



30-DAY
PRAYER
AND
SCRIPTURE
GUIDE

TRUSTING GOD

WHEN LIFE
HURTS

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Are you in a place where you are looking at your present difficulties and your own inability, or are you trusting in the supernatural ability of God for breakthrough?

This is a question we must all answer over and over again throughout our life. Will I trust God with all of these impossibilities? Will I continue to believe Him for the breakthrough? It's so easy to look at our inability and say, *"Lord, I don't have the gifting." "I don't have the strength." "I don't have the resources and people." "I don't have the money."*

In your present situation, God has supernatural ability to do the impossible. Right now look at your life. Where is your focus? Is it on your finite self, or is it on a limitless God who can do anything? Our responsibility is to trust, know, and carefully obey God's Word.

- He is able to do what man cannot do.
- He is able to bring breakthrough in your life.
- He is able to help in the most difficult of circumstances.

Our God has the ability. He always has and He always will. Don't give up. Have faith in God. There is an ability of God that we have not yet tapped into in our life experiences. Don't doubt but believe, and remember that the Lord is with you.

Excerpted from [A Prayer for Trusting in God's Ability](#) by Debbie Przybylski, featured on Crosswalk.com.

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1 A Prayer to Jumpstart Your Prayer Life

I will praise You as long as I live, lifting up my hands in prayer.

[Psalm 63:4 \(NLT\)](#)

Commit to Prayer Time Our lives get so crazy. We get overloaded at work, the kids have to be shuffled everywhere and then there are the unexpected things that pop up. It's easy to let our prayer life become stagnant. This year, commit to spending 15, 30 or 60 minutes with the Lord on a daily basis. Pencil it in on your calendar so it becomes ingrained in your daily life.

Pray without Distraction Sit down with your family and explain that you want to really lean into your prayer life this year. Let them know that from this time to this time each day, you won't be available and that this is your prayer time. Make a sign for the door of your War Room so your young children will know not to disturb you.

Pray Spontaneously A lot of people think you have to be in church to pray but this is not true. You can pray any time, anywhere. It's always good to pray spontaneously. If you run into a friend or hear of someone who needs prayer, don't wait till you can write it down. Pray right then and there. Pray for people whose names float through your mind during your busy day. Pray when you feel a tugging or stirring in your heart. Praying this way is excellent because you never know if the person you are thinking of needs prayer at that very moment.

Pray Specifically Take some time to step up your prayer game.

Instead of 'blanket praying' as we all do at some point when we are absolutely exhausted, take some time to write down specifics. If you know someone who needs surgery, write a specific prayer for it. If you know someone who is going through a divorce, write a specific prayer for that. If you know someone who just had a baby, write down specifics to pray over the situation. If you know someone who just got engaged, write a specific prayer for that. Praying specifically for a person or situation not only makes you feel closer to the Lord, it makes you feel closer to the person.

Let us pray.

Dear Lord,

I come to You over my prayer life right now. I know that I have been lax and have been so distracted lately. I want to renew my commitment to spending time with You every day and to jumpstart my prayer life again. But I'm scared that I will become distracted and fail like so many other times. I pray that You will renew a passion in me for this part of my life. I pray that I will have a fresh, laser like focus on spending time with You and in praying for others. Help me to recognize the stirring in my heart when someone needs spontaneous prayer. Help me to recognize when it's You that wakes me up in the middle of the night to be a 'watchman' and to have the clarity to hear your voice. In Your Name I pray. Amen.

Editor's Note: Content taken from the article, *11 Ways to Jumpstart Your Prayer Life This Year*, written by Carrie Lowrance. [You can read that piece in full here.](#) All rights reserved.

2 A Prayer to Find Faith in the Chaos

Be still and know that I am God.

Psalm 46:10

My computer monitor is lined with post-it notes containing lists of things to do RIGHT NOW, plus errands to run this week and appointments to schedule and random to-dos that I move from one list to another and never manage to complete. There are reminders of birthday gifts to buy, printer toner to order, moving dates for my college-age daughter, tuition bills due, calls to make, checks to deposit, cards to send, messages to write.

I want faith to be an important part of my life, but some days there seems to be no room for it because everything else is pushing it out of the way.

It may seem impossible to spend time finding faith amidst the chaos, and I agree, it's not always easy. But I encourage you to steal moments wherever you can find them to reconnect with God in the jumble of your life.

Be still. That's all it takes. A moment in which to remember. Stop. Breathe deeply. And let yourself be aware that He is right there with you. Take that knowledge with you when you ease back into the day.

Put God first. Mentally commit to putting God first, to spending time talking to Him and learning about Him. When I can do this near the beginning of my day, everything else is a whole lot more

manageable and I feel more balanced. Even if I just have five minutes.

Keep an eye out for God in the chaos. Peace infuses the atmosphere when you slow down and feel God's presence, but that doesn't mean He is not also present in the too-cluttered, hectic activities crowding your days. God is with us all the time. Just think how much more meaningful your day will be if you spend it noticing Him. When we see Him, our faith increases, and in turn we focus even more on watching for Him.

Pray without ceasing. Practice keeping up a running commentary with God, thanking Him for the blessings you see and the people you encounter. Prayer is the primary way we communicate with God to strengthen our faith.

Prayer: Dear Lord, help me—every single morning—to find faith in the midst of the chaos. Give me the desire and ability to see You, hear You, talk to You, and give thanks to You. And as I do, I pray that I will draw nearer and nearer to You, and that my faith will multiply exponentially as I understand in new, deeper ways that You are everything I ever hoped You would be. And so much more. Amen.

Editor's Note: Content taken from *7 Simple Ways to Find Faith in the Chaos* by Kelly O'Dell Stanley. [You can read that piece in full here.](#) All rights reserved.

3 A Prayer for Reassurance

“When you go through deep waters and great trouble, I will be with you. When you go through rivers of difficulty, you will not drown! When you walk through the fire of oppression, you will not be burned up; the flames will not consume you.”

[Isaiah 43:2 \(NLT\)](#)

In a bookstore, I spotted one of my friends, Carol, who was asking an employee where she could find a new suspense novel that had just been released. The young man quickly handed Carol the book from his personal stash behind the counter and went back to work. I watched a smile spread across Carol’s face as she examined her new treasure while gently turning the book over in her hands and flipping through pages. Carol then did something I absolutely could not believe. She turned to the last several pages of the book and began reading. I could not help myself.

“Okay. I have to confess that I saw you reading the last few pages of the book. Why in the world did you read the ending? Won’t that spoil the story for you?” I asked.

“Not at all,” Carol quickly responded. “Before I buy a book, I always read the ending to make sure I really want that particular book,” she explained.

It was worse than I thought.

Seeing the look of disbelief on my face, she laughed and admitted, “I know. It sounds crazy, but I have to know that everything turns

out okay before I commit to reading the book.”

The more I thought about Carol’s words, the more I realize that, as followers of God, we need to do the same. We need to live every minute of every day knowing that no matter what we face, we can truly say, “God’s got it!”

When we focus only on what we can see and understand or explain, we will worry.

Fear and doubt will become familiar companions if we live each day against the backdrop of this broken world and our desperate circumstances. Our only hope is God.

Father, I am tempted to worry about so many things. Our world is a mess! Forgive me for focusing on anything or anyone but You. Thank You for the Bible that equips and empowers me to live each day. Right now, I declare that You are my only Hope. Please help me remember that You really are in control. In Jesus’ Name, Amen.

Editor’s Note: Content taken from the Girlfriends in God devotional, *God’s Got It*, written by Mary Southerland. [You can read that piece in full here](#). All rights reserved.

4 A Prayer for Unshakable Peace

“I have set the LORD always before me. Because He is at my right hand, I will not be shaken.”

[Psalm 16:8, NIV](#)

No matter what you go through, you can experience unshakable peace, and declare, “I will not be shaken!” as the psalmist did in [Psalm 16:8](#). God knows what you have been through and what you are going through. He promises peace to each believer through Jesus.

Part of our unsettled nature is that we try to cling to the things of earth—to the “American way” of living—to the here and now. When we put our trust in things of this world, we give anxiety, fear, jealousy, discontentment, greed, and insecurity open access to our lives. ([1 Timothy 6:17-19](#))

Instead of finding ways to hold on to what you have, be encouraged today to let go.

