



# Best Practices for Prayer

Your Guide to Praying for Common Situations



## Introduction

One of the most powerful things we can do as believers is pray for one another. It demonstrates to people how much they matter to God, and to us, and can transform their relationship with God, themselves, and others. It's important that people know God is with them and for them!

To help train and equip you to care for others, this guide includes prayer prompts and scriptures that address specific issues people you connect with may be facing and emotions they may be feeling. These resources are meant to empower you to engage in a quality prayer conversation that includes a warm and empathetic introduction, an authentic and compassionate prayer, and helpful next-step suggestions.

### Topics:

Abuse Survivors  
Abusive Relationships  
Broken Relationships  
Cancer Diagnosis  
Caregivers of Those with Illness  
Dating  
Dealing With Stress  
Eating Disorders and Body Image  
Experiencing Grief  
Financial Struggles  
Guiding Someone Through a Salvation Prayer  
Infertility, Miscarriage, Neonatal Loss  
Job Difficulties  
Mental Health Issues (Depression, Anxiety, Bipolar)  
New Followers of Christ  
Overcoming Addiction  
Pornography Addiction  
Praying for Unsaved Loved Ones  
Self-Esteem and Self-Worth  
Sickness and Health Concerns  
Singleness  
Struggling Marriages  
Struggling with Anger

For awareness:

- The Scripture references throughout are from the New Living Translation of the Bible, unless otherwise noted.
- There is a Notes page at the end in case you wish to jot down additional best practices, learnings for topics not addressed, or questions to ask your peers or leader about.

## Prayers for Abuse Survivors

People who have survived abuse often struggle with shame. They may feel like they somehow contributed to what happened to them. They often experience loneliness and feel that they have no one to talk to. Try to avoid saying that you understand what they're going through, especially if you have never had the experience. Instead say, "I can only imagine how you are feeling." They need compassion and support. Remind them that God sees them as he created them to be; respect and empathize with them. Let them know their emotions are valid, and that it's important to recognize them (anger, fear, loneliness, shame, guilt, sadness) in order to heal.

Resist the temptation to urge them to forgive and forget. If they want you to pray for forgiveness, then include that in your prayer.

### Possible things to pray for:

- The Holy Spirit to strengthen them
- God to show them who they are in Christ
- Against self-condemnation and self-hatred
- The love of Jesus to be manifest in and through them
- Spiritual freedom—free of guilt and shame
- The spirit of loneliness to flee
- God's peace and joy
- Restoration
- Healing of their body and mind

### Verses to share:

Psalm 9:9

"The Lord is a shelter for the oppressed, a refuge in times of trouble."

Psalm 10:17

"Lord, you know the hopes of the helpless. Surely you will hear their cries and comfort them."

Matthew 11:28

"Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."

Romans 8:35-39

"Can anything ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? As the Scriptures say, "For your sake we are killed every day; we are being slaughtered like sheep." No, despite all these things, overwhelming victory is ours through Christ, who loved us. And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord."

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Ephesians 1:4

“Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes.”

Philippians 4:13

“For I can do everything through Christ, who gives me strength.”

Psalm 147:3

“He heals the brokenhearted and binds up their wounds.”

Isaiah 26:3

“You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!”

Psalm 103:6

“The Lord gives righteousness and justice to all who are treated unfairly.”

## Prayers for People in Abusive Situations

People experiencing abuse in relationships, be it mental, emotional, or physical, often feel afraid, desperate, and hopeless. They need peace, hope, love, and understanding. Be gentle and empathetic as you talk and pray with them, knowing that God is with them. Remember we aren't counselors, and we shouldn't focus on convincing them to break off the relationship, but we can pray with boldness that God will work in their situations.

### Possible things to pray for:

- For their protection
- For courage to ask for help, and for the wisdom to know whom to ask
- To see themselves in the light of God's love and truth
- To recognize and reject any lies they've been believing about themselves or the situation
- To experience God's love, power, healing, and freedom
- For God to give them strength to forgive

### Verses to share:

Isaiah 26:12

"Lord, you will grant us peace; all we have accomplished is really from you."

Psalm 147:3

"He heals the brokenhearted and bandages their wounds."

Isaiah 26:3

"You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!"

Psalm 103:6

"The Lord gives righteousness and justice to all who are treated unfairly."

## Prayers for Broken Relationships

People experiencing broken relationships are often in a great deal of pain. Express empathy and sensitivity for their situation. Remember that God ultimately wants people in healthy relationships, and his ultimate goal is for our restoration to himself, and also to others whenever possible.

### Possible things to pray for:

- Wisdom to know what steps to take
- Clear communication between everyone involved
- A godly perspective on one another and the situation
- Strength to forgive and to love one another in a healthy way
- A breaking down of any walls that have been built between them

### Verses to share:

Psalm 147:3

“He heals the brokenhearted and bandages their wounds.”

