

## INTRODUCTION

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*One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, “Lord, teach us to pray, just as John taught his disciples” (Luke 11:1 NIV).*

Do you ever wonder why Jesus prayed?

He is God, isn't He? Why would *He* need prayer?

From what we know of Jesus in the Gospels, He is often praying. Luke 5:16 mentions that Jesus frequently withdrew from the crowds so He could pray. And at one of the most pivotal points in His ministry, before His arrest and crucifixion, prayer is the first thing Jesus turned to in His distress: “Then Jesus went with his disciples to a place called Gethsemane, and he said to them, ‘Sit here while I go over there and pray’” (Matthew 26:36 NIV).

It seems one of the reasons Jesus prayed was to lead by example. And, when a disciple asked Him how to pray, Jesus responded with what we know as the Lord's Prayer:

“This, then, is how you should pray:

‘Our Father in heaven,  
hallowed be your name,  
10 your kingdom come,  
your will be done,  
on earth as it is in heaven.  
11 Give us today our daily bread.  
12 And forgive us our debts,  
as we also have forgiven our debtors.  
13 And lead us not into temptation,  
but deliver us from the evil one.  
For yours is the kingdom and the power  
and the glory forever. Amen.’”  
(Matthew 6:9-13 NIV)

This one prayer demonstrates at least six types of prayers: worship (v. 9), submission (v. 10), petition (v. 11), confession (v. 12), dependence (v. 13a) and faith (v. 13b).

## HOW TO USE THIS BOOK

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This book of prayers will walk you through the six different types of prayer over the course of six weeks, using Scripture to guide you. There will be a short prompt before each prayer as a way to take some time and reflect.

You can use this book however you like. You might choose to pray the worship prayers every day for a week, or do a different type of prayer each day. Or maybe you won't even plan it out, and just choose the type of prayer you feel led to each day. It's up to you!

Here are the six types of prayer outlined in the Lord's Prayer:

### PRAYERS OF WORSHIP:

*Our Father in heaven, hallowed be your name (Matthew 6:9).*

God has many characteristics, some more apparent to us depending on our season of life. These prayers declare who God is and what He's done for us.

### PRAYERS OF SUBMISSION:

*Your kingdom come, your will be done, on earth as it is in heaven (Matthew 6:10).*

While God has a purpose and a plan for our lives, it can be easy to get distracted from what He wants for us in the midst of temptation. These prayers recommit our will to God, reminding us who we belong to and whose plan we're following.

### PRAYERS OF PETITION:

*Give us today our daily bread (Matthew 6:11).*

These may be some of the most common prayers we pray today — bringing our needs to God. Petition prayers appeal to God for help in some way, whether it be healing from sickness, courage in the midst of fear or strength while we're facing hardship.

#### PRAYERS OF CONFESSION:

*And forgive us our debts, as we also have forgiven our debtors  
(Matthew 6:12).*

The purpose of these prayers is to confess our sin to God, and ask Him for repentance. We are in constant need of confession, to God and to others, because as long as we're on this earth, we're prone to sin against God.

#### PRAYERS OF DEPENDENCE:

*And lead us not into temptation, but deliver us from the evil one  
(Matthew 6:13a).*

These prayers declare our need for God. We must remember that, in good and bad seasons, we can do nothing apart from God.

#### PRAYERS OF FAITH:

*For yours is the kingdom and the power and the glory forever.  
Amen (Matthew 6:13b).*

These prayers declare faith in God based on His sovereignty over all created things, and that what He has spoken we believe to be true.

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# Prayers of Worship

*Our Father in heaven,  
hallowed be your name.*

**Matthew 6:9**



GIVE GOD THE GLORY • PSALM 29:1-5

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*Ascribe to the LORD, you heavenly beings,  
ascribe to the LORD glory and strength.  
Ascribe to the LORD the glory due his name;  
worship the LORD in the splendor of his holiness.  
The voice of the LORD is over the waters;  
the God of glory thunders,  
the LORD thunders over the mighty waters.  
The voice of the LORD is powerful;  
the voice of the LORD is majestic.  
The voice of the LORD breaks the cedars;  
the LORD breaks in pieces the cedars of Lebanon.*

Does this verse make you want to jump up and down? It should!  
God's majesty is evident everywhere. It's overwhelming to try and  
wrap our minds around God's dominion over nature — He has  
power over everything. What excites you most about this  
Scripture?

