

Prayers for Strength, Wisdom, Guidance, and Peace

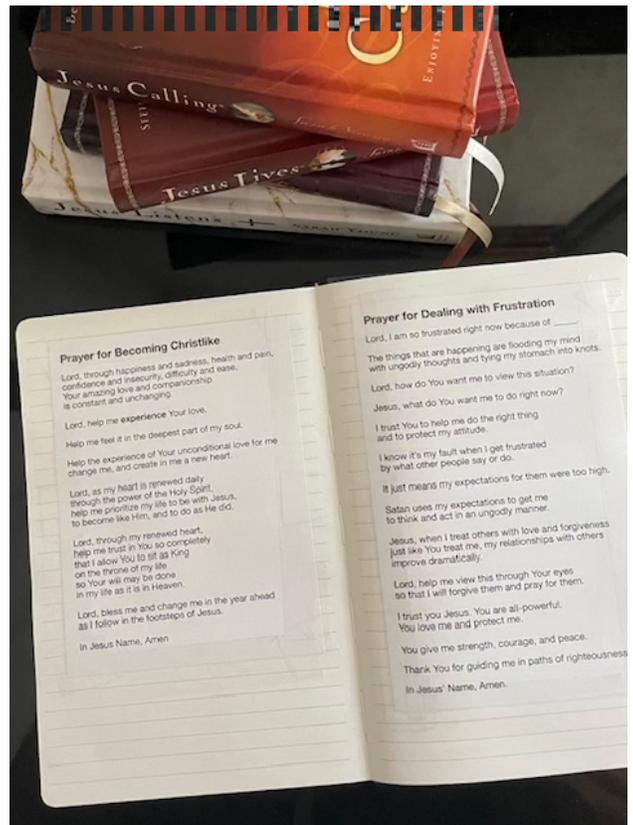
Here's some prayers that I've been reading every day since January 2025. They've been very helpful. I print them, cut them and tape them to my journals.

I actually rewrote **Psalm 18** in simpler language that spoke to me better. If any of these resonate with you, rewrite them in your own words to reduce the friction in internalizing them.

I'm actually making an audio recording of my journal notes for myself to listen when I'm driving. It's just another way to keep my mind in the right place so that I can grow faster.

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Why Jesus?

This sermon
by Erwin McManus
really spoke to me.

[Click here.](#)

Morning Prayer

Lord, you're all-powerful, faithful, and loving.

Your love for me is unfailing, priceless, and boundless.
Your love can carry me through my darkest days.

I need you Lord.
My will isn't strong enough to live my life without you.

I need your wisdom.
I need your guidance.
I need your strength.
I need your protection.
I need your provision.
I need your blessings.
I need your love and your peace.

I trust you completely, Lord.

I surrender to you, and ask that you live through me,
with your love, power and strength.

Use me for your purpose Lord,
and guide me towards my purpose.

Make me a conduit for all you want to do in this world.

Have me be what you want me to be,
and do what you want me to do.

I surrender to your will and to your plan for me.
Use me to build **Your** Kingdom, not my kingdom.

Lord, I receive all the love, joy, peace, abundance,
and blessings that you have for me.

I receive all the people who want to work with me,
and all those I'm meant to help and serve.

I pray this in Jesus' name. Amen.

Psalm 18 (David wrote this after Saul persecuted him for 10 years)

God, I love You. You give me strength.

You're my rock, my protector, my safe place.
You're my shield, my stronghold— You're the one I run to.

When I call out to You, You save me.
You're worthy of all my praise.

I was in deep trouble—surrounded by fear,
trapped and overwhelmed, like I was drowning.

I cried out to You for help, and You heard me.
From Your throne in heaven, You listened.

You moved heaven and earth to help me.
You came to rescue me.

You reached down and pulled me out of deep waters.
You saved me from enemies who were too strong for me.

They attacked me when I was down,
but You supported me.

You brought me to a safe place,
because You delight in me.

You rewarded me for doing what's right.
You saw my heart and my actions,
and You blessed me.

You're kind to those who are kind,
true to those who are honest.

But You bring down the proud
and lift up the humble.

You light up my path when everything feels dark.