Ephesians 4:2-3

“Always be humble and gentle. Be patient with each other, making allowance for each other’s faults because of your love. Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.”

Colossians 3:13-15

“Make allowance for each other’s faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Above all, clothe yourselves with love, which binds us all together in perfect harmony. And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.”

## Prayers for Cancer Diagnosis

(See also [Sickness and Health Concerns and Caregivers.](#))

Often, the biggest issue with cancer is the fear and hopelessness it puts into the lives of the person diagnosed and the family/friends. The devil wants us to believe that there is no way out and wants us to be gripped with fear. There is a name that is so much greater than cancer, and that is the name of Jesus.

### Possible things to pray for:

- God to kill off the cancer cells and replace them with new healthy ones
- God to not allow any part of this cancer to live or come back into their body
- Strength for God to sustain them during this trying time
- Faith to trust in God (This is a difficult time when many give up or may blame God.)

### Verses to share:

[Psalm 59:17](#)

"O my Strength, to you I sing praises, for you, O God, are my refuge, the God who shows me unfailing love."

[Psalm 62:6](#)

"He alone is my rock and my salvation, my fortress where I will not be shaken."

[Psalm 55:22](#)

"Give your burdens to the Lord, and he will take care of you. He will not permit the godly to slip and fall."

[Psalm 46:1](#)

"God is our refuge and strength, always ready to help in times of trouble."

[Jeremiah 17:14](#)

"O Lord, if you heal me, I will be truly healed; if you save me, I will be truly saved. My praises are for you alone!"

[Jeremiah 29:11](#)

"'For I know the plans I have for you,' says the Lord. 'They are plans for good and not for disaster, to give you a future and a hope.'"

## Caregivers of Those with Illness

Providing daily care to a loved one who is physically unable to do so many things has an effect that is too often missed by others. The unusual weight of this daily life can affect a person's outlook such that they may lose hope of any interactions with others and have feelings of being alone in their situation.

### Possible things to pray for:

- Thankfulness for them and their role in helping their loved one
- Thankfulness for fulfilling God's word in their role (Gal. 6:9-10, Phil. 2:4, 1 Tim. 5:8)
- Patience in allowing God to show them how to handle each day and situation
- For others of strength, love, and encouragement to come into their daily walk
- Physical strength to pursue what God has for them each day

### Verses to share:

#### 1 Timothy 1:12

"I thank Christ Jesus our Lord, who has given me strength to do his work. He considered me trustworthy and appointed me to serve him."

#### Isaiah 40:29-31

"He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint."

#### Matthew 11:28-30

"Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

#### Matthew 25:40

"And the King will say, 'I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!'"

#### Romans 8:28

"And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them."

#### Lamentations 3:25-26

"The Lord is good to those who depend on him, to those who search for him. So it is good to wait quietly for salvation from the Lord."



## Prayers for Dating

It is important to remind people who are dating to put Jesus first in their relationships. It is also important to encourage them to pursue honor, respect, and purity. The greatest thing about Jesus is that he is a **relational** God. When many beliefs require rituals and religion, Jesus pursues a reckless love relationship with us. So when praying for people in dating relationships, try to challenge them to love and treat each other like Jesus would.

### Possible things to pray for:

- Pursuing purity, honor, respect, and love in your relationships
- Focusing on Jesus together
- Wisdom on choices people need to make regarding their relationship
- Seeking God's desire for their lives
- Staying accountable for and to each other

### Verses to share:

#### Song of Solomon 2:7

"Promise me, O women of Jerusalem, by the gazelles and wild deer, not to awaken love until the time is right."

#### 1 Corinthians 13:4-7

"Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance."

#### 2 Timothy 2:22

"Run from anything that stimulates youthful lusts. Instead, pursue righteous living, faithfulness, love, and peace. Enjoy the companionship of those who call on the Lord with pure hearts."

#### 1 Thessalonians 4:3-5

"God's will is for you to be holy, so stay away from all sexual sin. Then each of you will control his own body and live in holiness and honor— not in lustful passion like the pagans who do not know God and his ways."

#### James 1:5

"If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking."

#### Proverbs 31:30

"Charm is deceptive, and beauty does not last; but a woman who fears the Lord will be greatly praised."

## Prayers for Dealing with Stress

People dealing with stress are usually focused on the “problem.” It may cause them to make rash decisions or choices. Try to express comfort, encouragement, and practical ways to help them re-focus on the solution: Jesus. The enemy is good at distracting us, especially using stress, but it is God’s desire for us to lean on Him for His peace. He longs to be the center of our lives.

### Possible things to pray for:

- Wisdom for practical ways to move towards the solution
- Strength to surrender the issue at God’s feet
- Knowledge that God is sovereign over their chaos and ability to focus on him
- Claim authority over the powers and principalities causing the stress
- Declare God’s promises over the situation

### Verses to share:

Matthew 11:28-30

“Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.”

