24-7 PRAYER
NEW ZEALAND

Pentecost Prayer Initiative

Daily Devotions

2026

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Unity in Prayer

DAY 1

"They all joined together constantly in prayer, along with the women and Mary the mother of Jesus, and with his brothers."
Acts 1:14

Devotional:

Before Pentecost came, before tongues of fire or rushing winds, there was a room full of ordinary people praying. Together. Those early believers didn't scatter in uncertainty or try to figure it all out alone. They listened to Jesus and gathered with one heart - their shared love of Jesus - and one purpose: to seek God together.

There's something powerful about unity in prayer. Not sameness - but shared focus. Different people, different stories, gathering in one Spirit. In those 10 days before Pentecost, prayer wasn't a backup plan. It was the plan and not much has changed really.

Right now, in a world often marked by division and disconnection, God invites us to come back to that upper room posture. To lay aside our agendas and our differences, and join our voices together. Unity doesn't mean agreeing on everything. It does mean agreeing that Jesus is Lord, and believing that prayer still changes things.

What could happen if we truly leaned into praying together? What might shift in our churches, communities, and country if we gathered not just around causes or opinions, but around Jesus?

Prayer:

Lord, we thank you for the example of those early disciples.
We confess we've too often prayed alone, worked alone, and stayed divided.
Bring us together in heart and purpose again.
Teach us to pray shoulder to shoulder, one Spirit, one church.
May our unity be a signpost of hope in our world.
Haere mai wairua tapu - Come, Holy Spirit.
Amen.

Your turn:

Who could you invite to pray with you during this Pentecost prayer season? Text a friend or gather a few people from church. Don't overthink it - just pray.

Wisdom and Guidance for Leaders

DAY 2

Trust in the Lord with all your heart
and lean not on your own understanding;
in all your ways submit to him,
and he will make your paths straight
Proverbs 3:5-6

Devotional:

"Trust in the Lord with all your heart…" Familiar words - but not always easy ones to live.

Leadership carries weight. Decisions affect others, and it's natural to rely on experience or what feels certain, but this proverb invites something deeper: trust that goes beyond our own understanding.

Pentecost reminds us we don't lead alone. The Spirit guides, prompts, and gives wisdom. Not just better ideas, but deeper discernment - hearts that listen before acting and trust God enough to follow His lead.

As we pray for our leaders, we're asking for more than good decisions. We're asking for lives anchored in God. Leaders who acknowledge Him in every step - and follow where He leads.

What might it look like to trust God more fully in the decisions we face?

Prayer:

Lord, we lift up those in leadership.
Where decisions feel heavy, bring your wisdom.
Where the path is unclear, bring your guidance.
Teach them to trust you with all their hearts.
Guard them from relying only on themselves.
Make their paths straight as they look to you.
Fill them with your Spirit:
with discernment, humility, and courage.
Haere mai wairua tapu - Come, Holy Spirit.
Amen.

Your turn:

Pray for a leader you know today - pastor, teacher, local counsellor, manager, or parent. If you can, send a message to encourage them. Leadership is lighter when it's covered in prayer.

Boldness to Share the Gospel

DAY 3

"After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly."
Acts 4:31

Devotional:

We don't always feel bold do we? Often it's the opposite - we're hesitant, second-guessing, unsure. It seems we're in good company because the early church knew that reality too. Yet again and again in Acts, we see this pattern: they prayed, they were filled with the Spirit, and they spoke boldly.

Boldness isn't about a particular personality type. It's not about being loud or fearless. It's about saying yes to God's nudges, trusting that the Holy Spirit empowers ordinary people, like us, for extraordinary conversations and demonstrations of God's love.

Most of us won't preach to crowds or travel overseas on world-changing missionary journeys, but every day we're surrounded by people who need hope, need truth, need kindness. The good news of Jesus isn't just a message for Sunday services or for only a handful of people to share. It's for kitchens, sports fields, bus stops, and office hallways - wherever we find ourselves.

Today, let's pray for courage. Not something forced or awkward, but Spirit-breathed, love-filled boldness to speak when the moment comes.

Prayer:

Lord, fill us with boldness.
When you open doors, help us to walk through them.
When you prompt us to speak, give us the words.
Use our simple, honest conversations to point people to you.
Haere mai wairua tapu - Come, Holy Spirit.
Amen.

Your turn:

Ask God for one opportunity this week to share something of Jesus - a kind word, a prayer, or a story of hope - yours maybe! Be ready for it when it comes.

