

Watoto

SPIRIT-LED
WOMAN

Dwell

Sisterhood Prayer Guide

Aug 10 - 18 Sept 2026

WEEK 1

Theme:

Dwell

Theme text:

Psalm 91:1-2 (NIV)

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."

Anchor Scripture:

Psalm 27:4 (NIV)

"One thing I ask from the LORD, this only do I seek: that I may dwell in the house of the LORD all the days of my life, to gaze on the beauty of the LORD and to seek him in his temple."

There is a difference between visiting God's presence and dwelling with Him. Psalm 91 does not begin with the battle, the danger, or even the promise of protection. It begins with a person who has chosen where she will live: "Whoever dwells in the shelter of the Most High..."

To dwell is to remain, abide, stay, and make your home with God. It is a life anchored in relationship with Him. The promise of rest under the shadow of the Almighty flows from nearness to the Almighty Himself.

David expresses the same longing in Psalm 27. Surrounded by opposition and uncertainty, his greatest request was not first for circumstances to change. His heart cried, "One thing..." He wanted to dwell with God, gaze upon His beauty, and seek Him.

This is the invitation before us.

Throughout Scripture, women discovered what happens when they drew near to God. Hannah entered His presence carrying deep anguish and poured out her soul before Him. She left with renewed strength before her circumstances had changed. Mary of Bethany sat at the feet of Jesus while other things demanded attention. Jesus said she had chosen what

was better. Anna built her life around worship, prayer, and waiting before God, and in time she saw the promised Messiah.

Their stories remind us that dwelling is not escaping the realities of life. It is learning to face life from the presence of God.

As women, we carry families, responsibilities, relationships, careers, ministry, dreams, disappointments, unanswered prayers, and concerns that sometimes no one else sees. We can become so busy carrying everything that we forget the invitation of God:

Come close. Stay with Me.

These forty days are therefore not simply about asking God to do more for us. They are an invitation to desire more of God Himself.

Before the breakthrough — **DWELL.**

Before the decision — **DWELL.**

In the waiting — **DWELL.**

In the healing — **DWELL.**

In the uncertainty — **DWELL.**

In the answered prayer — **DWELL.**

In every season — **DWELL.**

As we draw near, we will seek to know God more deeply, listen for His voice through His Word, surrender what competes for our hearts, receive His healing, trust Him with impossible situations, and discover how to live purposefully from His presence.

The goal of these forty days is not simply to finish a prayer guide. It is to cultivate a life that remains with God.

May distractions lose their power. May weary hearts find rest. May wounded hearts encounter His restoring grace. May faith rise. May purpose become clearer. May our hunger for God deepen.

And when these forty days are over, may we continue to carry the prayer of David: *“One thing I ask from the LORD, this only do I seek: that I may dwell...”*

These will be some of our daily Rhythms:

- Read the day's scripture.
- Spend 15–30 minutes in worship.
- Read the scripture slowly.
- Pray through the prayer points.
- Sit quietly before God for 5–10 minutes.
- Have a journal and write what God speaks to you about.

Use the link **<https://tinyurl.com/WATOTOSISTERHOODPRAYS>** to join the corporate prayer session from 8pm to 9pm EAT. For more details on how to participate, please check in with your Sisterhood Connect Group leader.

Sisterhood Prayer Schedule: Online Zoom call - 40 days

Date	Campus	Person responsible
10th August	Ps. Vernita	Ps. Vernita
11th	Kansanga	Ps. Maria + Ps. Emily
12th	Kansanga	Ps. Maria + Ps. Emily
13th	Teaching	Ps. Christine
14th	Bugolobi	Ps. Phoebe
15th	Bugolobi	Ps. Phoebe
16th	Downtown	Ps. Debbie + Ps. Trish
17th	Downtown	Ps. Debbie + Ps. Trish
18th	Nakwero	Ps. Carol + Ps. Joyce
19th	Nakwero	Ps. Carol + Ps. Joyce
20th	Teaching	Ps. Violet
21st	Ntinda	Ps. Joana + Ps. Livia
22nd	Ntinda	Ps. Joana + Ps. Livia
23rd	Bweyogerere	Ps. Suzan + Ps. Alex
24th	Bweyogerere	Ps. Suzan + Ps. Alex
25th	Mukono	Ps. Eunice + Ps. Dora
26th	Mukono	Ps. Eunice + Ps. Dora
27th	Teaching	Ps. Daphne
28th	Programs	Ps. Norah + Ps. Trish K + Ps. Sheila+ Ps. Rachel O

