

## Prayer Quickies

Prayer is our mechanism for communicating and communing with God. It's a gift and a privilege, one that we often take for granted. God desires for us to commune with Him at all times (1 Thessalonian 5:16-18). Yet, many of us only "pray" when we hop out of bed, eat a meal, and drop back into bed. We're busy people yes, but just like you send a loved one a text message or two during the day, or talk with the girls over lunch, you can also cultivate a practice of communicating with God throughout the day. These "Prayer Quickies" shouldn't replace your purposeful and prolonged times with God but can help you cultivate a habit of communing with Your heavenly Father all day long!

### **PRAYER FOR STRENGTH**

Thank You God, for Your blessings. I'm in complete awe of how You're using little, old, ordinary me. But I gotta tell You, these times of molding and transforming make me want to pull my hair out. So please, dear Father, just let me come out of this particular situation still standing. In Your name, Jesus, I pray, Amen.

### **PRAYER FOR COURAGE**

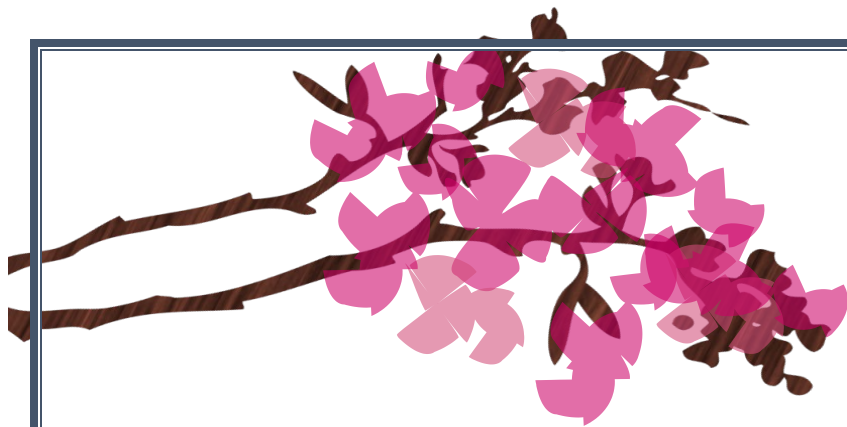
Dear Heavenly Father, I feel like I'm out on a limb here. But I believe You've led me here, so I'm asking You to give me the energy, the courage, and the faith to do Your will even when I feel like it's too hard. Bless me with Your peace, protect me under the shadow of Your wings, and comfort me with Your love. I pray in Your most precious name, Jesus, Amen.

### **PRAYER FOR MY OBEDIENCE**

Dear Heavenly Father, I'm committing my work to You. Like young Samuel, help me be Your faithful servant, always willing to heed Your call (1 Samuel 3:10). Thank You for the gentle nudges when I get off track and for working on my behalf even when I'm seemingly trying to make it all on my own. I pray in Your most precious name, Jesus, Amen.

### **PRAYER OF PRAISE**

Your Word oh God tells me that the best form of therapy is praise. You said that in everything I should give praise, and that means when things are going well and when things hit rock bottom. So here I am, kneeling before Your throne in full adoration, giving honor and glory to Your name. I come before You with praise and thanksgiving despite how I feel and despite my circumstances. I praise and honor You! In Your name, Jesus, I pray, Amen.



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### **PRAYER FOR RELEASE**

Dear heavenly Father, help me realize every day that You're in control and that there is no power above or beside You (Romans 13:1). Help me understand that even with all my experience, charisma, and vision, I cannot compare to Your greatness. Move me out of the way and use me as a simple instrument to share Your message of love, hope, healing, and restoration. Thank You for speaking to me and through Me. In Your name, Jesus, I pray, Amen.

