

# Truth PRAYERS



STRENGTHEN YOUR FAITH BY  
PRAYING GOD'S WORD

*Hallie Klecker*

# *Truth Prayers*

*Strengthen Your Faith By Praying God's Word*

by Hallie Klecker

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# *Introduction*

As I sat on my porch watching the October sunrise, the world around me unfolded into a picture of peace and flourishing. Birdsong rose from orange-tipped trees, warm rays of morning sunlight grazed the grass, wispy clouds scattered revealing a crisp sky. Early morning serenely ushered in a day bursting with possibility.

And I was miserable.

I wrapped my arms around my body and shivered in the autumn chill. Inside, my heart was quivering, too.

Fear and anxiety had me locked in their cold grip. My mind whirled with questions about the future, darting down one rabbit trail after another until I'd lost my way entirely. Uncertainty, insecurity, and doubt were rapidly gaining ground in the battlefield of my mind. I felt powerless and guilty. *I'm a Christian! A Bible believing, hymn singing, praying woman, and here I am warring with a demon I cannot seem to slay.*

Despite my best intentions to draw near to the Lord during times of acute anxiety, I was crumpling beneath a load I could not seem to carry. My heart sunk.

There on the porch, disheartened, fearful, and at a loss for words to pray, I opened my Bible and began to pray words directly from the pages. As I turned those ancient words into my own prayers, my soul began lifting. My mind cleared and my body stilled. By rooting

myself in truth in the midst of an attack, I began to gain confidence and unexpected peace.

I put pen to page and quickly scrawled out a prayer based on Psalm 94:19:

*When my anxious thoughts multiply within me, the consolation of Your Word is my delight. It soothes my ragged heart like a healing balm. Keep me in the fold of Your Word so that I do not become enslaved to worry.*

A few minutes later, I wrote another based on Lamentations 3:22-24:

*When my resolve to remain deeply rooted in faith shakes, remind me in mighty ways that Your lovingkindness toward me never ceases. Your compassions never fail. My soul's portion and sustenance are not found in fear. They are found in You! Help me this day and every day to cast my anchor of hope into the deep waters of Your faithfulness. My strength comes from You.*

They were the first in what would become many writings that I now call Truth Prayers. That morning on the porch, I was reminded of the powerful accuracy of John 8:32: the truth sets us free.

My prayer time that day renewed my heart and mind, but it did not banish my anxiety forever. Over time, as I continued to experience bouts of fear and worry, God graciously used His Word as a tool of both deliverance and healing for me in my weakest moments. When caught in a wicked spiral of anxiety, it became my habit to quickly open my Bible, seek God's wisdom on the pages, and delight in His truth through Scripture-inspired prayer.

These days, though I'm far from fearless and worry-free (I'm a human after all!), praying God's Word is a regular part of my life and is my tool of choice for working through areas of spiritual weakness. Truth-based prayer is not a one-time quick fix. It's a daily habit that has tremendous power to renew the mind and uplift the spirit when practiced regularly.

As I wrote this collection of prayers, the book of Psalms—already a precious book to me—became incredibly dear. The lyrical beauty, depth, honesty, pain, joy, and wisdom spilled across the pages will never fail to thrill and delight me. The book of Psalms alone speaks to the power of God's Word mightily. According to the Psalms:

- The Word of the Lord is pure, like silver refined seven times. (Ps. 5:1; 119:140)
- The Word of the Lord is upright. (Ps. 33:4)
- The Word of the Lord is performed and obeyed by His angels. (Ps. 103:20)
- The Lord remembers His holy Word. (Ps. 105:42)
- The Word of the Lord heals and delivers. (Ps. 107:20)
- The Word of the Lord revives. (Ps. 119:25, 50)
- The Word of the Lord produces reverence in His servants. (Ps. 119:38)
- The Word of the Lord offers comfort in affliction. (Ps. 119:50)
- The Word of the Lord is sweeter than honey. (Ps. 119:103)
- The Word of the Lord is a lamp. (Ps. 119:105)
- The Word of the Lord gives light and understanding. (Ps. 119:130)
- The Word of the Lord is truth, and every righteous ordinance is everlasting. (Ps. 119:160)
- The Word of the Lord is awe-inspiring. (Ps. 119:161)
- The Word of the Lord ignites joy. (Ps. 119:162)
- The Word of the Lord is a source of hope. (Ps. 130:5)

- The Word of the Lord runs swiftly. (Ps. 147:15)

It doesn't stop with Psalms, either. In the presence of Satan, Jesus equates the Word of the Lord to sustenance in Matthew 4:4:

*"But He answered and said, 'It is written, 'Man shall not live on bread alone, but on every word that proceeds out of the mouth of God.'"*

The wonders of His Word continue:

- Jesus is the Word made flesh, full of grace and truth. (Jn. 1:1, 14)
- Whoever hears the Word of the Lord and believes in Him has eternal life. (Jn. 5:24)
- The Word of the Lord is spirit and life. (Jn. 6:63)
- God's Word is sanctifying truth. (Jn. 17:17)
- God's Word is a sword. (Eph. 6:17)
- The Word of Christ dwells within His faithful followers. (Col. 3:16)
- The Word of God cannot be imprisoned. (2 Tim. 2:9)
- The Word of God is living and active, sharper than a two-edged sword. (Heb. 4:12)
- The Word of God, received in humility, is able to save souls. (Jas. 1:21)
- The Word of the Lord endures forever. (1 Pet. 1:23-25)

Hundreds of times over, the wonders of God's Word are proclaimed throughout the pages of Scripture. One of my favorite passages from Isaiah puts imagery to the Word of the Lord that takes my breath away:

*"For as the rain and the snow come down from heaven, and do not return there without watering the earth and making it bear and sprout, and furnishing seed to the sower and bread to the eater; so*

*will My word be which goes forth from My mouth; it will not return to Me empty, without accomplishing what I desire, and without succeeding in the matter for which I sent it.” (Is. 55:10-11)*

I am convinced that there is no better place to anchor our prayers than in the Word of God. His truth saves.

*“But as for me, my prayer is to You, O Lord, at an acceptable time; O God, in the greatness of Your lovingkindness, answer me with Your saving truth.” (Ps. 69:13)*



## To get the most out of this eBook:

1. Integrate these prayers into your life in a way that suits you best. For many, this will look like praying the prayers word for word. Others may choose to use the prayers as food for thought or as inspiration for creating their own Truth Prayers. I personally love reading prayers penned by others as part of my morning devotional time, as I find they often encourage me and reflect much of what I'm feeling. I don't always pray them word for word, but they often give me a jumping off point for my own personal prayer life. The point is that there's no right or wrong way to use these Truth Prayers. May they uplift, encourage, and challenge you no matter how you use them!
2. Read the Scripture verse(s) that accompany each prayer. You'll find them at the end of each prayer in parentheses. Though many of us tend to skip over parenthetical content when we're reading, that simply won't do here. You'll get so much more out of these prayers if you read and meditate on the Scriptures that inspired them.
3. Remember that prayer is both prescriptive *and* preventative. In other words, prayer is our spiritual medicine ("prescription") when we're in the throws of a particular problem, but prayer is equally powerful when used as preventative medicine before we're "sick." In my own life, I often turn to Truth Prayers when I'm dealing with anxiety—and they are incredibly helpful. Even more helpful, though, is when I keep myself so rooted in Scripture-based prayer that Satan's attempts to "infect" me with anxiety don't even work. There is great power in preventative prayer!

