# GOT A MINUTE TO PRAY?

Powerful Prayers for Present-day Problems

VANESSA A. HARRIS

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Thank you, Lord, for your heart to share with us and hear from us—always.

Hey Friend…

I know what it’s like to have a vibrant prayer life for decades before it dried up. Deep and prolonged disappointment has that effect on you.

But no one ever told me that. So, on top of everything else, I felt like a failure for struggling to pray.

But prayer is not about ease or getting “it” perfect. It’s about being honest, even about your struggle to pray.

And prayers I’d written before my dry season were just what I needed when I couldn’t find the words. This book contains some of those prayers.

So, take a moment. What’s going on with you right now? What’s weighing on your heart?

Find it in the table of contents and pray that Bible based prayer. That prayer may be all you can manage right now. Or it may be the icebreaker you need to kick start your own vibrant conversation with God!

God cares. And if you’ve got a minute to pray, He’s got all the time in the world for you.

Contents

EXPOSED 8

weARY 10

WORRIED 12

STUCK 14

weAK 16

CONFUSED 18

USELESS 20

DEPRESSED 24

INSECURE 26

BROKEN-HEARTED 28

WOUNDED 30

TIMID 32

UNCERTAIN 34

STRUGGLING 38

HIDDEN 40

OFFENDED 44

SUSPICIOUS 48

SICK 50

INTIMIDATED 54

ATTACKED 58

INVISIBLE 62

WARFARE 66

DISAPPOINTED 70

BITTER 72

JUDGMENTAL 74

CLUELESS 76

OVERWHELMED 78

ANXIOUS 80

DOUBTFUL 82

REGRET 84

NUMB 86

TRAUMATIZED 88

REACTIVE 92

NERVOUS 94

DESPERATE 96

SELF-SABOTAGE 98

VULNERABLE 102

HELPLESS 104

DISTRACTED 106

UNCOMFORTABLE 108

SPEECHLESS 112

INJUSTICE 116

BONDAGE 118

UNSTABLE 122

STUBBORN 124

BUSY 126

DISCOURAGED 128

TORMENTED 130

INDIFFERENT 134

DISSATISFIED 138

ABSENTEE 140

SHAKEN 142

UNRELIABLE 144

ABANDONED 148

DEVASTATED 150

HATED 152

SELF-CENTERED 154

WORTHLESS 156

GRIEF 158

UNSURE 160

# EXPOSED

Prayers don’t have to be long to be powerful and filling them with God’s Word is a great place to start. Feeling anxious today?

Father, I come in Jesus’ name, praising you for your goodness to me. When I’ve been in trouble I looked to you, and you answered me. You who made heaven and earth used your might to help me.

And no matter what I face this week, Father, whatever threatens to trip me up, you promise to keep your children—to watch over me. You stand guard, covering and protecting me from harm, at all times, everywhere I go.

I thank you for your faithfulness.

When I feel overwhelmed, remind me to look up and look to you only. You are my help. I give you all praise, honor, and glory. In Jesus’ mighty name, I pray. Amen.

I will lift up my eyes to the hills—from whence comes my help? My help comes from the Lord, who made heaven and earth. He will not allow your foot to be moved; He who keeps you will not slumber. Behold, He who keeps Israel shall neither slumber nor sleep. The Lord is your keeper; the Lord is your shade at your right hand. The sun shall not strike you by day, nor the moon by night. The Lord shall preserve you from all evil; He shall preserve your soul. The Lord shall preserve your going out and your coming in from this time forth, and even forevermore. Psalm 121, NKJV

# WEARY

Allow discouraging times to shift your hope to its rightful place. As long as you are here, there is hope, because Jesus is on the throne. And He lives forever. Let’s pray for hope that endures, no matter what you go through.

Lord, you said in this world I would experience suffering, but you also told me to cheer up because you’ve overcome the world.

So, I can face this week expecting to see your goodness. When trials come, whether one or many, whether family or financial, instead of getting weary, help me get excited! As I eagerly wait for you to show up, help me hold on to hope.

Lord, you promise to give me the strength to endure no matter how long the wait—and your word is good with me.

Perform your word your way.

All my hope is in you. It’s in Jesus’ name. I pray and give you thanks. Amen.

“These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.” John 16:33, NKJV

\*Psalm 27:13-14

# WORRIED

There’s a lot going on in the world. You have a ton of things to do, and you feel anxiety rising. Worrying about everything won’t change anything. Hold your peace and let’s take your worry to the Lord.

DADDY God, I need you. And I thank you that Jesus is the way who makes coming to you possible.

I have so many concerns and the number of them overwhelms me. Will my marriage survive the seasons of life? Am I raising my children well? Will my job last? Am I doing enough? Am I doing “it” right?

All these worries wear me down and you want to comfort me. Help me take Jesus up on His offer. To toss Him everything weighing me down and rest in your promises and His perfect work on the cross.

By your Spirit, help me hold on to the peace Jesus left with me, confident you’ve worked out everything that concerns me. I thank you for the joy in knowing I don’t fend for myself. I have a Father who sees and knows and looks after me.

I praise you for being a good, good Father. Be glorified in the life of your child. In Jesus’ name. Amen.

When anxiety was great within me, your consolation brought me joy. Psalm 94:19, NIV

\*Matthew 11:28, Isaiah 30:15

# STUCK

All Jesus has to do is say the word—and everything changes. Now it’s your turn. Don’t like how your life is going? The power to change it is in your mouth.

Lord, I thank you for your written word: alive, active, and accurate. Your words are life to those who seek them, adding health to our bodies.

Lord, give me a hunger for your Word. Teach me to prioritize it in my life. May I not only read and study it, but pray and speak it by faith.

Because your Word is voice activated.

With your voice, you spoke worlds and the heavens into existence. With your voice, you filled the earth with good things. You spoke things into reality that didn’t exist, and you’ve given me the same authority.

May your Word come alive in me. May it fill my heart and satisfy my mouth. And as I speak your Word, it goes to work, shaping and transforming my life and circumstances for your glory.

I thank you for your Word, and your Word made flesh in Jesus. In Jesus’ name, I pray. Amen.

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Hebrews 4:12, NIV

*\*Proverbs 4:20-22; Romans 4:17*

# WEAK

Don’t quit. I know these are dark times and the overwhelm is real. So, how do you hold on to hope? How do you keep moving forward when your world feels crazy? You remember Jesus is your strength.

Lord, I trust in you as my strength. Strength to persevere and strength to advance as I take new ground. I only have a measure of strength, but for what I face, I’m relying on yours. Because I’ve seen what I’ve thought of as my strength amount to weakness.

But you never grow weary and your strength never fails, so I put my confidence in you.

What a relief to know your strength is best seen in my weaknesses. I have plenty of those! But there’s no reason for me to feel shame over my weaknesses, because they make room for you to act on my behalf. To reveal your glory in yet another way.

And along with strength to persevere, you’re also my shield to withstand the enemy’s attacks. He comes to steal, kill and destroy, but because of your protection, none of his attacks play out as he intends. You surround me so that even in fiery trials, I neither burn nor smell of smoke.

There is no one like you, Lord!

When I cry out to you, you answer. Thank you for that confidence and I praise you in advance for your help. Remind me to face my days singing for joy because your power and great faithfulness are on my side.

You will never put me to shame for hoping in you, my strength and my redeemer. In Jesus’ name, I pray and give you thanks. Amen.

The LORD is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him. Psalm 28:7, NIV

\*2 Corinthians 12:9, Daniel 3:26-27, Jeremiah 10:6

# CONFUSED

Feel lost? You have a lot of options in front of you and it’s getting overwhelming figuring out which way to go. Don’t wing it. Jesus already knows the best path.

Thank you, LORD, for putting great thought into your plans for me. You said it pleased you to prepare my path. You delight in watching me walk out this journey.

And I’m grateful because I make plans too, but mine are hit or miss. You make my steps sure, LORD, out of your perfect wisdom. And when I go my way and trip myself up, I’m not destroyed.

Because when I fall, I fall in your hand.

LORD, help me trust your leading. To trust your specific path for me is best, and to walk it with boldness. Order my steps as I go forward this week. I praise you for where you’re taking me.

To you, I give all honor, power, and glory now and forever. In Jesus’ name. Amen.

The Lord orders the steps of a good man, and He delights in his way. Though he fall, he shall not be utterly cast down; for the Lord upholds him with His hand. Psalm 37:23-24, NKJV

\*Jeremiah 29:11, Proverbs 14:12

# USELESS

God created you with purpose, on purpose, for such a time as this. You, an accident? NEVER! Inspired by Jeremiah 1:4-19, surrender to how and why God wired you the way He did. Remember, Jesus loves you. And you’re here for a reason.

Lord, before you formed me in my mothers’ wombs, you knew me. You knew the gifts and talents you gave me for what you called me to. Nothing about my makeup is accidental. You recorded all of my days in your book, knowing exactly how I’d fit into your grand plan. You’ve given me a purpose, a destiny to fulfill, because I am your child.

You spoke your plans over my life, expecting to see your words come to pass. Thank you, you’re not careless with your words; throwing them around to see what sticks.

No, you chose your words carefully, watching and working to see them come to pass. You didn’t just make me; you called me to fulfill a unique assignment in the earth. And you’ve been working in me ever since, preparing me for a purpose.

Lord, open my eyes and ears to what you’ve put in me and said about me.

And when I do, I will agree with you by faith, giving weight to your words over the limitations of my mind, will, and emotions. Lord, touch my mouth and put your words in it. Give me the courage to speak them, because those are the words you watch to fulfill in my life.

You’ve positioned me to produce what you said.

And you equipped me for what you created me for. So, open my eyes to see the clues along the way, how my passions line up with your purpose for my life. And as fears arise, remind me not to fear, because you are with me and will rescue me. You didn’t give me a spirit of fear; yours is a spirit of power, of love, and of a sound mind.

So as I go into this week, I’m readying myself to do and say *whatever* you tell me, sovereign Lord.

It’s in Jesus’ name; I pray and give you praise. Amen.

“Lord, open my eyes to see the clues along the way. How my passions line up with your purpose for my life.”

“I knew you before I formed you in your mother’s womb. Before you were born I set you apart and appointed you as my prophet to the nations.” “O Sovereign Lord,” I said, “I can’t speak for you! I’m too young!” The Lord replied, “Don’t say, ‘I’m too young,’ for you must go wherever I send you and say whatever I tell you. And don’t be afraid of the people, for I will be with you and will protect you. I, the Lord, have spoken!” Then the Lord reached out and touched my mouth and said, “Look, I have put my words in your mouth! Jeremiah 1:5, NLT

# DEPRESSED

Feeling down? You want to feel happy, but happiness depends on what’s happening. Joy always is, and it’s what only Jesus can give.

Lord God, I thank you for waking me up this morning. Thank you for waking me up to love, to grace, to peace, and to joy.

This *is* the day you have made, and I choose to rejoice rather than complain.

Everything isn’t perfect. In this world, I have trouble, but unlike the world, I don’t go through it on my own. You are with me and you wake me up to your goodness!

I praise you as the joyful God, thoroughly pleased with Jesus’ work on the cross and delighting in those who’ve put our faith in Him.

And as I go through this day and the days ahead, I ask you to satisfy me every morning with your unfailing love. Draw me to your Word and your presence. Help me stay there till you’ve satisfied my soul with your inexhaustible, inescapable love.

Lord, love on me till I overflow with joy, humming and singing the melodies you put on my heart.

And for the times, even years, I’ve spent in sorrow. I believe you’ll make me glad for just as many years. I surrender myself to you. Because you’ve seen my sorrow and your Word says you will repay me.

I thank you that joy is my portion in Christ Jesus, the One who loves me so.