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*Dear God, You alone deserve the glory! Everything in nature points to You and Your majesty. Everything I see You spoke into existence, and for that I fix my gaze on You ...*

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PRAISE THE LORD IN THIS MANNER •  
1 CHRONICLES 16:8-14

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*Give praise to the LORD proclaim his name;  
make known among the nations what he has done.  
Sing to him, sing praise to him;  
tell of all his wonderful acts.  
Glory in his holy name;  
let the hearts of those who seek the LORD rejoice.  
Look to the LORD and his strength;  
seek his face always.  
Remember the wonders he has done,  
his miracles, and the judgments he pronounced,  
you his servants, the descendants of Israel,  
his chosen ones, the children of Jacob.  
He is the LORD our God;  
his judgments are in all the earth.*

King David brought the ark of the covenant — a symbol of God’s presence — to Jerusalem and pitched a tent around it so the Israelites could offer sacrifices to God. During this time, David appointed certain people to “minister before the ark of the LORD” (1 Chronicles 16:4). This song was to instruct them on how to give praise to God. According to this song, what are some of the ways we should worship?

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*Dear God, I give all my praise, worship and adoration to You. I worship You for what You've done, and for what You will do. I rejoice in Your continued faithfulness, knowing that You hold everything together. Nothing is beyond Your reach ...*

[illegible]

## THE LORD REIGNS • PSALM 99:1-5

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*The LORD reigns,  
let the nations tremble;  
he sits enthroned between the cherubim,  
let the earth shake.  
Great is the LORD in Zion;  
he is exalted over all the nations.  
Let them praise your great and awesome name—  
he is holy.  
The King is mighty, he loves justice—  
you have established equity;  
in Jacob you have done  
what is just and right.  
Exalt the LORD our God  
and worship at his footstool;  
he is holy.*

As Christians, we are to believe the Lord *lives*, and that He *reigns*. There's a big difference, isn't there? The fact that God exists and the fact that He is in control of everything means two very different things — if He's in control of everything, He's in control of your life. How can this be a source of delight or comfort for you?

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*Dear God, everything belongs to You. You are King over all the earth, over all the nations. I praise Your great and awesome name — the name above all names! You love justice and equality, and only do what is right ...*

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SALVATION BELONGS TO OUR GOD •  
REVELATION 7:9-12

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*After this I looked, and there before me was a great multitude that no one could count, from every nation, tribe, people and language, standing before the throne and before the Lamb. They were wearing white robes and were holding palm branches in their hands. And they cried out in a loud voice:*

*“Salvation belongs to our God,  
who sits on the throne,  
and to the Lamb.”*

*All the angels were standing around the throne and around the elders and the four living creatures. They fell down on their faces before the throne and worshiped God, saying:*

*“Amen!  
Praise and glory  
and wisdom and thanks and honor  
and power and strength  
be to our God for ever and ever.  
Amen!”*

Reflect on this passage from Revelation today as you marvel at how good God is. Revelation is a prophetic book, with visions of a future yet to be realized. Can you imagine if you saw “a great multitude that no one could count, from every nation, tribe, people and language,” all standing before God in worship?

Take some of the words and phrases from this passage and use it for your own prayer today. This is how you can begin:

*Dear God, salvation belongs to you. You alone are worthy to receive all the praise and glory and wisdom and thanks and honor and power and strength ...*

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*Oh, the depth of the riches of the wisdom and knowledge of God!  
How unsearchable his judgments,  
and his paths beyond tracing out!  
“Who has known the mind of the Lord?  
Or who has been his counselor?”  
“Who has ever given to God,  
that God should repay them?”  
For from him and through him and for him are all things.  
To him be the glory forever! Amen.*

A doxology is a formula for expressing praise to God. In the Bible, it is used in both the Old and New Testament. They include two elements: an ascription of praise to God, and a declaration of His infinite nature. In Romans 11, after Paul explains the promises of God to Israel that will one day be fulfilled, he naturally concludes in this doxology of praise. Why should we declare glory and praise to God on a regular basis?