4. While these prayers are written in first person, the wording may easily be adjusted to pray as intercession for other people. I highly recommend this! Throughout the process of writing these prayers, one of the greatest joys I experienced that I didn't expect was praying Truth Prayers for other people in my life. (Colossians 1:9-12 is one of my favorite passages to pray for others.)

It has been a delight and privilege to put together this collection of prayers. Each one is beloved to me.

My greatest hope for you as you read these Truth Prayers is not that *my words* would speak to you, but that *God's Word* would speak to you. Apart from His truth, these prayers would not exist. Even before a single prayer made its way from my pen to the page, God knew them all. To Him be all the glory.

May these prayers encourage your heart and strengthen your faith as they have mine.

Blessings,

*Hallie*

*"The Lord is near to all who call upon Him, to all who call upon Him in truth."*

(Ps. 145:18)

# *Praise and Thanksgiving*

*Truth to pray to glorify and praise God*



*“O come, let us sing for joy to the Lord,  
let us shout joyfully to the rock of our  
salvation. Let us come before His  
presence with thanksgiving, let us shout  
joyfully to Him with psalms.”*

*(Psalm 95:1-2)*

I give thanks to You, Lord, for the abundant lovingkindness You've shown me. Your wonders appear everywhere I look. You've satisfied the parched places within me and filled my hungry soul with all that is good. I look to You for sustenance and You supply it. Greater still, the more I seek You the more of Yourself You give to me. I rejoice that You are not just the Giver, but You are the Gift. (Psalm 107:9, 21)



Feet firmly planted on Your promise of eternal life, O Most Holy God, I am reverent and thankful before You. Fractured though this world and my humanity may be, You look upon it and see a place and a people awash in Your love. In this lies such life-changing treasure: You could have looked upon the grievous sins of the world with the eyes of a tyrant king fuming with unquenchable indignation, but You did not. In a magnificent and undeserved brushstroke of grace, You instead gave Your Son over to the dark powers of death so that He could take upon Himself the sins of the world—past, present, and future—and rise again to offer eternal life to those who believe. The magnitude of this gift is staggering. These two words are woefully inadequate, but I offer them from a singing heart: thank You. (John 3:16; 1 John 2:25)



Heavenly Father, creation speaks so beautifully of Your mighty hand and majestic ability. Ever the Artist, You formed the world from a palette dripping with vibrancy, light, and life. The heavens declare Your wonders, the days pour forth speech, the nights reveal knowledge. You spoke creation into existence, and now creation speaks to reveal *Your* existence. The farthest seas trust in You. You make the dawn and the sunset shout for joy. The hills wear rejoicing

as a garment. All the earth echoes with vibrations of the ancient Eden-song—the hymn of abundance and praise You tucked into this place long ago. Thank You for Your creativity, Lord. Keep my ears attentive to the whispers of creation that testify to You. (Psalm 19:1-2; 65:5, 8, 12)



Thanks be to You, God, for granting me a victorious life in Jesus Christ. With eternal life stretched out before me, I have no need to fear earthly powers or the sting of death. In Jesus I am destined for a heavenly home where one day I will offer a string of ceaseless praises face to face with my Creator. Praise the Lord! (1 Corinthians 15:56-57)



You, Lord, are able to do far more in me than I will ever ask for or think possible. Through the power of the Holy Spirit alive in me, You can accomplish the unfathomable. My language is too limited—I cannot come close to expressing the gratitude that fills me. No words will do. May the chief end of my existence here on earth and beyond be to glorify You and to make Your name great forever and ever. (Ephesians 3:20-21)



I bless You, Gracious God. I praise You with all that is in me. For You are Yahweh, the one true God who daily bears my burden. You extend Your arm and help me. You alleviate the weight of sorrow from my shoulders when it becomes crushing. You are the Comforter because You are the comfort, the Savior because You are

the salvation, the Deliverer because You are the deliverance. I thank You for who You are—and who I am in light of You: saved, helped, held forever in Your palm. (Psalm 68:19-20)



Thank You for beaming Your redeeming light into my life, Jesus. May my light shine brightly before others, illuminating the good works in my life that would point them to my Father in heaven who so earnestly desires that all would come to see Him and love Him. I praise You for the way You sought me out and rescued me from the perils of darkness. May others see Your light in me as a lantern that beckons them to boldly step out of the shadows and come to You for their salvation. (Matthew 5:16)



Lord, I confess that my prayers to You often sound like a long list of requests and needs to be met. I am grateful for Your listening ear, but in this moment I come before You asking for nothing. Let my praise rise to You instead. May my voice harmonize with the celestial tones of the angels in saying these words from Scripture: "Blessing and glory and wisdom and thanksgiving and honor and power and might be to our God forever and ever. Amen." (Revelation 7:12)



In Your hands are the depths of the earth and the peaks of the mountains, O God. Divine skill, power, and might belong to You. May my life be a hymn of worship directed to You. May the posture of my heart remain bowed in reverence as I seek to honor You in all that I do. I kneel before You, Lord my Maker, in awe that the same

hands holding the mountains fashioned my body and spirit. A thousand praises unsealed from my heart rise up to Your throne room. A thousand praises, and there are still thousands more. May my life resound with tolls of endless adoration. (Psalm 95:3-6)



Highest praises be to You, Lord. Your everlasting love and righteousness rain down mercifully on those who fear You. My days on earth are like fragile flowers, flourishing in fair weather but swiftly blown away by the wind. In the span of eternity, my days here take up but an inch of the miles-long timeline. But Your love toward me, Lord, will not run out. You are faithful to keep Your promises to those who keep seeking and remembering You. Thank You for Your constancy despite my frailty, Lord, and for Your enduring nature that never gives up on me. (Psalm 103:15-18)



Let me not be ashamed of my hope in You, O God. Let my mouth speak praise freely and abundantly in the midst of many. For You have done great things for me, Lord, and I am glad. May joy overflow in all areas of my life, regardless of where I am or who I'm with, and may my speech reflect the greatness of who You are. You deserve to be honored and lifted high in all places, by all people. May it begin with me. (Psalm 109:30; 126:3)



My soul overflows with thanksgiving, Lord, because of Your forgiveness toward me. At the sound of my confession, You faithfully forgive my sins and cleanse me from all unrighteousness. You

restore what is scarlet to a hue as white as snow. You transform what is crimson into what is pure like wool. I praise You and thank You for Your readiness to forgive me when I kneel before You in contrition. You delight in repentance. I delight in Your compassion. (Isaiah:1:18; 1 John 1:9)



# *Wisdom*

*Truth to pray when you need  
God's guidance*



*"But if any of you lacks wisdom, let him  
ask of God, who gives to all generously  
and without reproach, and it will be given  
to him."*

*(James 1:5)*

Lord, direct me in the way of wisdom at all times. Give me a soft and sponge-like heart that absorbs Your guidance readily and with joy. Set wisdom as a guard around me and as a faithful eye to watch over me. You have made known to me the rewards of wisdom. Help me to walk in the ways of understanding and discernment. When decisions big and small arise in my life, I ask that You would help me to acquire wisdom above all else. By prizing her, she will exalt me, You say. By honoring her she will embrace me. By acquiring her she will present me with a garland of grace and a crown of beauty. Train me to be wise, I pray. (Proverbs 4:5-9)