And it’s in Jesus’ name, I pray. Amen!

Satisfy us in the morning with your unfailing love, that I may sing for joy and be glad all our days. Make us glad for as many days as you have afflicted us, for as many years as we have seen trouble. Psalm 90:14-15, NIV

# INSECURE

Don’t waste your time and effort. You have dreams, goals and aspirations to accomplish. And Jesus wants you to succeed! Ask for success, his way.

Lord God, I give you all honor and praise!

You’ve shown me your goodness repeatedly. Goodness I don’t deserve but desperately need, and as my Good Shepherd, you make sure I lack nothing.

Open my eyes to see how and where you’re working around me. The whole earth declares your glory, even in these wicked days. You constantly work miracles in and around me. So, Holy Spirit help me recognize God’s favor on me and my family.

Remind me of the many ways Jesus moves in my life.

Favor he gives me with difficult people. People to love and who love me. Gifts and talents that bless others and provide income.

**I thank you for your faithfulness, Father.**

And as I go into this week, I know I need you. Anything good about me comes from you. You give me fresh favor every morning.

**May your favor *rest* on me, Lord.**

Favor that comes by your hand, not by boasting in my efforts. When your favor rests on me, you set my work on a firm foundation, establishing it for your glory, not my own. And may your grace maintain the work of my hands, confirming it lines up with your purpose for my life.

**Establish the work of my hands, Lord God.**

May I do what I do for you, not for fame or the approval of people. And as you were with Joseph, be with me and make me successful. Make my work weighty with your glory.

Lord, I am here for you and I give you all the praise, in Jesus’ name. Amen.

May the favor of the Lord our God rest on us; establish the work of our hands for us—yes, establish the work of our hands. Psalm 90:17, NIV

\*Psalm 103:10, Psalm 23:1, Isaiah 6:3, 1 Corinthians 15:10, Genesis 39:2

# BROKEN-HEARTED

“Hurt people, hurt people.” And now you’re left with a broken heart. Thankfully, Jesus knows how you feel and how to help.

Lord Jesus, I’m grateful you are a high priest who knows AND feels what I go through at the hands of others, and my own. The betrayal, the rejection, and the pure torture I experience doing life with messy people.

And I’m thankful I don’t go through it without you.

Anything you allow to happen to me, you will make work for me. I say it by faith because I don’t know what that requires or looks like. And not knowing scares the crap out of me—but you knew that already.

You’re bigger than my fears, and that’s exactly what you want to show me. Lord, give me the courage to put my hand in yours and not yank it back. You know, I wince and jerk when things get overwhelming, but I don’t want to take my hand back and make more of a mess than I already have.

Lord, heal me everywhere I hurt.

And thank you for your patience!!! I think I know best and what I don’t know, I try to figure out. I keep trying to be you when you call me to be childlike in faith over childish in behavior.

I trust you with my whole heart. I acknowledge you in everything. And I know you’ll set me on the good path you have for me.

So, get the glory from my life. In your name, I pray. Amen.

For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Hebrews 4:15, NKJV

Romans 8:28, 1 John 4:4, Proverbs 14:12, Matthew 18:3, Proverbs 3:5-6

# WOUNDED

Some broken hearts take longer to heal than others. That’s okay, because wounded souls heal differently. Ground yourself in God’s love and let him heal you.

Lord Jesus, you know this life is tough. I start my days with the best of intentions, but in a world full of hurting people, I get hurt. Most times, my heart bounces back, but sometimes it takes a while.

And I close that part off, thinking I’m protecting myself when I’ve only locked the pain inside me. Little by little, I build walls I’m trapped behind.

But God.

Your love is relentless. You keep knocking. You keep encircling me with your love till the walls fall and I open my heart. Your love never fails and never gives up, no matter how tightly shut I am.

I am the Father’s child and it hurts you to see me hurting because you love me and know the blessings DADDY God has for me.

Lord root me and ground me in your love. Love on me till my roots reach out, grab hold and drink deep. Till I’m filled with the fullness of God instead of sorrow.

Thank you for pursuing me with love, along with goodness and mercy, all the days of my life.

I am blessed, and it’s in your name, I pray. Amen.

Love never fails…

1 Corinthians 13:8a, NIV

Ephesians 3:17-19, Psalm 23:6

# TIMID

If you’re bold enough to admit you need Jesus. Pray like it…

1. Father, I repent of timid, carefully crafted prayers.

Your word says I have not because I ask not. And when I do, I’m not honest about my situation and why I’ve come. I don’t ask in faith confident of my position as your child, nor your heart towards me.

There is no good thing you’ll withhold from those who walk uprightly.

And in Christ, I’m as upright as it gets. Jesus suffered much to grant me unrestricted access to your throne because I come in His name, not my own. I’m sorry for dishonoring His perfect work on the cross by doubting the sincerity of your sacrifice.

Renew my mind with the truth.

And where pride keeps me dependent on my feeble strength and worldly systems, I ask you to reveal it. Show me where I’ve believed the lie: there’s shame in needing your help.

I’ve always depended on you.

And for the things you’ve called me to like marriage, parenting, a life of integrity and more—I can’t do any of it without you. The same grace that saved me is the same grace I live by.

I refuse the enemy’s lie that you’re stingy and hard-hearted. After giving me your best in your Son, there’s nothing lessor you would withhold from me.

Today I humble my flesh to come to you with a boldness of spirit.

I need help. I need wisdom. I need courage. I need direction. I need the Lord and I can’t afford to settle for less.

I praise you, Jesus, for unrestricted access to the throne of God! It’s in your name, Jesus, that I come with boldness. Amen.

Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. Hebrews 4:16, NKJV

James 4:2-3, Psalm 84:11, Romans 12:2, Ephesians 2:8-9, Romans 8:32, 1 Peter 5:6

# UNCERTAIN

If you’re unsure what to do because you’re waiting on people to help you do what the Lord told *you* to do, let’s pray.

Lord God, I’m grateful for your faithfulness to your Word. You are not a man that you should lie nor do you back pedal on your promise.

Your Word never fails.

So when you say you’ve given me new territory, I can move forward on your Word alone.

But taking new territory requires fighting the enemy. And no one likes to fight alone, so I look for strength in numbers. I ask people to fight with me or I seek their counsel—when you didn’t tell me to.

So, Lord, keep me from looking to people to help me get what **you** promised me.

1. Nothing is too hard for you.

Remind me your Word is enough. You fixed the fight. You’ve already given me the land.

The fight you’re calling me to is really a fight of faith. Do I believe the Word you spoke to me is as powerful as the Word keeping the earth suspended in perfect orbit?

Deliver me from needing the company and confirmation of people to do what you called me to.

There are times we need to band together against the enemy, like the tribes of Israel did on either side of the Jordan. But in this fight, you want to show me your power—my God, who is well able.

I’m grateful you invite me to take part in advancing your kingdom on the earth.

Thank you for new ground in my family: those living in darkness coming to know the light of Christ, establishing a legacy of faith.

Thank you for new ground in my career: moving me from a job to a position of influence.

Thank you for new ground in ministry: giving my words weight and opening doors to share your love and truth with hurting people.

Thank you for new ground in many areas of my life.

I’m excited that at your Word, you serve eviction notices to the enemies occupying the territory you promised me!

Lord, your word is enough.

I put all my confidence in you, Lord. And I praise you for the victory in advance.

It’s in Jesus’ name, I pray. Amen!

“God’s Word will never fail.”

The Lord answered, “Judah shall go up; I have given the land into their hands.” The men of Judah then said to the Simeonites their fellow Israelites, “Come up with us into the territory allotted to us, to fight against the Canaanites. We will go with you into yours.” So the Simeonites went with them. Judges 1:2-3, NIV

Numbers 23:19, Luke 1:37, Genesis 18:14

# STRUGGLING

They say success is a mindset. Jesus said it first. But whose mind do you have?

Jesus, you came that I ***might*** have life and have life more abundantly. I want it, Lord, so help me ***receive*** your life and walk it out.

There’s a way that seems right to me but only leads to death.

You’re not only the Way, you know the way best for me. But I can’t “figure it out,” because I don’t think like you. Your thoughts are so much higher than mine, yet you call me to follow you.

But how can two walk together unless they agree?

So I set my mind on things above.

Jesus, you told Paul we have your mind—the mind of Christ. Strengthen my mind, Jesus, with power through the Holy Spirit, so I let your mind be in me.

I let go of my grip on my understanding.

You’re so much bigger, Lord. Help me be okay with not knowing the how, why or when because you are the Who.

Make me alive with your life—by your will and your way.

It’s in your name, I pray. Amen.

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being…Ephesians 3:16, NIV

John 10:10, Proverbs 14:12, John 14:6, Isaiah 55:8, Amos 3:3, 1Corinthians 2:16

# HIDDEN

People are messy in our thoughts and actions. And dealing with each other makes, well, a mess of things. So *how* do we overcome all that to establish transparent relationships?

Father, I thank you for drawing me near through your Son. You made it clear how much you love me through sacrificing your best to redeem the worst in me.

And you keep pursuing me daily, desiring my trust, seeking intimacy with me. And though I resist, you still pursue me.

1. **Your love is relentless.**

But relationships with people are tricky. It’s hard to be vulnerable with people who aren’t noble and self-sacrificing like you. We all have issues and bumping our wounds into one another *hurts*.

So, I stay closed off, Father, struggling to reflect the cross: relating to others based on my relationship with you.

1. But you’ve given me your feathers, a safe place for refuge.

You cover me with those wings while I’m transparent with others. Because of you, I’m never exposed, even when I’m vulnerable. The truth about your love and acceptance surrounds me as my shield and buckler.

You assure me you’ll never abandon or reject me. So even when I experience people’s rejection—I’m never rejected. I’m secure in my identity in Christ and my position in Him.

Now, I know I’m not meant to connect with everyone, but for those *you’ve called me* to do life with, help me drop my mask by the power of your Holy Spirit.

I ask you for the intimacy you intend in my marriage. I ask for the legacy of love you desire for my family. I ask you for the grace I need within God-appointed friendships.

And because you’re Alpha and Omega, everything starts and ends with you. So, where I sport a mask in my relationship with you—reveal it, Lord. Keep pursuing me till I lay bare before you.

1. Then give me wisdom on how much and with whom to share with others.

Thank you for hearing and healing me everywhere I hurt. It’s in Jesus’ name, I pray. Amen.

“I am secure in my identity in Christ and my position in Him.”

He shall cover you with His feathers, and under His wings you shall take refuge; His truth shall be your shield and buckler. Psalm 91:4, NKJV

John 6:44, Psalm 23:6, Romans 3:23, John 13:34, Deuteronomy 31:8, Revelation 22:13, Exodus 15:26

# OFFENDED

I know my first inclination when dealing with hateful, petty people. How about you? But what does Jesus say?

Lord Jesus, I honor and celebrate you as Savior and Lord. There is none like you in all the earth. You are without rival or equal and I’m amazed you call me a friend.

1. Because while I was still your enemy, you died for me.

I lived in opposition to everything you created me to be and yet you loved me so much you laid down your life to save me.

1. And along the way, you taught me to love my enemies.

You weren’t merely talking about those who dislike me. You said love those opposing me as I opposed you. And to pray for these very people who hate me, curse me, are vengeful and hostile toward me.

Lord knows I don’t want to do it and can’t in my strength.

So I’m grateful for the help of the Holy Spirit to do what pleases you, and for your Word to show me why. Over and over, I see that the people Satan used against me are the very ones you used to promote me.

You prepared David for the throne while Saul hunted him down as his sworn enemy. You prepared Joseph for his role as second in command of Egypt through all the events following his brothers selling him into slavery.