Let go of what doesn't matter. Even let go of those things that seem worth your worry.

“So do not worry, saying, “What shall we eat?” or “What shall we drink?” or “What shall we wear?” For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has

enough trouble of its own.” ([Matthew 6:31-34, NIV](#))

Seek God first, friend ... above and before any earthly thing, large or small. Have faith that He will meet you at your need. God wants us to store up treasures where moth and rust will not destroy.

He wants us to trust Him. When we do, He promises that we can live with an unshakable peace that passes understanding.

Dear Lord, I need your unshakable peace! Please forgive me for placing my trust and hope in things of this earth. Lead my soul to find rest in You and in Your perfect plan for my life.

In Jesus' Name,

Amen.

Excerpted from the Girlfriends in God devotional “Unshakable Peace” by Gwen Smith. [You can read the piece in full here.](#)

5 A Prayer for Hard Days

“Draw near to God, and he will draw near to you.”

[James 4:8](#)

We all have hard days. Challenging days. Days that stretch us, sometimes beyond what we can bear. Sometimes these days appear as a series of little irritating events that build up to one terrible, horrible, no good, very bad day. Other days we wake up to find one huge unexpected event that lands like a bomb in our life.

Sometimes those hard days find us busy and distracted as we try to fix everything that has gone wrong. Or we get so caught up in our thoughts and feelings about our circumstances that it consumes us. Or perhaps we attempt to hide away from struggle of the day in the hopes that if we don't think about it, maybe it will all go just away.

Instead of such responses, hard days are opportunities for us to draw near to God. They are opportunities for us to rely on him, depend on him, and receive more of his grace. Such days remind us how desperate we are and how much we need our Savior.

Father in Heaven,

Help me! I am so weary and worn down by this day. So many things are happening all at once and I don't know what to do. I am overwhelmed. It feels like I am standing in a fierce wind that is whipping and swirling around me. I can't move; the force is so strong. It may just knock me down flat. And worse of all, what if I

can't get back up again?

Father, I can barely lift my eyes to you. It's all I can do to cry out for help. Please extend your grace to me this day. Help me to see that you are in this and that you are with me. Help me to remember that you are not surprised or taken off guard by the events of this day.

As I dwell and meditate on who you are, I am amazed and filled with wonder that you would love and care for me. No other religion in all the world has a God that loves his people. No other religion has a God that listens and cares about the cries of the human heart. No other religion has a God that would humble himself and take on frail human flesh and live in this sin-stained world. No other religion has a God that would lay down his life for his people.

But you are that God. You are God alone. Your word tells me that before time began you chose me to be yours through your Son, Jesus Christ ([Ephesians 1:4](#)). You set your love on me and made me yours. Ephesians also says that through Christ, I have "redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace" (1:7).

Forgive me for my fears about this day. Forgive me for how I have complained and muttered about how hard this day has been. Forgive me for forgetting that you are with me. Forgive me for forgetting who I am because of what your Son, Jesus Christ, has done. Forgive me for failing to remember the glorious truths and riches I have because of the gospel.

It is these truths that I am focusing my heart on in the midst of

this hard day. I pray the words of Paul and claim them as my own that “the God of our Lord Jesus Christ, the Father of glory, may give me the Spirit of wisdom and of revelation in the knowledge of him, having the eyes of my hearts enlightened, that I may know what is the hope to which he has called me, what are the riches of his glorious inheritance in the saints, and what is the immeasurable greatness of his power toward us who believe” ([Ephesians 1:17-19](#)).

Father, hear my prayer. Grant me gospel hope in the midst of this hard day. Help me to cling to your grace, your wisdom, and your strength.

Through Jesus and because of Jesus and in his name I pray, Amen.

This devotional was taken from *A Prayer for Hard Days* by Christina Fox. [To read the full version, go here.](#)

6 A Prayer for When You Don't Understand Your Circumstances

“His disciples did not understand these things at first, but when Jesus was glorified, then they remembered that these things had been written about him and had been done to him”

[John 12:16, ESV](#)

We can all attest to the 20/20 nature of hindsight; that moment of looking back on a complicated, confusing situation and realizing exactly what we should have done or been aware of at the time.

But can we somehow turn this expectation into an advantage in the moment, as it's playing out? Can we live in light of the reality that a time is coming when we'll see God's hand in all of this?

Have you ever been in a situation like that—where you didn't understand what was happening? Where you couldn't seem to feel anything but disappointment or confusion? Where you seemed to be more questions than answers?

Knowing why is not part of the skillset God expects from us as His followers. Answers to all the usual questions—Why is this happening? What on earth is God doing?—are not required, most likely not even available, during the heat of life's most mystifying moments.

All you need to know in times like these is the confident assurance that afterward, when you look back, you will see His hand at work in it. And knowing you'll see it from a distance means it's already here in the present—perhaps not to be recognized immediately,

but to be trusted implicitly.

Even when it's difficult now, remember that one day you'll see with clarity what God has been doing. And that it was always, only, for your good and His glory.

Pray:

Lord God, I know You are here. I trust in Your presence, Your power, Your goodness, and Your complete control over everything I'm facing. Help me walk through the questions, assured of Your answers, even though they're still unclear to me. I know one day King Jesus will appear as the "Faithful and True" ([Revelation 19:11](#)), riding a powerful horse and fully revealing His authority. And I know that even now, when I don't understand all the answers, I have You with me, and that is all that matters. Please give me increasing eyes of faith to trust what You are doing, even—and especially—when I don't understand. I love You and I trust You, and I pray these things in Jesus' Worthy Name, Amen.

Editor's Note: Content taken from the Our Journey Online devotional, "What God's Been Doing," written by Dr. James MacDonald. [You can read that piece in full here.](#) All rights reserved.

7 A Prayer for Guidance from the Holy Spirit

And do not forget to do good and to share with others, for with such sacrifices God is pleased.

Hebrews 13:16

One of the Holy Spirit's tasks is to experientially validate for every believer God's awesome love, acceptance, and encouragement toward each of His children. We "taste and see" that the Lord is good through the Holy Spirit, bringing his goodness to us ([Psalm 34:8](#)). We sense it and feel it deeply. We love how the Holy Spirit takes the intellectual concepts of love, mercy and grace of God and makes them practical and experiential.

The Holy Spirit's best work in people is seen in how He changes the way they relate to one another. You want the best part of your character displayed in your kids. It's when your positive qualities, ways, words, actions and encouragements are reproduced in your child's interactions with others that brings you joy. On the other hand, if they abuse, discourage and harm others with their way and words, you are grieved." That's not me," you protest. I think our waywardness has the same effect on the Holy Spirit.

The Holy Spirit heals relationships. He does this by leading and prompting all believers to show to others what God has shown them in the person of Jesus Christ. His point: you didn't deserve grace, but now that you have it, you better give it as liberally as you received it! If we don't the same thing grieves the Holy Spirit. Jesus aggressively illustrated His heart in the parable of the unmerciful

servant. You feel the Holy Spirit's presence and you honor him when your character reveals the grace that Jesus has freely given you.

If you want more of the Spirit's presence in your life, to be more in touch with His leading, here is a prayer you can pray today:

Lord, I pray you would move the Spirit more boldly in my life. I know that any sin can grieve and diminish the voice of the Spirit, and I pray against the temptation to sin. Help me crave your presence more than I crave sin. Help me grow in the fruit of the Spirit and so walk closer with Yourself. I pray for guidance from your Spirit—let your will and promises always be a meditation of my heart. In Jesus' Name, Amen.

Editor's Note: The following is an abridged version of "Holy Spirit Impact" from Every Man Ministries. [To read the full devotional, follow this link.](#)



A Prayer for a Heavy Heart

Do not be far from me, for trouble is near and there is no one to help. [Psalm 22:11](#)

Recently, a dear friend experienced the heartbreaking end to her engagement with her dream wedding to her best friend only weeks away. I've sat with her for hours and hours as she grieved and mourned and tried to process all the chaos and life changes that were now surrounding her, and my heart has been weighed down by the immensity of it all.

Another friend reached out with the painful news of infertility in her marriage, a family member is in the hospital after a fall broke her leg in a nasty way, parents I know are struggling with prodigal children they wish would come, and the weight of the hurt and confusion is heavy on my heart.