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Use the space below to write your own prayer:

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## *Prayers of Submission*

*Your kingdom come,  
your will be done,  
on earth as it is in heaven.*

**Matthew 6:10**

## GOD IS A GOOD FATHER • HEBREWS 12:7-11

*Endure hardship as discipline; God is treating you as his children. For what children are not disciplined by their father? If you are not disciplined — and everyone undergoes discipline — then you are not legitimate, not true sons and daughters at all. Moreover, we have all had human fathers who disciplined us and we respected them for it. How much more should we submit to the Father of spirits and live! 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. No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.*

Have you ever endured discipline from the Lord? Were you able to see “a harvest of righteousness and peace” later on?

As you pray today, remember that while submitting to God’s will may be painful, He is using it for your good and His glory. This is how you can begin:

*Dear God, thank You for being such a good Father to me. I know You are gracious and fair in all of Your ways, and that when You discipline me it’s not because You’re mad at me — it’s because You love me ...*

## LOSE YOUR LIFE TO SAVE IT • LUKE 9:23-25

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*Then he said to them all: "Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will save it. What good is it for someone to gain the whole world, and yet lose or forfeit their very self?"*

Jesus was always forthcoming about what was in store for His followers. While God's people are promised good things — freedom, joy, peace, eternal life — they are also promised rejection and persecution (2 Timothy 3:12). What does it mean for you to lose your life in order to save it?

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Use the space below to write your own prayer. It's okay to wrestle with this passage — giving up your life to follow Jesus is easier said than done. This is how you can begin:

*Dear God, I know that too often I want things my way, and I give into desires that are not a part of Your will. Help me to daily take up my cross to follow You, even if that means not always getting my way...*

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YET NOT AS I WILL, BUT AS YOU WILL •  
MATTHEW 26:36-39

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*Then Jesus went with his disciples to a place called Gethsemane, and he said to them, “Sit here while I go over there and pray.” He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.”*

*Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”*

One of the most important examples we have of submission to God is Jesus. In His final moments before death, Jesus is overwhelmed with sorrow. But nevertheless, He is completely submitted to doing the will of His Father. Are you facing something difficult? How can Jesus' example in this passage guide you in the midst of Your own submission?

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Use the space below to write a prayer of submission to God, knowing His plan and purposes are perfect. This is how you can begin:

*Dear God, during the most difficult times in my life, I know I can turn to You. Thank You for being in control of every detail of my life. Even when my life is painful, I know I can trust You. I pray that I would not get in the way of what You will, Lord ...*

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*Everyone who believes that Jesus is the Christ is born of God, and everyone who loves the father loves his child as well. This is how we know that we love the children of God: by loving God and carrying out his commands. In fact, this is love for God: to keep his commands. And his commands are not burdensome, for everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith. Who is it that overcomes the world? Only the one who believes that Jesus is the Son of God.*

How is our obedience to God a display of love for Him?

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Use the space below to write your own prayer. This is how you can begin:

*Dear God, I need help to not let fears and doubts get in the way of my obedience. Give me the strength and desire to step out in faith and trust that I am equipped and capable in Your strength...*

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## A LIVING SACRIFICE • ROMANS 12:1-2

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*Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

The last five chapters of Romans, starting at chapter 12, get very practical regarding our Christian faith. So it's important to note that this is how the Apostle Paul (the author) begins — with how we devote our bodies, not just our hearts, to God. According to this passage, true worship is not just internal, but external. What would that look like for you on a day-to-day basis?