With You, I can run through a whole army.
With You, I can scale any wall.

Your way is perfect, and Your Word can be trusted.

You give strength, stability, and confidence.
You make my path smooth and steady.

You helped me chase down and defeat my enemies.
You gave me the power to overcome them completely.

You gave me victory and put me in charge.
Even the people I didn't know, now respect me.

You are the living God!
You saved me, and I praise You.

You've given me victories and shown me Your love.
I'll keep singing about You forever.

Trust God's Timing

God has a plan for you
that defies your understanding.

God can change things in a moment.
Keep praying and keep believing.

When you felt you were being rejected,
God was protecting you from something
that was going to steal, kill,
and destroy your destiny

Trust God and seek him.

At the right time the Lord
will make his will happen.

Lord, You're My Hope, Strength and Joy

God, you're always with me. I trust you Jesus.
You're all-powerful, faithful, and you love me.
Lord, you're my savior and you'll never fail me.

Thank you Jesus for being with me here and now!
Thank you for taking care of me.

You give me the courage to be strong and fight.
You give me strength, stability, and confidence.
Lord, by your power, I stand free, covered,
and victorious.

You're my rock, my protector, my safe place.
You're my shield, my sword, my stronghold.
You're the one I run to.

Lord, you are my refuge and my fortress.
My God in whom I trust.

You save me from enemies who are too strong for me.
Jesus, with You, I can run through a whole army.
Lord, with You, I can scale any wall.

Jesus, you protect me from Satan's lies.
I'm more than a conqueror with You at my side.

You're King of kings, the Lord of lords and the most high.

Nothing can stop me when I'm in line with Your will.
I can do all things through You, Lord.

Your commands can be trusted.
Your words give me wisdom.
There's great reward in following your rules.

You guide me in paths of righteousness.
Lord, you're my shepherd, my guide,
and the light at my feet.

Lord, you light up my path when everything feels dark.

Lord Jesus, you're my provider.
You're food, bread, water, and wine.

You're love. You're the air I breathe.
You impart divine life into me.
Lord, you're great and you always bless me.

You're the victorious one, you're the triumphant one.
Jesus, you're the mighty conqueror.

Your love and companionship is constant
and unchanging. You're the Prince of Peace.

Lord, you're the supreme ruler with ultimate control.
You're the Lord of all the universe.
God, you're my purpose, my life, and my King,

Jesus, you're morally perfect and set apart.
Lord, you're compassionate, forgiving, and kind.
Lord Jesus, you're my hope and my glory.

You're the living God! You saved me, and I praise You.
You've given me victories and shown me Your love.

Lord, you're my joy and my reason to praise and sing.

I love you with all my heart and with all my soul.
I love you with all my mind and with all of my strength.

I'll keep singing about You forever.

Prayer for Becoming Christlike

Lord, through happiness and sadness, health and pain,
confidence and insecurity, difficulty and ease,
Your amazing love and companionship
is constant and unchanging.

Lord, help me **experience** Your love.

Help me feel it in the deepest part of my soul.

Help the experience of Your unconditional love for me
change me, and create in me a new heart.

Lord, as my heart is renewed daily
through the power of the Holy Spirit,
help me prioritize my life to be with Jesus,
to become like Him, and to do as He did.

Lord, through my renewed heart,
help me trust in You so completely
that I allow You to sit as King
on the throne of my life
so Your will may be done
in my life as it is in Heaven.

Lord, bless me and change me in the year ahead
as I follow in the footsteps of Jesus.

In Jesus Name, Amen

Jesus' Power in Me

Jesus lives in me. He's alive within me.

He fills me with radiant life and love.
He fills me with passion for life.

Jesus wants his life to overflow from me
and impact other people.

Before introducing myself to others
and before making phone calls,
I'll ask Jesus to live through me,
and to love through me.

When I work together with Jesus in this way,
his light will reflect from my face,
and his love will grace my words.

I'll ask Jesus to live through me,
and to love through me
whenever I interact with others.

Jesus' love and power will strengthen me.
I won't be self-conscious anymore.

I'll be powerful, passionate, fun, and confident.
I'll be unstoppable.

Jesus will make me charismatic and magnetic.

I'm complete in Jesus.