### **PRAYER TO FOLLOW**

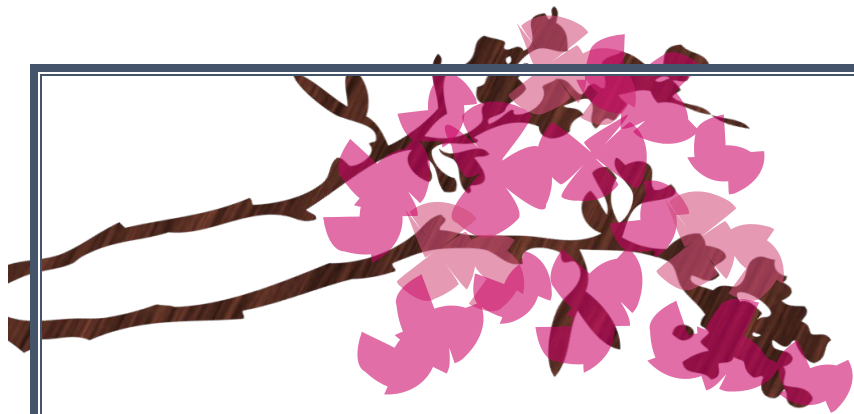
Thank You, God, for being so patient with me. How easily I forget to come to You with everything big or small, good or bad. I continually neglect to seek Your guidance as I've gotten too confident in self. Help me seek Your face daily. Order my steps. And lead me on your chosen paths and give me the mindset to follow. In Your name, Jesus, I pray, Amen.

### **PRAYER OF PRAISE**

I praise You, Oh God, because You are worthy. I praise You for loving me despite my flaws and all my mess. I praise You because You are everything that I need. You know me better than I know myself. And as You instructed the barren women in Isaiah 54, I too will praise You right now in anticipation of the breakthrough You have in store for me. In Your most precious name, Jesus, I pray, Amen.

### **PRAYER FOR UNDERSTANDING**

Lord I strive to know Your purposes for my life. Deplete me of self and anything that might hinder me from receiving discernment and understanding. Create in me a clean heart and renew a right spirit in me (Psalm 51:10) so that the words of my mouth and the meditation of my heart be acceptable in Your sight (Psalm 19:14). All these things I ask In Your most precious name, Jesus, Amen.



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### **PRAYER TO TRUST GOD MORE**

I trust You oh God because You've brought me through the darkest days of my life. You've helped me to be stronger, wiser, and more connected to You. Yet, I need Your help to trust You more. Help me to trust Your plan over and above my own. Help me to discern what it is that You'll have me do. Search my heart, and if You find any traits within me that are not like You, please take them away. In Your name, Jesus, I pray, Amen.

### **PRAYER FOR TRANSFORMATION**

Dear heavenly Father, please remove all doubt, fear, worry, and anxiety and fill me with the Fruit of Your Spirit – love, joy, peace, patience, faithfulness, kindness, goodness and self-control (Galatians 5:22-23). Abide in me and me in You, because together, Lord, we got this (John 15:4). Transform me. Recreate me. Renew me. Revive me. And allow me to live as the one You created me to be. In Your most precious name I pray, Jesus, Amen.

### **PRAYER FOR INCREASED FAITH**

I want to thank You, Holy Father, for leading me. You have been with me in the past, and I know You're with me now. I trust You, but I also pray that You will continue to help my unbelief (Mark 9:24). Although You've promised to never leave me nor forsake me, sometimes I'm still unsure and afraid. Please don't let fear consume me. Help me to invest my energies in trusting You. I believe dear Father, but I need you to help my unbelief. I pray in Your most precious name, Jesus, Amen.

### **PRAYER TO BE LIKE JESUS**

Dear Heavenly Father, help me to be more like You. Help me to speak truth in love and with compassion. Help me to encourage and to uplift. Grant me wisdom. Help me to be like an open vessel willing to be filled by You. Give me Your words and allow me to be Your mouthpiece. Help me to give unselfishly and to reflect You always. All these things I ask in Your most precious name, Jesus, Amen.