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Use the space below to submit your body as a “living sacrifice.” This is how you can begin:

*Dear God, I pray that I would use every part of my body to worship You. This is Your temple, consecrated to do Your will in every situation. As I devote myself to You, I pray that I would be able to discern Your will ...*

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# *Prayers of Petition*

*Give us today  
our daily bread.*

**Matthew 6:11**

## LISTEN TO MY CRY • PSALM 142

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*I cry aloud to the LORD;  
I lift up my voice to the LORD for mercy.  
I pour out before him my complaint;  
before him I tell my trouble.  
When my spirit grows faint within me,  
it is you who watch over my way.  
In the path where I walk  
people have hidden a snare for me.  
Look and see, there is no one at my right hand;  
no one is concerned for me.  
I have no refuge;  
no one cares for my life.  
I cry to you, LORD;  
I say, "You are my refuge,  
my portion in the land of the living."  
Listen to my cry,  
for I am in desperate need;  
rescue me from those who pursue me,  
for they are too strong for me.  
Set me free from my prison,  
that I may praise your name.  
Then the righteous will gather about me  
because of your goodness to me.*

Does it ever seem no one is looking out for you? It's clear that's how David felt when he wrote this psalm — he was attempting to flee from King Saul, who was chasing after him with murderous intent. David felt completely helpless in the face of his enemies, and believed no one cared. But in the midst of this, he was still crying out to the Lord in faith, knowing He heard David's cry.

What do you need to cry out to God for today? Use the space below to bring your needs to God. This is how you can begin: *Dear God, sometimes I feel like no one is listening. But I know You have never left me or forsaken me. Please help me. Remind me that You're here ...*

This image shows a single sheet of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting or typing. There are no margins, text, or other markings on the paper.

## DO NOT BE ANXIOUS • PHILIPPIANS 4:6-7

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*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

What are you anxious about today? What worries in your life do you need to bring to the Lord?

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Use the space below to “present your requests to God.” It could be anything — prayer for the sick, for your family’s safety, for inner peace and comfort. This is how you can begin:

*Dear God, thank You for the gentle ways You offer help to me when my heart feels anxious or fearful. Instead of shaming me for my feelings, You offer to sit with me in the midst of them. You are such a good and gracious Father. Remind me to always turn to you when my heart is weighed down by worry ...*

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APPROACH THE THRONE WITH  
CONFIDENCE • HEBREWS 4:14-16

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*Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.*

It can be intimidating to bring our petitions to God — the Creator of the universe. Our needs can feel so small in comparison to His magnitude. But because of Jesus, God can “empathize with our weaknesses.” He knows what it’s like to feel sad or scared. He knows what it’s like to face temptation. What concern can you bring to Him today, knowing He is right there with you?

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Use the space below to bring today’s needs to your High Priest, knowing He will give you mercy and grace to help. This is how you can begin:

*Dear God, I approach Your throne in bold confidence today. Thank You for going before me, for experiencing the same pain I’m feeling now. You know the hurts that burden my heart before I even write them down ...*

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## HE HEARS US • 1 JOHN 5:14-15

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*This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.*

God hears you. Every request poured out to Him through your tears, every praise uttered from your lips, every question you ask of Him. He hears! When do you doubt God hears you the most?

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Use the space below to ask God to meet certain needs in your life, knowing that He is paying close attention. This is how you can begin:

*Dear God, thank You for never ignoring me. Whenever I call upon Your name, You listen. You hear me every time I call ...*

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## ASK, SEEK, KNOCK • MATTHEW 7:7-11

*Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.*

*Which of you, if your son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!*

These verses were part of the same sermon as the Lord's Prayer. Once Jesus has instructed His listeners how to pray, He then told them to pray continuously and persistently for what they needed. Have you ever given up on prayer easily?