Lord, I am so lacking in wisdom. My life often feels like a jumbled, foggy mess that I can't seem to sort out. But in the midst of the confusion, I am ever grateful that You are a good, good Father who gives guidance generously to those who ask in faith. Keep me rooted in Your protective truth as I seek direction. Steady my heart and keep me from being tossed around like a wave in the sea. (James 1:5-6)



The riches of Your wisdom and knowledge are deep, God. So unsearchable are Your judgments and so unfathomable are Your ways that I cannot even begin to comprehend them. Who can know Your mind? Who can be Your counselor? So much mystery shrouds You and Your ways, but I find joy in embracing what I cannot know because *You* are all-knowing. My soul finds rest there. Fuel my joy as I continue to seek You, learn what You have for me, and accept the mysteries as beautiful, unopened rooms that contain wonders too great for my finite mind to understand. From You and through You

and to You are all things. May the glory be Yours forever. (Romans 11:33-36)



Lord, it's so easy for me to turn to others for advice when I'm facing decisions and uncertainty. Instead, help me to first come to Your Word, entering into Your presence with a soft heart ready to receive Your truth. Your Word is a testimony to the vastness of Your divine wisdom. This testimony is my delight. Counsel me according to Your Word. (Psalm 119:24)



Light my path with Your Word, O God. Like a lantern illuminating a shadowy trail, cast Your light upon the path of my life and direct me in where I should go. (Psalm 119:105)



Gracious God, I pray that You would fill me up to brimming with the knowledge of Your will by giving me spiritual wisdom and understanding. I want to walk in a way that is worthy of You, Lord, to please You in every way and bear rich fruit as I increase in knowledge of You. Strengthen me with Your glorious power and might so that I may attain steadfast obedience, patience, and joyful thanksgiving in my life. (Colossians 1:9-12)



According to Your Word, Lord, there is a time and a season for everything under heaven. Help me to discern when it's time for me

to tear down or to build up, when it's time to keep searching or to move on, when it's time to hold on or to let go, when it's time to be quiet or to speak up. You have appointed a time for everything in my life. Wisely guide me through the process of making good decisions amidst life transitions. (Ecclesiastes 3:1-8)



Lord, it is Your kingdom that I seek before all else. Before asking the opinions of others, before deciding of my own mind what steps to take next, before seeking the approval of men, I come to You and put Your Word before and above all other pursuits. Your kingdom come, my kingdom go. (Matthew 6:10, 33)



Guide me and uphold me, Lord, as I seek to walk as a wise follower of You, making the most of my time here on earth as Your servant. Evil consumes this place like an aggressive cancer, feverishly overtaking unprepared souls. Flood my mind and heart with the light of Your goodness, Lord, anchoring my feet securely into what is right, true, and honorable. Help me understand Your will more and more as I grow stronger and wiser in my walk with You. (Ephesians 5:15)



Guard the gate of my mouth, God, and teach me to speak with grace and maturity. Wisdom is found on the lips of the discerning, and those who are wise store up knowledge. Nothing but ruin will come to those who speak foolishly. Forgive me for the times when I speak rashly from a place of folly, Lord. Forgive me for the occasions

where I use many words when just a few would do. Train me up in wisdom and patience so that thoughtful, God-glorifying speech becomes a habit and thinking before I talk becomes second nature. (Proverbs 10:13-14, 19)



Lord, this world is increasingly darkening beneath the wily schemes of the devil. I ask that You strengthen me and help me stand firm against the spiritual forces of wickedness so rampant in this day. Shelter me with wisdom as I daily put on the protective armor You have made available to me: truth, righteousness, the gospel of peace, faith, salvation, the Holy Spirit, and fervent prayer. You are my strength and my shield, Lord. I trust in You. (Psalm 28:7; Ephesians 6:10-18)



Make my ear attentive to wisdom, O God. Instill in me the fervency and zeal to search for her as hidden treasure, for in doing so I will discover Your knowledge and attain understanding. You have stored up wisdom for the righteous, Lord, ready to give it generously to those who seek You. You preserve the way of Your godly ones. You answer them when they come to You hungry for help. When I struggle with making decisions, remind me that I have to look no further than You for instruction. From Your mouth come knowledge, understanding, and wisdom. May they enter my heart and be pleasant to my soul. (Proverbs 2:2-10)

# *Courage*

*Truth to pray when you need  
strength and boldness*



*“Be strong and let your heart take  
courage, all you who hope in the Lord.”  
(Psalm 31:24)*

Oh Lord, the path toward destruction and folly is wide and crowded in this world. I admit with a repentant heart that I have traveled down that path too many times, straying from the straight and narrow way which You desire for me. Give me the courage to break free from the perverse direction of the culture, to resist the temptation of following its wayward course, and to instead be one of the few who chooses the narrow path that leads to abundant life. (Matthew 7:13-14)



Faithful God, when my resolve to remain deeply rooted in faith shakes, remind me in mighty ways that Your lovingkindness toward me never ceases. Your compassions never fail. My soul's portion and sustenance are not found in fear. They are found in *You*. Help me this day and every day to cast my anchor of hope into the deep waters of Your faithfulness. My strength comes from You. (Lamentations 3:22-24)



Lord, I take heart that You sympathize with my weaknesses and are well acquainted with the griefs of this world. It's difficult to face uncertainties and unknowns with courage. It's in my frailty and fear that I all the more draw near with confidence to Your exquisite throne, where I find mercy and grace to help me in these times of need. (Isaiah 53:3; Hebrews 4:15-16)



Heavenly Father, I often feel like a kindred spirit to Peter as he walked toward You on the waves. When the wind whirls in my life

and storms threaten to shake my footing, like Peter I grow frightened and begin to sink beneath the turbulent tide of doubt. I serve a mighty God, but I confess that my faith is often feeble. Breathe strength into these shaking limbs and steadiness into these wobbly feet. Save me, Lord, from sinking. (Matthew 14:28-33)



Lord, embolden me to stand firm against the schemes of the devil that seek to destroy my confidence. Do not let the enemy rejoice over me. Though I may fall, help me to rise. Though I may find life dark at times, be the illuminating light for me so that I may derive strength for today and bright hope for tomorrow from from Your salvation. (Micah 7:7-8)



God, it absolutely amazes me that as a follower of Jesus I have within me the mind of Christ. *The mind of Jesus Christ the Messiah!* I want to approach all that I do from that victorious mental place. Worldly tribulation may arise, but I take courage because Jesus has overcome the world. (1 Corinthians 2:16; John 16:33)



It comforts and encourages me, Lord, to know that You preserve the faithful. Those who love You have nothing to fear, for You are with them—behind them, in front of them, beneath them, and above them. May my love for You expand daily and my heart grow strong in courage as I place my hope in You. When hoping is hard and despair presses in close, preserve me. Keep my feet from slipping. (Psalm 31:23-24)





Heavenly Father, it reassures me to recall that even Mary, the mother of the Savior of the world, experienced fear and became distraught at the foretelling of her Son's birth. Though we are Your children, none of us are immune to fear and questioning. I turn my concerns and doubts over into Your hands. I cling to the truth that while I don't *fully know* the plans You have for my future, I am *fully known* by my all-seeing God. You are the Mighty One who has done and will continue to do great things for me, and holy is Your name. (Luke 1:28-30, 49)



Gracious God, I am struggling to pray from a place of boldness and confidence. Though I know that Your power and greatness are immeasurable, I find myself doubting that my prayers will be answered. My weak words too often come from a place of disbelief, though it shames me to admit it. Empower me with spiritual boldness so that my requests to You may rise up from a fervent and audacious heart, believing with all my being that You are a generous and unchanging Father from whom every good and perfect gift descends. (James 1:17)



Who is great like You, God? What wonders and strength compare to Yours? I derive my confidence from You because Your way is holy and Your character is unchanging. Power and might enthrone You. Even the deepest waters tremble when they see You. Thunder bellows and lightning slices the sky at Your command. You make Your paths in the churning waters of the sea, but Your footsteps are

not found. You are thunderous and You are quiet. You are seen and You are invisible. From the storehouses of Your great power, supply me with courage of spirit that reflects the greatness of who You are.

