



STRESSED

PRAY FIRST

DESPERATE

CONTENT

EXCITED

BROKEN

PRAYER GUIDE

The Word of God is one of the most valuable tools we have to build a dynamic daily prayer life. It brings power, truth, and encouragement to our prayer time.

Let's begin with King David's Psalm 23. Take a moment to read it, and then use the prayer below as a way to use the psalm to have a conversation with God.

SCRIPTURE

The Lord is my Shepherd, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. He guides me along the right paths for His name's sake. Even though I walk through the darkest valley, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely Your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

Psalm 23

PRAYER

“God, You are my Provider, and I know You will take care of me. Thank You for guiding me to places of rest. You are my source of energy and passion. You keep me going and lead me toward a life of purpose and freedom. I know that even when I experience my darkest seasons of difficulty and challenge, I have nothing to be afraid of because You are with me. Your presence and power are a constant comfort to me. I know that You are preparing the way for me and that my enemies cannot touch me because You are taking care of me. I know that You have blessed me, and I thank You for choosing me and anointing me with purpose. Your blessings are so much more than I could ask for. I know that You are good, God, and that You are with me all the days of my life. You have chosen me, and I have chosen You, and that means I will be with You, in Your presence, forever.”

In the following section, we will use several Scriptures and claim their promises through prayer. You can make this as personal as you like. You will find the most benefit when you pray the Scriptures that God is showing you in His Word and that are connecting with you personally in your current season of life.

 SCRIPTURE

*Come near to God and He will come near to you.
James 4:8*

 PRAYER

“Heavenly Father, You have promised that if I draw near to You, You will draw near to me. I need more of Your presence today, and I am drawing near to You through prayer, worship, and reading Your Word. I open my heart to You and ask You to be near to me and change me to be more like You.”

 SCRIPTURE

*Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.
Psalm 139:23-24*

 PRAYER

“Father God, I ask You to search my heart. If You find anything in me that is offensive, please show me and help me remove it from my life. Teach me to love others well and live a life that points people to You. Help me live my life on earth in a way that impacts eternity.

 SCRIPTURE

*But seek first His Kingdom and His righteousness, and all these things will be given to you as well.
Matthew 6:33*

 PRAYER

“Your Word tells me that if I seek first Your Kingdom and Your righteousness, You will lead me to a life of blessing, purpose, and freedom. I am Yours today, God, and I give this day to You. Help me to focus on Your priorities first—sharing Your love, making Your Name known, and advocating for justice in our world. I know that by focusing on You and Your heart for others, rather than myself, I will receive joy and peace.”

 SCRIPTURE

*Humble yourselves before the Lord, and He will lift you up.
James 4:10*

 PRAYER

“God, You have promised that if I humble myself before You, You will lift me up. I recognize today that I cannot succeed on my own, and I need You in every moment. I humble myself before You, and I ask You to work in and through me today. My time, efforts, thoughts, and words are Yours today (name specific parts of your day and give them to God). Show me what I don’t know, and help me grow in the knowledge of You and Your heart for people. Use me for Your purposes, Lord. I trust that You will be with me and lift me up.”

 SCRIPTURE

*For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.
2 Timothy 1:7*

 PRAYER

“Father, I know You have not given me a spirit of fear or timidity, but one of power, love, and self-discipline. When my mind feels out of control, I pray that You will renew my spirit and let power, love, and self-discipline fill me. Help me look more like You every day. With confidence that Your power lives in me, give me boldness to confront the enemy and anything I see in the world that does not reflect Your heart. Thank You for breaking the spirit of fear off my life, and I receive the truth that You have given me a sound and healthy mind.”

 SCRIPTURE

*And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.
Romans 8:28*

 PRAYER

“God, You promise me in Your Word that in all things You work for my good. Right now, there are circumstances in my life that don’t feel good and that I can’t see an ounce of good in (talk to God about the specific situations that are causing you difficulty or pain). Even though this is how I feel, I choose to believe Your truth over my feelings. When You say You will work in all things for my good, I believe You. Even in situations that seem hopeless, I know You are working on my behalf and that You want more for me than I could ever want for myself. Thank You for having a purpose for me and for working all my circumstances for good.”