Repentance and Returning to God

DAY 4

"Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord."
Acts 3:19

Devotional:

It's not a word we always love - *repentance*. We need to remember, it's less about guilt and shame, and more about realignment. It's a turning back towards life, towards home, towards the presence of God.

Those early believers weren't perfect people. They'd scattered, doubted, argued. Yet the Spirit was poured out on *them*. The key was their posture - hearts turned back to God, open and expectant.

Repentance isn't a one-off event. It's a daily practice of recalibrating our hearts, of laying down what's pulling us off track and stepping into grace. And when we do, scripture promises times of refreshing.

Wouldn't we all welcome a bit of that right now?

Prayer:

Lord, we're sorry for the ways we've drifted.
For where we've chased our own plans and lost sight of you.
We turn back to you today.
Bring your refreshing, your peace, your presence.
Haere mai wairua tapu - Come, Holy Spirit.
Amen.

Your turn:

Take a quiet moment today. Ask, "Lord, is there anything I need to lay down or turn from?" Listen honestly, and then receive His grace.

Healing, Restoration and Revival

DAY 5

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.
James 5:16
"Will you not revive us again, that your people may rejoice in you?" - Psalm 85:6

Devotional:

“Will you not revive us again…?”
It’s a simple, honest prayer. When we acknowledge that something has grown tired or distant - and only God can bring it back to life. Healing often begins quietly. A confession. A turning back. A simple prayer. James reminds us that prayer is powerful not because of us, but because of God at work through our surrendered hearts.
Revival isn’t something we create. It’s something we make room for. It starts in us before it moves among us.
As we pray today, we’re holding both personal and collective needs. The places in our own lives that need healing. The areas in our churches that feel dry. The longing across our nation for renewal.
God is not distant from any of it. He restores, heals, and revives. Where are you longing to see new life?

Prayer:

God of restoration, I come honestly before you.
You see what is weary and in need of healing.
I confess where I’ve drifted or grown cold.
Bring healing where there is pain,
and restoration where there is loss.
Would you revive me again?
Help us to make room for you to move.
Breathe fresh life into your church.
Let our hearts rejoice in you once more.
Haere mai wairua tapu - Come, Holy Spirit.
Amen.

Your turn:

Name one area of your life that needs renewal. Bring it to God today. If it feels right, ask a trusted friend to pray with you - healing often grows in community.

Peace in Our World

DAY 6

I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people — for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.
1 Timothy 2:1-2

Devotional:

"I urge, then, first of all, that prayers be made for all people…"
It's a wide invitation. Not just for those we agree with but for everyone - even those we disagree with.
When the world feels unsettled, prayer can seem small, but Scripture calls it our first response, not our last.
To pray for peace is to align with the heart of God. It stretches us beyond our own perspective and into His compassion for the world.
We hold before Him the conflicts, the tensions, the uncertainty - and we ask for His kingdom to come.
Prayer may feel quiet, but it is never insignificant.
What might shift if we took this invitation seriously?

Prayer:

Prince of Peace, we bring our world before you.
Where there is conflict, bring peace.
Where there is injustice, bring your justice.
We pray for leaders and nations.
Guide decisions and soften hearts.
Teach us to be people of peace
in how we live and speak.
Let your kingdom come on earth as in heaven.
Haere mai wairua tapu - Come, Holy Spirit.
Amen.

Your turn:

Pray for a nation or situation on your heart today. Then take one small step to be a peacemaker in your own world - through your words, actions, or attitude.

Justice and Mercy

DAY 7

“But let justice roll on like a river, righteousness like a never-failing stream!”
Amos 5:24

Devotional:

God's heart beats for justice. Not just fairness, but the setting-right of broken things. Throughout scripture, His people are called to be a voice for the voiceless, to lift up the oppressed, to show mercy to the struggling.

In the book of Acts, the Spirit-filled church wasn't just about worship gatherings - it was a community where the hungry were fed, practical needs were met, and no one was left out.

The church isn't meant to be a place of escape from the world's pain, but a people empowered to carry hope into it. Justice flows out of prayer when we ask God to show us what breaks His heart, and then having the courage to respond.

Prayer:

God of justice, open our eyes to what you see.
Soften our hearts to those around us.
Teach us to carry mercy and to stand for what is right.
Use your church to bring hope and healing.
Haere mai wairua tapu - Come, Holy Spirit.
Amen.

Your turn:

Is there a cause, person, or injustice that's been stirring in your heart? Take one small step toward it today - a prayer, a conversation, or a practical act.