And by betraying you for a few coins, Judas launched you into your role as Savior through your death, burial, resurrection, and ascension. He sent you to the next level, so you called him a friend.

Those who come against me push me higher—like a footstool.

And while it hurts, and it feels like I’m sinking under their hatred. I bless them and pray for them because these light and momentary afflictions ultimately make me weighty with glory.

1. My encounter with them is a destiny moment.

So, I pray you free them from the bitterness consuming them. I bless you for using even their malice to work for my good, and that no weapon formed against me will prosper.

It’s in your Name I pray—Amen.

“What the enemy means to trip you up, the Lord will use as your footstool.”

“But to you who are willing to listen, I say, love your enemies! Do good to those who hate you. Bless those who curse you. Pray for those who hurt you.” Luke 6:27-28, NLT

Isaiah 45:5, Proverbs 18:24, Romans 5:8, Luke 22:42, Philippians 2:13, Psalm 110:1 2 Corinthians 4:17, Romans 8:28, Isaiah 54:17

# SUSPICIOUS

One of the hardest things to keep straight is the Lord is nothing like the people I run into every day. He is altogether different. He is God. He is trustworthy.

Father, I thank you for this day you’ve made and for waking me up to see it. You’ve been good to me. Showing me kindness I don’t deserve because you delight in blessing your children.

1. And it grieves you when I doubt your heart toward me.

Day after day, I live guarded in a world promoting and pursuing mean spiritedness. And I’ve allowed the cruelty of this world to color how I see you. I forget though this world is fallen; you are not. There’s no darkness in you at all.

1. Your plans for me are good because you are good.

I’m sorry for doubting your heart. Daily you call me to the table you prepared for me in the presence of my enemy, but I’ve resisted—making up foolish excuses. Yet you still draw me because you know there’s no satisfaction, no life, apart from you.

 Today, I turn from suspicion to surrender.

Holy Spirit, give me the wisdom to walk circumspectly in my dealings with people but compel me to surrender to my DADDY. I humble myself before you because the way *I think* is right, the tendency of my nature—leads to death.

But Father, you call me to feast at your table forever.

And I praise you as my Abba Father, who gives good gifts for your children to enjoy. Help me trust in you with my whole heart. Help me see you as you really are.

It’s in the name of your son, Jesus, who gives full access to your table; I pray. Amen.

In the same way, those of you who do not give up everything you have cannot be my disciples. Luke 14:33, NIV

Psalm 118:24, 1 John 1:5, Jeremiah 29:11, Psalm 23:5, Ephesians 5:15, Proverbs 14:2, Romans 8:15, Matthew 7:1

# SICK

Over half of Jesus’ miracles recorded in the Gospel books are healing miracles. And because Jesus only did what He saw his Father doing, I know God the Father is concerned about your health, too.

Lord Jesus, you said when I’ve seen you, I’ve seen the Father because you only do what you see your Father doing.

And over and over I see you healing the sick in your earthly ministry until finally dealing with our physical weaknesses and diseases on the cross.

Our Father’s heart is for our health and wholeness.

But today many believers are sick, weak and dying. So I wonder if healing is still the Father’s heart, and if so, how do I embrace it?

Thank God you are the same yesterday, today and forever.

And because sickness and death are results of a fallen world, you view them as enemies. So you prepare a table for me in their presence. The same one you prepared for the disciples before going to the cross.

And I thank you there’s always room at the table for me.

Thank you for the bread and the cup and for teaching me to discern the difference. While the cup represents your blood poured out to pay for my sin, the bread represents your body beaten and broken with my ailments.

And you healed me with the stripes you suffered.

Receiving the bread reminds me of your heart to heal and your action backing it up. You are Jehovah Rapha, the Lord who heals, and you invite me to receive healing at your table.

Because as often as I eat and drink, I remember you: your nature, and your will for me and the reality of salvation to us who believe. And for that, I thank you.

So as part of my quest to surrender all, I surrender to you all the sicknesses and diseases plaguing me and my loved ones. They don’t belong to us, so I don’t own them as ours.

Healing is the children’s bread.

And I, the seed of Abraham by faith, am a child of God and a partaker of the inheritance. I praise you even now for your heart to heal and the table you’ve prepared. Help me prioritize your table—to fellowship with you regularly and to receive the bread and the cup as often as I’m able.

And may your life—your health spring forth speedily in me! It’s in your mighty name, Jesus, I pray. Amen.

God is the same yesterday, today, and forever.

You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Psalm 23:5, NIV

John 14:9, Acts 10:38, 1 Corinthians 11:30, Hebrews 13:8, 1 Corinthians 11:29, Isaiah 53:5, Exodus 15:26, Galatians 3:29

NOTE: If you are under a physician’s care and receiving treatment, please continue to do so. This prayer addresses God’s heart for your healing, as expressed in Communion.

# INTIMIDATED

From senseless tragedies on a national and global scale to the personal trials you face every day, the world swarms with darkness! But there is a Light that always breaks through. And if you have that Light—it’s your time to shine.

Lord, it’s never been darker than it is in the world right now!

The air is thick with evil closing in all around me. There was once a time I anticipated wickedness and prepared/protected myself and my family—or at least I believed I could. But now there’s another level of evil genius threatening to blindside me at every moment, in new and disturbing ways.

But the entrance of your Word brings light.

It did when deep darkness covered the earth. You said, “Let there be light,” and the darkness retreated in defeat. As it is in the natural, so it is in the spirit. You came as the Word and in you, the light bringing life to humanity.

You stepped into our darkness. And those who flourish in dark circumstances tried to overtake you. They tried to dim you, silence you, and utterly destroy you.

But darkness can never overcome the light.

And you put your light in us earthen vessels. But because we’ve dimmed our light, deep darkness covers the earth again. Yet your Word continues to enter—bringing light.

Help me respond to your Word to rise, shine, for my Light has come. Your glory has risen on me! And these dark times, though threatening, cannot overcome your light just as deep space can’t swallow up the sun. Darkness serves to display the brightness of your glory.

I have no reason to fear; the Lord is my light!

I need to dig into your Word and boldly move from the fear of evil to shining in the midst of it. Holy Spirit, teach me to speak the word with confidence, penetrating the darkness with the light of truth.

Because when I do, lost people draw near to my light.

And when they ask what is it about me that makes me stand out? Where does my peace, hope, faith, and wisdom to walk circumspectly come from?

Make me ready with an answer that gets them lit! It’s in Jesus’ name I pray and put my confidence. Amen.

“Darkness serves to display the brightness of God’s glory.”

The LORD is my light and my salvation; Whom shall I fear? The LORD is the strength of my life; Of whom shall I be afraid? Psalm 27:1, NKJV

Psalm 119:30, Genesis 1:1-2, John 1:1-5, Isaiah 60:1

# ATTACKED

Your thoughts are seeds, and you choose what you plant. But beware of the enemy trying to plant weeds right alongside.

King of glory, I believe you are the one true God—the source of light and truth. And where you are light, the god of this world is complete darkness. If he’s not intimidating mankind with the fear of darkness, he plots to darken our thoughts with his lies.

Because if I accept the devil’s lies, he can influence me to self-destruct.

All day, every day advertisements, news cycles and social circles bombard me with messages demanding I conform to “what people think” is right. And I’m ridiculed if I don’t go along to get along.

But we are a peculiar people—lights pointing the way to you.

And while I all feel the pressure to bow to public opinion, the attack is greatest against the youngest among us. The ones most vulnerable to the need for acceptance and validation. And it’s frightening to watch my children grow up in times like these. I want to protect them from voices trying to redefine their identity, but I can’t. I’m under the same attack.

There’s a battle for our minds and you’re our only hope.

My natural tendency is to believe the worst about you and myself, though my spirit agrees with the truth of your Spirit. But with light and darkness battling within me, how do I stand against a relentless enemy preying on the weakness of my flesh?

I put my hope in your Word.

I feed my spirit by meditating on your Word daily—to bring my flesh into submission and resist the devil. I fill my mind with what is true, right, admirable, and praiseworthy because my thoughts become the beliefs that shape my actions.

So, Holy Spirit give me strength to feed my faith and starve my doubts.

Remind me the only way to avoid conforming to this world’s mindset is to believe right about who you are and who I am in you.

And Lord, I lift my children to you. I declare they grow in wisdom every day—becoming wise as serpents, yet harmless as doves. Thank you for giving them uncommon wisdom to see the lies beyond deceptive packaging and slick tongues.

You told me in this world I will have trouble, but you also said you’ve already overcome the world. So, this fight is fixed. I have the mind of Christ and I give you all the glory.

May I be as relentless in wielding your Word as the enemy is in seeking my destruction. It’s in your name, Jesus, I pray. Amen.

“The only way to avoid conforming to this world’s mindset is to believe right about who you are and who I am in you.”

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will test and approve what God’s will is—his good, pleasing and perfect will. Romans 12:2, NIV

1 John 1:5, 1 Peter 2:9, Luke 2:52, Matthew 10:16, Matthew 5:14, Philippians 4:8, Proverbs 23:7

# INVISIBLE

How do you handle feeling invisible, even with all the apps that have us in each other’s faces?

What an amazing time to be alive, Lord! Much of the world enjoys many modern conveniences, the benefit of the creative gift you’ve placed in mankind. And I’m grateful for the ease technology gives our lives. I can connect with people all around the world!

1. And yet I’ve never been more invisible than I am now.

Every day there are algorithms controlling what we see of each other, demanding I stand on my head to be noticed over my neighbor.

And the problem is that’s the only way many of us even see our neighbor.

We don’t talk in person anymore and we rarely call, so I’m left with a screen and the hope “the algorithm” will connect us.

1. These are the best of times and the loneliest of times at the same time.

But you knew me before you formed me in my mother’s womb. Before she delivered, you’d already set me apart with a purpose. And ever since you’ve watched over me and what you spoke over me—careful to perform it all.

1. I am SEEN by God.

You not only see me, you know everything about me.

Because you designed me, you already know the wonder I am. I don’t need a marketing plan to convince you of my gifts and talents. You placed them in me for your glory.

And with billions of people on the planet, you know where I am. You know my personality, my quirks, my every thought, and *all* my feelings, even the anxious ones—and none of me overwhelms you.

1. I am SEEN and KNOWN by God.

And I *cling* to that in a world celebrating packaging over the package.

You never look past the best part of me for the sake of comfort or convenience. You never push me away, deeming me “too much.”

You take all of me, just as I am. Not to suffer my existence, but to love me. You’ve loved me with an everlasting love.

And when I tried to hide the parts others reject, you saw me, and drew me with your grace—celebrating your handiwork in me.

1. I am SEEN, KNOWN, and LOVED by God.

Help me treasure that, Lord. Let that truth flood my soul till I figure out I live *for* an audience of One. And you’re enjoying it all!

It’s in the mighty name of Jesus, I pray. Amen!!!

“You not only see me. You know everything about me.”

You have searched me, Lord, and you know me. Psalm 139:1, NIV

Jeremiah 1:12, Jeremiah 1:5, Jeremiah 31:3

# WARFARE

Faith is easy when everything is going well. But what to do you do when all hell breaks loose against you? When your mental and emotional well-being comes under attack and it feels like your faith took off running?

Father, I am your child, set apart for the good works you planned for me before you created me. You made me in your image to function like you in the earth. I am a person of purpose and destiny!

1. But not everyone is happy about that.

I have an enemy who, because he hates you, comes after those you love, those who remind him of you. And he oppresses me with discouragement, seeking to cut me off from my destiny—to cast doubt on Jesus’ finished work on the cross.

1. But when the enemy comes in like a flood, you raise a standard against him.

And though I have this hope, it’s hard to hang onto in the fight. The attack on my thoughts and emotions overwhelms me with exhaustion till faith *feels* like the heaviest thing in the world.