There is nothing I can say or do that will ease the pain or erase the ache. When I feel hopeless and helpless, I come before the Lord and surrender it all to Him. I cannot, but I know He can, and I'm grateful for the words of this prayer:

Father, my heart is heavy. I feel like I have to carry the burden alone. Words like "overwhelmed," "distraught," "exhausted" seem to describe where I am. I am not sure how to let you carry my heavy load, so please show me how. Take it from me. Let me rest and be refreshed so that my heart won't be so heavy in the morning. In Jesus' name. Amen.

9 A Prayer for When You Struggle with Doubt

“‘If you can?’ said Jesus. ‘Everything is possible for one who believes.’ Immediately the boy’s father exclaimed, ‘I do believe; help me overcome my unbelief.’”

[Mark 9:23-24](#)

From the time I was a young girl, my faith was something I took seriously. I loved learning about this incredible God of the Bible that loved me in my sin, so much so He sent His own son to take my place in death. I loved reading that He is alive and that He works everything for my good and His glory. And I loved the realization that the pages of Scripture I read were God-breathed and alive, applicable to my day-to-day life. I believed all of it. Or so I thought.

Then freshman year of college happened. And along with the regular ups and downs that come with freshman year, it was the most stressful year my family had ever experienced. To make matters worse, I felt responsible for everyone in the situation. Looking back, it’s obvious that it wasn’t my responsibility to make sure everyone smiled through such a season—emotions should have been expected. But in my anxious, 18-year-old mind, if someone in the family wasn’t cheerful, I was to blame.

But when the blame on myself became too much, I began putting it on someone else. The only person that I could think was responsible—God Himself.

Tough seasons reveal what we really believe, and my tough season

was revealing that everything I thought defined me wasn't real to me at all.

I didn't know what to do about it. Every day was more hopeless than the day before. I was losing my faith and in doing so, my identity.

So what do we do when our head and heart think differently? Ask God to teach us the truth.

For anyone to truly know God and the truths of His word, God Himself has to work supernaturally in our hearts. Want to hear the great news? HE WANTS TO DO THAT IN US. God desires for us to know Him and truly believe His Word. All we have to do is ask.

One of my favorite verses in the Bible is when a father brings his sick son to Jesus and asks Him to drive out the evil spirit possessing him. The father asks Jesus to heal him by beginning the sentence, "if you can". When Jesus responds that everything is possible in Him the father exclaims, "Lord, I believe; help my unbelief!" Amen. That is a prayer I believe God is honored in. This is my version of that prayer:

"Lord, I believe in you. I believe you are good. I believe that I am secure in you—that I am hidden in you and no real harm can come to me with you as my rock and my salvation. I believe that you see me and you love me—that I am treasured in your sight. Help my unbelief. Help that head knowledge become heart knowledge—so that my actions reflect those truths and not the lies the enemy throws at me."

Ask the Father to help you believe today. He desires that for you.

10 A Prayer for Direction

He has told you, O man, what is good; And what does the LORD require of you But to do justice, to love kindness, And to walk humbly with your God?

[Micah 6:8](#)

We naturally want to determine our own course in life. It seems like the only logical way to get where we want to go. But being wise in our own eyes is pride. To combat this tendency, the Lord instructs us to fear Him and turn away from evil. This “fear” is not a horrified dread of the Father, but an attitude of respect that motivates us to obey Him for both our good and His glory.

We naturally want to keep our money for ourselves. A desire for a better lifestyle or fear of not having enough leads us to hang onto everything we get. But our compass directs us to honor God by giving Him the first part of all we have, trusting Him to provide for our needs.

We naturally hate God’s discipline. His painful reproofs seem to prove that He doesn’t care about us. But our heavenly Father says His discipline is the evidence that confirms His love and delight in us as His children.

Sometimes in our desire to follow the Lord, we focus on obedient actions—doing what He says—but miss His directions concerning our attitudes and thought patterns. To stay on God’s path for our lives, we must make course corrections not only in our behavior but also in our hearts and minds.

Pray with me for direction from the Lord:

Lord, I confess that I often ignore or don't care to follow the path you've laid out for me. I often try to make my own path with disastrous results. Help me follow you with not only my actions, but my thoughts and attitudes. Thank you for knowing the best path for my life and for never abandoning me to my own ways. Help me remember this truth as I live out my days, and help me make necessary course corrections as I walk along the way. In Jesus' Name, Amen.

Editor's Note: The following is an abridged version of *God's Compass for the Heart and Mind* from the In Touch devotional. [To read the full article follow this link.](#)

11 A Prayer for When Life Is Messy

“He will take great delight in you, he will quiet you with his love.”

[Zephaniah 3:17](#)

Today I am not the most shining example of motherhood. The sun is shining but I am certainly not. I yelled at my 14-year-old son at 5:45 a.m. when he didn't want to wake up for morning soccer practice and then cried myself back to sleep. I tried to have a discussion with my 21-year-old about a simple chore I've asked her to do for weeks, with no success, and it ended with both of us shouting and me screaming at her, grabbing my bag, and leaving the house in tears. It sounds stupid. And it is. But that doesn't change the fact that I'm fuming mad and not feeling all that loving or prayerful right now.

I know these are not life-and-death situations. So many of the things we face daily are huge. True loss, severe and unavoidable consequences, serious and real stuff that far surpasses stress- and hormone-induced rage. It's never just one situation that makes it hard to pray, but an accumulation. Emotions and losses. Disappointments and mistakes.

It's not realistic to think that we'll ever be without pain or fear or grief or doubt or chaos.

We need God now, every single day, each and every moment, not at some unforeseeable point in the future. Not only in the moments of crisis, but in the days in between.

The only way to get through anything—to get through everything—is to pray.

So I sit. I imagine the whirring gears in my mind slowing, then stopping. I focus on stilling my entire body. I close my eyes and begin. “Lord...” I take a deep breath, and I feel anxiety fluttering again, so I take another. I don’t even try to find words. I soak in the presence of God. Knowing that whatever is ailing me, He can fix. Whatever is lost can be restored. Whatever troubles me can be managed.

I certainly don’t mean to oversimplify the process, but the truth is that something supernatural happens when we long for Him. When we pray. When we recognize our own limitations, when we acknowledge the barriers before us. When we ask God to quiet our souls and renew our strength.

Pray with me:

Prince of Peace, I find myself unable to cope with life sometimes. Instead of feeling grateful, I feel bogged down by the responsibilities of all that You’ve given me. I want to live out Your love, but I find myself consumed with frustration, jealousy, or worry. I want to grow closer to You, but in practice, I’m too tired or bored or busy. Circumstances will rarely be ideal; I know that. But I also know that the only thing that makes life worthwhile is living it with You. Show me how to pray when things aren’t perfect. Show me how to put aside all of the weights and sins and emotions that tangle me up. And demonstrate to me, daily, the reality that if I spend time with You, things will be better. I will be better. Amen.

12 A Prayer from Psalm 91

“He who dwells in the shelter of the Most High will rest in the shadow of the Almighty.”

Psalm 91:1

We trudged slowly back to the car through a crowded parking lot in the Texas summer heat. Hot, humid, full sun bearing down. I noticed my daughter matching my steps, walking close by my side the entire way back. Little legs stretching out as far as they could to match my stride. She smiled up at me and said, “Mom, look, I’m walking in your shade.” She’d found the shadow, the safe place to walk. I loved that my side was her shield, giving her protection from the heat.

We may not always see it, or feel it, we might forget it’s there at times, or even wonder if God has left us to fend for ourselves in the heat of hard situations of life. But His protection is real. He doesn’t, He can’t, forget us or ignore us. If we belong to Him, His love is too great to leave us on our own.

In whatever troubles we face today, God is the place of refuge we can run to, He is our safe place.

A reminder for us, especially in the tough stuff, that we never walk alone. Full heat of troubles bearing down hard, heavy, it’s a struggle at times to keep trudging through it all. Pressure and stress can seem as stifling as a hot afternoon summer sun. Yet God whispers truth, strong and sure, “Walk in my shadow, up close to my side. It’s in the safe place that brings confidence; for when

we are resting in God's shadow, we will never face the full heat of our difficulties. He shelters from that pain. His shade, His shadow, diminishes what is actually felt in the intensity of all the heat. Rest, peace, and calm rise up strong, right in the struggling mess of life, and we're assured, He's in control.