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Use the space below to ask God for what you need today, knowing that this shouldn't be the only time you ask. This is how you can begin:

*Dear God, I pray You would give me a heart of prayer, that I would always come to You with what I need before I do anything else. And when I feel like giving up, give me the strength to keep knocking at Your door ...*

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# *Prayers of Confession*

*And forgive us our  
debts, as we also have  
forgiven our debtors.*

**Matthew 6:12**



TOO WONDERFUL FOR ME TO KNOW •  
JOB 42:1-6

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*Then Job replied to the LORD:*

*“I know that you can do all things;  
no purpose of yours can be thwarted.*

*You asked, ‘Who is this that obscures my plans without  
knowledge?’*

*Surely I spoke of things I did not understand,  
things too wonderful for me to know.*

*“You said, ‘Listen now, and I will speak;*

*I will question you,  
and you shall answer me.’*

*My ears had heard of you  
but now my eyes have seen you.*

*Therefore I despise myself  
and repent in dust and ashes.”*

This is Job’s second, and last, reply to the Lord. After everything was taken away from Job and then restored, Job confesses, admitting God’s sovereignty and his own pride. Throughout Job’s suffering he doubted God’s control over the universe. Now, looking back at what God has done, Job recognizes his own foolishness. Have you ever complained to God, or doubted His purpose in the midst of what you were going through?

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Use the space below to confess to God whatever it is you've been holding back from Him. Maybe you aren't trusting Him with a particular area of your life, or you're doubting His ability to heal or redeem. This is how you can begin:

*Dear God, I'm coming to You today humbled by Your sovereignty over all of creation. I'm sorry for the ways I've doubted You, and for all the times I've seen myself as smarter or more capable than You ...*

[illegible]

CREATE IN ME A PURE HEART •  
PSALM 51:1-12

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*Have mercy on me, O God,  
according to your unfailing love;  
according to your great compassion  
blot out my transgressions.  
Wash away all my iniquity  
and cleanse me from my sin.  
For I know my transgressions,  
and my sin is always before me.  
Against you, you only, have I sinned  
and done what is evil in your sight;  
so you are right in your verdict  
and justified when you judge.  
Surely I was sinful at birth,  
sinful from the time my mother conceived me.  
Yet you desired faithfulness even in the womb;  
you taught me wisdom in that secret place.  
Cleanse me with hyssop, and I will be clean;  
wash me, and I will be whiter than snow.  
Let me hear joy and gladness;  
let the bones you have crushed rejoice.  
Hide your face from my sins  
and blot out all my iniquity.  
Create in me a pure heart, O God,  
and renew a steadfast spirit within me.  
Do not cast me from your presence  
or take your Holy Spirit from me.  
Restore to me the joy of your salvation  
and grant me a willing spirit, to sustain me.*

King David wrote this psalm after being confronted with his sin by a prophet (2 Samuel 11). He had committed adultery with a woman named Bathsheba and covered it up by having her husband killed and taking her as his wife.

This passage can be seen as a beautiful depiction of how important our confession is. God is waiting, ready to forgive us, but first we must come to Him with a repentant and contrite heart. Using some of the phrases King David uses in this psalm, write out your own prayer of confession:

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting or typing. There are no margins, text, or other markings on the page.

*Wash and make yourselves clean.  
Take your evil deeds out of my sight;  
stop doing wrong.  
Learn to do right; seek justice.  
Defend the oppressed.  
Take up the cause of the fatherless;  
plead the case of the widow.  
“Come now, let us settle the matter,”  
says the LORD.  
“Though your sins are like scarlet,  
they shall be as white as snow;  
though they are red as crimson,  
they shall be like wool.*

Isaiah, a prophet who spoke on behalf of the Lord, admonished the people of Judea for their wickedness and sin against God. This passage was their instruction on how to deal with their guilt. During this time, the sacrificial system was in place, and God's people would bring burnt offerings as atonement for their sins. God is saying their sacrifices mean nothing to Him when their lives never change. It's the same for us today: True confession is turning away from our sin, not asking God for forgiveness so we can keep on sinning.

Use the space below to express your repentance to God. This is how you can begin:

*Dear God, forgive me for every time I've gone back to my sin. Help me to honor You and Your commandments through everything I do ...*

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## GODLY SORROW • 2 CORINTHIANS 7:10-11A

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*Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. See what this godly sorrow has produced in you: what earnestness, what eagerness to clear yourselves, what indignation, what alarm, what longing, what concern, what readiness to see justice done.*

Have you ever considered sorrow to be a good thing? The type of sorrow the Apostle Paul talks about here isn't sadness or depression, but the deep-seated hurt you feel when you sin against God. The reason it's considered "godly" is because this sorrow helps us see our need for God, which in turn causes us to repent. Reflect on a time you felt sorrow over something you had done. Was it godly or worldly?