So, it’s difficult to believe you fixed the fight in my favor.

I’m grateful that when my faith fails, yours never does. In those fights, I remember the battle is yours and you’re a very present help in time of trouble.

So Father, help me remember to be still and listen for your strategy—the way of escape into victory. Remind me to be still, fully armored, and see the salvation of the Lord.

Give me strength to stand.

Help me hold on to Truth.

Remind me I have peace with you, clothed in Christ’s righteousness.

Assure me no matter how small my faith is, it is enough to shield me.

Remind me of the security of my salvation in Christ Jesus.

Recall your word to my mind and remind me to wield it with my mouth.

And lead me in prayer by your Holy Spirit.

But even when the truth escapes me, and I feel torment instead of peace, feel judged instead of righteous and utterly exposed by my lack of faith. And when your word escapes me and I don’t know what to pray—you fight for me.

1. And for every way the enemy comes against me, Jesus sends him running seven ways.

Jesus is my shield and defense. I’m never put to shame for hoping in Him.

With every victory my faith in you grows, I trust Jesus more and move closer to walking in the fullness of what you prepared for me.

God’s people always win!

Not one word you’ve spoken over my life will fail. I have your word on that! So, Father, I will forever give you all honor, glory, and praise. It’s in Jesus’ name, I pray. Amen!

Moses answered the people, “Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Egyptians you see today you will never see again.” Exodus 14:13, NIV

Ephesians 2:10, Genesis 1:26, Isaiah 59:19, John 16:33, 2 Chronicles 20:15, Psalm 46:1, Ephesians 6:10-18, Deuteronomy 28:7, Isaiah 55:11

# DISAPPOINTED

Have you put your hope in someone or something that left you—disappointed? Let’s pray.

Lord, I thank you for the deliverance I’m experiencing. I’m watching you raise the standard, the Blood of Jesus, against the enemy’s attacks, and I praise you for how you send him running. Thank you for being the mighty warrior who saves.

But the enemy goes about as a roaring lion seeking whom he may devour.

And I don’t want to get free just to end up bound by his lies again. I don’t want to be devoured. I ask you to make me downright unpalatable.

So, I come to you, Jesus, my stronghold. And I ask that by your Holy Spirit, I become a prisoner of hope.

I’ve been a prisoner of fear. I’ve been a prisoner of doubt. I’ve been a prisoner of anger, lust, greed—you name it.

But today I identify as a prisoner of hope.

If I live chained, it will be to hope—not in people, things, or desired outcomes, but in who you are, Jesus, and what you finished for me.

I base my hope in your heart, not in your hand, because sometimes I don’t understand the works of your hand. Sometimes my circumstances distort how I see you move.

But the cross shows me your heart. And since that’s a settled work, I know your heart towards me forever.

I bind my hope to you because your way is perfect, and you are a shield to all who trust in you.

And this hope will not disappoint, because you poured your love into my heart by the Holy Spirit you gave me.

So, God of all hope, fill me with all joy and peace in believing that I may abound in hope by the power of the Holy Spirit.

It’s in your name, Jesus, I pray. Amen!

Return to the stronghold, you prisoners of hope. Even today I declare that I will restore double to you. Zechariah 9:12, NKJV

Zephaniah 3:17, 1 Peter 5:8, Romans 5:5, Romans 15:

# BITTER

Your heart is the seat of your soul. What you let sit there has the power to affect the course of your life.

DADDY God, I know life and death are in the power of the tongue. And I know that it’s out of the abundance of my heart that I speak. So, when you instruct me to guard my heart above all else because my life flows from it, I see your wisdom. And I thank you.

But I’ve gotten distracted with guarding my possessions and opinions instead.

I forget it’s the little foxes that spoil the vine. The words and actions of others from years ago or yesterday, malicious or misinterpreted, burning in my heart till they spew out of my mouth.

Wake me up Father!

Help me hear my words and recognize they came from my heart. I allowed wounding words to plant in the soil of my heart because I wasn’t paying attention. And now I’m eating the fruit of the words I’ve spoken.

Thoughts are seeds.

And while people toss them my way, I choose what I plant. So, Holy Spirit, teach me the truth about Jesus. Truth that roots out the lies and shuts the door behind them.

A double-minded person is unstable in every way.

So, I receive heart healing. I release those who offended me. I reject all bitterness. I refuse a victim mentality. And I recognize my wounds cloud my perception of others.

So, Lord, I desire your perspective on everything I experience.

It’s out of the abundance of the heart the mouth speaks. So, I surrender my heart to Jesus’ healing. And receive your grace to guard my heart.

It’s in Jesus’ name, I pray. Amen.

Above all else, guard your heart, for everything you do flows from it. Proverbs 4:23, NIV

Proverbs 18:21, Matthew 12:34, Songs 2:15, Philippians 4:8, James 1:8

# JUDGMENTAL

It’s easy to point out the foolishness in someone else, but what are you looking past in your own life to do it?

Father, I thank you for showing me real love. You’re the only reason I know what it looks and acts like. And despite experiencing the love that sent, suffered and saved—I still get it wrong when dealing with others.

Jesus told me to love others as he loved me. So why do I find it easier to judge and condemn others?

Why do I strain to look around the timber in my eye to see the toothpick in someone else’s?

And why do I spend so much time analyzing the sincerity of someone’s salvation instead of sowing your Word into it?

Father, help me understand that in Christ, I am a new creation. I died to the old person—born anew in Christ. And since you don’t dig up my old body of evidence, I don’t get to dig up anyone else’s.

Because Love covers a multitude of sins.

Help me busy myself celebrating all Jesus covered and cleansed believers of—instead of heaping dirt on fellow believers.

And may I be so in awe of your love for me, I share it with others.

It’s in Jesus’ name, I pray. Amen.

For this is the message that you heard from the beginning, that we should love one another…1 John 3:11, NKJV

1 Peter 4:8, 2 Corinthians 5:17, John 15:12, John 3:16, Matthew 7:5, Psalm 103:12

# CLUELESS

We often say walk by faith, not by sight. But how does faith inform your vision for your future?

Lord, I live in a “now” generation. I want what I want—and I want it now. I’m sight oriented, inspired by what I see, and discouraged by what I don’t. And the immediacy of the day and time I live in costs me *vision*.

And you said where there is no vision, the people perish.

You care about my sight. I know this from the gospel accounts of the blinded eyes you opened. But sight deals with the here and now, and vision has an eye toward the future—the unseen realm of faith.

And while blindness doesn’t ruin me, a lack of vision does.

Lord, give me a revelation of what you’re up to and my place in it, so I stay within the boundaries of my purpose.

Without vision, I’m like sheep in an open pasture, ignoring the shepherd and wandering off based on what’s in front of my nose, instead of what’s up ahead.

I am in this world, but not of this world.

You’ve ordered my steps. All your plans for me, written in your book. So Lord, lead me as a person with a hope and a future.

Help me walk by faith, even faith as small as a mustard seed. And free me from my natural tendency to react based on sight when you call me to respond in faith.

You are Alpha and Omega. You know my end from my beginning. And I flourish when I see as you see—with a long-range perspective.

I thank you for sight and vision and the wisdom to know the difference.

It’s in your name, Jesus, I pray. Amen.

Where there is no vision, the people cast off restraint…Proverbs 29:18, NKJV

John 17:14-16, Proverbs 16:9, Psalm 139:16, 2 Cor 5:7, Matt 17:20

# OVERHWHELMED

In life, there are situations that threaten to overwhelm you. The fear makes you freeze. But stuck is never God’s will for your life. Let’s move that mountain.

Lord, you are my light and my salvation—whom shall I fear? You are the stronghold of my life—of whom shall I be afraid?

You are the eternal God, my Creator, the maker of heaven and earth. The earth is yours and everything in it, the world and all of us living on it.

Who is like unto you, God? And if you are for me—which is true of every believer in Christ—then who or what can stand against me?

But we have these mountains that intimidate us.

What we see of the mountain is scary enough; to know that the issues run even deeper beneath the surface is downright frightening. Mountains of family strife, troubled marriages, kids gone wild, medical bills, and mental anguish overwhelm us with their persistence.

The weight of them bends us over.

But you said if I have faith the size of a mustard seed, I could tell the mountain where to move. And it. would. move.

So today I say, “Who are you great mountain!”

Before me, it will become level ground—not by my might or by my power, but by your Spirit, oh Lord!

I shout “grace, grace” to these mountains—the undeserved favor I have with you because of my faith in your finished work.

And as I go through these valleys of the shadow of death, I take comfort in your rod and your staff—declaring your Word in the power of the Holy Spirit. And when those mountains move, I’ll eat in front of them at the table you prepare for me.

You are awesome, Lord, and I praise you for the victory. It’s in your mighty name, Jesus, I pray. Amen.

Who are you, O great mountain? Before Zerubbabel you shall become a plain! And he shall bring forth the capstone with shouts of “Grace, grace to it!” Zechariah 4:7, NKJV

Psalm 23:4-5, Psalm 24:1, Psalm 27:1, Romans 8:3

# ANXIOUS

Looking around at people and their antics is enough to make anyone anxious. How about looking up in worship for relief?

Who is mankind that you are mindful of me? Why do you care to know when I sit or stand, my travels and when I rest?

I wasn’t there when you laid the foundations of the earth. Yet you, the one who placed the earth the perfect distance from the sun, also know the number of hairs on my head. You’re amazing!

You don’t need me, but you made me in your image to fellowship with me while giving me the liberty to turn you down. And when I do, you wait for my return like the Prodigal’s father.

Why do you love me so?

All of eternity isn’t enough time to thank you for the love sent and seen in Jesus. He is the most excellent expression of your relentless pursuit of me. I share in your delight in Him!

Oh Lord, who is like you among the gods of this world?

When I think about how you forgive me, heal me, and lovingly lift me out of the pit, how patient, gracious, and powerful you are—my soul cries out hallelujah!

How great is your goodness you’ve stored up for those who honor and take refuge in Christ!

There is NO ONE like you, Lord—majestic in holiness, awesome in glory, working wonders. I bless you. And your praise shall continually be in my mouth!

It’s in the awesome name of Jesus, I pray. Amen.

Who among the gods is like you, LORD? Who is like you—majestic in holiness, awesome in glory, working wonders? Exodus 15:11, NIV

Psalm 103:3-4, Psalm 139:2-3, Psalm 31:19

# DOUBTFUL

It’s easy to stand on the Lord’s promises at first. But what happens when you’ve been waiting a long time and you doubt if change is coming? Keep standing.

Lord God, I know you’re awesome in power, doing wonders around me. I read your Word and see you in the Gospels: the eyes opened, the limbs healed, the small lunches feeding many.

And it’s tempting to believe if I don’t see dramatic expressions of power, you’re not working.

But even when I can’t see it or feel it, you are working.

Lord, it’s annoying how much easier it is to see the work of the enemy. He’s loud, boastful and his sole purpose is to overwhelm me with his activity.

But you’re nothing like him. Your words fall like morning dew—so gentle. And your ways are beyond my understanding.

Because as great and awesome as you are, you’re humble in your workings. When I think of all of creation, your greatest being mankind—no man saw you do any of it.

You reveal your hidden mysteries in their set time. And so I follow you by faith because I can’t see the works of your hands.

So Father, teach me to look past what’s presented to your perfect work.

To look past what I see to what you say. You say that you’re working in me the desire and the power to do what pleases you. And I take you at your Word.

That even when I see my flesh on parade along with the flesh of those around me—as a believer, I’m still the righteousness of God in Christ. And you’re making my way flourish!

Greater are you in me than he who is in the world. I magnify you over my circumstances while I wait patiently on you.

It’s in Jesus’ name, the eternal Word. I pray and give thanks. Amen.