 SCRIPTURE

*Trust in Him at all times, you people; pour out your hearts to Him, for God is our refuge.
Psalm 62:8*

 PRAYER

“Father, in Your Word You invite me to pour out my heart to You. You are my refuge, and I know that anything I think, feel, or do is okay to bring to You. Knowing that You are a safe place for me, I come to You and give You everything on my heart (talk to God about the specific things that are on your heart today). From what is worrying me to what is delighting me, for what I hope for to what I’m afraid of, I bring it all to You because I know I can trust You. Help me and guide me in every area, in Jesus’ name.”

 SCRIPTURE

*The Lord will open the heavens, the storehouse of His bounty, to send rain on your land in season and to bless all the work of your hands.
Deuteronomy 28:12*

 PRAYER

“Lord, I believe You have everything I need and You want to bless me. You tell me in Your Word that You will open the heavens to bless the work I do. I know that without You, I can do nothing. I ask that You will open the heavens and pour out Your blessings and power over me. I give my work and my efforts to You and I ask You for favor and blessing in anything my hands touch (surrender specific efforts to Him). May it be for Your glory alone so that others may see Your power and goodness at work.”

SCRIPTURE

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Romans 8:38-39

PRAYER

“God, I am in awe of Your love for me. You are so great, and I am so small, yet You love me fully. I remind my soul today that nothing can separate me from Your love—I am so grateful! There is nothing I can do to win or lose Your love; You love me without condition. Because I know nothing on earth, in time or space, or anything in existence can separate me from Your love, I will live confidently and peacefully knowing I have always been and will always be fully loved by You.”

SCRIPTURE

“No weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the Lord, and this is their vindication from me,” declares the Lord.

Isaiah 54:17

PRAYER

“Lord, I know that no weapon raised against me will succeed because I am Your child. I feel pressure in my life right now, and sometimes I feel as though life will overcome me (talk to God about the concerns weighing on you). Even though I feel this way, in faith, I claim Your promise that no weapon can overcome me and that any accusations that come against me will be silenced. This truth is verified by Your love and saving power in my life.”

 SCRIPTURE

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.

Philippians 4:6-7

 PRAYER

“Father, my heart feels anxious (tell God what is giving you anxiety). I don’t like this feeling, but I’m thankful I can come to You and receive peace. You invite me to replace my anxiety with prayer, and even though my mind and heart are racing, I’m coming to You knowing that You provide healing and calm for my soul. Thank You for giving me breath and life. I thank You that I am fearfully and wonderfully made in Your image. I lay down all worries, all my physical and mental anxiety, and any attempt at trying to control it all (tell Him the things you are laying down right now). I surrender it all to You. I need You. I need Your peace that transcends my human understanding. Even if things are unstable around me, I pray that Your peace will be evident in my heart and my life. Guard my heart and mind, God. I trust that You are faithful, and I receive Your peace in my life today.”

 SCRIPTURE

“Never will I leave you; never will I forsake you.”

Hebrews 13:5

 PRAYER

“Father, I am so comforted by the fact that You will never leave me. You are always with me, and I am safe with You. As I go through my life and take on each new situation, I’m comforted by knowing I’m not alone because You are by my side. Help me feel Your presence. When I feel uncertain or afraid, I pray You will comfort me through Your Holy Spirit and remind me that I am never alone because You, the Almighty God, have promised to always be with me.”

SCRIPTURE

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.”

PRAYER

“My God, I try to make so many plans for my life, but I know Your plans for me are best. You tell me that You have plans for me to prosper and have hope and a future. Thank You for loving me enough to have a plan for my life. You have promised me that when I call on You, You will listen to me. Thank You for listening when I pray. I am confident knowing that I serve a God who cares about my life. I want to find You every day, and You say that if I seek You with all my heart, I will find You. Thank You for showing me the way to You. I lay my plans down at Your feet and receive Your plans for me (mention your plans and lay them down before God). I know that You see the big picture and You know what is better for me than I do. I trust You, and I ask You to guide me toward Your plans.”

SCRIPTURE

The LORD is trustworthy in all He promises and faithful in all He does. The LORD upholds all who fall and lifts up all who are bowed down.
Psalms 145:13-14

PRAYER

“Almighty God, as I claim the promises in Your Word through my prayer time, I praise You for Your character. Trustworthy, faithful—that is who You are. I thank You that I can trust You to be faithful to me. I know that when I come to You with humility and a surrendered heart that You will lift me up.”