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Use the space below to confess what's on your heart. If you're feeling any godly sorrow today, express that as you ask God for forgiveness. This is how you can begin:

*Dear God, my heart is heavy. I know I've done wrong in Your eyes. Forgive me, Lord. Cleanse my heart of impurities. Wash me white as snow ...*

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## FAITHFUL TO FORGIVE • 1 JOHN 1:8-9

*If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

Do you ever forget you need to be forgiven? Or do you believe you've sinned too much to be forgiven?

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As you're encouraged by God's faithfulness to forgive, use the space below to confess your sins. He will forgive you and purify you from all unrighteousness! This is how you can begin:

*Dear God, I am amazed that You never turn Your back on me. Time after time I have sinned against You, and time after time You have forgiven me with no hesitation. I know I don't deserve Your grace, but I am so grateful for it ...*

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## *Prayers of Dependence*

*And lead us not into  
temptation, but delivers us  
from the evil one.*

**Matthew 6:13a**

## HE WILL RESCUE YOU • PSALM 91:9-16

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*If you say, "The LORD is my refuge,"  
and you make the Most High your dwelling,  
no harm will overtake you,  
no disaster will come near your tent.  
For he will command his angels concerning you  
to guard you in all your ways;  
they will lift you up in their hands,  
so that you will not strike your foot against a stone.  
You will tread on the lion and the cobra;  
you will trample the great lion and the serpent.  
"Because he loves me," says the LORD, "I will rescue him;  
I will protect him, for he acknowledges my name.  
He will call on me, and I will answer him;  
I will be with him in trouble,  
I will deliver him and honor him.  
With long life I will satisfy him  
and show him my salvation."*

Maybe, at this moment, you feel overtaken by difficult circumstances. Does it seem the odds are stacked against you, and as far as you can see there's no way out? Or maybe you've been in that situation, and can clearly remember how hopeless you felt. What comfort does this psalm offer you in light of that?

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*Dear God, I need You. I am completely lost without You. I think about all the times when I was lost, with no way out, and You saved me. You are with me in trouble, You deliver me and honor me with an abundant life ...*

[illegible]

DO NOT FEAR, FOR I AM WITH YOU •  
ISAIAH 41:9-13

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*"I took you from the ends of the earth,  
from its farthest corners I called you.  
I said, 'You are my servant';  
I have chosen you and have not rejected you.  
So do not fear, for I am with you;  
do not be dismayed, for I am your God.  
I will strengthen you and help you;  
I will uphold you with my righteous right hand.  
"All who rage against you  
will surely be ashamed and disgraced;  
those who oppose you  
will be as nothing and perish.  
Though you search for your enemies,  
you will not find them.  
Those who wage war against you  
will be as nothing at all.  
For I am the LORD your God  
who takes hold of your right hand  
and says to you, Do not fear;  
I will help you."*

God's promise to the Israelites thousands of years ago is still our promise today: He is with us. When do you most often forget this simple truth?

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*Dear God, thank You for reminding me of Your steadfastness. Thank You for taking hold of my hand, telling me not to fear. All I need is You, Lord ...*

[illegible]

FIND REST FOR YOUR SOUL •  
MATTHEW 11:28-29

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*“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”*

Once our heads start spinning with everything we feel obligated to do in order to please God, it's hard to stop. But Jesus didn't come to add church events to our schedule — He came to be in relationship with us. In this passage Jesus is calling us all to find rest in Him. What do you need today to find rest?

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Use the space below to commit your schedule to God, and to ask Him for the peace and rest He promises. This is how you can begin:

*Dear God, I feel exhausted. I'm at the end of my rope and I don't know what to do. I need Your divine rest, Lord. I don't need another check on my to-do list, I need to be near You ...*

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## DO NOT WORRY • LUKE 12:27-31

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*“Consider how the wild flowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you—you of little faith! And do not set your heart on what you will eat or drink; do not worry about it. For the pagan world runs after all such things, and your Father knows that you need them. But seek his kingdom, and these things will be given to you as well.”*

What things, other than Jesus, are you turning to in order to ease your worry?