29th	Mbarara	Ps. Jackie
30th	Mbarara	Ps. Jackie
31st	Gulu	Ps. Irene
1st September	Juba	Ps. Esther Menya
2nd	Juba	Ps. Esther Menya
3rd	Teaching	Ps. Mercy
4th	Jinja	Ps. Cathy
5th	Suubi	Ps. Julie
6th	Bbira	Ps. Esther Murungi
7th	Laminadera	Ps. Sonia
8th	Kyengera	Ps. Charlotte + Ps. Rose
9th	Kyengera	Ps. Charlotte + Ps. Rose
10th	Teaching	Ps. Jackie Opondo
11th	Nansana	Ps. Mino
12th	Nansana	Ps. Mino
13th	Lubowa	Ps. Reenah + Ps. Justine
14th	Lubowa	Ps. Reenah + Ps. Justine
15th	Entebbe	Ps. Doreen
16th	Entebbe	Ps. Doreen
17th	Martha	Ps. Martha
18th	Overnight	All



WEEK 1
10 – 16 Aug 2026

Come Close To God

tinyurl.com/WATOTOSISTERHOODPRAYS

Day 1 - (Mon, 10 August)

Lord, Awaken my Hunger for you.

Scripture: Psalm 42:1-2:

As the deer pants [longingly] for the water brooks, So my soul pants [longingly] for You, O God. My soul (my life, my inner self) thirsts for God, for the living God. When will I come and see the face of God?

Prayer Focus:

- Thank you, God, for the privilege to dwell in Your presence. (Psalm 100:4).
- Thank you, for Your faithfulness in my life, family, work, church and community.
- Give me a fresh hunger for you.
- Remove every appetite that replaces Your presence.
- Make your presence my greatest desire.
- Help me enjoy spending time with you.
- Let this season permanently change my spiritual life.

Daily Rhythm:

Begin your day by turning your face to God.

Before reaching for the phone or starting the day's demands:

Thank Him

- Surrender your day
- Invite the Holy Spirit to lead you
- Read Psalm 91:1-2 aloud

Declaration

"I will seek the Lord with all my heart."

Reflection

What has been competing for my affection more than God?

Day 2 - (Tues, 11 August)

Return to Your First Love

Scripture: Revelation 2:4-5

But I have this [charge] against you, that you have left your first love [you have lost the depth of love that you first had for Me]. So remember the heights from which you have fallen, and repent [change your inner self—your old way of thinking, your sinful behavior—seek God's will] and do the works you did at first [when you first knew Me]; otherwise, I will visit you and remove your lampstand (the church, its impact) from its place—unless you repent.

Prayer Focus:

- Restore my passion for You
- Remove spiritual laziness
- Teach me to love Your presence again
- Give me a passion for prayer
- Give me joy in worship
- Help me to delight in Your Word

Daily Rhythm:

Create a daily "Secret Place"

Identify: a place, a time and a plan.

Even if it's only 20-30 minutes, consistency matters more than length.

Declaration:

"My love for Jesus grows stronger every day."

Reflection:

When was I closest to God?



Day 3 - Wed, 12 August)

Clean Hands, Pure Heart

Scripture: Psalm 51

Prayer Focus:

- Pray through Psalm 51, spend a longer time in repentance
- Ask Holy Spirit to Reveal hidden sin
- Ask Him wash you completely
- Ask Him to make your heart clean before Him

Daily Rhythm:

Read slowly, not widely.

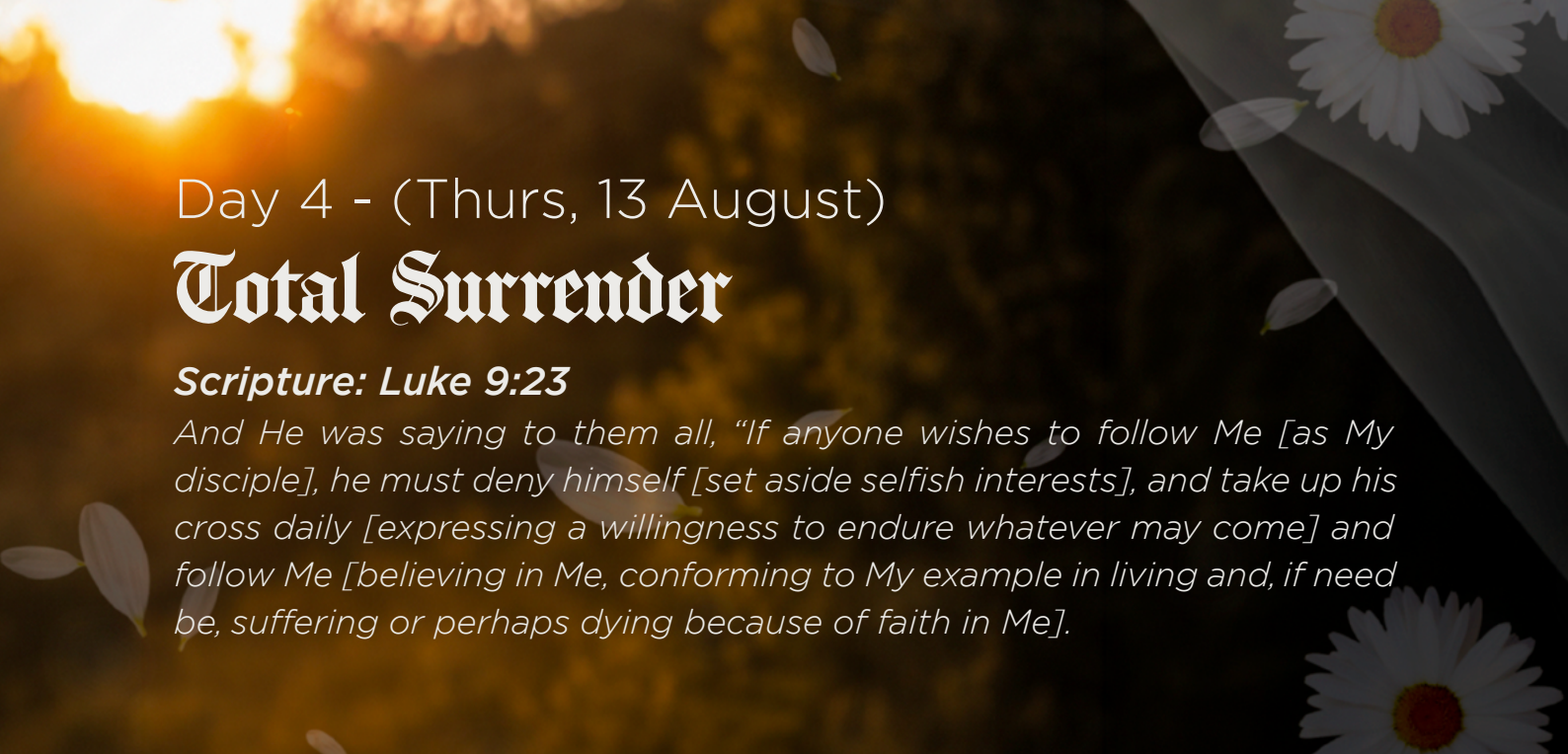
Instead of rushing through chapters, read a short passage.