(Psalm 77:13-14, 16-19)



Lord, when evil tidings abound and frightening news thickens the air of this present age, help me to trust in You. I know that You uphold the hearts of the trusting. You keep them steadfast. Help me firmly fix my eyes above the fray of the world to see the redeeming beauty of Your incomparable strength and divine plan. (Psalm 112:7)



You, O Lord, do not just supply my confidence. You *are* my confidence. The greatness of knowing You is enough to bolster my heart when it despairs and fortify my mind with courage when it turns weak. When sudden fears arise and wickedness whirls like an angry storm, remind me that I need not be afraid, for You are at my side. You are closer than I will ever comprehend. Sink this reality deep into my being, I pray. (Proverbs 3:25-26)

# *Patience*

*Truth to pray in seasons of waiting*



*“My soul, wait in silence for God only; for my hope is from Him. He only is my rock and my salvation, my stronghold; I shall not be greatly shaken.”*

*(Psalm 62:5-8)*

God, when my heart stirs within me and impatience is kindled, help me to rest in You. As I wait with longing for You, I will not fret because of others who seemingly prosper in their way more effortlessly than me. Instead of striving to do what is appealing in man's eyes, grant me a willing spirit to carry out with patience the work that pleases You. You know every angle of my heart and are well acquainted with the challenges I face. (Psalm 37:7)



Gracious Lord, I derive strength from Your kindness and compassion toward me. You are not slow about fulfilling Your promises to me as many count slowness, but You are patient toward me, desiring my heartfelt repentance and faithfulness. Help me to imitate such a spirit of patience in my own life, remaining diligent and peaceful in my pursuit of knowing You. (2 Peter 3:9)



My soul waits in silence for You only, God, for You are my rock and my salvation. When I have unanswered questions and find myself waiting for Your plan to be revealed, I know I shall not be shaken because You are my stronghold. I trust You at all times, Lord, and I pour out heart my heart before as I wait for Your Word to come swiftly. You are a refuge for me. (Psalm 62:5-8)



Lord, water my heart with Your abundant grace and truth and fill me with the Spirit so that the fruit of the Spirit may flourish within me. Instruct me in the way of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Grant me a

patient heart as You perfect the good work which You began in me.  
(Galatians 5:22-23; Philippians 1:6)



Strengthen my heart in patience, O Lord, as I wait for Your coming.  
As a farmer waits for the precious produce of the soil to come to  
yield, instill in me diligence as I cultivate faithfulness while waiting  
expectantly for Your return. (James 5:7-8)



Lord, sometimes I do not even know what I'm waiting for, but I sense  
a restlessness in my spirit that gives way to strong feelings of  
anticipation. I wait expectantly for the works of Your hands to be  
revealed, for I know You are orchestrating awesome things for my  
future. I take heart in the truth that You act on behalf of those who  
wait for You, meeting the ones who rejoice in doing righteousness.  
Since ancient times no ear has heard and no eye has seen a God  
besides You. (Isaiah 64:3-5)



I will wait for You, Lord, at all times. I will not despair because of my  
circumstances or things that seem to be going wrong in my life. My  
heart takes courage in the brilliance of what You've done for me,  
rescuing me from the perilous way of unbelief and setting me on a  
course toward eternal life. I know that those wait for and place their  
hope securely in You have no cause for shame. You shower those  
who look to You with radiance. (Psalm 25:3; 27:14; 34:5)



Heavenly Father, it is for Your Word that I wait eagerly each day. Your truth is my daily sustenance. In seasons of waiting when it's easy to feel starved for answers and explanations, I ask that You satisfy me with the true bread that gives life to the world: Jesus Christ. Fill me with the light and truth that come only from seeking more of Jesus. I know that I will never hunger and never thirst when I turn to You for sustenance, for when You open Your hand You satisfy the desire of every living thing. (Psalm 145:16; John 6:32-35)



Lord, so many plans take root in my heart, competing for space to grow and bloom. I'm an impatient gardener, grumbling and slumping my shoulders when progress comes slowly—or when it isn't visible at all. But while the plans in my heart are many, Scripture reminds me that it is *Your* counsel that stands. Seasons come and seasons go. Some plans bloom, others wither. Teach me, Master Gardener, what it means to fully yield the soil of my heart to You. Grant me patience as I nurture plans along kindly, but help me hold them with loose hands, resting in the saving truth that Your high and heavenly counsel will prevail over mine. (Proverbs 19:21)



May You be forever blessed, God, for in Your possession are Almighty power and wisdom. When the world seems to be spinning apart to my human eyes, I recall that *You* are the one who holds this spinning globe in Your hands. *You* change the times and the seasons. *You* appoint rulers and remove them in due time. *You* are the supplier of wisdom and knowledge. Try as I may to discern unknowable things, You alone possess knowledge of things that are

hidden from my view. Though You know what gathers in the darkness, it is light that dwells with You. You are trustworthy. Supply me with patience as I wait with eagerness for You to change, appoint, supply, and reveal *what* You choose, *when* You choose. (Daniel 2:20-22)



Heavenly Father, do You hear my prayers? Have You overlooked the words I've directed to You? Though You seem distant, my soul eagerly waits for You, more fervently than even a night watchman waits for morning. Doubt may threaten to cloud my view, but my hope in Your word is the firm foundation upon which I stand. I will wait for You to part the fog, to answer me, to make clear what now is blurry. And You will do it, for with You there is lovingkindness and abundant redemption. O Redeemer, how I wait for You. (Psalm 130:5-6, 7)



Keep me rooted in the richness of Your love, O God, and do not let me drift away impatient and frustrated with the hardships of remaining steadfast in faith. Fortify my faith when I am weak. Flood me, Holy Spirit, with counsel and truth to keep me on the straight and narrow. Give me an eagerness and earnestness in my heart as I wait readily for the mercy of Jesus to bring me to eternal life. Along the way may my heart sing ceaseless praise, never growing weary in lifting high the name of Jesus. (Jude 1:21)

# *Trust*

*Truth to pray when it's hard to  
trust God*



*"When I am afraid, I will put my trust in  
You. In God, whose word I praise, in God I  
have put my trust; I shall not be afraid.*

*What can mere man do to me?"*

*(Psalm 56:3-4)*



Lord, the turbulence of my life circumstances are causing me great distress. But You are my hiding place. Preserve my spirit from trouble and surround me with songs of deliverance. Help me to be open to Your instruction and teach me in the way I should go. I will lean on You, trust in You, and be confident in You.  
(Psalm 32:7-8; Proverbs 3:5)