Everything I need is found in him.

Through Jesus' power,
I have everything I need to persevere and win.

Life is Tough but God is with Me

Life is tough.

Where does the power to fight the good fight,
and to finish the race come from?

From within.

Jesus said, "The kingdom of God is within you.

If you seek me with all your heart,
you shall surely find me."

If you commit yourself to the Love of Christ,
you'll have the power to overcome life's obstacles
and finish the race.

The Bible says:

Do you not know? Have you not heard?
The Lord is the everlasting God.
The creator of heaven and earth.

He will not grow tired or weary,
and his understanding, no one can fathom.

He gives strength to the weary
and increases the power of the weak.

Even youths grow tired and weary,
and young men stumble and fall.

But those who hope in the Lord,
will renew their strength.

They will soar on wings like eagles.
They will run and not be weary.
They will walk and not be faint.

Stop Satan's Attacks

Satan fills your mind
with lies, deceptions,
and partial truths.

He fills your mind
with doubt and fear.

When Satan attacks you,
call Jesus right away.

As soon as you call on Jesus,
Satan will flee.

Talk to God all day long.

Fill your day with
a conversation with God.

It will transform your life.
It will radically change
the way you feel.

Prayer for Working for God

I trust you Jesus. You are all powerful and you love me.
You take care of me. You protect me and You guide me.

Lord, I invite you to be here with me with your power,
your presence, and your peace.

Jesus, keep me aware of your loving presence.
Help me Jesus! Help me Lord!

God, this has been a hard year. But You've been faithful.
You've given me the courage, to be strong and to fight.

Give me the power to rebound higher than ever before.
Protect me from Satan's lies. Remind me about your truth
whenever Satan attacks me.

Lord, I am more than a conqueror with You at my side.
Nothing can stop me when I'm in line with Your will.

Lord, you made me passionate about helping
others achieve their goals. You gave me this passion
so I would use it for Your glory.

Thank you for all the gifts You've given me.
I will put them to good use.

Jesus, I want to serve You with all my heart.

Lord, I want to dedicate this day to you
by being the best worker that I can be.

Please direct my steps as I go through the day.

I need your strength, your wisdom and your peace
to talk to people to build my business and get gigs.

When I have the courage to introduce myself to people
and talk to them, I literally change their lives.

Help me start conversations. Help me sow massively
so you will make my business grow.

I have faith that you'll open up doors for me
so that I can have consistently good months.

You said, "Ask, and it will be given to you.
Seek, and you will find. Knock, and the door
will be opened to you."

I trust you Jesus because you are all powerful
and because you love me.

You have plans to prosper me,
plans to give me hope and a bright future.

I offer myself as a living sacrifice to you Lord.

The bigger I grow the business, the more people
I can help and the more I honor You.

Lord, fill my soul with strength, power,
focus and desire to talk to people.

Holy Spirit, guide me where I need to go.
Lead me into all the right decisions to grow my business.

Help me to consistently and persistently move forward.

I can do all things through You, Lord.

I will run the race You have set before me
with power and endurance.

I will defy the odds. I will come back strong.

This will be my finest hour.

With You at my side, I am a Champion and I will win.

I do it for Your glory. I will talk to people every day.

Thank you Jesus.

In Jesus' Name. Amen.

Prayer for Your Purpose in Life

God prepared me for my purpose in life.
Just like William Wilberforce, like Nelson Mandela,
and like Abraham Lincoln,

God will use me mightily.
He gave me special gifts that no one else has.

If I pray and trust God, the Lord will guide me.

God has called me to do a noble task.
I can't do it on my own strength.
I need to lean on God.

God will use me as an instrument.
God has called me to do these things.

I'll believe it deep in my heart.
The battle is God's battle. Not mine.

I'll be obedient to God and know
that God will give me victory as long as I don't quit.

God will guide me and strengthen me.
I won't rely on my own strength.

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

I won't grow weary of well doing.
I'll keep on keeping on, in the name of the Lord
and in the power of God's might.

The **only** way I can win this battle,
is to rely on God 100%.

I **must** rely on God.

Knowing that God is on my side will help me overcome my challenges.

It will help me to stay strong in the midst of my defeats.