Don't ever doubt it. God works on behalf of those who love Him and honor His name. He is so good to us. We may never fully know, this side of heaven, how very much He has sheltered us from in this life.

A Prayer from Psalm 91:

Dear God, Thank you for your presence with us, thank you for your Almighty Shadow. Thank you that you go before us, and cover us from behind. Thank you that you are in our midst, and that our future is secure in the place you're preparing for us.

Your words bring such hope and comfort. Remind us of your strength today, may we see glimpses of your glory and blessing along the way as we seek after you. For victory and salvation are found in you alone. In the Mighty Name of Jesus, Amen.

Editor's Note: Content taken from the article "8 Powerful Promises of God from Psalm 91" by Debbie McDaniel. [You can read that piece in full here.](#) All rights reserved.

13 A Prayer to Remember Your True Identity

You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. [Galatians 5:13](#)

God did not make you to be what somebody else wants you to be. God didn't make you to be what your parents want you to be, what your girlfriend or boyfriend wants you to be, what your spouse wants you to be or your boss or your friends want you to be.

God made you to be you. If you're going to become all you can be, you have to refuse to be defined by others. You must be defined as a child of God.

[Hebrews 11:24](#) says, "By faith, Moses, when he had grown up, refused to be known as the son of Pharaoh's daughter" (NIV).

Moses had an identity crisis. He was born a Hebrew slave but raised as Egyptian royalty, the grandson of Pharaoh. When he grew up, he had two choices: He could pretend to be Pharaoh's grandson for the rest of his life and live a life of luxury and fame and power.

Most people today are living lies. They're trying to be people they're not. But Moses refused to live a lie because he was a man of integrity. He insisted on being who God made him to be against all kinds of peer pressure.

Here's my question for you: Who are you letting determine your identity?

Is it your friends and family? Some of you have parents that died years ago, but you're still trying to live up to their vision for your life. Some of you are hanging on to what some ex-husband or wife said to you, and you're trying to prove that person wrong. Some of you are trying to keep up with what social media and culture and the competition says you should be.

Make this resolution today: "I resolve that no more will I let other people press me into their mold. I'm going to be what God wants me to be. I'm going to do what God wants me to do, and I'm going to fulfill the plan that God has for my life, not somebody else's plan for my life."

Friends, that is real success. Real success in life is being exactly who you were created to be and nothing more.

Lord, I pray that I would stop trying to find my identity in anything other than being Your child, a child of the King and a citizen in the Kingdom of God. Thank You for this amazing grace in my life! Lord, help me see the minute I start placing my identity in something else- my children, my career, my marriage, my gifts and talents. Help me in those moments to remember that all of those things—even though they are good gifts—will never satisfy me the way You will. Help me keep you before me in all things. In Jesus' Name, Amen!

Editor's Note: the following is an abridged version of *Focus on Pleasing God, Not People* from Daily Hope with Rick Warren. [To read the full article, follow this link.](#)

14 A Prayer for Trusting God in Hard Times

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go. [Joshua 1:9](#)

We all want God to answer our prayers. We believe in the power of prayer, but when it comes down to our own individual lives and our own problems, we often don't have the faith to believe God will answer. The times we are living in are difficult. We are often trapped by our unbelief and fear, but God is preparing us for the end-time harvest. He wants to enlarge our territory. He wants to bless us with increase, because His nature is to care and bestow divine favor on us.

We are the ones who limit Him because of our lack of trust and our fear of stepping out in faith. The truth is that the things we do for God should be outside of our own ability and should be trusting in His supernatural ability. When we back away from dependence and trust in God, we are not living by faith. He wants us to trust and obey His Word. He wants us to be strong and courageous. We need to be willing to attempt things big enough that unless God's steps in, we are sure to fail. This is the kind of trust and dependence He is looking for in our life. We need not be shaken. He can break through every obstacle. He is the God of the impossible!

Lord, I thank You that You are the God of the impossible. You can do anything. I want to trust in Your ability and not my own. Teach

me to see difficulties in my life from Your perspective. Help me to focus on You and Your power. I want to be like Joshua and Caleb who believed in a good report and focused on You even in hard circumstances (Numbers 14:7–9). My responsibility is to carefully read, trust, and obey Your Word. Today I bring before You this difficulty in my life [Name a hard situation you are right now facing]. Help me not to fear but to trust You in this situation. I declare my faith in Your ability to fulfill Your promises to me. You will fight for me and win the battles in my life. You are mighty, powerful, righteous and true.

I have nothing to fear with You on my side. I will be strong and courageous even in hard times. I will not be terrified or discouraged, for the Lord my God will be with me wherever I go (Joshua 1:9). You will never leave me or forsake me (Joshua 1:5). I do not need to figure everything out. You already know the best plan for my life. I will not try any man-made method to do only what You can do. Show me Your supernatural power. Teach me how to walk by faith and pray breakthrough prayers. I choose to have faith in Your ability to break through every obstacle in my life. Just like Joshua, You will give me the land and every place where my feet step (Joshua 1:3). “Through you we push back our enemies; through your name we trample our foes. I do not trust in my bow, my sword does not bring me victory; but you give us victory over our enemies, you put our adversaries to shame. In God we make our boast all day long, and we will praise your name forever” (Psalm 44:5–8).

Editor’s Note: Content taken from “A Prayer for Trusting God in Hard Times” by Debbie Przybylski. [You can read that piece in full here.](#) All rights reserved.

15 A Prayer to Keep it Together When Your Life is Falling Apart

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose. For those God foreknew he also predestined to be conformed to the image of his Son...” [Romans 8:28-29](#)

The drama that life brings is inevitable. Yet how we respond to it determines whether or not it will be fruitful in our lives in conforming us to the image of Christ. Our response to the drama also determines whether God gets the glory or we shine the spotlight on our frailties, insecurities, and emotional instability.

With help from God’s Word, plus some practical guidance, you and I can be drama free—even when the unthinkable happens. Even when you are clearly a victim. Even when life takes an unexpected turn and you are caught in an overwhelming whirlwind of circumstances that would make any person lose it. *Even* then.

Here are four ways that you can keep it together when it feels like your life is falling apart. (These four steps spell the word “CALM” which is what you can be if you practice them.)

C - Consider the bigger picture.

Life—and therefore every circumstance you encounter—is meant to conform you to the image of Christ. Once you consider this, you can relax and realize God knows what He’s doing in the circumstances He’s allowing. And you can focus on passing the test, rather than failing it through unnecessary drama.

A – Acknowledge God is in control.

You are going to trust the God of miracles and whatever He decides to do or not do, for your greater good. Try taking a look at God’s track record in the stories of the Bible. People went through trial after trial, but when they acknowledged God’s control and remained faithful to Him in spite of their circumstances, they experienced deliverance, protection, comfort, and peace. God has an excellent track record of honoring those who trust Him.

L – Look for the lesson.

Ask God to show you what He wants you to see in the moment, and then stay tuned to His instruction. I find it is helpful, and a reminder to me that God is working in my life, when I say aloud, “God, show me what You want me to see in this situation” or, “Mold me through this, God,” or, “Open my eyes to the truth of Who You are through this situation and my pain.” Maybe your short prayer is simply, “Change me through this, Lord Jesus.” By acknowledging that God is doing something through our situation, we won’t miss the lesson.

M – Make it a point to praise.

In [1 Thessalonians 5:18](#) we are instructed to “*give thanks in all circumstances: for this is God’s will for you in Christ Jesus.*” Note that command says in *all* circumstances, even the unexpected, uncomfortable, and unwanted circumstances. As we thank God for our circumstances—and for whatever He determines to do through them—it will change our perspective and make us people who anticipate His provision, rather than dread the worst.

Lord, Thank You that what is happening in my life right now did not take You by surprise. You understand the bigger picture of what is going on and I trust You with Your plan and purposes for my life. Thank You that You are in absolute control and You are fully able to conform me to the image of Christ through this ordeal as I surrender it to You. Show me what You want me to learn through this and help me to remain teachable and sensitive to Your Holy Spirit. I thank You that You are with me, that You will never leave me, and that You are drawing me closer to You through this situation so I can experience a more intimate relationship with You. May You receive glory for how I respond to all that Your loving hand has allowed in my life. In Jesus' name, Amen.