New Dreams and Visions

DAY 8

"Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions."
Joel 2:28

Devotional:

When the Spirit is poured out, imagination comes alive. Joel's prophecy isn't just about strange moments or wild dreams - it's about God breathing new life into His people's futures.

We are made to live with vision, to believe for more than what we see right now. The early church needed that, and so do we. Dreams that carry hope into dark places. Visions that see what could be in our families, churches, communities, and cities.

Maybe your hope's been worn down. Or maybe you've stopped expecting God to speak to you personally or to answer your prayers. Today's a good day to ask again.

Prayer:

God, awaken our hearts to dream again.
Where we've settled or stopped hoping, lift our eyes.
Pour out new visions, new courage, and new ideas for what you want to do in and through us.
Haere mai wairua tapu - Come, Holy Spirit.
Amen.

Your turn:

Grab a notebook or your phone. Spend a few minutes asking, *"Lord, what new thing do you want to stir in me?"* Write down whatever comes.

Next Generation

DAY 9

We will not hide them from their descendants;
we will tell the next generation
the praiseworthy deeds of the Lord,
his power, and the wonders he has done.
Psalm 78:4

Devotional:

"We will tell the next generation…"
Faith was never meant to stop with us. It's something we carry and pass on.
The next generation doesn't just need information about God - they need to see a lived faith. Honest prayer. Real relationship. A community where they can encounter God for themselves.
Pentecost reminds us the Spirit is for all people - young and old. God is already at work in young lives across our nation. We're invited to join Him. To encourage, invest, and make space for their faith to grow.

This isn't about having all the answers. It's about pointing to God's faithfulness in our own lives.
What part might you play?

Prayer:

God of every generation, we thank you for our rangatahi.
You know them and love them deeply.
Reveal yourself to them in fresh ways.
Stir faith, awaken purpose, and anchor them in you.
Help us to encourage and walk alongside them.
Give us wisdom to share our faith with honesty and grace.
Raise up a generation that knows and follows you.
Haere mai wairua tapu - Come, Holy Spirit.
Amen.

Your turn:

Think of a young person in your world. Pray for them by name. Ask God how you might encourage them this week.

The Coming of the Holy Spirit

DAY 10

"When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven..."
Acts 2:1-2

Devotional:

And then, it happened. The waiting. The praying. The hoping. The Holy Spirit came in power, filling ordinary people with extraordinary power and boldness, and nothing was the same again.

This wasn't a reward for their patience - it was the promise of God fulfilled and that promise didn't end on Pentecost Sunday. The Spirit still moves. Still fills. Still sends.

As we come to the final day of this Pentecost prayer journey, let's hold onto what we've asked for - unity, boldness, healing, dreams, justice, revival - and let's expect the Spirit to move in our day, in our churches, and in our hearts. Let's prepare our hearts to be open and responsive to God as He moves in and through us.

Prayer:

Holy Spirit, we welcome you.
As you came on that first Pentecost, come again.
Fill us. Send us. Change us.
Let your presence move in our lives and our nation.
Haere mai wairua tapu - Come, Holy Spirit.
Amen.

Your turn:

Take time today to simply sit in God's presence. No agenda. Just a quiet, honest prayer: "*Haere mai wairua tapu - Come, Holy Spirit.*"

Daily Examen

The Daily Examen is a form of prayer and reflection developed by Saint Ignatius of Loyola in the 1500's to help individuals notice God's presence and guidance in their daily lives. It involves a simple, structured review of the day that is highly adaptable and can be done anywhere.

The simple 5-step structure guides you through a rhythm of prayer that can be done in about 10 minutes. You may want to add this into your rhythm of prayer at the end of your day during this Pentecost prayer season.

Steps of the Daily Examen

1. Prepare
Start by placing yourself in God's presence, recognising His love for you, then invite the Holy Spirit to help you reflect honestly on your day.

2. Say Thanks
Recall the day's events and thank God for the gifts in your day recognising His goodness in your life.

3. Review
As you reflect on your day, what stands out? Pay attention to your thoughts, emotions, and actions. When did you feel close to God or were there times when you felt far from God?

4. Respond
Select a particular moment or feeling from your day and use it as a point of focus for prayer, either to express gratitude or to ask for forgiveness and healing. Whatever comes to mind, turn it into prayer.

5. Look Ahead
As you consider tomorrow, what are you excited for? What are you nervous about? Anticipate your day and ask God for His help to walk it with Him.

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