Use the space below to give your worries to God in faith, knowing He will provide everything You need. This is how you can begin:

*Dear God, there are so many things I try to control. But that's only because I'm not trusting You in every area of my life. Thank You for giving me everything I need, every moment of every day ...*

*The eyes of the LORD are on the righteous,  
and his ears are attentive to their cry;  
but the face of the LORD is against those who do evil,  
to blot out their name from the earth.  
The righteous cry out, and the LORD hears them;  
he delivers them from all their troubles.  
The LORD is close to the brokenhearted  
and saves those who are crushed in spirit.  
The righteous person may have many troubles,  
but the LORD delivers him from them all;  
he protects all his bones,  
not one of them will be broken.  
Evil will slay the wicked;  
the foes of the righteous will be condemned.  
The LORD will rescue his servants;  
no one who takes refuge in him will be condemned.*

As you reflect on these verses today, let them fill you up with hope. Then use this space below to express your dependence on God to save you from trouble:

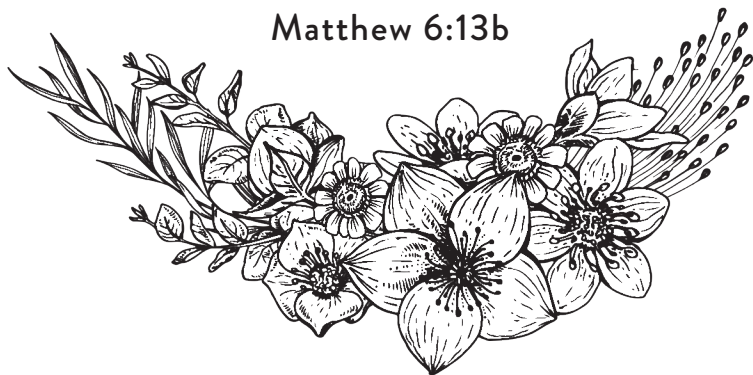
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## *Prayers of Faith*

*For yours is the kingdom  
and the power and the  
glory forever. Amen.*

**Matthew 6:13b**



## GOD'S COVENANT • GENESIS 15:1-6

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*After this, the word of the LORD came to Abram in a vision:*

*“Do not be afraid, Abram.*

*I am your shield,  
your very great reward.”*

*But Abram said, “Sovereign LORD, what can you give me since I remain childless and the one who will inherit my estate is Eliezer of Damascus?” And Abram said, “You have given me no children; so a servant in my household will be my heir.”*

*Then the word of the LORD came to him: “This man will not be your heir, but a son who is your own flesh and blood will be your heir.” He took him outside and said, “Look up at the sky and count the stars—if indeed you can count them.” Then he said to him, “So shall your offspring be.”*

*Abram believed the LORD, and he credited it to him as righteousness.*

Abram and his wife Sarai were childless. And, at around 75-years-old, they were also well past childbearing age. So when God tells Abram he will receive a great reward, Abram's natural response is essentially, “What can you give me when I don't have the thing I want the most?” Have you ever felt like God is holding *that one thing* back from you?

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*Dear God, thank You that You never fail, and Your Word never changes! Thank You that You always make good on Your promises, because You are supremely trustworthy. Help me in my unbelief, Lord. When my faith is weak I pray You would give me supernatural strength ...*

*Dear God, thank You that You never fail, and Your Word never changes! Thank You that You always make good on Your promises, because You are supremely trustworthy. Help me in my unbelief, Lord. When my faith is weak I pray You would give me supernatural strength ...*

[illegible]

GREAT ARE HIS PURPOSES •  
JEREMIAH 32:17-20

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*“Ah, Sovereign LORD, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you. You show love to thousands but bring the punishment for the parents’ sins into the laps of their children after them. Great and mighty God, whose name is the LORD Almighty, great are your purposes and mighty are your deeds. Your eyes are open to the ways of all mankind; you reward each person according to their conduct and as their deeds deserve. You performed signs and wonders in Egypt and have continued them to this day, in Israel and among all mankind, and have gained the renown that is still yours.”*