Editor's Note: Content taken from "4 Ways to Keep it Together When Your Life is Falling Apart" by Cindi McMEnamin. [You can read that piece in full here.](#) All rights reserved.

16

A Prayer for Finding the Good During Hard Times

“I will give you the treasures of darkness, riches stored in secret places so that you may know that I am the LORD, your God.”

[Isaiah 45:3, NIV](#)

I am constantly amazed at the profound truths God has tucked into the simple things of life.

Pearls are formed when a piece of grit, sand or shell is trapped inside an oyster. The oyster protects itself from irritation by secreting a nacreous liquid that surrounds the irritant until it eventually becomes a pearl. In other words, that which begins as an annoying irritant eventually becomes a valuable treasure. The same is true in life.

The greatest treasures in my life are products of the darkest times of my life.

A battle with clinical depression stripped away years of fear and doubt, leaving me with a new identity in Christ and a ministry I never thought possible.

The inability to have biological children made it possible to adopt our son and daughter, Jered and Danna, giving my husband and me a gift beyond measure.

Over the years, weaknesses have given way to strengths and failures have led to successes.

God has used it all for His glory and my good.

In every trial or difficult moment of life, God has buried a treasure. To find the treasure, we must go through the trial. So when the tough times come, just look for the pearls.

Father, I am so sorry for the way I complain about my circumstances. Please forgive me for my bad attitude when things don't go my way. I want to see Your hand in every part of every day—good or bad. Help me learn how to face every storm with confidence, knowing that You really are in control even though I cannot hear Your voice or see Your hand at work.

In Jesus' Name,
Amen.

Editor's Note: Content taken from the Girlfriends in God devotional, Look for the Pearls, written by Mary Southerland. [You can read that piece in full here.](#) All rights reserved.

17 A Prayer to Wait on God without Losing Faith

“Take delight in the Lord, and he will give you the desires of your heart.” [Psalm 34:7](#)

Have you ever prayed and prayed and prayed for God to move, to change a situation, to please help... and nothing happens? I have.

Sometimes it's hard to understand God's perspective. He sees our lives differently than we do. In general, we're a fast-food, soft-on-suffering, high-on-anxiety society. We want what we want now and we want to avoid discomfort. We take on worries we don't need.

Our relationship with Him is intensely personal. He's our Father, and parenting is intensely personal. For those of you who have a child, this makes complete sense. We see beyond what our kids think they need in the moment. We have a bigger view of their lives. We think ahead and plan accordingly. So does God. Often when our faith is shaken, it's because we're looking at a 12-inch section of a 180-inch screen.

He knows what we need. Knows how He wants to grow our character. And like any parent of multiple children, what He allows for you might not be the same as what He allows for me. What He gives us won't look the same. Neither will the timing of our answers when we pray. Or the way our faith is stretched and blessed.

So how do we deal? Here's what helps me.

When I'm frustrated that I'm not hearing from God, I ask myself if

my petition is a want or a need.

When I'm in panic mode, I step back and focus on whether what's happening is really a crisis or just a major inconvenience.

When my petitions don't get results, I ask God if I'm rushing after what He doesn't want me to have or if I'm longing for what He wants to give.

When I'm drained and exhausted and tired of waiting, I remember the timing isn't a choice. Whether I try to hurry God's process along or not, the speed of His answer remains the same.

When the answer comes and it's not what I want, I question if I've closed my eyes to what God's really trying to do and ask Him to open my heart.

Lord, You are mighty and worthy and full of perfect love. Everything I'm not. When You said in your word to, "Take delight in the Lord, and he will give you the desires of your heart" ([Psalm 37:4 NIV](#)), that passage doesn't mean You'd give me everything I asked for when I asked for it. It means that if I take delight in You, You'll fill my heart with the desires You want me to have. Next time I come to you in prayer, build my faith. Open my eyes to the way You see things whether my prayer is answered the way I want or not. Change the way I think. Make me more like You. And thank you for taking care of me in the very best way, even if sometimes I don't understand your decisions. In Jesus' Name, Amen.

Editor's Note: Content adapted from the article "10 Simple Prayers to Encourage the Heart of the Working Mom" by Theresa Ceniccola. [You can read that piece in full here.](#) All rights reserved.

18

A Prayer to Keep the Enemy from Stealing Your Joy

“The joy of the Lord is my strength.”

[Nehemiah 8:10](#)

Don't let the enemy steal your joy today. He'll try you know. You may not even realize it until it's too late.

From the moment your feet hit the floor, he'll do all that he can to distract you, to overwhelm you, to frustrate you, and to stir up worry and strife. Often his ways are subtle, other times they're clearer. It's what he does best. Stealing. Killing. Destroying.

Just say “no.” Don't let him win.

We have a choice of who we listen to and what we believe. Recognize who is at the root of it all, and push past his lies; step over his traps.

God gives us the power through His Holy Spirit to live free from the entanglement of sin. He gives us the power to live strong. He gives wisdom and discernment to make the right choices. He gives joy deep inside. He offers the assurance, that no matter what we face, He is with us.

May His grace, peace, and joy cover your day. He is with you.

Prayer:

Dear God, at the start of each day, help us to recognize you above all else. Enlighten the eyes of our heart that we might see you, and

notice how you're at work through our lives. Give us wisdom to make the best choices, fill us with a desire to seek after you more than anything else in this world. Let your Spirit and power breathe in us, through us, again, fresh and new. Thank you that you are greater than anything we may face in our day. Thank you that your presence goes with us, and that your joy is never dependent on our circumstances, but it is our true and lasting strength, no matter what we're up against. We ask that your peace lead us, that it would guard our hearts and minds in you. We ask for your grace to cover our lives this day. We love you Lord...we need you. In Jesus' Name, Amen.

Editor's Note: Content taken from "Don't Let the Enemy Steal Your Joy" by Debbie McDaniel. [You can read that piece in full here.](#) All rights reserved.

19 A Prayer for Progress over Perfection

“For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom. So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image.” [2 Corinthians 3:17-18](#)

My goal in life is to be transformed and to learn to walk in love as I continue to grasp just how much I am already loved by my precious Heavenly Father. Seeing this love will enable me to know which goals I should strive for—the goals God desires for me to have. The more I realize the immenseness of God’s love for me, the more I will make progress on goals that I would like to complete.

God doesn’t love our completed tasks as much as he loves our enthusiasm to work for Him. He is pleased the entire time that we are taking steps of obedience, not just at the end. There are some things that will never be completed this side of heaven—like world peace, for instance—but God is pleased when we take steps to live in unity with one other person.

Progress toward our goals, and even more importantly, progress toward our becoming more like Christ, is an ongoing thing. There will always be more to do and more ways to grow in character and love. God is pleased when we take steps, when we step out of our comfort zones, and when we try.

[Hebrews 11](#) says a lot about God’s happiness with our progress—otherwise known as faith:

- Faith shows the reality of what we hope for and is the evidence of things not seen yet.
- Through faith, people earn a good reputation.
- We can never fully know God and His ways but we can take steps to seek Him and seek to walk in the ways that we can decipher.
- Even when Abraham reached the land God had promised him, he lived there by faith. Abraham confidently looked forward to a city designed and built by God.

I will and should complete tasks in this life and with enough progress, the end of a project will come. But there will be another project to follow that. It's a journey and each project will teach me something new and grow my character.

You can be obedient and make progress each day of your life, a little at a time. And God will help you as you seek Him. God gave you that good work to do and He won't leave you until your progress is complete.

Dear Lord, You made me for good works. You gave me the desire to always learn and grow in my ability to love You and my neighbors. Help me to make progress on my goals each day and not to worry about the conclusion that you may bring out of that obedience. Remind me regularly that your conclusions of every matter will always bring fruit even though the conclusion may be different than I was thinking. Your ways are above my ways. In Jesus' Name, Amen.

20

A Prayer to Grow Your Confidence in God

But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. That person should not expect to receive anything from the Lord. Such a person is double-minded and unstable in all they do.

