read 1 Peter 5:7. Cast the anxiety of this unresolved prayer entirely onto God.
- Day 22: Thank God for His "no" or His "wait," trusting that His wisdom far exceeds your own.
- Day 23: Pray for a deeper connection with God. Shift the goal from getting the answer to knowing the Provider.
- Day 24: Pray: "Lord, help me to hold my desires with open hands rather than clenched fists."
- Day 25: Reflect on Philippians 4:6-7. Pray for a peace that transcends your understanding to guard your heart.
- Day 26: Pray for the humility to accept that God's ways are higher than your ways.
- Day 27: Thank God for past prayers he has answered, building a foundation of gratitude.
- Day 28: Ask God to give you the courage to continue trusting Him, even when the wait stretches on.
- Day 29: Read Psalm 50:15. Call on Him, and rest in His promise to hear you.
- Day 30: Finalize your 30-day dedication. Pray a prayer of complete surrender: "God, I leave this request in Your capable hands. I choose to trust in Your goodness, Your timing, and Your love. Amen."

Resources:

- *Trusting God in the Face of Unanswered Prayer* by Jodie Berndt
- *God on Mute: Engaging the Silence of Unanswered Prayer* by Pete Grieg