Hear me, O Lord, as I cry out to you. I am afflicted and in such need. I feel weak. Keep me in a strong place, Lord. Instruct me in the steps I should take, for without Your teaching I will go astray. Join all the purposes and resolutions and affections of my heart together to fear and to glorify Your name. Because You are good, merciful, and ready to forgive, I will call upon Your name and You will answer me. (Psalm 86:1, 11-12, 15)



Draw near to me, God, and do not turn Your ear away from my breathing, from my crying for help. Help me to exhale the negative and inhale fresh life from Your Word. You are God and Your words are truth. (2 Samuel 7:28; Lamentations 3:55-57)



Lord, I don't understand everything. I don't understand the why. I don't understand the waiting. I don't understand the suffering. But this I know is true: You are holy, eternal, unchanging, and You never make a mistake. Your Word never falls void. In You, who I praise, I put my trust. I will not fear. (Psalm 56:3-4, 11)



Jesus, I confess that my trust in You wobbles too often. When the enemy tries to sabotage my belief and shake my trust, bring Your Word to my mind swiftly. I pray for a heart that is not troubled, but one that believes in You with deep, unshakable conviction. Strengthen my trust beyond my wildest imaginings. (John 14:1)



Gracious God, the troubles of this present age are constantly before me. They spin in my mind like leaves that swirl in the autumn wind. Help me, Lord, to recall the mighty deeds that You have done since ancient times. When my heart is restless and worried, I will anchor my trust in You, the God who works wonders. Transform my fear into trust and my trust into praise. (Psalm 150:2)



Father, I ask for help today to be steadfast in my trust, immovable in my convictions, and abundant in the work that I do for Your kingdom. I know that I do not labor in vain when I do my work for You. Direct me with Your guiding hand through this day. (1 Corinthians 15:58)



Your Word, Lord, is full of promises, each one buoying my soul and fortifying my resolve when my inclination to trust wavers. Keep me attentive to Your Word, finding an abundance of good there. You promise blessing for the one who trusts in You. As I cling to the truth of Your Word, may I become rich in its riches, made mighty in its

power, filled with joy by its hope, satisfied by its delights, and spurred on to a God-glorifying life by its message. Lord, increase my faith. (Proverbs 16:20)



Teach me how to be a lover of Your law, God. Those who love Your instructions have great peace. Nothing causes them to stumble. Teach me to walk as this kind of child—one who delights greatly in You, who treasures Your Word in their heart so that they may not sin. Bolster my trust in Your power and majestic ability. Invigorate my love for You and Your Word that it may rise unreservedly from my heart, a willing offering soaring skyward to the foot of Your throne. (Psalm 119:11, 165)



In You, Yahweh, the one true God, I place my trust. The night sky itself proclaims Your magnificence and skill. You lead forth the stars in their great number, calling each of them by name. Because of Your immense might and strong power, not one of them goes missing. Oh Keeper of the Stars, there is none like You. No one equals You in authority or ability. You are in both the loudest crack of thunder and the softest whisper, the starriest night sky and the deep core of the earth. Trustworthiness and lovingkindness flow freely from You. (Isaiah 44:25-26)



Dear Jesus, how grateful I am that You are the most holy door through which I can enter safely, following You as a sheep does its shepherd. My trust is secure in You, the Good Shepherd who came

to welcome, to save, and to grant abundant life. Help me to hear Your voice, to know its tones, to respond to its calls, and to follow You. In the laying down of Your life, You gave me one that will never end. Tucked securely in my heart is the eternal promise that I will never perish or be taken from Your hand. I am forever alive in You.  
Thank You, Jesus. (John 10:9-11, 27-28)

# *Joy*

*Truth to pray when you need  
deep and lasting joy*



*“Glory in His holy name; let the heart of  
those who seek the Lord be glad.”  
(1 Chronicles 16:10)*

Lord, when I have eyes only for what I lack, restore to me a holier vision—one that sees all that You supply regardless of my circumstances: strength and salvation. Help me to exult in You, victorious because of the identity You've given me, no matter the season of life or the trials that I face. (Habakkuk 3:18-19)



Heavenly Father, I've felt the vitality drain out of my body because of a broken spirit. I've felt the ache of despair settle into my bones and the tightness of depression wrap like a strong tendril around my muscles. Health begins funneling away the moment my spirit becomes downcast. Ignite joy in my heart again, Lord. May it heal like good medicine that soothes, strengthens, and sustains. (Proverbs 17:22)



Help me make joy a holy habit, Lord, that I daily choose to practice. I want to rejoice in You always and *in all ways*, to come to You in prayer without ceasing, and to offer up thanksgiving in everything. Grant me a diligent, faithful heart in this endeavor. When it's easier to complain, despair, and worry, stir up the Spirit within me so that I clearly see the error of my ways and return to the path of joy where freedom illumines the way forward and peace joins me like a kind companion. (Philippians 4:4; 1 Thessalonians 5:16)



Seeking You is a pathway to joy, Lord. Glad is the heart that turns to You and glorifies You. The pleasures of this world are miseries compared to the delight of pursuing You and watching for Your

wonders. I pray that You would magnify my joy more and more as I seek You and Your strength. Worldly joy is fleeting and temporal. What You give is long-lasting with eternal worth. Increase my hunger for more of Your good gifts. (1 Chronicles 16:10-11)



Lord God, weave joy and grace into my speech. Let the words that proceed from my mouth lift others up, edifying them at the most fitting moment. May the tones of my voice echo with the joy I have in You so that others may see it is God who I serve with gladness. May my actions and choices also speak to Your power and goodness. Help me live a life that speaks well of You. (Psalm 100:1-2; Ephesians 4:29)



In times of distress, God, I take heart that hope and joy are closely linked companions. You are the God of hope, able and willing to fill me with joy and peace according to my belief in You. Make me abound in hope by the power of the Holy Spirit, so much so that it fuels rejoicing and gladness within me. Visit me often with such inexplicable joy that it can only be attributed to You. (Romans 15:13)



Heavenly Father, how easily and readily I accept good things from You with joy. But when undesirable outcomes and circumstances arise, I often ball up my fists into tight knots and refuse to accept them joyfully. If my joy is flighty and reactive, dependent upon what You give me and how I feel about it, what does that say about me? I cringe at the answer. Forgive me, Lord, for my snobbery and

ingratitude. Instill in me an unshakable joy that remains steadfast. May thanksgiving be the song that ushers me into the gates of Your presence and praise the anthem I bring into Your courts. (Job 2:9; Psalm 100:4)



Lord, all Your work is done in faithfulness. Even when I am faithless and joyless, You stand ready to supply me with all that I need if I just come to You and ask. Draw near to me on the wings of grace when I call to You. Bolster my faith and rekindle my joy when they wane weakly. You are my help, Lord. No other person, possession, or substance saves me like You do. In the shadow of Your wings, safe and protected, I will sing for joy. (Psalm 33:4; 63:7)



Sow light and gladness like seed in my heart, O Lord. I long to be glad in You, to rejoice in You continually. Fill me up to brimming with the fruit of the Spirit—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. You have planted me into Your Son with the calling to bear much fruit. Diligently and with eagerness I look to You and expect joyfully to grow more and more into what You've intended me to be: a fruitful branch. (Psalm 97:11-12; John 15:8; Galatians 5:22)