Now to him who can establish you…in keeping with the revelation of the mystery hidden for long ages past, Romans 16:25, NIV

Romans 16:25-26, Deuteronomy 32:2, Isaiah 55:8-9, Job 38:4, Philippians 2:13, 1 John 4:4

# REGRET

None of us are perfect. We all make mistakes. But getting stuck in guilt and regret keeps us so tied to the past, we can’t pivot in the present to move forward in faith.

Lord God, the great I Am, you are the same, yesterday, today and forevermore. You don’t change because you are perfect in all your ways. And though you stay the same, you never leave me the same.

**I am a work in progress.**

I am your masterpiece, created for good works you planned long ago. But sometimes I get stuck in the processing—trapped in the quicksand of guilt and regret.

The enemy roars like a lion repeating his wicked refrain, trying to convince me I’ve messed up beyond your salvation…

“Jesus can’t restore THIS relationship, heal THOSE wounds or turn THAT situation around! And even if He could—why would He? You’ll just mess up another way!”

**But the entrance of your Word gives light!**

Your Word says nothing can separate me from the love of God in Christ Jesus, my Lord. Neither death nor life, neither angels nor demons, neither my fears for today nor my worries about tomorrow, not even the powers of hell can separate me from God’s love.

**If you are for me, who can be against me?**

And, Lord, if I’m against myself, by refusing to forgive myself—sever the ties binding me to unforgiveness.

**I can’t move forward tied to what’s behind me.**

So, I ask you to help me learn the lessons from yesterday’s mistakes while letting go of guilt and regret. Lord, give me courage to forgive myself, to move forward with you.

I thank you for new mercies and fresh favor, for hope without ceasing and love everlasting.

It’s in Jesus’ great name, I pray. Amen!

Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead… Philippians 3:13, NIV

Ephesians 2:10, Lamentations 3: 22-24, Psalm 119:130, Psalm 18:30, Romans 8:31, 35-39

# NUMB

Feeling like you’re just existing? Maybe you feel nothing at all. Jesus came for you to thrive!

 DADDY God, thank you for my life and the people in it. Thank you for your hand on my life and for holding my life in your hand.

You’ve been more than good to me. And you promise to never leave me or leave me the same.

So, where I am numb, I ask you to *revive me* by your Spirit.

Where I’m afraid, *speak peace* to my soul.

Where I’ve grown cold, *light a fire* and give me the endurance to fan the flame.

All I am and could ever hope to be is by your grace alone. I thank you for Jesus, GRACE personified. My hope is built on His blood and righteousness.

And since you gave me this day, I give you my yes. I trust in you wholeheartedly—you will never steer me wrong.

It’s in the name of Jesus, the One full of grace and truth, I pray. Amen.

Trust in the Lord with all your heart,

And lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths. Proverbs 3:5-6, NKJV

Isaiah 41:10, Hebrews 13:5, John 14:27, Psalm 143:11, Ephesians 2:8

# TRAUMATIZED

For the traumatized soul stuck in a painful hamster wheel…

New year, new you.

I embraced it when I said it, Lord. A new year in a decade that’s full of so much potential. You promise to take me from glory to glory. And I want to go to new levels—to go wherever you have next for me.

But I’m stuck in the starting block.

Even after letting go past mistakes, I find I’m stuck in the past with old mindsets. Cycles of thinking based on words I owned that weren’t yours and actions you’d never do to me.

Searing words of blame and shame left me feeling unwanted. Toxic touches and silent abandonment left me feeling used and useless.

I thought I did well just surviving them, Jesus.

By your grace, I lived despite the wicked whispers saying I’m ruined—and I should end it all. I earned degrees, excelled in careers, married and started a family.

But I had no idea I lived chained to pain till you called me to mount up on wings as eagles. I tried to take off, but a nagging feeling yanked me back—the feeling I’m not worthy.

Isn’t that the reason those closest wounded me and walked away?

But you meet me in that space to show me your scarred hands and feet—the evidence of my worth. And you invite me to live defined by your wounds and not my own, by your words and not the words of others.

Lord, help me change the tape playing silently in the background of my soul.

Your word is quick and precise, skillfully dividing truth from lies. Lord, help me love your Word, to approach it like a meal, not a snack, to chew on it day and night until my thoughts agree with yours.

Because two cannot walk together unless they agree, and I want to go wherever you lead without hesitation.

I praise you because I’m fearfully and wonderfully made, created for the good works you planned for me long ago. And I reject and renounce the power I gave my past to keep me from experiencing your love for me in every way.

So, forgetting those things behind me, I press toward the prize—the greater call you have for me. I do it rehearsing your promises, not my pain. And I give you all the glory!

It’s in your name, Jesus, I pray. Amen.

“I reject and renounce the power I gave my past to keep me from experiencing your love for me in every way.”

Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead…Philippians 3:13, NIV

Romans 12:1-2, John 10:10, Isaiah 40:31, Luke 24:39, Hebrews 4:12, Amos 3:3, Psalm 139:14, Ephesians 2:10

# REACTIVE

Reactions have their place—a God-given reflex to flee or fight impending danger—but they shouldn’t be our norm. Let’s pray to live aware of our protection so we can *respond* to life’s surprises.

Father, the enemy would have me believe I’m vulnerable, that I’m at the mercy of petty people and surprising circumstances. He knows if I believe that, I’ll react to stressful situations as a victim rather than respond as a victor.

But your Word says you surround me with favor, as with a shield.

So, when the people and situations of life scream everything but favor. When they come against me contradicting what you say about me, I declare “let God be true and every man a liar.”

It’s up to me to raise the Truth, the Word of Christ, above everything else. It’s up to me to remember the favor I have with you—shielding me like a wall all around.

So, while I *feel* exposed, I’m not, by your grace.

I thank you that as I abide in Jesus and His word abides in me; I bear much fruit. I bear the fruit of the Spirit, including self-control.

With the Holy Spirit’s guidance, I learn to possess my vessel and respond to the enemy behind attempts to dishonor and discredit me—from a place of power.

And because your Spirit lives in me, I’m no longer controlled by my fleshly desire to fall apart or retaliate.

**I respond vs. react.**

So Father, as I go into this week, I keep my shield up, aware the enemy goes about as a roaring lion seeking whom he may devour. He knows my pain points and wants me living triggered.

But I’m thankful you’ve given me a Word to neutralize every one of them. And I’m going forward with you, steadfast, unmovable, and excelling in all you set my hands to.

I declare it so in Jesus’ name. Amen.

A person without self-control is like a city with broken-down walls. Proverbs 25:28, NLT

John 15:5, Romans 3:4, Romans 8:9

# NERVOUS

Doing a new thing means thinking a new way. And that’s not always easy. So, let’s pray.

Lord Jesus, you removed the veil from my mind. You allowed me to see how the lies I believed held me bound. You offered me freedom and wholeness in seeing my life from your perspective.

And I grabbed hold.

I agreed with you that you have better for me. And that it takes a renewing of my mind to walk in it. It takes a new mind to believe my God is doing a new thing in me.

You’re making roads in the wilderness and rivers in the desert.

But I need *now faith* to leave my barren thinking behind.

I can’t put new wine into old wineskins, and I can’t use yesterday’s measure of faith for the new thing you’re doing. You said faith is the substance of things hoped for.

So, Lord, I ask you for fresh hope, the building block of now faith.

Hope assuring me you’ll finish the work you’ve begun in me. And confidence, you’ll supply me with the grace to persevere.

I give thanks because you are good, and your mercy endures forever! It’s in your blessed name; I pray. Amen.

Behold, I will do a new thing, now it shall spring forth; shall you not know it? I will even make a road in the wilderness and rivers in the desert. Isaiah 43:19, NKJV

2 Corinthians 3:13-14, Deuteronomy 30:19, Hebrews 11:1, Romans 12:2, Luke 5:37-39

# DESPERATE

Some trust in ingenuity, some trust in horsepower. But it’s the Blood of Jesus for me. What say you?

Oh, holy and perfect Father, I come to you in the presence of thousands of angels joyfully singing the praises of your glory.

I come as part of the Church of the firstborn—Son of God, Son of Man—grateful you wrote my name in heaven.

I come because of a new covenant written in Jesus’ blood—the Blood that speaks better things.

It speaks better than the guilt, judgment and condemnation Abel’s blood cried. A blood commemorating the acts of sinful flesh: wicked words and hateful hands.

The Blood speaks freedom, forgiveness, blessing, hope, peace, acceptance, and victory.

So, I come out from the lying labels and wicked wounds placed on me to bear Jesus’ name and righteousness, instead.

I come rehearsing the better narrative The Blood speaks. Because while I play a part in walking out my freedom, there are aspects where “nothing but The Blood” will do.

I’m grateful for The Blood that will never lose its power.

So the Blood speaks when past foes or present fears try naming me anything other than chosen and redeemed. Speak until your words pulse between my temples and, believing, I come into ALL my Father has for me!

It’s in the name of Jesus, the One whose Blood paid it all, I pray. Amen.

…You have come to God, the Judge of all, to the spirits of the righteous made perfect, to Jesus the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel. Hebrews 12:23-24, NIV

Hebrews 10:19, Ephesians 1:4,11, 2 Corinthians 5:21

# SELF-SABOTAGE

A blessing is only a blessing when you enjoy it. Fear of losing it not only robs you of enjoyment, it also keeps you from embracing God’s best. So let’s confront self-sabotage in prayer.

Father, every good and perfect gift comes from you. You’re so good to us, though I’m undeserving, it’s easy to delight myself in you—with a bonus.

You’ll give me the desires of my heart.

And you’ve done so already. I’m enjoying freedom and opportunities in my ministry and career. And I’m blessed with family and friendships, and the realization of long-held dreams.

And while I’m warned the struggle is continuing to desire you above all else, I experience a different struggle.

I fear I’ll lose the very things I longed for.

I anticipated these blessings and now I’m afraid they’ll be ripped from me. But fear is not my portion.

You command me not to fear because you didn’t give me that spirit, but a spirit of power, love, and a sound mind.

Yet my enemy is a thief desiring to intimidate me. He comes to steal my confidence, kill my joy, and destroy my testimony. But you are my light and my salvation.

You expose his empty threats and deliver me from all my fears.

And while your Word says it’s the wicked who ought to fear, because everything they’re afraid of will overcome them.

You give the righteous the desires of our hearts. Hallelujah!

So when fear closes in around me, I resist the enemy’s attempts to convince me I share his fate. I declare my righteousness as your BLOOD bought child.

And the enemy has to flee.

Thank you for surrounding what’s surrounding me. There is always more with me than with those against me. And I thank you that the Blood of Jesus distinguishes between the covered and the cursed.

I’m no longer a slave to fear!

In Jesus’ name. Amen.

“If God is for me, who can be against me?”

What the wicked dread will overtake them; what the righteous desire will be granted. Proverbs 10:24, NIV

James 1:17, Psalm 23:1, 2 Timothy 1:7, John 10:10, Psalm 27:1, 2 Corinthians 5:21, 2 Kings 6:16, Galatians 5:1

# VULNERABLE

In a world of hustle and grind, believing you are loved and cared for is a tough sell. But the Lord is not like the world.

Lord Jesus, thank you for being my shepherd.

I lack no good thing because of you. You feed my soul and refresh my spirit with your Word. In you I live and move and have my being—my life safely hidden in yours.

You replaced my worthless works with your righteousness and show me how to walk it out by grace.

But sometimes I go my own way. I take a path that seems right, but it leads to death. Even the shadow of death in the valley is frightening.

I’m alone in my misery, without mercy from others. But, in your grace, you provide your rod and your staff—and they comfort me.