Living out God's will for my life is a spiritual battle. With God at my side, I can win.

Every battle worth fighting is a spiritual battle, because Satan doesn't want me to win.

I'll humble myself, and I'll trust the battle to God.

How?

Through prayer, quiet times and reading the Word.

Through journaling, and by spending time with like-minded Christians

By asking the Holy Spirit to think and act through me, and by letting go and trusting God.

God will use me mightily for His Glory.

Prayer for My Self Image

Lord, thank you for creating me in my mother's womb
and creating me again in Christ Jesus
so I can become and do all You planned for me.

I'm Your masterpiece. I'm right in Your eyes.
I'm powerful and bold because of You.
I'm special and unique. **I can do all things
through Christ who strengthens me.**

Therefore, I want to be cleansed of any lies
I've believed that bind me to emotions
and behavior that aren't consistent
with my Identity in Christ.

Lord, I confess that I've believed
that I'm not good enough, that I'm worthless,
and that there's something wrong with me.

I now renounce and break agreement with this lie.

In Jesus' Name, I command my own heart and mind
to let go of this lie. I call it null and void.

I break and destroy every lie, every false belief,
and every argument that stands against
what God says is true.

I refuse to let Satan have a voice in my mind.
I take every false thought captive and make it bow down
to the authority of Jesus.

I'm breaking the power of all the emotions
connected to this lie. They won't control me anymore.

I'm releasing the impact this lie has had on my spirit,
my body, my thinking, my habits, my memories,
my relationships, and my future.

This lie won't shape my life anymore.
I'm moving forward in God's truth and freedom.

In Jesus' name, I destroy every attack from Satan that's been coming at me because of this lie.

Every demonic influence, every dark power, every spiritual attack trying to hurt me, I break your power now. I shut it down right now. You have no place, no power, and no right in my life.

By the power of Jesus, I stand free, covered, and victorious.

I declare the truth.

I'm an outstanding person who inspires and brings light and hope to everyone I meet.

People who get to know me are inspired to face their fears and live great lives.

When I have the courage to show up fully, to introduce myself to people and talk to them, I literally change their lives.

God made me special this way and I fully embrace it.

Lord, by building my business, I can touch more people and become a living sacrifice for you.

Lord, I ask that Your Spirit plant this **truth** deep within my spirit and then water and nourish it so that it will bear fruit in my spirit, in my soul, my personality, my thinking, my emotions, my will, my choices, my relationships, and my future.

I bind my entire self to this truth.

I trust you Jesus. You're all-powerful. You love me and protect me. You give me strength, courage, and peace.

Thank You for guiding me in paths of righteousness.

In Jesus' Name, Amen.

Prayer for Dealing with Frustration

Lord, I'm so frustrated right now.

The things that are happening are flooding my mind with ungodly thoughts and tying my stomach into knots.

Lord, how do You want me to view this situation?

Jesus, what do You want me to do right now?

I trust You to help me do the right thing and to protect my attitude.

I know it's my fault when I get frustrated by what other people say or do.

It just means my expectations for them were too high.

Satan uses my expectations to get me to think and act in an ungodly manner.

Jesus, when I treat others with love and forgiveness just like You treat me, my relationships with others improve dramatically.

Lord, help me view this through Your eyes so that I will forgive them and pray for them.

I trust you Jesus. You are all-powerful. You love me and protect me.

You give me strength, courage, and peace.

Thank You for guiding me in paths of righteousness.

In Jesus' Name, Amen.

Life is a Test

The Bible says that life is a test, a trust, and a temporary assignment.

God tests your character, faith, obedience, love, integrity, and loyalty through trials and temptations.

It's a refining process.

Character is developed and revealed by life's tests.

You're always being tested.

Your responses to life's situations are being tested.

You'll be tested by major changes, delayed promises, impossible problems, unanswered prayers, undeserved criticism, and even senseless tragedies.

God tests your faith through problems.
He tests your love through people.

When you understand that life is a test,
you realize that nothing is insignificant in your life.

Even the smallest incident has significance
in your character development.

Every second is a growth opportunity.

Blessed are those who endure when they are tested.

When they pass the test, they will receive
the crown of life that God has promised
to those who love him.