Father, kindle afresh in my heart the power of Jesus' world-altering arrival. Take me in spirit to the shepherds in the hills watching their flocks. Let me hear good tidings of great joy with attentive ears, and in hearing, let me again rejoice, believe, and praise You with fresh



zeal. I easily grow dull to the story of Your Son's arrival and what it meant for all of mankind. Open my eyes anew to see it not merely as a long-told story, but as a here-and-now reality. Salvation and this journey toward eternal life are my reality every day because I believe in Jesus Christ—the man who came to this earth to be born for me, to live for me, to die for me, and to rise again for me. May my heart spill over with new joy at this most precious gift. Glory to God in the highest. (Luke 2:8-12, 14)

# *Perseverance*

*Truth to pray when you need to  
press on*



*"Let us not lose heart in doing good, for  
in due time we will reap if we do not  
grow weary."  
(Galatians 6:9)*

Lord, to persevere when things aren't going the way I planned is hard and sometimes heartbreaking work. Supply me with the moral excellence, the knowledge, and the self-control to persevere with godliness, kindness, and love. I know that if these qualities are mine, bestowed upon me by You, I will be a nourished and fruit-bearing tree for Your kingdom, which is my utmost desire. (2 Peter 1:5-8)



Jesus, thank You for reassuring me of the eternal dwelling place You are preparing for me. The trials of this world are weighing me down. I long to be where You are. I eagerly await the day when You will come again to take Your children to the place that You have prepared for them. Until then, still my troubled heart and strengthen me in the way that only You can. When the world presses in, shower my days with hints and outlines of my true home. (John 14:1-4)



Gracious Lord, I will not lose heart in doing good, for I know that if I do not grow weary I will reap a beautiful harvest in due time. Even when I am challenged, I will sow unto the Spirit so that I will reap from the Spirit eternal life and all the treasures You have stored for me there. (Galatians 6:8-9)



God, when my energy wanes like dying light at the close of the day, whisper reminders over my soul that You are the Everlasting God, the Creator of all things who does not become weary or tired. You do not slumber. Replace my weariness with strength and my

weakness with increased power to persevere. I thank You for Your inscrutable understanding. (Psalm 121:3; Isaiah 40:28-29)



Lord, I confess that it is not always easy to love others. Even when it does not come naturally and comfortably, help me to remain fervent in my love for other people, being hospitable without complaint, for this persistent love covers a multitude of sins. (1 Peter 4:8-9)



Lord Jesus, I long to fight the good fight of faith in Your name. When I want to give up, prompt me by the power of the Spirit to keep pursuing righteousness, godliness, faith, love, perseverance, and gentleness. Give me an extra measure of strength and energy to seek what is good and flee from what is evil with a diligent and disciplined heart. (1 Timothy 6:11-12)



Thank You, God, for satisfying those who are weary and refreshing everyone who is fainthearted. When the enemy tries to chip away at my confident, persistent heart with carefully crafted lies, speak Your unchanging truth over me so that I may rise up with new strength. Renew my mind daily, even hourly, so that I will not conform to the patterns of the world. Shield me and fortify me with Your truth. (Jeremiah 31:25; Romans 12:2)



You, my God, are a refuge for me and a tower of strength against the enemy. Though Satan attempts to thwart my way by distracting me with temptations that will destroy my steadfastness, I call to You from my place of need because I know You hear the cries of those who are faint in heart. Lead me to the high rock where I can stand firmly and securely, being persistent in faith and constant in joy. (Psalm 61:2-3)



When it's tempting to give up, Lord, remind me that I am Your living workmanship, destined for good works which You prepared for me to do long ago. I am created to create, to do, to serve. Sustain me with a joyful, eager, courageous spirit as I seek to be not just a hearer of Your Word, but a doer. Guide my actions and my speech as I press on to work heartily for the furthering of Your kingdom, energized by the Spirit in every way. (Ephesians 2:10; James 1:22)



Lord, how much You delight in those who hold fast to righteousness and faith. You take no pleasure in the one who shrinks back from the way of faithfulness. Though I know this, I confess that I'm not immune to cowardice or to walking out a weak, watered-down faith. When those times of spiritual timidity arise, forgive me and restore deep, abiding conviction and hope in my soul that pulls me away from destruction and toward life and light. Supply me with endurance to walk out my one life well. (Hebrews 10:38-39)



Like the spring rains watering the earth, Lord, come shower me with grace and nearness in this moment of need. Weariness and fatigue have clouded my vision and made it murky. Exhaustion has given way to the cold and sunless winter of apathy. Break forth as a golden dawn in my life and melt away the chill so that I may once again see with clarity the path You have laid before Me. I want to know You, Lord, to press on to know You more. Renew springtime in my heart again. (Hosea 6:3)



God, keep me alert and sober-minded in this age of confusion. Many voices compete to be heard. I ask that You make my ears inclined first and foremost to hear from You. Out of the darkness You have called me into the light. You have made me a child of the day. Permeate my life wholly with this beautiful truth so that I may walk as one filled up with the radiance of Christ. (Ephesians 5:8; 1 Thessalonians 5:5-6)

# *Deliverance from Anxiety*

*Truth to pray when worry  
grips you*



*"Do not fear, for I am with you; do not anxiously  
look about you, for I am your God. I will  
strengthen you, surely I will help you, surely I  
will uphold you with My righteous right hand."  
(Isaiah 41:10)*

Lord, according to Your Word, You will strengthen and help me when I am at my weakest. I need not fear or anxiously look about me, for You will uphold me with Your righteous right hand. Weave this truth into the fabric of my soul so that I carry it with me wherever I go. (Isaiah 41:10)



Jesus, Your instructions to not worry about tomorrow are challenging for me. When I think about the future and all its unanswered questions, my mind begins to hurricane. My thought life quickly spirals out of control. But Your Word reassures me that my Heavenly Father will provide for all my needs when I seek His kingdom and set my mind on things above. I cast my cares upon the One who knows all about them even before I do. (Matthew 6:25-34; 1 Peter 5:7)



Lord, I know that a heart chewed up by worry is a heart divided. When I focus on my worries, my focus is not on You and all areas of my life quickly become vulnerable to attacks from the evil one. Forgive me for my double-mindedness. I cannot serve two masters. I choose to serve You and You only with all my heart, with all my soul, and with all my might. (Deuteronomy 6:5; Luke 16:13)



Heavenly Father, when my anxious thoughts multiply within me, the consolation of Your Word is my delight. It soothes my ragged heart like a healing balm. Keep me in the fold of Your Word so that I do not become enslaved to worry. (Psalm 94:19)





Oh Lord, how often I waste my mental energy on things that do not matter. Forgive me for squandering the currency of my thoughts on meaningless cares about things I cannot control. Instead of setting my mind on that which is fleshly, help me to set my mind on the things of the Spirit so that I may gain life and peace. Be the strength of my heart forever. (Psalm 73:26; Romans 8:5-6)



When the devil seeks to win the battlefield of my mind, Lord, I pray that You would strengthen and protect me from the evil one. Guard my mind and heart with peace, and draw near when anxiety threatens to overtake me. The abiding peace You offer me in my hour of need is my greatest hope. Thank You for Your faithfulness. (2 Thessalonians 3:3)



