

PRAYERS FROM LESS FRET, MORE FAITH

Max Lucado

Dear Lord,

You spoke to storms. Would You speak to ours? You calmed the hearts of the apostles. Would You calm the chaos within us? You told them to fear not. Say the same to us. We are weary from our worry, battered and belittled by the gales of life. Oh Prince of Peace, bequeath to us a spirit of calm. As we turn the page in this book, will You give us a new leaf in our lives? Quench anxiety. Stir Courage. Let us know less fret and more faith.

In Your name, Amen.

Lord,

Grant me the wisdom to remember that You are not the source of anxiety. Rather, help me remember that resting in You provides relief from all worry. Give me the courage to choose what is good and pure, even when it is hard or inconvenient.

In Your holy name, Amen.

Father,

I release the fears and anxieties I face today, and I place them in Your hands. Help me surrender my tendency to try to control certainty. May the truth that You are sovereign over every detail of today bring peace to my heart and my mind.

In Jesus' name, Amen.

Lord,

Deconstruct the lies I believe about myself, about the world, and about You. Replace those lies with the truth of Your love and care. Help me get out of the way. Please re-create my perspective so that truth reigns and guides my beliefs, decisions, and actions.

In Your holy name, Amen.

Lord,

Make my tongue a tree of life! Help me see myself and my situation in light of what You have done for me. Keep Your love for me in the forefront of my mind today.

In Your precious name, Amen.

Lord,

Break me of the need to be busy pursuing a sense of self-worth. Make me secure in who You are and who You have made me to be, and as a result, teach me what it means to truly rest.

In Your holy name, Amen.

Almighty God,

Bolster my prayer life! Make me persistent, courageous, and specific. May I depend on communion with You as much as I depend on the air that I breathe. Teach me a little more each day what it looks like to "pray without ceasing."

In Your Son's name, Amen.

Lord,

I desire to be characterized by gratitude. I admit that I am more prone to dwell on the negative than the positive and to pine after the what-ifs rather than bask in the “already’s.” Give me the grace to truly rejoice in the many good gifts You have given.

In Your holy name, Amen.

Lord,

Thank You for the gift of another day of life! I praise You in advance for all that it holds. I give You the worries, anxieties, and fears that I am experiencing now and those that are yet to come. Carry them for me, and keep my focus on seeking Your kingdom in every interaction and duty that confronts me today.

In Jesus’ name, Amen.

Lord,

I confess that I have chosen worry instead of peace. I have chosen irritation rather than calm. Time after time I give into my flesh rather than renounce it. Have mercy on my weary heart. By Your Spirit give me the strength to abide in You rather than dwell on my earthly circumstances. Remind me today that my inner peace does not depend on temporal situations or fickle people but on You, my unchanging and loving Father.

In Your name, Amen.

Lord,

Thank You that “before a word is on my tongue You, Lord, know it completely” (Ps. 139:4, NIV). Thank You that there are no surprises with You. Help me find deep comfort in the fact that You are unshockable, and nothing is too great, too terrible, too large, or too heavy for You. Help me see the problems that face me today in light of how big You are. May I learn to trust You more and myself less.

Amen.

Lord,

May my mind be so filled with truth that there is no longer any room for counterfeit concerns! May I both trust and listen as Your Spirit guides me to what is true, good, and beautiful. Help me resist indulging in dread that is beyond my control. Teach me to rely on Your guidance as I seek to be vigilant about my thought life.

In Your precious name, Amen.