[James 1:6–8](#)

Ever pray and then wonder if it were going to do any good? Ever knelt down and bowed your head, but felt disconnected, as if your prayers were just drifting off into the ether? Ever had prayers go without an answer of any kind?

This is an interesting dynamic, really. Most of the time, we have no trouble accepting that the Bible is true—that it's God-breathed, that it's the Word of Life. Then we turn around and question what the Bible says about prayer. We might not see it that way, yet that's what happens when we doubt the strength or usefulness of our prayer life.

The Book of James should encourage you as it proves the power of prayer:

“The prayer of a righteous person is powerful and effective.” — 5:16

Make no mistake. Our prayers are powerful not because of anything we do or who we are. Remember, we're just the fuse. It's because of who He is and what He can do. Therefore, we can approach Him with an honest, upright, and believing heart. Then God is eager to respond, doing what only He can.

That's why James also reminds us to quit questioning what prayer can do:

“But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. That person should not expect to receive anything from the Lord. Such a person is double-minded and unstable in all they do.”—1:6–8

No mincing words there. We need to drop the doubting of what we're doing when we kneel before the God of all creation. Quit questioning the effectiveness of presenting our requests to Him. Earnestly seek His will for your life, His wisdom for your mind, and His love to fill your heart. He delights in answering you. He is all about His glory. You can fully trust Him with your prayers, as you also trust the truth of His character, purposes, and promises.

Lord, thank you that you are always faithful and true, and that your steadfast love never ceases. Thank you that prayer is powerful and effective, and that even when we doubt, you still hear our prayers and act on our behalf. Lord, I confess that sometimes I doubt. Sometimes I'm not sure if my prayers are really effective or if you hear me. So Lord, I ask you would embolden my faith. Help me have confidence that you will always be there for me and will never leave or forsake me. Thank you for your tender love for me. In Jesus' Name, Amen.

Editor's Note: The following is an abridged version of The Body Tithe Devotional by Matthew Pryor. [To read the full article follow this link.](#)

21 A Prayer for Thankfulness When You're Struggling

"Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

1 Thessalonians 5:18

If you're struggling with being thankful for an imperfect life at the moment here are 5 different ways to practice thankfulness:

1. Toe to head thank you

As a teenager I heard Mike Pilavachi speak at a Soul Survivor event. I can't remember most of what he said but one thing stuck with me: a prayer of gratitude when you wake up in the morning. I still do this from time-to-time. Basically the idea is that as you wake up in the morning you start at your toes and you thank God for the ability to wiggle them and then you move up naming various body parts and why you are thankful for them until you reach your head. I generally find at the end of this prayer I'm pretty cheerful about the day ahead.

2. Grace

Another way to build gratitude into your life even when you aren't feeling it is to say grace before your meal. Don't make this a rote prayer that you learnt at kindergarten. Use each meal as an opportunity to thank God for one good thing in your life. If you're really drawing a blank, you can always simply thank him that you have food for one meal.

3. The Ann Voskamp method

A few years ago now, Ann Voskamp wrote a beautiful book about how she learnt to embrace gratitude through hard things. It is called *One Thousand Gifts* and if by some chance you haven't read it yet, you should. Without giving too much away the basic premise is find 3 things to be grateful for each day. Ann Voskamp's lists always read like poetry. I tried my own list for a couple of months while Xylon had chemo and I definitely found myself noticing the small things to be thankful for that I might have otherwise missed.

4. Sunset thank you

One of my cousins, Pam, was telling me recently how from the time her children are small she tells them every time they see a sunset that God loves them and just like the sun sets every evening God's love for them will never change. I thought this was a beautiful idea. It also made me think of the sunset as an opportunity to thank God for being part of the day we just lived. Even if I didn't feel him there the sunset reminds me that was.

5. Last thought at night

Something I try and do each night as I fall asleep is thank God for at least one thing that happened that day. This prayer is usually really sleepy but it helps me to fall asleep in good frame of mind and forget all the difficult things that might have happened in the day.

Do any of these ideas sound doable to you? Do you think they'd help get you into a cycle of cheerfulness-prayer-gratitude?

Prayer: God, sometimes life gets me down and I find it hard to see things to be thankful for. Open my eyes to see the gifts you've given me in my life. I'm going to start by thanking you for loving me enough to come to earth and die so we can live together forever. Amen.

Editor's Note: The following is an abridged version of 5 Ways to be Thankful When Life isn't Perfect by Wendy van Eyck. [To read the full article, follow this link.](#)

22

A Prayer to Stay Afloat When Your Feet Can't Touch the Bottom

Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think. [Ephesians 3:20](#)

When I was very young, I went to a backyard pool party. Even though I couldn't swim yet, I had fun splashing around in the cool water. It was up to my waist and I could laugh and play with my friends. I kept walking until the water was up to my chest. Then, I went a little further and it was up to my shoulders. But it still felt refreshing to be submerged in that icy water on a hot summer day. But then, another couple of steps further and my feet lost their footing and I was pulled under by the force of the water. I was drowning! An adult jumped in and pulled me out and as I sat on the grass panting, I thought, *I'll never do that again!*

It can be the same in my walk with God. It's okay in the beginning, up-to-my-ankles, testing and kicking at the water as I get my bearings. Soon the water is up to my knees but I can still easily reach down and splash around. It's fun and very refreshing and even seems easy. I'm happily learning about the ways of God. Before I realize it, I'm up-to-my-waist in the living water of God. My learning has gone deeper. I'm grasping bigger concepts but I am also realizing that I can never know everything.

Suddenly, I find myself in water that is too deep to walk across. I have to swim. Therefore, I have to trust God to get me through when I can't touch the ground.

Remember who God is, as well as His love, grace, patience, and kindness. While I was still a sinner, Christ died for me. He purchased my freedom with His blood and forgave my sins. He continues to show me much kindness and grace even when I'm still messing up so that I can get back up again.

Remember that Christ's life flows within me. Christ's life and the Holy Spirit's constant encouragement pumps through me. That "energy" is inside me, not somewhere out there, so that I can live for God and show His grace and kindness to people all around me. God continually sculpts me so that I can do good works and shine to others.

Remember that Christ's love is deeper than I think. The more I understand just how wide, how long, how high, and how deep the love of God goes, the more peace I will feel, and when I feel all of that love and peace, I can surrender to His will and ways more and more.

Remember to lead a life that is worthy of this calling. With this love, kindness, power, and grace flowing within me, it is much easier to live out the Christian life and swim in the deep water where I can't touch the ground or my own understanding. I am better prepared to live a life of humility, gentleness, patience, and forgiveness, as well as making the most of my God-given talents to build up God's church.

Dear Lord, strengthen my faith in the Lord Jesus Christ and let that faith lead me to love other people just as Christ loved me. May I be always prayerful, always asking God to give me spiritual insight so that I can grow in my knowledge of Him and His love. Let me be filled with hope and point to the rich and glorious inheritance that God bestows on me. In Jesus' Name, Amen.

Editor's Note: Content taken from "How to Stay Afloat When Your Feet Can't Touch the Bottom" by Jenni Hereen. [You can read that piece in full here.](#) All rights reserved.

23 A Prayer for When You're Facing Battles

“Sing to the Lord, for he has triumphed gloriously”

[Exodus 15:1, ESV](#)

Long before the cross, the Israelites who escaped the bondage of slavery witnessed one such victory. Imagine their joyful shouts when they looked back and saw the miraculously-parted Red Sea close over the Egyptian army in hot pursuit.

Some two-thousand years later, after what looked like a devastating defeat by the enemy, came the ultimate triumph: “He is not here, for he has risen, as he said. Come, see the place where he lay” ([Matthew 28:6](#)). Neither death nor the grave nor Satan’s plans stood a chance against the risen Savior!

Today, Jesus lives to further His victory through the lives of His followers. In fact, “we are more than conquerors through him who loved us” ([Romans 8:37](#)). In Christ, we aren’t just conquerors, we’re super conquerors—because God doesn’t just win, He crushes the enemy ([Romans 16:20](#)). That’s why you don’t want to take on this battle yourself. It is the reason the transaction at the cross was entirely out of our hands.