God had told Jeremiah (a prophet in the Old Testament) His plans to tear Jerusalem down, and His plan to rebuild it. While Jeremiah always delivered God’s messages faithfully, he was confused by this plan and wasn’t sure how to reconcile it internally. So what did he do? He prayed this prayer, declaring to God that His purposes were great. Is there something happening in your life that you need to declare God’s faithfulness over?

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*Dear God, there are so many things going on that I don't understand. But You are sovereign! You have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you ...*

This image shows a full page of primary-ruled notebook paper. It features multiple sets of horizontal lines designed to guide young learners' handwriting. Each set consists of three lines: a solid top line, a dashed middle line, and a solid bottom line. These sets are repeated vertically down the entire page, providing ample space for practicing letter formation and writing. The paper is otherwise blank, with no margins, text, or illustrations.

*“Do not let your hearts be troubled. You believe in God; believe also in me. My Father’s house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. You know the way to the place where I am going.”*

The disciples were afraid and anxious. Jesus had just told them He was going to leave them, He would die, one of them would betray them, Peter would deny Him three times and Satan was at work against them. Their outlook seemed pretty bleak! Seeing their understandable distress at His words, Jesus said these words to give them comfort.

You can find comfort in them as well. Even though we feel shackled by our earthly circumstances, Jesus’ promises still stand true. He is preparing a place for us. Use the space below to pray a prayer in response to this encouragement from Jesus. This is how you can begin:

*Dear God, I so easily get caught up in everything working against me. There are times when I feel, like the disciples, everything is destined to go wrong. But I thank You for Your promise of eternal life. Thank You for preparing a place for me, and one day coming back to take me with You ...*

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*And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.*

*Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.*

Hebrews 11:1 says that faith is “confidence in what we hope for and assurance about what we do not see.” But as humans, it’s hard to believe in something we can’t see with our physical eyes. Has God ever done more than you thought possible? Did you find your lack of faith kept you from believing it could happen?

Isn't it encouraging that God's power is “at work within us”? There is so much depth to God's character — we'll never be able to fully realize it while we're here on earth. Use the space below to build your faith in what God is doing all around you. This is how you can begin:

*Dear God, give me the faith to believe You can do more than I could ask or imagine, and give me the spiritual eyes to see You at work all around me ...*

*The Son is the image of the invisible God, the firstborn over all creation. For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. He is before all things, and in him all things hold together. And he is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy. For God was pleased to have all his fullness dwell in him, and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross.*

Reflect on the supremacy of Jesus Christ today as you read this passage. He has all the authority in heaven and on earth. He is the Son of the living God. His name has the power to save the lost and the hurting. He is the Lamb of God who takes away the sins of the world. There is no one like Him!

Use the space below to pray in response to this Scripture:

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IF WE DESIRE TO PUT GOD FIRST,  
DOESN'T IT MAKE SENSE TO GIVE HIM  
*THE FIRST 5 MINUTES OF EACH DAY?*

"WE MUST EXCHANGE  
*whispers with God*  
BEFORE  
*shouts with the world.*"

**LYSA TERKEURST,**  
*President of*  
*Proverbs 31 Ministries*



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## ABOUT PROVERBS 31 MINISTRIES

*She is clothed with strength and dignity;  
she can laugh at the days to come.*

**PROVERBS 31:25**

Proverbs 31 Ministries is a nondenominational, nonprofit Christian ministry that seeks to lead women into a personal relationship with Christ. With Proverbs 31:10-31 as a guide, Proverbs 31 Ministries reaches women in the middle of their busy days through free devotions, daily radio messages, speaking events, conferences, resources, online Bible studies and training in the call to write, speak and lead others.

We are real women offering real-life solutions to those striving to maintain life's balance, in spite of today's hectic pace and cultural pull away from godly principles.

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