Prayer for the Will to Work Out

Holy Spirit, fill me with your presence.

Mighty God of strength and power, I praise you,
and I honor you with this workout.

Thank you for the ability to exercise.
Thank you for making me strong and driven.

Working out is a privilege.
Being able to exercise is a benefit not everyone has.
It's something to be grateful for.

Lord, inspire me to be my best.
Keep me disciplined and humble.

Encourage me and help me grow stronger
in body, mind, and spirit.

Fill me with your power and strength
to go beyond my feelings,
and do obediently and cheerfully
what you ask of me today.

Give me the will to move with intention and intensity.

Lord, I am more than a conqueror with you at my side.
I can do anything through you Jesus.

Holy Spirit, move through me
and give me strength to endure.

May this workout be a reminder of the battles
I face in life, and may I draw strength
from the knowledge that you're with me always.

May my effort give You glory.

In your Holy name, I pray and train.

Amen.

Blessings Prayer

I pray for ___ the greatest blessings of all.

That ___ would come into a deep, abiding relationship with You through Your Son, my Lord, Jesus Christ.

That ___ will come to know the full width, depth, height and length of Your love.

And that ___ will come to walk in the purposes and destinies You prepared for ___ before ___ was even conceived in ___ mother's womb.

General Prayer to Ask Who I Need to Forgive

Heavenly Father, You had Your Beloved Son Jesus Christ, killed as a sacrifice for my sins.

Your kindness and mercy toward me is amazing! Thank you!

I confess I have not extended that same kindness and mercy to others.

Because of your forgiveness and all else You've done for me through the blood of Jesus Christ, I now choose to forgive others' behaviors that have provoked negative beliefs, judgements and painful feelings that I've held onto.

I ask You Holy Spirit, to reveal to me any person I now need to forgive.

(Make a list of names that come to mind.)

Prayers to *Begin* Forgiveness Other People

Heavenly Father, I confess that suppressing the beliefs and feelings provoked by other people's offenses poison me and my relationships.

Therefore, I welcome Your Holy Spirit to bring those beliefs and feelings to the surface as I forgive.

Now, Lord, please bring to my mind a specific incident or painful memory that I need to forgive (Name of Person) for.

Thank you.

In Jesus' Name.

Amen

===

Lord, I choose to forgive (Name) for (Describe what they said and did to hurt me).

I expected (Tell God what I expected from this person - how I expected them to behave instead - what I expected to happen instead of what happened.)

However, I do choose to forgive (Name) even though (he/she) didn't live up to my expectations, and even though, because of this offense, I believed or judged that (whatever I judged about the person.)

Even though it made me feel (Describe the pain I felt).

In spite of these feelings and judgements, Lord, by your grace and with hope and faith in Your love for me and what you alone can do in my soul, I forgive (Name) unconditionally for these things that hurt me.

In Jesus' name, I renounce the hurtful, negative words that (Name) spoke to me and about me.

Specifically I renounce that (tell what he or she said).

I break agreement with every negative, hurtful word.
These words are now null and void.

I apply your blood, Lord Jesus, to break the curse and power of these words from my life.

I loose - remove and utterly destroy their influence and harm from my body, spirit, soul - especially my attitudes, mindsets, emotions, memories, relationships and future.

I bind all that I am to the life-giving words You, my Creator, spoke into me when You made me in my mother's womb.

Lord, please remind me if there is another specific incident or painful memory for which I need to forgive (Name).

Prayers to **Complete** Forgiveness of other People

I confess, Lord, I have held on to my hurt, resentment, anger, bitterness, expectations and my judgements regarding these offenses.

I have been unforgiving toward (Name). I agree with You - this has kept me from the fullness of Your forgiveness of me.

Heavenly Father, You nailed your charges against me to the cross of Christ.

In response, I now bring to You every charge I have held against (Name) because of these offenses.

I ask You to nail these charges to the cross of Christ along with my sins. (picture it)

I confess that the blood of Christ's death is enough to wash them away and to heal my self - spirit, soul and body - of their pain and influence.

I give up the right to ever charge (Name) again for these offenses.
(Name) now owes me nothing relating to these offenses.