Jesus took on your debt, your sin, your condition, and defeated the condemning, eternal hold those things had on you. Because of His death and resurrection, all who trust in Christ for salvation are granted a place in the conquering band that will rejoice in His victory forever!

Consider your battles in light of this truth. Express your heart to the Lord and pour out your adoration. Every day we have the ultimate reason to celebrate.

Pray

Heavenly Father, I don't usually feel much like a "super conqueror." But the more I focus on what You have done, rather than worrying about what I have done or need to do, the more I sense the freedom to feel victorious. Thank You for being the decisive factor in every battle. I place the battles I'm facing today in Your mighty hands. Help me to keep trusting You, my Savior and King. In Jesus' Name, Amen.

Editor's Note: Content taken from the Our Journey Online devotional, The Way God Wins, written by James MacDonald. [You can read that piece in full here.](#) All rights reserved

24 A Prayer for the Troubled Heart

This world can be a dark place many days. News reports of shootings, innocent lives being lost too soon, terrorist attacks, unrest, and struggle are constant reminders that we live in uncertain times. Past hurts cling tightly, our present reality filled with pressures, the future may seem to loom with fear.

Many times we wonder, is finding peace in the midst of all this even possible?

Often, living a peace-filled life comes down to a choice. Choosing to come to Him, choosing to set our minds on His Word, choosing to trust Him no matter what, choosing to pray in all that we face, choosing not to be anxious, choosing to believe that He's always with us and in control, choosing to set our thoughts on those things that are true and right.

God reminds us in His word that peace will not naturally just come our way, He tells to "seek peace and pursue it," [Psalm 34:14](#). Some may offer their own advice, "Get away for a few days, relax, be happy, take a vacation, tune out, just don't think about stressful stuff." But it's only temporary relief in a crazy, struggling world. Vain attempts to cover desperate places of our souls with superficial, external fixes.

But the peace God offers is vastly different. It's lasting. Confident. Real. Breathing deep reassurance in the midst of all that we face—past, present, or future. Rising up against the fear that would seek to choke our lives. Bringing comfort and freedom.

He sent His only Son, pure essence of Peace Himself, to give us lasting freedom and peace that only He can give.

Dear God,

Our world is hurting and broken. We pray for those who have lost loved ones this week, please comfort them in their grief and loss, cover them with your peace and presence, as only your Spirit can do.

We know that in whatever we face, you are our Peace and Refuge, a very present help in times of trouble. Thank you that you remind us throughout your Word, we do not face the storms alone, but you are always with us. Whispering calm. Speaking peace. Bringing rest to our souls.

We confess our need for you. We ask you to forgive us for trying to figure everything out on our own, for not trusting that you are more than able and powerful to work on our behalf. Forgive us for picking back up what we already determined to lay down at your feet. Give us the ability to trust you more, give us a heart that finds rest in your presence, give us the wisdom to seek peace and pursue it, remembering it's only to be found in you alone.

Thank you that your yoke is easy and your burden is light. Thank you that you care for us. Thank you that the peace of your loving and strong presence guards and protects our hearts and minds in you. Thank you that we do not have to walk in fear or live in overwhelmed cycles of worry and stress.

Thank you for your voice that breaks through the greatest wind and storm swirling around us, and whispers “Peace, be still.”

Thank you that you sent your One and Only Son to set us free.

In the Mighty Name of Jesus,

Amen

Editor’s Note: Portions of this devotional come from Debbie McDaniel’s article Finding Peace in a World of Struggle: Prayer for the Troubled Heart. [You can read that article in full here.](#)

25

A Prayer for Courage

Keep me safe, my God, for in you I take refuge. I say to the LORD,
“You are my Lord; apart from you I have no good thing.”

[Psalm 16:1-2](#)

There are many days where I feel an overwhelming sense of discouragement, exhaustion, or frustration. It might be little things that bring about these feelings in me, or it might be major life events that have left me weary and hurting, but either way, I know I don't have the strength on my own to make it through. It's days like those where I find prayers like this comforting. When we feel those feelings creeping in, may we instead choose to kneel before our Father in heaven and ask him for the strength and courage we need to carry on. Will you join me in this prayer today?

Lord, grant me tenacious winsome courage as I go through this day. When I am tempted to give up, help me to keep going. Grant me a cheerful spirit when things don't go my way. And give me courage to do whatever needs to be done. In Jesus' name, Amen.

Editor's note: This prayer was written by Dr. Ray Pritchard and [shared in a collection here](#). The devotional content was added by Rachel Dawson, editor of BibleStudyTools.com.

26 A Prayer for Missing Peace

“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

[Philippians 4:7, NIV](#)

I know people who would give every penny they have and every possession they own for an hour of peace. In fact, I have been in that place myself. The difference is that the Prince of Peace is my God and because He lives in my heart, so does peace. Yes, sometimes I allow the stressors of life to crowd in and try to smother that peace. I am so thankful that the peace of God is eternal and beyond human understanding.

As you face the storms of life, face them with God at your side—knowing that He is Lord of the rocking boat and Keeper of the waves. He rides upon the storm clouds of life, flinging peace into the tempest-filled heart. God is Peace. And when we know Him as our Lord and have made Him the boss of our lives—we will know Peace.

Make a list of every “storm” you are facing today. Surrender each one to God, asking Him to fill its place in your life with His peace. Now, choose to walk in that peace today. When you are tempted to slip back under the crashing waves, remember that the storm now belongs to your Father.

Father God, my heart is filled with chaos and confusion. I feel as if I am drowning in my circumstances and my heart is filled with fear and confusion. I really need the strength and peace that only You can give. Right now, I choose to rest in You.

In Jesus' Name I pray,

Amen.

Editor's Note: Content taken from the Girlfriends in God devotional, How to Find Your Missing Peace, written by Mary Southerland. [You can read the piece in full here.](#) All rights reserved.

27 A Prayer Against Spiritual Warfare

“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.” [John 16:33](#)

Are you in a battle today, and it’s taking more than just a physical toll on you? Are you finding it difficult to find the words to tell the devil to be gone? Spiritual warfare is crippling, real, and troublesome, but Jesus has already won us the victory! Pray along with these words now and let the Lord break the chains of fear and bondage!

Jesus, sometimes I can almost sense the heaviness of pressure mounting and the ominous presence of darkness around me. I recognize my enemy is at work again. Whether he’s trying to discourage me to get sidetracked, to fall into temptation, to give up, or to take my eyes off you, he’s always hanging around.

I need your supernatural power, Lord, to stand strong and not surrender. Physical force won’t help, because you’ve said the weapons of our warfare are different from those in this world. As believers, ours are powerful and can demolish strongholds and lies. These supernatural weapons originate from you. By your precious name and blood, Jesus, I’m asking you to confuse Satan and cancel his attempts to shut me and my influence down. Help me not to become discouraged or to give in when heavy times of testing come.

When I’m tired and weak, you are strong, Lord, and you are my

only source of help. I cannot fight without you. Teach me how to pray and to trust you to pull down those strongholds that keep me or others helpless. Guard me from isolation that leaves me exposed and vulnerable. I believe you destroyed the power of my enemy by your death and resurrection. But like a bad penny, my enemy keeps showing up, whispering lies, twisting truth, and attempting to inflate my selfish pride. He never gives up.

I am declaring the devil and his demons liars today, Lord. Through the power of your precious name and blood, I agree with your Word and the truth that you are in me and that you are greater than my enemy who wants to rule the world. You, your Word, and prayer, Lord, are my secret weapons. I belong to you, and that fills me with a powerful God-confidence. I want to constantly dress in the spiritual armor you give me. Help me use it to defend others from Satan's fiery darts as well. No one and nothing can snatch me away from your hand.

Strengthen my faith, Lord. Forgive my sins, so that I may be clean in your righteousness. Make me brave, so I can stand and fight the spiritual battles in my life and in our world. Give me your wisdom and discernment so I won't be caught off guard. Together, Lord, we'll win, because in truth, you already have.

In Jesus's powerful name before which every knee shall bow,
Amen!

Editor's note: This content was taken from the original article ["A Spiritual Warfare Prayer" which can be read in full here.](#)

28

A Prayer for the Long Walk of Faith

“Enoch walked faithfully with God; then he was no more, because God took him away.” [Genesis 5:24 \(NIV\)](#)

Is there a person in the Bible whose story you simply love? One who encourages you, challenges you or with whom you share a similar life circumstance?

