

## **Spiritual Disciplines Prayer Guide**

- Lord, help me rejoice in your goodness and the blessings you've given me, remembering to celebrate your faithfulness. (Psalm 118:24)
- Give me a heart filled with gratitude, recognizing every moment as an opportunity to praise you for your love and mercy. (Philippians 4:4)
- Lord, in the quietness of solitude, let me find refuge and strength in your presence, away from the distractions of the world. (Psalm 46:10)
- Guide me to solitary places where I can commune with you, rejuvenate my spirit, and hear your still, small voice. (Mark 1:35)
- Help me use moments of solitude to reflect on your Word, seeking deeper intimacy with you and discernment for your will in my life. (Matthew 14:23)
- Father, teach me to pray with sincerity, knowing that you hear and answer the cries of your children. (Matthew 6:6)
- May my prayers be not just a list of requests but a conversation with you, aligning my heart with yours and surrendering to your perfect will. (Philippians 4:6-7)
- Help me cultivate a life of unceasing prayer, acknowledging your sovereignty, holiness, and power. (1 Thessalonians 5:16-18)
- Lord, as I fast, grant me strength to overcome the desires of the flesh and focus my heart and mind on you. (Matthew 6:16-18)
- As I fast, help me to deepen my dependence on You and to be more sensitive to Your Holy Spirit. (Isaiah 58:6-7)

- Help me use times of fasting to humble myself before you, seeking purification and renewal in body, soul, and spirit. (Joel 2:12-13)
- Lord, as I meditate on your Word day and night, let it be a lamp to my feet and a light to my path. (Psalm 1:2-3)
- Give me clarity of mind and depth of understanding as I dwell on the truths revealed in Scripture, allowing them to transform my life. (Joshua 1:8)
- Help me meditate on your love, your promises, and your character, that I may be rooted and grounded in your truth. (Psalm 119:15)
- Father, open my eyes to behold wondrous things out of your law as I study Scripture diligently. (Psalm 119:18)
- Give me wisdom and discernment to rightly divide the word of truth, growing in knowledge and understanding of your ways. (2 Timothy 2:15)
- Help me approach your Word with humility and reverence, allowing it to touch my heart and transform me into the likeness of Christ. (Hebrews 4:12)
- Lord, free me from the love of material possessions and the pursuit of worldly comforts, that I may find contentment in you alone. (Matthew 6:19-21)
- Teach me to live a life marked by simplicity and generosity, sharing what I have with others as an expression of your love. (Luke 12:33-34)
- Help me prioritize the eternal over the temporal, seeking first your kingdom and trusting you to provide all that I need. (Matthew 6:33)
- Father, grant me a submissive heart that willingly surrenders to your authority and trusts in your sovereign plan. (James 4:7)

- Help me submit to your will even when it contradicts my own desires, knowing that your ways are higher and your purposes are perfect. (Proverbs 3:5-6)
- Teach me obedience and humility, following the example of Christ who submitted himself even unto death. (Philippians 2:8)
- Lord, lead me to serve others with a joyful heart, imitating Christ who came not to be served but to serve. (Mark 10:45)
- Give me opportunities to use my gifts and talents for the edification of the body of Christ and the advancement of your kingdom. (1 Peter 4:10)
- Help me serve with compassion and humility, considering others as more significant than myself and looking out for their interests. (Philippians 2:3-4)
- Father, give me the courage to confess my sins honestly, knowing that you are faithful and just to forgive and cleanse me from all unrighteousness. (1 John 1:9)
- Give me a contrite heart that is quick to seek reconciliation with you and others. (Psalm 32:5)
- Help me walk in the light, transparent before you and my brothers and sisters in Christ, experiencing the freedom that comes from confession and repentance. (James 5:16)
- Lord, may my worship be offered in spirit and in truth, exalting you with reverence and awe for who you are and all you've done. (John 4:23-24)
- Give me a heart of adoration and praise, lifting my voice and my life as a living sacrifice unto you. (Romans 12:1)
- Help me worship not only with my lips but also with my actions, living a life that brings glory and honor to your name. (Psalm 95:6-7)

- Father, I submit my plans and decisions to you, trusting in your promise to direct my steps and make my paths straight. (Proverbs 3:5-6)
- Give me wisdom and discernment through your Holy Spirit, guiding me in the way of righteousness and away from the snares of the enemy. (James 1:5)
- Help me listen to your voice, and lead me in accordance with your will. (Isaiah 30:21)
- Lord, as I reflect on your goodness and faithfulness, I celebrate the victory I have in Christ, rejoicing in the hope of glory. (Romans 5:2)
- Give me a spirit of joy and gladness, knowing that in your presence there is fullness of joy and pleasures forevermore. (Psalm 16:11)
- Help me share the joy of salvation with others, inviting them to join in the celebration of new life found in you. (Luke 15:10)