

LENT
2026

AIRPLANE MODE

A 40-Day Prayer Guide for When Prayer
Doesn't Seem to Work



THE POLKA  CHURCH

HOW TO USE THIS GUIDE

You do not need:

- Perfect words
- A long time
- A quiet house
- Strong faith

You only need a willing heart.

Each week includes:

- A short reflection
- A simple daily rhythm
- A breath prayer
- A journaling prompt

Five minutes is enough.

A Lenten Commitment

During these 40 days, I will:

- Pray honestly
- Keep showing up
- Trust that silence is not the end

Signed: _____

Week 1: Why Am I Still Praying If Nothing's Happening?

Scripture: Psalm 13

Theme: God welcomes honest prayers.

Daily Rhythm:

1. Speak honestly to God.
2. Sit in quiet for one minute.
3. Close with a simple statement of trust.

Breath Prayer: Inhale: How long, O Lord? Exhale: I will still trust You.

Journal Prompt: What have I been praying about that feels stuck?

Week 2: What to Do When Prayer Feels Ignored

Scripture: Psalm 22:1-21

Theme: Silence does not mean absence.

Daily Rhythm:

1. Speak honestly to God.
2. Sit in quiet for one minute.
3. Close with a simple statement of trust.

Breath Prayer: Inhale: Where are You? Exhale: Stay with me.

Journal Prompt: If I could say anything to God without fear, what would I say?

Week 3: When Prayer Doesn't Fix the Problem

Scripture: 2 Corinthians 12:7-10

Theme: Grace holds you in the struggle.

Daily Rhythm:

1. Speak honestly to God.
2. Sit in quiet for one minute.
3. Close with a simple statement of trust.

Breath Prayer: Inhale: Your grace... Exhale: ...is enough.

Journal Prompt: Where have I seen quiet strength in my life?

Week 4: How to Keep Praying When You're Tired of Waiting

Scripture: Luke 18:1-8

Theme: Persistence matters.

Daily Rhythm:

1. Speak honestly to God.
2. Sit in quiet for one minute.
3. Close with a simple statement of trust.

Breath Prayer: Inhale: I will wait. Exhale: You are faithful.

Journal Prompt: What feels hardest about waiting right now?

Week 5: What If I Don't Even Know What to Pray Anymore?

Scripture: Romans 8:18-27

Theme: The Spirit prays with you.

Daily Rhythm:

1. Speak honestly to God.
2. Sit in quiet for one minute.
3. Close with a simple statement of trust.

Breath Prayer: Inhale: Holy Spirit... Exhale: ...pray for me.

Journal Prompt: What feels too heavy to put into words?

Week 6: When God's Answer Is Different

Scripture: John 12:20-33

Theme: Trust in the unexpected.

Daily Rhythm:

1. Speak honestly to God.
2. Sit in quiet for one minute.
3. Close with a simple statement of trust.

Breath Prayer: Inhale: Not my way... Exhale: ...but Yours.

Journal Prompt: Where might God be working differently than I imagined?

Week 7: What If God Was Working the Whole Time?

Scripture: John 20:1-18

Theme: Resurrection follows silence.

Daily Rhythm:

1. Speak honestly to God.
2. Sit in quiet for one minute.
3. Close with a simple statement of trust.

Breath Prayer: Inhale: You are alive. Exhale: Bring new life to me.

Journal Prompt: Where have I seen hope grow quietly?



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