With that rod, you beat back the enemy seeking whom he may devour, and with your staff you lead me back on the right path. And, oh, the table it leads to is breathtaking!

You prepare a table of victory for me in the presence of my enemies.

The bread signifying your body broken for my healing. The cup representing your blood, overflowing with forgiveness. And the oil of anointing setting me apart for purpose.

Surely blessings crown the head of the righteous!

Your grace and mercy hunt me down all the days of my life. And I will dwell in you as your Word dwells in me, forever and ever.

It’s in your great, and matchless Name, I pray. Amen!

The Lord is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness for His name’s sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over. Surely goodness and mercy shall follow me all the days of my life; And I will dwell in the house of the Lord. Forever. Psalm 23, NKJV

# HELPLESS

Despite all the information at our fingertips, we still often feel lost. Unsure of what to do or what to make of the challenges we face. But thank God we’re not left to our limitations.

Father God, I boast in my lineage, my connections, my strength, my intellect. But before I or any of those qualities existed, you were the I AM.

Not the developing, becoming, or evolving, not past or future, but forever present and utterly complete—always, now, and forever.

The I AM.

You, the self-sufficient God, needing nothing, yet sustaining everything, and showing love, mercy and grace to mankind. While we’re extraordinary in our own eyes, we are feeble in our flesh.

I made the mistake of making what’s seen larger than you, because you’re unseen. Now, as unseen threats increase, I ask you to show me who you are.

I thought I knew, but I don’t.

Rise up, great I AM, and show yourself strong. Show me how you are everything I need and more. Humbled in your presence, I ask you, with a hearing heart, to speak to me.

I’m staring in the face of the unknown right now. There are so many unanswered questions. I don’t know what to do but my eyes are on you.

I take cover under your wings, surrounded by your faithfulness. And I take you at your Word. Surely, you’ll save me from what threatens me and the fear it breeds!

It’s in the mighty name of Jesus, I pray. Amen.

‘Very truly I tell you,’ Jesus answered, ‘before Abraham was born, I am!’ John 8:58, NIV

Psalm 34:3, Psalm 68:1, 1 Peter 5:6

# DISTRACTED

You only get one life. So, live it one day at a time.

Lord Jesus, this is the day that you have made, and I am trying to rejoice and be glad in it. It takes more effort these days because the days run together.

It’s harder to tell one day from the next these days.

I hear the same news day after day. I grieve loss after loss, while dealing with the uncertainty of tomorrow.

Will my job survive this? How long will I be unemployed? Will things ever get back to “normal”?

And all that swallows up the gift called Today.

The one you prepared for me to enjoy. So, I ask you for grace. Grace to stay in today—because today’s grace is all you give.

When tomorrow comes, so will its own issues. And I am not built to handle tomorrow’s problems today. So, Lord, help me conserve my strength.

Give me this day my daily bread.

Give me a word to cling to today—a word to sustain me and keep me sane.

Jesus, be the lamp to my feet and the light to my path. For too long I lived believing I made my way. But a pandemic robbed me of that delusion.

It is clear I’m completely dependent on you. And that is the safest place to be. So, while it is today, I won’t harden my heart to you.

I accept your invitation to enter your rest, confident you will perfect whatever concerns me. Surely your arm is not too short to save me, nor is your ear too dull to hear me! So, I’ll take this one day at a time.

It’s in your faithful name, Lord Jesus, I pray. Amen.

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. Matthew 6:34, NIV

Psalm 118:24, Matthew 6:11, Psalm 119:105, Psalm 138:8, Isaiah 59:1

# UNCOMFORTABLE

Sometimes we confuse uncomfortable with intolerable, and we miss the opportunity to learn contentment. Let’s pray about that.

Lord, I’m sorry we are a soft Church.

I’m sorry for confusing temporary inconvenience with suffering. And for equating light afflictions, to anything endured by the New Testament saints or Old Testament patriarchs.

Noah and his family stayed in an ark full of animals for almost a year, mostly waiting for the waters to subside (only 40 days and 40 nights of which were because of the rain).

He looked ragged, away from everything familiar, and endured horrible smells. Yet Noah stayed safe with his family amid widespread destruction because he followed your instruction.

 Paul suffered imprisonment, flogging, stoning, shipwrecks, sleeplessness, hunger, thirst, and nakedness in harsh elements. Yet he also confessed he learned the secret of being content in every situation.

He learned the secret through enduring his struggles.

But I struggle to endure minor inconveniences.

My flesh craves comfort, but contentment is satisfaction under any conditions. Jesus, you told me in this world I will have trouble.

You said it, knowing the discomfort of having no place to lay your head in the world and while anticipating the agony of a cross you didn’t deserve.

Help me understand the difference between craving creature comforts and true suffering. Help me endure the lesser while grateful I’m spared greater sorrow.

Help me dwell in safety, in the secret place of the Most High, under the shadow of the Almighty. There, you will command your angels concerning me to guard me in all my ways.

I can do all things through you, Christ, who strengthens me.

In changing my mind and resting in you is my salvation, in quietness and in confidence is my strength—if only I’ll receive it.

Like Noah, you shut me into the ark of safety, and you know the right time to call me out of it.

Blessed are all who wait for you!

It’s in your holy name, Jesus, I pray. Amen.

“My flesh craves comfort, but contentment is satisfaction under any conditions.”

I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. Philippians 4:12, NIV

2 Corinthians 4:17, Genesis 8:13, 2 Corinthians 11:25-30, Luke 9:58, Psalm 91:1, Philippians 4:13, Isaiah 30:15

# SPEECHLESS

Sometimes sharing your faith means fielding questions from unbelievers. Some questions you may have struggled with yourself. The thought of it is enough to leave you speechless…

If God is so good, why does He allow suffering?

Father, I hear this question from unbelievers often, especially these days.

And to be honest, I have asked it at tough points in my walk with you. But then I remember your ways are not my ways and your thoughts are not my thoughts.

I understand I can’t reason anything about you based on my experiences. And I can’t reason with the world based on their circumstances. I must see you in your Word.

And if you wanted to destroy mankind, you could. None of us could withstand your indignation or endure your fierce anger. You are a jealous God who will not leave the guilty unpunished.

And that’s the beauty of the Gospel.

Because you also so loved the world, you gave your Son to be a ransom for all. You poured your fierce anger out on Jesus, punishing Him with our guilt. He died in our place.

And to those who receive your priceless gift by faith, you promise to never count our sins against us.

Lord, you are good and your mercy endures forever!

You are good, though mankind isn’t. And my only hope in this fallen world is choosing not to remain fallen.

Jesus is the way. There is no other name given under heaven by which mankind must be saved.

You desire that none should perish, so Father, give me the courage to speak the Truth to a lost and hurting world.

Make me more aware of their desperation than any intimidation.

It’s in the matchless name of Jesus; I pray. Amen.

“Make me more aware of the world’s desperation than any intimidation.”

For I am not ashamed of the gospel, because it is the power of God that brings salvation to everyone who believes: first to the Jew, then to the Gentile. Romans 1:16, NIV.

Isaiah 55:8, Exodus 20:5, John 3:16, Isaiah 55:5-6, Romans 4:8, Acts 4:12, 2 Peter 3:9, John 17:17

# INJUSTICE

The children of Israel were in bondage 400 years before He mentioned He heard their cry. But He is listening. So, let’s not get weary in well-doing…

Lord God, do you not see? Don’t you hear my cry?

Many are they that trouble me. Many are they that rise up against me. And many are they that say there is no help for me in you.

Lord, do not deliver me to the will of my adversaries!

They speak falsely—bringing reproach, shame and dishonor to my very humanity. They seek my harm, breathing out violence against me.

But you said if you are for me, who can be against me?

My adversaries are all before you. How long will they blaspheme your name? O God, hurry to help me!

Let them be covered with reproach and dishonor, who seek my harm.

Grant me justice against my adversary!

I cry out. I cry out. I cry out for justice, but find none.

My head hangs wearily, my soul crushed in despair, but I persist—by your grace.

And will you not bring about justice for your chosen ones who cry out to you day and night? Will you keep putting us off?

**No.**

You, O Lord, are my shield. My glory and the lifter of my head.

Fearing, I cling to the promise you are with me. You will strengthen me and will surely help me.

You will uphold me with your righteousness right hand and contend with those who contend with me.

From you, Lord, comes my deliverance. May your blessing be on me. It’s in Jesus’ righteous name, I pray. Amen!

And will God not bring about justice for his chosen ones, who cry to him day and night? Will he keep putting them off? Luke 18:7, NIV

Psalm 3:1, Psalm 27:12, Psalm 74:10, Psalm 71:13, Psalm 3:3

# BONDAGE

Lord have mercy. Now more than ever, the Church needs courage to live free of public opinion. Make us bold…

Father God, I’ve seen the boldness of evil.

The wickedness that extinguishes lives you made fearfully and wonderfully.

Jesus said men’s hearts would wax cold in the last days. And now they’re as cold as the headstones marking the graves of so many.

And it grieves your Holy Spirit even more than it grieves me.

So, I come boldly to the throne of grace, seeking mercy in my time of need.

Father, I need an outpouring of your Spirit. And where the Spirit of the Lord is, there is liberty. Anoint me with your Spirit, regardless of my color, race and ethnicity, to bring your kingdom into culture.

I bind the spirit of fear and release the spirit of power, love, and a sound mind.

I repent of pride, the comfort of silence, and the fear of man’s opinion.

Father, give me boldness to preach the gospel to the poor—the poor in understanding and the poor in faith.

Give me compassion to heal those broken-hearted under the weight of oppression. May what breaks your heart break mine.

And give me boldness to declare freedom to those held captive by hate and anxiety. So that you loose them to live the life Jesus offered and to have that life more abundantly!

And to those blinded by years of apathy, fear, and complacency, I declare the scales be removed from their eyes.

Help me see, as you see—the dignity and beauty of every person, of every hue.

You are the Lord of the Breakthrough, so I say, “Come Lord, Jesus. Move by your Spirit and break every chain!”

It’s in the sovereign name of Jesus, I pray. AMEN!

“Anoint me to bring your kingdom into culture.”

“The Spirit of the Lord is on me, because he has anointed me
to proclaim good news to the poor.
He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free…” Luke 4:18, NIV

Psalm 139:14, Matthew 24:12, Hebrews 4:16, 2 Corinthians 3:17, 2 Timothy 1:7

# UNSTABLE

Make no mistake. Confusion is as much a choice as clarity. Let’s choose wisdom…

Lord, you told me to be in the world, but not of it. But the line gets blurrier by the day. One day I follow the wisdom of the world, the next I tout your Word.

And this double-mindedness makes me unstable in all my ways.

I repent of wavering between two opinions. You are God. I follow you, not the gods of this world: money, position, and power.

So I humble myself before you to receive favor I don’t deserve. And I submit myself to you: your heart, your perspective, and your way.

Only you can change the hearts of people.

So Lord, make my heart more like yours. I turn from every idol that turned my heart away from you.

Hatred, selfish ambition, and discord have no place in Kingdom people.

Because how can I praise you with my tongue and with that same tongue curse people made in your likeness?

So I lay myself before you and ask you to make me a vessel of your wisdom and peace. And I thank you that as I humble myself, you will lift me up.

Lord Jesus, it’s in your matchless name. I pray. Amen.

But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. For let not that man suppose that he will receive anything from the Lord; *he* is a double-minded man, unstable in all his ways. James 1:6-8, NKJV

John 17:14-16, Proverbs 21:1, James 3:10, 1Peter 5:6

# STUBBORN

Thank God He corrects you when you go wrong. It’s because you are His. And He loves you…

Father, I thank you for the gift of no condemnation for those in Christ Jesus. And because Jesus took my guilt and the punishment my sin deserved—you will never punish me.

But you *will* correct me.