Almighty God, I confess that I have bowed down to the idol of worry far too many times, handing over the territory of my soul to an undeserving false god. You are the only God I ever want to serve. Help me as I turn from worshipping worry to worshipping You. I do not want to place any other god before You. Direct my thoughts toward *Your* kingdom, *Your* power, and *Your* glory. May my anxieties flee and my trust prevail. (Exodus 20:4)



I praise You, God, for sealing my heart with the Holy Spirit, for where the Spirit of the Lord is, there is liberty. As Your child I am no longer

enslaved to the masters of fret, panic, and worry. I am free from the heavy chains of insecurity, comparison, and paralyzing fear. You have liberated me from a life lived unto the standards of the world and have shown me a better way. Help me to live in light of this radiant truth. (2 Corinthians 1:22; 3:17)



The pit of anxiety is a dark place, Lord. I've been there too often, sitting in the shadows paralyzed by worry, racing thoughts, and gripping fear. Forgive me for my devotion to such a greedy god. Come, Lord my God, and light the lamp of my soul. Illumine the cavernous places of my life with Your light, for You Yourself are Light and in You there is no darkness. Shine upon me and scatter the shadows of anxiety that press in on me like a crowd. Build up my trust and increase my peace. (Psalm 18:28; 1 John 1:5)



Heavenly Father, I ask boldly for swift deliverance from the cycle of worry that I am caught in. Anxiety is a hungry python that slithers soundlessly into my life, squeezing the joy and hope out of me quickly and ruthlessly. Earnestly I ask for Your saving hand to sweep low and pull me up out of this miserable place. Replace my anxious thoughts with a renewed mind, my racing heart with one calmed and steady, my restless spirit with one of unshakable trust. You have seen me at the worst moments, Lord. Do not keep silent. Do not be far from me. Stir Yourself up and awake to my need, I pray. (Psalm 35:22-23)



I cry to You, Lord. How I cry in this trouble. You are faithful and willing to bring me up out of my distresses, even ones as persistent as chronic worry. This is not a good place to be and yet here I remain, helpless to escape the anxious thoughts that pursue me unless I call upon You for deliverance. Please Lord, cause this storm to be still and the waves tumbling within me to be hushed. You grant quietness and calm. You guide those who call upon You to the haven of rest that they so deeply desire. Steer me into the tranquil waters of safety where hope is deep and Your grace is abundant. (Psalm 107:28-30)



Draw near to me, Father, as I work tirelessly to dwell on things that are true, honorable, right, pure, lovely, of good reputation, excellent, and worthy of praise. Multiply these things in my mind and heart so that there will be no opportunity to give in to anxiety. Through prayer I come to You confident and watchful. I lay my requests before You fervently and faithfully. Guard my heart and mind with the incomprehensible peace that is forever mine in Christ. Highest praises be to the Prince of Peace. (Isaiah 9:6; Philippians 4:6-8)

# *Repentance*

*Truth to pray when your heart  
is contrite*



*“Be gracious to me, O God, according to  
Your lovingkindness; according to the  
greatness of Your compassion blot out  
my transgressions. Wash me thoroughly  
from my iniquity and cleanse me from  
my sin.”*

*(Psalm 51:1-2)*

Lord, have mercy on me, a sinner. Never has a day passed where I have not been guilty of sin in Your sight. Forgive me for failing to come to You in confession and contrition. Concealing my transgressions leads not to prosperity but to angst and anguish. A spirit of secrecy drains away my vitality and drives my body and soul to misery. I come to You now with open hands and a transparent heart, withholding nothing from You. I confess and forsake my sins. Hear me, Lord, and in hearing, forgive. In forgiving, grant me compassion. (Psalm 32:3-4; Proverbs 28:13)



O Most Holy God, I confess that my worship has been weak, my prayers have been hasty and infrequent, and my desires have originated from selfish places. I speak but I do not act. I judge but I do not offer mercy. I ask but I do not believe. You have convicted me of my wrongdoing and I am moved with godly sorrow. Tears are the liquid language testifying to my failure to keep Your word. This sorrow over my sin is pushing me toward the salvation You so graciously extend me. Humbly I accept it, Lord. Save me from repeating these sinful patterns in the days to come. Forgive me. Take my hand and lead me in Your better way. (Psalm 119:136; 2 Corinthians 7:10)



Humble and broken I come before You, Father, for my selfishness has robbed You of the worship You deserve. My eyes have seen with horrifying clarity the unworthy idol that I've been serving: myself. In making myself my god, pride and arrogance have replaced humility and reverence. Strip me of this sinful garb and cleanse me as only You can. I repent, Lord, and I return with eagerness to You. I rest in

Your faithfulness to forgive, and there I find salvation. Make quietness and trust my strength. Deliver me from the allure of selfish sin and help me walk in a holy way. (Isaiah 30:15)



I praise You, Lord, for You are good and ready to forgive, abounding in lovingkindness to everyone who calls upon You. I am sin-filled, but You are grace-filled. Open my eyes to see the exceeding deformity of sin and give me a willing spirit to recognize and repent of its presence in my life. May there be joy among the angels at the sound of my repentance, and may rejoicing resound in Your heavenly home as I forsake sin, my greatest evil, and pursue more of You, my greatest good. (Psalm 86:5; Luke 15:10)



Gracious God, pardon my sins—past and present, felt and unfelt, remembered and long forgotten. I have walked by flesh when I should have walked by the Spirit, elevating my own kingdom above Yours. I have lingered in the darkness when I should have run into the light. Forgive me, Lord, and teach me daily to walk by the Spirit as a child of Light. Crucify every sinful desire within me. Remove from me the temptation to follow a wayward path and reveal to me the endless delights of living for You. (Galatians 5:16, 24-25; Ephesians 5:8)



Humbly I seek You, Father. Crushed in spirit and grieving over my unrighteousness, I call upon You. Draw near and hear. Even my holiest efforts in this life are tinctured with selfishness. My

confessions are far less frequent and heartfelt than they should be. I have no loom upon which to weave my own robe of righteousness, Lord. I cannot clothe myself with enough garments to hide my sin. Abundant pardon belongs only to You. Purge what is unclean from my heart and cloak me with the righteousness of Christ. Extend compassion to me as I return to You. (Isaiah 55:6-7)



Forgive me, Lord, for speaking loosely and igniting fires with the words that proceed from my mouth. The very world of iniquity exists on the tip of my tongue. I've uttered useless words that have led me into unavoidable transgression when I should have exercised restraint. I've spoken like a fool when I should have kept silent in wisdom and discretion. I repent of this area of sin. Set a guard over my mouth and keep watch over the door of my lips, Lord. May the words I say and the heart from which I say them be beautiful to You. (Psalm 141:3; Proverbs 10:14, 19; James 3:5-6)



Save me, Father, from the love of the world and the pride of life, from every sinful way that comes so naturally to me in my fallenness. I confess my sin, all of which is too frequent and too willful. I am brokenhearted, Lord, for the wickedness of the world has too often caught my eye like a shiny trinket glinting in the briars—and I've gone after it. Forgive my deviant heart and help me to remain on the alert, watchful and ready to resist the devil who prowls around like a roaring lion, seeking to devour me. I praise You, Lord, for You are not a hungry beast but a guarding Shepherd. I return to You—a wayward sheep, a prodigal child—eager to accept the new mercies You have for me. (1 Peter 2:25, 5:8)