Perhaps it’s Moses and his keen leadership skills? Or, Esther—the compelling queen, both beautiful and brainy—who used her quick thinking to help save an entire nation? Maybe Joseph is your favorite, as you contemplate how someone so mistreated could continually take the high road which led him not only to political power but also to family forgiveness?

All of these are fabulous choices, but I choose Enoch.

I first heard of Enoch as a teen, and he fascinated me. Not a lot is written about him in the pages of Scripture, but what is there piqued my interest: “Enoch walked faithfully with God; then he was no more, because God took him away” ([Genesis 5:24](#)). Hmmm. My young mind pondered that strange description.

As I grew in my faith, I learned more about this Old Testament mystery man. In [Hebrews 11:5-6](#) we catch more of the story. “By faith Enoch was taken from this life, so that he did not experience death: ‘He could not be found, because God had taken him away.’ For before he was taken, he was commended as one who pleased God. And without faith it is impossible to please God, because

anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him” (NIV).

That’s it! Enoch was whisked away, spared the pain of death and transported immediately to God’s side, all because of one simple thing: He pleased God.

I say simple, but I don’t say easy.

It is a simple thing to please God. You just do what He says in His Word. Straightforward enough, right?

However, my years as a follower of Christ have taught me that simple is not always easy. Choices present themselves, the world screams, our flesh gets in the way and we want revenge or glory ... so we often lack faith, and instead try to control our own destinies. We mess up the pleasing God part with our very own hands and hearts.

Enoch walked with God.

Oh, don’t we long for that to be said of us? I’ll admit I don’t always walk with God. I take a stand for God—believe the right things and make it known. I may walk after God. And sadly, sometimes I run ahead of God, make my own plans and then say, “Oh yeah. By the way God, do ya mind blessin’ these plans? I made them in Your name. I may have forgotten to consult You in the midst of them, but they are for You, alright?” What a shame and a sham!

Walking with God means we daily give up our desire to navigate our own lives, and we place our faith in Him. We admit He knows what’s best for us and realize He might not always reveal the hows and whys until the very last second. God is seldom early, but never

late. Only day-by-day faith-walking pleases God.

Do you long to be one who pleases God this way? One who makes Him smile as He sees you place complete trust in Him and His infinite wisdom daily? Maybe then we just might be like my Bible hero Enoch ... the one who walked so closely by our Creator's side that one day, during one of those long walks, God looked at him and said, "You know, we've been walking together for so long now that we are actually closer to My house than yours. Why don't you just come on home with Me right now?"

Glory! Well, at least that's how I picture it.

Dear Lord, show me how to walk step by step with You in faith—not ahead of You or behind You, but right by Your side. In Jesus' Name, Amen.

Editor's note: This content was originally published as "A Long Walk of Faith" from Encouragement for Today. [You can read that piece in full here.](#)

29

A Prayer for a
Full Life of Faith

“I press on to take hold of that for which Christ Jesus took hold of me” [Philippians 3:12, NIV](#)

When you take hold, grasp, and make your own all of what Jesus had already taken hold of for you, you begin to experience life to the full—the faith you’ve always longed for. If we would grasp and make our own what Jesus has already done for us, and what He has deposited in us, our lives would look very different than the tepid faith of the average churchgoer.

It’s not enough to know the promises of God, you’ve got to grab hold with all the firmness of the trapeze artist—release what is behind and take hold of what is ahead. That is the greatest show on earth. That is how the greatest faith on earth becomes a reality.

God’s promises are not automatic. We must move from knowing the promise, to believing the promise, to actually taking hold of the promise through obedient action in order to make them a reality in our lives. God told Joshua about the Promised Land, “I will give you every place where you set your foot” ([Joshua 1:3](#)). He and the Israelites had to “set their feet” to conquer the land; to grab hold of the promise that was theirs for the taking.

God’s power, provision, and purposes are for “whosoever will” ([Mark 8:34 KJV](#)). Will what? Will let go of all that holds you back from experiencing the abundant life of the adventurous faith and take hold of truth that makes it so.

Paul wrote to the Corinthian church, and to you and me: “No eye has seen, no ear has heard, no mind has conceived, all that God has planned for those who love Him” (1 Cor 2:9). Another translations says: “What eye has not seen and ear has not heard and has not entered into the heart of man, [all that] God has prepared (made and keeps ready) for those who love Him [who hold Him in affectionate reverence, promptly obeying Him and gratefully recognizing the benefits He has bestowed]” (AMPC). Every one of those plans that God has prepared, made, and keeps ready requires us to let go of one thing and take hold of another. It was this truth that gave me the courage and confidence to leave the comfortable land of in-between—to let go of simply being a nice church girl and venture into the purpose God had planned for me all along.

Lord, I want to move forward and take hold of all that You have taken hold of for me, but sometimes I have trouble letting go. Help me to release all that hinders my spiritual growth and intimate relationship with You. I open my heart, my hands, and my eyes to all You have for me.

In Jesus' Name,

Amen.

Editor's Note: Content taken from the Girlfriends in God devotional, “Take Hold of the Faith You Long For,” written by Sharon Jaynes. [You can read that piece in full here.](#) All rights reserved.

30 A Prayer for Hope

While Jesus was still speaking, some people came from the house of Jairus, the synagogue leader. “Your daughter is dead,” they said. “Why bother the teacher anymore?” Overhearing what they said, Jesus told him, “Don’t be afraid; just believe.” [Mark 5:35-36](#)

I’ve often wished I had never heard the words, “Your husband has cancer.” They are hope-sucking words. Those four words were the ones Xylon and I heard a few months after marriage. And then two more times in the years since. Each time the doctor has spoken them I’ve felt God whisper into the dark corners of heart time-and-again: “Just trust me.”

I don’t think anyone likes hearing the phrase, “Just trust me.” But sometimes that is just what God requires of us. When I’m worried about what is going to happen next, when I’m stressed out over what the doctors results will say, or when I feel like I have no hope because I can’t see my dreams ever being reality that’s when I hear it, quiet, firm, “Just trust me.”

One thing I’ve learned in the almost four years since Xylon’s cancer diagnosis is that when the rest of the world is saying there’s no hope, Jesus is standing there saying, “They’re wrong.” When everyone else is questioning if Jesus really cares about the hard things we’re going through, I listen for his voice declaring, “Don’t listen to them; just trust me.”

A Prayer for Hope

If today you're struggling to find hope in dark places and are looking for words to pray, I hope these prayerful words help:

Lord, help me to hear you saying, "I am your hope" over all the other voices. Lord, your word says, you are the hope for hopeless so I'm running to you with both hands stretched out and grabbing on to you. Fill me up with hope and give me a tangible reminder today that hope is an unbreakable spiritual lifeline ([Hebrews 6:19-20](#)). God, you know those things in my heart that I barely dare to hope for, today I give them to you, I trust them to you, and ask that you because I know that you can do more than I could ever guess, imagine or request in wildest dreams ([Ephesians 3:20](#)). God, you are my hope and I trust you. Amen.

Editor's Note: This content from this devotional was first published in Wendy van Eyck's article, A Prayer for Hope. [You can read that article in full here.](#)

We hope these prayers and Scriptures have increased your knowledge of God's holiness and goodness and have encouraged you to faithfully place your trust in Him no matter what each day brings. You are valued and loved by the God who gave His only Son as a living sacrifice to save mankind once and for all. Everything is for His glory.

When things are going great trust Jesus, when things are confusing and challenging trust Him, and when you are grieving in the dark know that you can trust God then too. His grace is sufficient for all things, He is our fortress at all times, and He hears our cries before we utter them. How amazing is our God that He invites us to trust Him and find refuge.

"God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, ... He says, 'Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.'" [Psalm 46:1-2,10](#)

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A Devotional

- [The Power of Trusting the Lord with All Your Heart](#)
Debbie McDaniel

Articles

- [7 Daily Steps to Trust the Lord with All Your Heart](#)
John UpChurch
- [How to Trust God in Difficult Seasons of Change](#)
Misty Honnold
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Cindi McMenamin
- [10 Women in the Bible Who Struggled to Trust God's Plan](#)
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