You do it because a loving father is careful to discipline his children.

Your discipline proves my legitimacy as your child released from the bondage to fear, now calling you ABBA or DADDY, by your Holy Spirit.

But I don’t enjoy correction, even justifying my wrongs to avoid it.

I repent of my foolishness.

And I change my mind to view your correction like an earthly father’s correction.

No one likes his correction either—but in the end, he’s respected for it. Because he disciplined his kids as he thought best to keep them from self-destruction.

And for those of us who didn’t have a father growing up, your correction feels like *more* rejection.

But Father, you do all things well, pursuing me with love, and disciplining me, so I reflect you.

So I resemble my DADDY.

And because of it, I’m growing in integrity, enjoying the peace it brings.

So Holy Spirit, help me endure ABBA’s rebuke. Remind me it’s not out of anger. His correction is not to destroy, but to develop His character in me.

And Father, guide me in the way of wisdom. Lead me along straight paths because your correction is the way to life.

You are a good and faithful Father. And I honor you today and always. It’s in the name of Jesus, the Firstborn of many; I pray. Amen.

They disciplined us for a little while as they thought best; but God disciplines us for our good, in order that we may share in his holiness. Hebrews 12:10, NIV

Romans 8:1, Romans 12:2, Hebrews 12: 4-12

# BUSY

In a hustle culture, it’s easy to get so busy you can’t hear God. Wisdom tells you when to slow down…

Lord God, everywhere I turn, I see and hear people sharing their every thought.

The world is noisy with the opinions of man—often with nothing useful to say. Many acting as fools who have no pleasure in understanding, only delighting in airing their own opinions.

In these strange days and times, our ears itch for knowledge and insight.

But I spend so much time talking “at” others. When am I listening to you, Lord?

With nations in chaos and kingdoms crumbling, you lift your voice to tell me to be still and know that you are God. I will exalt you among the nations and in the earth.

So I look away from self and others to exalt you.

To magnify your name, your power, your word in every circumstance. As your temple, I ask you to fill us with your presence that all the earth would keep silent before you.

And I open wide my mouth asking you to fill it, Lord, so when I speak I add value, not noise. Your words are wisdom and life.

Laying aside all confidence in the flesh, I cry out for more of you.

Only you know the way I should go. I look to you for truth in the midst of confusion. And I center my life around Christ.

Speak Lord, I am listening. It’s in the eternal name of Jesus; I pray. Amen.

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 46:10, NIV

Proverbs 18:2, NIV, 2 Timothy 4:3, Psalm 81:10, Philippians 3:3

# DISCOURAGED

When God shows you what He has for you, you want it right away. And when you have to wait—especially for a long time—it’s easy to get discouraged. You need special strength to persevere…

Lord God, I know every day you’ve given me is another day closer to the fulfillment of my destiny.

And by your grace, you’ve allowed me to partner with you in the unfolding of your eternal plan.

Even in an outbreak, you blessed me with health, a measure of strength, and opportunities to bless others with my gifts.

And though I’m grateful, I get tired.

Tired of waiting to see the fruit of my labor.
Tired from fighting battles on every side.
Tired of working in isolation.

So, I thank you for special strength like the kind you gave Elijah—strength to outrun a king’s chariot.

I thank you that instead of condemning my weakness; you send help—the ministry of angels, human and divine.

Just as angels fed Elijah and strengthened Jesus in the Garden, and just as Simon helped Jesus carry His cross, so you’ll send me assistance and support.

You are not surprised or disappointed by my weakness because it’s where you display your strength.

So, I thank you for the things you’ve set my hands to do. May I do *them*—and no more.

I thank you for the pace of my race. And when I get tired, the special strength to see me through!

It’s in the mighty name of Jesus that I pray and declare. Amen!

Then the Lord gave special strength to Elijah. He tucked his cloak into his belt and ran ahead of Ahab’s chariot all the way to the entrance of Jezreel. 1 Kings 18:46, NLT

Psalm 91:11-12, 1 Kings 19:5-8, Luke 22:43, Luke 23:26

# TORMENTED

If you live with the constant fear something will go wrong at any moment, that’s torment. You’re not really living. And you’re certainly not living God’s best for you.

Father, you call me to live by the spirit of faith because it’s by faith you bring your plans to pass in my life.

But there is another spirit at work—the spirit of fear.

Not the situational fears common to us all, like checking my rear-view mirror when backing out of a parking space. But the consistent fear that torments day and night, consuming my thoughts.

That spirit of fear is the strategy through which the enemy tries to enforce his plans for my life.

I remember Job, a righteous man in your sight. You bragged about how he honored you in his worship and shunned evil.

And yet Job said the terror he dreaded had come to pass. Because he focused on that fear, Satan dared request he could attack Job in that area.

And while you ultimately preserved Job, even blessing him with double for his trouble, he still endured great suffering.

In this world I *will* have trouble, but Father, keep me from opening the door to trouble by entertaining a spirit of fear.

I thank you for the antidote.

I’m grateful I have something else to meditate on instead of the diet of fear the enemy serves me.

I savor your love instead—perfect and unfailing—because it’s for the *sense* I am unloved that I‘m gripped by fear and invite the enemy to wreak havoc in my life.

And since you are love, I fix my focus on you to experience perfect love, driving out fear.

And I receive the grace to do so, in Jesus’ name. Amen.

“The spirit of fear is the strategy through which the enemy tries to enforce his plans for my life.”

What I feared has come upon me; what I dreaded has happened to me. Job 3:25, NIV

Romans 1:17, 2 Timothy 1:7, Job 1-3, John 16:33, 1 John 4:18

# INDIFFERENT

Everyone wants to be seen and heard. But in this fast-paced, “me first” world, it’s the hardest gift to give each other. But God is able.

Father God, you’re a good, good father. You hear the cry of your people.

You heard Abel’s blood cry from the ground. The children of Israel’s cry because of their bondage. The cry of David unjustly hunted. The cries of children sacrificed in false worship. And the cry of the righteous, the humble, and the afflicted.

And you answer.

You answer compelled by love, because you are love. And your nature is the foundation of everything you do.

You gave me your Son, the only High Priest able to empathize with my weaknesses, tested as I am, but without sin.

Jesus entered my world, looking like me, seeking to understand my plight *before* saving me from the penalty of sin and its perpetual suffering. And always listening for how He can speak life into my dead situations.

But I’ve gone deaf to the cries of those around me, Father. Blind to the suffering of people you called believers to serve.

Made in your image, I struggle to walk in your likeness, indifferent to the anxieties, pains, and struggles of those outside of the religious cliques.

Forgive me, Abba.

Jesus, I repent of making light of your Word. You said to mourn with those who mourn. But forgive me for giving a well-rehearsed doctrine, instead.

Through the Apostle James, you said be quick to listen and slow to speak, but I rush to prove I have the corner on Truth.

So quick to condemn without empathy for the plight of the hearer.

And it grieves You—Father, Son, and Holy Spirit.

Forgive me, Lord.

Holy Spirit, give me ears to hear like you hear.
Give me a heart touched with what touches your heart.

And may the words of my mouth and the mediation of my heart be acceptable in your sight, O Lord, my strength and my Redeemer.

It’s in Jesus’ name, I pray. Amen.

“Holy Spirit, touch my heart with what touches your heart.”

This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. Hebrews 4:15, NLT

Exodus 3:9, Genesis 4:10, 1 Samuel 21-23, 2 Kings17:17, Philippians 2:6-11, Romans 12:15, Psalm 19:14

# DISSATISFIED

There’s nothing and no one who compares to God. He has no rival. But sometimes I fall for what looks shinier…

Lord, you are good and your mercy endures forever. One day in your house is better than a thousand elsewhere.

You saw me in my foolishness, burdened down with the weight of sin and shame.

And though I deserved punishment, to be cut off from you forever. You came and shed your blood, Jesus, to cover all my sin and forgive my iniquity.

You came, so I may have life and have it more abundantly while seen as right in the Father’s eyes—by faith.

So, Jesus, why aren’t you enough for me?

Why do I still satisfy my selfish desires at others’ expense, as if you don’t faithfully provide?
Why do I look to make myself known instead of making you known?

Why do I put my trust in the fallen people and things of this world despite your great love and faithfulness?

How many times will I need to be disappointed?
And how many times will I need to suffer the consequences of idolatry before I know you are Lord?

So, I turn away from the lust of the flesh, the lust of the eyes and the pride of life.

And I turn to you, the only true and living God, the Great I Am, full of grace and truth. I acknowledge my faith begins and ends with you, my life hidden in you.

I commit myself to the truth of who you are and all I am in you, to guard against the enemy’s temptations.

There is no one greater than you. And true to your name and the covenant signed in your Blood, you will withhold no good thing from those who walk uprightly.

And because of this, it’s in your perfect and glorious name, Jesus, I pray. Amen.

And I will establish My covenant with you. Then you shall know that I *am* the Lord…Ezekiel 16:62, NKJV

Psalm 84:10, John 10:10, Jeremiah 31:34, Philippians 3:3, 1 John 2:16

# ABSENTEE

We’re called to love, cover and care for our children. But sometimes the cares of this world distract us. And we leave them to fend for themselves.

Thank you, Lord, for blessing me to raise children who ultimately belong to you.

With awe, you uniquely crafted them in the womb, planning out all of their days, before they lived even one of them.

Thank you, that every one of your plans for them is good. Plans to prosper and not to harm them, plans to give them a hope and a future.

And I marvel at how you’ve equipped them with power and purpose.

You ordained strength in my children, even the infants, to restrain the enemy and all who oppose you.

What a blessing to partner with you in aiming them in the way they should go, confident in your promise that when they get old, they will not depart from it.

And because you said the Kingdom of God belongs to those with faith like children, it displeases you when people despise them.

So, help me love my children well, and value them as you do.

Forgive me for any way I sacrificed them for selfish gain.

And I ask that as they come and go, you watch over them, placing your hand of blessing on them.

Because of you, my children are mighty in the land—a generation blessed.

I declare they will have no fear of bad news, their hearts steadfast, trusting in you, Lord.

And because their hearts are secure, they will look in triumph on their foes.

It’s in your mighty name, Jesus, I pray. Amen!

And he took the children in his arms, placed his hands on them and blessed them. Mark 10:16, NIV

Psalm 139, Jeremiah 29:11, Psalm 8:2, Psalm 127:3-5, Proverbs 22:6, Luke 18:16, Psalm 106:35-38, Psalm 112: 2-3

# SHAKEN

All the uncertainty in the world today is enough to leave you shaken to your core. But you can pray to live anchored even when all hell breaks loose…

Father, this earth shakes violently all around us.

The earth quakes, waiting for the revealing of the sons of God.

Every system put in place by man’s greed is crumbling under the weight of the enemy’s assault.

And anyone who’s ignored your Son’s invitation to real life, eternal life, shakes in horror.

Because the shaking is removing everything that *can* be shaken so that what *cannot* be shaken—will remain.

And I, as one receiving the Kingdom that will never be shaken, rejoice.

I also pray, because the signs reveal the coming of Christ in all His glory and You desire that none should perish.

So, Father, I pray that everyone who doesn’t have a relationship with you chooses this day who they will serve. The failing gods of this world or the God who never fails.

I pray they choose life, realizing that if not for your Grace, they too would perish.

I rejoice in the peace that comes with faith in Christ. I rejoice in my relationship with you.

And I rejoice because since you cannot be shaken, neither can I!

Hallelujah to Jesus!

I give Him all the honor and glory for His grace and the wonderful things He has done for your children. And I pray this all in His holy name. Amen.