Ask:

- What does this reveal about God?
- What is He saying to me?
- Is there something to obey?
- Is there a promise to receive?

Then sit quietly before moving on. Dwelling involves listening, not just reading.

Key verse: Joshua 1:8



Day 4 - (Thurs, 13 August)

Total Surrender

Scripture: Luke 9:23

And He was saying to them all, "If anyone wishes to follow Me [as My disciple], he must deny himself [set aside selfish interests], and take up his cross daily [expressing a willingness to endure whatever may come] and follow Me [believing in Me, conforming to My example in living and, if need be, suffering or perhaps dying because of faith in Me]."

Prayer Focus:

- I surrender my plans
- My dreams
- My fears
- My family
- My future

Daily Rhythm:

Consecrate your mouth.

As much as possible, give the first hour of your day to God. Before conversations, messages, or social media, spend time reading His Word, praying, worshipping, and listening. Then carry that posture throughout the day by allowing your words to reflect His heart. Speak life, encouragement, truth, and grace.

*"Set a guard over my mouth, Lord; keep watch over the door of my lips."
(Psalm 141:3)*



Day 5 - (Fri, 14 August)

Learning to Hear God's Voice

Scripture: John 10:27

The sheep that are My own hear My voice and listen to Me; I know them, and they follow Me.

Spend extra time in silence.

Challenge:

Write down what God impresses on your heart.

Pray Focus:

- Teach me dependence on You.
- Help me decrease so Christ increases.

Daily Rhythm:

Practice silence. This may be the hardest discipline.

Spend five minutes saying nothing:

No music.

No requests.

Just being with Him.

As Psalm 46:10 says,

"Be still, and know that I am God."

Many people pray without ever becoming quiet enough to listen.

Day 6 - (Sat, 15 August)

Trusting God Completely

Proverbs 3:5-6

Trust in and rely confidently on the Lord with all your heart And do not rely on your own insight or understanding. In all your ways know and acknowledge and recognize Him, And He will make your paths straight and smooth [removing obstacles that block your way].

Prayer Focus

- Pray over every burden
- Release every worry
- Deliver me from fear
- Set me free to worship

Daily Rhythm:

Practice God's presence throughout the day; Cultivate an ongoing awareness of God.

Before meetings:

"Lord, guide me."

While driving:

"Worship."

While cooking:

"Thank You."

Before difficult conversations:

"Holy Spirit, give me wisdom."

Dwelling isn't confined to a prayer room.



Day 7 - Sun, 16 August)

Abiding in His Presence

Scripture: John 15

Spend almost half of the hour simply worshipping.

No rush.

No agenda.

Just abiding.

Prayer Focus:

- Teach me to abide.
- Help me remain in Your presence daily.
- Let Your presence become my home.

Daily Rhythm:

Read slowly, not widely;

Instead of rushing through chapters, read a short passage.

Ask:

- What does this reveal about God?
- What is He saying to me?
- Is there something to obey?
- Is there a promise to receive?

Then sit quietly before moving on.

Dwelling involves listening, not just reading.