According to Your lovingkindness, O God, be gracious to me. I am mindful of my sin constantly. It is ever before me, closing in tight like smoke in a locked room from which I have no escape. Remember the greatness of Your compassion when You look upon my transgressions. Wash me thoroughly from the stains of my iniquity. Cleanse me so that I am whiter than snow. (Psalm 51:1-3, 7)



Heavenly Father, I am brokenhearted over the ways that I have sinned against You. Carelessness and irreverence have stained my choices, words, decisions, and habits. My spirit is shattered within me because I have turned my back on You more times than I can count, arrogantly thinking I could chart a better course on my own. I see clearly now the flagrant error of my ways. I have nothing to give You accept a repentant, contrite, mournful heart. May it be a most holy sacrifice to You, one that You do not despise, but instead redeem. Visit me in nearness with Your salvation. Mend my broken heart so that it may once again hold the waters of grace. (Psalm 34:18; 51:17)



I rejoice, Lord Jesus, that You are the Great Physician, willing and able to cleanse the unclean, to heal the hurting, to bind up the wounded, and to strengthen the weak. At the sound of Your voice, healing flows and cleansing occurs. You came for the sick and for the sinners, to call them to repentance. I pray that You would cleanse me of my spiritual sickness, drive out the sinful roots of disease in me,



and restore joy and gladness in every part of my being. Hear, O  
Lord, and in hearing, heal. (Luke 5:12-13, 31-32)

# *Hope in Suffering*

*Truth to pray when you're facing pain  
and adversity*



*"You who have shown me many troubles  
and distresses will revive me again, and  
will bring me up from the depths of the  
earth. May You increase my greatness  
and turn to comfort me."*

*(Psalm 71:20-21)*

Lord, even before there is a word formed in my mouth, You know it. You are intimately acquainted with all of my ways. You are closer than I can comprehend. I ask that You search me, know my heart, and acquaint Yourself with my anxious thoughts. See the hurtful ways within me and lead me in the everlasting way. I rely on You for my deliverance and comfort. (Psalm 139:3-4, 23-24)



God, when my soul is overwhelmed within me and I feel defeated before I even begin doing what needs to be done, I remember that You are Yahweh, the one true God who will accomplish all that concerns me. Your lovingkindness is everlasting, reaching far deeper, wider, and higher than I will ever know. Help me to rest in this promise moment by moment. (Psalm 138:8)



Heavenly Father, despite the difficulties that I'm facing right now, I am pressing on to know You more deeply. Your going forth is as sure as the dawn and as certain as the spring rains which water the earth. I can count on You to pull me through. It is in the midst of trials that I am drawn closer to You and made to rely more on Your provision, wisdom, and sustenance. Help me remain steadfast in my devotion to You regardless of my circumstances, for I know that You delight in loyalty. (Hosea 6:3, 6)



Lord, in the midst of intense suffering when I feel that You are far away, strengthen my heart and renew my spirit day by day. The earthly, temporal things often steal my entire focus. Help me to see

through the veil of these momentary afflictions to what lies ahead: the eternal glory that these trials are producing for me. Remind me that the sufferings of this present time are not worthy to be compared with the radiant glory that is to come. (Romans 8:18; 2 Corinthians 4:16-18)



Gracious God, the hand of suffering is heavy upon me. In the darkest moments, words flee and I don't know what to say to You or how to offer prayers from such a downcast soul. I trust that in Your great concern for me, You are the silent but ever merciful witness to my misery and grief. I cling to the truth that Your favor for Your godly ones lasts a lifetime. Weeping may last for the night, but joy follows on the wings of dawn. Hope blooms from sadness. Light chases the dark. Evening is followed by morning. Be the rock to which I cling in this night of my soul. Come, oh most holy Sunrise, and guide my feet into the way of peace. (Psalm 30:5; Luke 1:78-79)



Lord, when my troubles and distresses stretch before me like a mountain range—vast, insurmountable, daunting—I remember that Your righteousness reaches to the heavens. You have done great things and there is no one like You. In my despair and suffering, revive me. Pull me up from the depths with the incomparable strength of Your mighty hand. Though I have seen many bitter troubles, You are attentive to my needs and powerful to save me. Restore gladness to this sorrowful heart. Rain down comfort like a holy flood. (Psalm 71:19-21)



Heavenly Father, You are not blind to the way my soul is sagging beneath its heavy load. I am stumbling and I am exhausted. Insecurity has brought me to a wilderness of suffering. My self-image has grown brittle, fragile—like a sheet of early November ice, whisper thin, a breath away from shattering. The more I compare myself to others, the more I wither away, losing sight of who I am in You. Beam the truth into my soul that in Christ, I am beloved and bought with a price. Weave confidence and wonder into my heart. Delight me with freedom and surprise me with joy as I plant my feet on the solid promise that You have given me: You are Immanuel, God *with* me and God *within* me. Because of You I am exceedingly, extravagantly loved as Your child. (Isaiah 7:14; Matthew 1:23; 1 John 3:1)



Lord Jesus, in this season of pain, I pray that You would comfort, encourage, and strengthen my heart. Do not let negativity or complacency proceed from my mouth and taint my actions, but instead fill me up with wonderful hope that flows from the eternal comfort I take in the knowledge of Your grace toward me. There is no brokenness of heart that You cannot bind up. Thank You for mending what is broken within me. (2 Thessalonians 2:16-17)



Dear Jesus, do not let me sink into despair amidst my earthly suffering. For though I am bound to face adversity here in this place, I rejoice in the truth that nothing—no tribulations, distresses, persecutions, dangers, people, created things, not even death itself—that can separate me from Your eternal love. Nothing I do can make You love me more, and nothing I do can make You love me less. In

turbulence, Your love is secure. In peril, Your love is saving. In death, Your love is victorious. Illuminate my heart with hope and rejoicing over these things. (Romans 8:35, 38-39)



Father of mercies, You comfort me in my afflictions. You set hope before me like a glowing sun that beckons me to draw nearer and grow warmer in the light of who You are: the God of all comfort. Let the comfort which I myself have received from You flow through me into the lives of others who need encouragement amidst their own adversities. Comfort is abundant in Christ. Tune my life to sing the sweet anthem of the gospel. May it fall on hungry hearts and attentive ears. (2 Corinthians 1:3-5)



Lord, this is my comfort in affliction: Your Word has revived me. The pages of Scripture are a garden of treasures. I mine them and unearth gem upon gem, each one a prized gift from Your hand. Revive me daily in Your ways, Lord. Use Your truth to gladden my heart, renew my spirit, uplift my thoughts, and direct my actions. Speak truth over me and into me. Flood me with restoration. (Psalm 119:50)



Lord, in times of suffering it's challenging to believe that You are good. When I cannot see You at work or feel You near me, in Your unsearchable greatness make Yourself known to me. Reveal a glimpse here, a flicker there, each hint kindly pointing me to Your close and active presence. Mercies are over all the works of Your

hands. Thank You for granting me mercy in my moments of shaky belief. You are the Sustainer of all who fall down. You raise up all who are bowed low. Raise me up in faith, Lord, that I may be stronger tomorrow than I am today. (Psalm 145:3, 9, 14)

## About the Author

**Hallie Klecker** is a writer, recipe developer, cooking coach, and personal chef. She is the author of two cookbooks and the creator of the blog Daily Bites ([dailybitesblog.com](http://dailybitesblog.com)), where she shares words and recipes that nourish body and soul. She lives in Madison, Wisconsin.

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