The words “once more” indicate the removing of what can be shaken—that is, created things—so that what cannot be shaken may remain. Hebrews 12:27, NIV

Romans 8:19, John 3:16, Matthew 24: 6-8, Luke 21:25-26, 2 Peter 3:9, Hebrews 12:28, 1 Corinthians 15:10

# UNRELIABLE

How do you stay balanced in a world that’s constantly shifting? You focus on what’s constant. You fix your eyes on who is consistent, so life’s turns don’t knock you flat.

Lord Jesus, in a time when seasons change, people change, and I change—I am grateful *you* never change.

You are faithful and true, loyal to your word and to me—even when I am not faithful to you.

In this time of stretching, it’s revealing my limits and the limits of those I am in a relationship with.

And discovering things and people, me included, is not what I thought—is unsettling.

And wrestling with insecurity is uncomfortable.

But you remind me I am safe because you are with me.

There is nothing about me, or what I’m going through, that surprises you.

You know everything about me and you’re committed to me, anyway—for life. Great is your faithfulness.

And in all that’s shaking around me, it’s your steadfastness that’s kept me.

Your promises are as sure as the earth I stand on, also upheld by your Word.

You said you would never leave nor forsake me.

My feet would have slipped if it had not been for you by my side. And leading the way. And covering my back.

So, I thank you.

No matter the fire of adversity or the circumstances threatening to drown me, you will never lose your firm grip on me.

You are with me always—even until the end of the age.

You are loyal. I can always count on you. And for that alone I give you the glory today, in your name, I pray. Amen!

“There is nothing about me, or what I’m going through, that surprises you.”

Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age. Matthew 28:20, NLT

Malachi 3:6, Romans 3: 3-4, Philippians 3:1-4, Lamentations 3:22-23, Psalm 145:13, Hebrews 13:5

# ABANDONED

When you feel like God’s not answering and it looks like He’s not doing anything about what you’re going through. You feel abandoned. Time to speak truth to feelings…

Lord, you are trustworthy in all your promises and faithful in all your ways.

You help all who fall and lift up all who those burdened and bowed down.

To all who look to you, you provide food when they need it. With an open hand, you satisfy the desires of every living thing.

Lord, you are righteous in all your ways and faithful in all you do.

You are near to all who call on you.

You fulfill the desires of those who worship you. You hear my cry, and you save me.

Lord, you are good to all, having compassion on all you’ve made.

All your works praise you, Lord.

I will tell of the glory of your kingdom and speak of your power. To make known to mankind your mighty acts and the majesty of your kingdom.

Your kingdom lasts forever, and your reign endures throughout all generations.

Great are you, Lord, and greatly to be praised. I will praise your name for ever and ever. Amen.

The Lord upholds all who fall and lifts up all who are bowed down. Psalm 145:14, NIV

Psalm 145

# DEVASTATED

Could you use a little joy right now?

I exalt you, O Lord, because you lifted me out of the depths and did not let my enemies gloat over me.

O Lord, my God, I called to you for help and you healed me.

Because you brought me up from the grave, sparing me from going down into the pit of despair.

When I felt secure, I said I will never be shaken, but when I couldn’t see your face, I was dismayed.

To you, Lord, I called for mercy.

Because what do you gain from my destruction, in my going down into the pit? I call out to you even now.

Thank you for hearing me, Oh Lord, for being merciful to me and being my help!

You heard my grief and comforted me as I mourn.

You turned my mourning into dancing. You gave me beauty for ashes, and the oil, the anointing of joy for mourning.

Yes, you removed my sackcloth and clothed me with joy.

Instead of my shame, you gave me a double portion of honor and a double portion inheritance in you.

Everlasting joy *is* my portion.

May my heart sing to you and not be silent. Oh Lord, my God, I give you thanks—forever.

It’s in your name, Jesus, I pray. Amen.

“To console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they may be called trees of righteousness, the planting of the Lord, that He may be glorified.” Isaiah 61:3, NKJV

Psalm 35:19, Psalm 30:3, 6-7,11, 12, Mathew 5:4, Isaiah 61:7

# HATED

It’s no fun being the focus of someone’s judgement or venom. But it’s what the Lord says that matters…

When hard pressed by my haters, I cried to you, Lord, and you brought me into a spacious place.

Lord, you, the great I Am, are with me, so I will not be afraid. What can mere mortals do to me?

Because you are my helper, I look in triumph on my enemies.

I learned it is better to take refuge in you, Lord, than to trust in people. It is better to take refuge in you, Lord, than to trust in those with titles.

My accusers surrounded me, but in the name of the Lord, I cut them off.

They surrounded me on every side, hoping to overwhelm me with despair, but in your name, Lord, I cut them off.

Their condemning words encircled me with the intensity of swarming bees. Then silenced as quickly as burning thorns, because in your name, Lord, I cut off their power over me.

They bullied me with their words, pushing me back till I almost fell under the weight of their condemnation—but the Lord helped me.

You chastened me for trusting in them, yes, but you did it justly. And you did it in love.

You redeemed me. You restored me because it’s *your* Name I bear.

The Lord is my strength and my defense; you became my deliverance and my victory.

I shall not die, but live, and declare the works of the Lord!

You are my God, and I will praise you; you are my God, and I will lift your name high.

I thank you, Lord, for you are good; your grace endures forever.

The Lord is with me; I will not be afraid. What can mere mortals do to me? The Lord is with me; he is my helper. I look in triumph on my enemies. Psalm 118:6-7, NIV

Psalm 118

# SELF-CENTERED

People with unhealed wounds don’t have the bandwidth to care about anyone else but themselves. But the healed embrace that they’re blessed, and have space to be a blessing.

Lord Jesus, you said how sweet it is when brethren live together in unity. And you taught us to love one another as we love ourselves.

To be patient and kind, to put away envy, pride, rudeness, and selfishness.

To be slow to take offense, focus on the good in people and rejoice when the truth wins.

You said love never fails, but I fail to walk in it.

I’ve been self-centered and quick to believe the worst about people. I’ve been easily offended, withholding the grace from others I so desperately depend on. And I know what it is to reduce the value of others to my last experience with them, forgetting life is a journey and none of us has arrived.

So, I lash out at others with venom and unforgiveness—and it grieves your Spirit.

You made me in your image and likeness for fellowship with you and other believers.

And you told me when two or more are gathered together in your Name, you are in the midst.

But I’ve prioritized my pride over your presence.

Lord, humble me. Grieve my heart with what grieves yours. I’m sorry, Lord, for making every single thing about me, when nothing ever is.

It’s not about “me, myself and I.”

And it’s never been about the wounds I inflict on others from my brokenness. It’s always been about restoration through what you suffered in yours.

I say it is so! And so it is, in your name, Jesus, I pray. Amen!

Be completely humble and gentle; be patient, bearing with one another in love. Ephesians 4:2, NIV

Matthew 22:39, 1 Peter 2:1, James 1:19, 1 Corinthians 13:5-6, Genesis 1:27, Matthew 18:20, 1 Peter 4:1, Isaiah 53:5

# WORTHLESS

Culture will try to tell you who you are and what you’re worth. But there’s only one who can give you your identity…

Father, in a world where people reduce us to numbers, trying to strip us of our value, I exalt your Word.

The Word written, the Word that put on flesh and dwelt among us.

And I remember you said, “Let us make man in Our image and likeness.”

I remember your Word says that when you made us, you called us *very* good.

And I believe you when you said you fashioned all our days before one of them came to be.

And here I am, your masterpiece fearfully and wonderfully made, created in Christ Jesus to do the good works you prepared in advance for me to do.

I am intentional, by your design.

So, I no longer disagree with what you’ve declared concerning me.

I repent of comparing my looks, temperaments, abilities and gifts to others—as if to say, you made me less than good.

No.

I come in agreement with you and celebrate the unique way you created each of us for our unique assignments in the earth.

And I do so humbly, because I am who and what I am, only by your grace.

I am the disciple whom Jesus loves.

I am the one He put on flesh for, the one He came and died for, the one He rose again for.

And I am enough because *HE* made me so.

And so it is, in Jesus’ name, I pray. Amen!

One of them, the disciple whom Jesus loved, was reclining next to him. John 13:34, NKJV

John 1:14, Genesis 1:31, Psalm 139:14, 16

# GRIEF

It’s easy to be thankful when things are going well. But when grief and loss hit, finding something to be grateful for is like looking for a needle in a haystack…

Lord Jesus, I bless you. Your praise shall continually be in my mouth. I command my soul to bless you and forget not all your benefits.

You forgive all my sins, heal all my diseases, and redeem my life from destruction.

So, I thank you for waking me up this morning. I thank you for health and strength. I thank you for a sound mind.

And though the cares and the sorrows of this world increase—your grace and mercy are greater.

I thank you for love inexhaustible and the blessing to share it with others.

And in these wicked days, I thank you that when the enemy comes in like a flood, you raise a standard against him. Putting him to flight.

Thank you for rest for the weary, and comfort for those who mourn.

In spite of inconvenience, in spite of disappointment, and in spite of grief, help me give thanks always, in all things.

Looking to you—the author and finisher of my faith, the Resurrected One, the Good Shepherd, the great I AM—for the hope, life, protection and power to prevail in this life and the one to come.

My thanksgiving is bigger than a holiday. It is the way of life you called me to. *Every day is a day of thanksgiving*.

Be glorified in my praise.

It’s in your matchless name, Jesus, I pray. Amen!

Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus. 1 Thessalonians 5:18, NLT

Psalm 34:1, Psalm 103:2-3, Isaiah 59:19, Matthew 5:4, Psalm 147:3, Hebrews 12:2, Revelation 1:18, John 10:11, John 8:58

# UNSURE

If I may, I’d be honored to pray for and speak a blessing over you…

Father, I thank you that by the Blood of your Son and the power of your Spirit, we can come boldly to your throne of grace.

I have no righteousness of my own, only the perfect righteousness of Christ himself. And it’s by His name, His authority, that I bless your people.

Thank you for this opportunity to pray over these you love.

Ones you’ve seen through many dangers, toils and snares, and now here they are—stepping into a life of prayer.

What’s ahead, only you know.

But I praise you *that* you know. You know the good plans you have for them—no matter how the plans *initially* appear or feel.

And I’m blessed to speak this blessing over your people.

Friend, the Lord bless you and keep you.

May He bless you to see He’s *already* blessed you with *every blessing* of heaven in Christ. In Him, you are fully stocked, lacking nothing.

The Lord keep you as you step into your next. May He be your shade at your right hand, protecting you round the clock, shielding you from dangers of every kind.

May the glory of the Lord’s grace and favor shine on you always. And may you always walk in peace assured the Lord looks in your direction—now and forever.

It’s in Jesus’ name—the name above every name—I pray. Amen.

“The Lord bless you and keep you; the Lord make His face shine upon you, and be gracious to you; the Lord lift up His countenance upon you, and give you peace.” Number 6:24-26, NKJV

Hebrews 4:16, Philippians 3:9, Jeremiah 29:11, Ephesians 1:3, Psalm 23:1, Psalm 121:5-6, Philippians 4:6-7

AN INVITATION TO CONTINUE

Now that you know what it’s like to talk vulnerably with God and that no topic is off limits, I encourage you to stay free.

Because absolutely nothing can separate you from the love of God, not shame, discouragement, or the awkward sense of distance between you and the Lord.

See them as invitations to draw closer to God by diving into his Word. And when a verse speaks to you, savor it and speak it back to the Lord in prayer. As you share from your heart and read the Bible regularly, Jesus’ words will find their way into your prayers.

And remember, your prayer life is personal, just like your relationship with Jesus. So don’t compare it to anyone else’s or to how you used to pray.

There are no grades, just grace in Jesus.

Just keep talking with him, conscious of his love for you, his desire to be known and to be God in every situation you face.

OTHER BOOKS BY VANESSA HARRIS

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