I confess, Lord Jesus, that you alone are (Name's) and my judge and I am not.

Therefore, I lay into Your nail-scarred hands every negative judgement I have held against (Name) because of these offenses. (picture doing this)

In Jesus' name, I loose (Name) from the power of any negative, unloving words I have spoken toward or about (him/her) because of these offenses. I renounce those words.

I call them null and void. I break their power over (Name's) spirit, soul and body.

I declare that (Name) is not responsible to me for the offenses which (his/her) behavior provoked in me.

Instead, I assume all responsibility for choosing to pick up and hold on to these offenses.

Heavenly Father, I cancel any blame I've placed on You. I drop every charge and judgement I've held against You for permitting these things to happen to me.

As I have now forgiven (Name) for these offenses, I receive Your forgiveness and cleansing for every wrong attitude, action and reaction associated with these offenses.

I also forgive myself for holding on to these feelings and offenses.
I didn't know any better.

(Put my hand over my heart)

In Jesus' Name, I speak to my own heart now.

I command you, heart, to loose your hold on any bitter root that these offenses have fed. Let it go and send it away!

By Your grace, Father God, I bind my heart instead, to Your implanted word that is able to save my soul and to Your love and grace.

In Jesus' name, I loose - remove and utterly destroy - all work or influence of the enemy brought into my life because of these offenses or my unforgiveness of them.

I also loose - remove and utterly destroy the assignment of any demon or unGodly ruler, authority, cosmic power over this present darkness or spiritual force of evil set against me because of these offenses or my unforgiveness of them.

I also renounce and loose - remove and utterly destroy - every negative effect these offenses have had on my spirit, soul, body and relationships.

Holy Spirit, please come now and heal my body, spirit and soul - especially my mindsets, attitudes, emotions, memories and even my DNA - from all the damage and defilement caused by these offenses.

I loose - remove and utterly destroy - the effects on my body of every negative emotion caused by these offenses.

Fill every place in my self - spirit, soul and body - that I have emptied as I've forgiven (Name) with Your love and goodness.

Thank You, Father, for my healing.

In obedience to Your Son, I now choose to bless (Name).

I pray for (him/her) the greatest blessings of all - that (Name) would come into a deep, abiding relationship with You through Your Son, my Lord, Jesus Christ - that (he/she) will come to know the full width, depth, height and length of Your love and that (Name) will come to walk in the purposes and destinies You prepared for (him/her) before (he/she) was even conceived in (his/her) mother's womb.

Heavenly Father, I thank You for the amazing gift of forgiveness.

Thank You for Your faithfulness to me as I've been obedient to forgive (Name).

Lord, I declare my trust that You will complete every good thing You have begun in me as I have forgiven.

I choose, now, to rest in You and what You have done in me.

I welcome Your Holy Spirit to convict me daily of any offense that comes into my life.

I ask You to give me the wisdom, strength and courage to stay current with forgiveness.

In Jesus' Name. Amen.

Christian Books

Jesus Calling, Jesus Lives, Jesus Always, Jesus Listens - 4 devotionals
Sarah Young (over 40 million sold)

David, Jesus - 2 books
Charles Swindoll

Quiet Strength
Tony Dungy

Kingdom Man
Kingdom Focus
Kingdom Woman
The Kingdom Agenda
Victory in Spiritual Warfare
The Power of Knowing God
The Power of God's Names
The Power of Jesus' Names
The Power of the Holy Spirit's Names
Praying Through the Names of God
The Tony Evans Bible Commentary
Detours, Pathways, U-Turns - 3 books
Tony Evans

A Purpose Driven Life
Rick Warren

The Case for Christ
Lee Strobel

Living Close to God
A Tale of Three Kings
The First Century Diaries - 5 books - **Silas, Titus, Timothy, Priscilla, Gaius**
Gene Edwards

The Story of My Life as Told by Jesus Christ
Matthew, Mark, Luke & John combined into one complete gospel
written in the first person singular based on the New Living Translation

The Christ Commission
Og Mandino

The Screwtape Letters
Mere Christianity
C.S. Lewis

Gentle and Lowly
Dane Ortlund

We Will Not Be Silenced
Erwin Lutzer