John 14:1

“Don’t let your hearts be troubled. Trust in God, and trust also in me.”

Philippians 4:6-7

“Don’t worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

Matthew 6:25-27

“That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing? Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are? Can all your worries add a single moment to your life?”

Psalms 61:3

“For you are my safe refuge, a fortress where my enemies cannot reach me.”

Isaiah 35:4

“Say to those with fearful hearts, ‘Be strong, and do not fear, for your God is coming to destroy your enemies. He is coming to save you.’”

Isaiah 41:10

“Don’t be afraid, for I am with you. Don’t be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.”

## Prayers for Eating Disorders and Body Image

People (men and women) who are struggling with eating disorders face daily challenges. Often the root of their battle comes from a deeper emotional pain, and the eating disorder is one manifestation of that pain. They may deal with anorexia, bulimia, bingeing, food addiction, or other food or body image-related challenges.

### Possible things to pray for:

- A life-changing encounter with the powerful love of God
- That they would gain a clear understanding of their identity in Christ and see themselves as God sees them
- God's truth to overcome any lies from the enemy that they believe about themselves or their situation
- Willingness to open up and ask for help from someone they trust
- That they would find satisfaction in their relationship with Jesus rather than meeting it through eating or food avoidance

### Verses to share:

#### Psalm 139:14 NIV

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

#### Romans 12:1-2

"And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect."

#### Deuteronomy 30:19a, 20

"Today I have given you the choice between life and death..." "You can make this choice by loving the Lord your God, obeying him, and committing yourself firmly to him. This is the key to your life. And if you love and obey the Lord, you will live long in the land the Lord swore to give your ancestors Abraham, Isaac, and Jacob."

#### 2 Samuel 22:30

"In your strength I can crush an army; with my God I can scale any wall."

#### 1 Corinthians 10:13

"The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure."

#### 2 Corinthians 3:16-18

"But whenever someone turns to the Lord, the veil is taken away. For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom. So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image."

## Prayers for Experiencing Grief

There are many ways people can be in grief and they all involve the same thing, loss. Most likely it will be the loss of a loved one, but often it can involve a job, or they could be going through a divorce or some other personal tragedy. The tricky thing in dealing with grief is helping them get through whatever stage they may be in. There are several stages to grief (some places say seven others say four) and they are not always linear. Often a person will cycle back to an earlier stage to resolve it.

The stages of grief are:

4 Stages Model	7 Stages Model
Shock and denial Intense concern Despair and depression Recovery	Shock and denial Pain and guilt Anger and bargaining Depression, reflection, and loneliness The upward turn Reconstruction and working through Acceptance and hope

### Possible things to pray for:

- Pray for them to experience God's comfort
- Pray for people to be available to them to talk through their grief
- Encourage them to keep faith in God and what he can do
- Pray that God will help them with strength and courage to make it through this time
- Let them know that God does care for them

### Verses to share:

Matthew 5:4

"God blesses those who mourn, for they will be comforted."

2 Corinthians 1:3-4

"All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us."

Isaiah 41:10

"Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand."

Psalms 23:4

"Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me."

Psalms 34:18

"The Lord is close to the brokenhearted; he rescues those whose spirits are crushed."

## Prayers for Financial Struggles

People faced with financial difficulties often experience fear, guilt, uncertainty, and desperation. They may doubt God's goodness and promises. They may be seeking direction, hope, and peace. Imagine how you would feel in a financial crisis, and respond with gentleness and empathy. Pray boldly and in faith, confident that God promised to provide for his children.

### Possible things to pray for:

- Provision for basic needs of food, shelter, clothing, and utilities
- Wisdom for income-producing activities, debt repayment, budgeting, and sources of community assistance
- Faith to trust in God's promises to meet needs and provide guidance
- Thankfulness that all of our resources belong to the Lord; we are managers of them, but not owners
- The Holy Spirit to reveal the work God may be doing through this crisis (e.g., refocus our hearts on heavenly treasure)
- Forgiveness for financial carelessness, if they acknowledge that

### Verses to share:

#### Philippians 4:19

"And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus."

#### Luke 12:22-24

"Then, turning to his disciples, Jesus said, "That is why I tell you not to worry about everyday life—whether you have enough food to eat or enough clothes to wear. For life is more than food, and your body more than clothing. Look at the ravens. They don't plant or harvest or store food in barns, for God feeds them. And you are far more valuable to him than any birds!"

#### Philippians 4:6-7

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."

#### James 1:5-6

"If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking. But when you ask him, be sure that your faith is in God alone. Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind."

#### Malachi 3:10 NIV

"Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the Lord Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it."

#### Proverbs 3:9-10

"Honor the Lord with your wealth and with the best part of everything you produce. Then he will fill your barns with grain, and your vats will overflow with good wine."

## Guiding Someone through a Salvation Prayer

Seeing people surrender their lives to Christ is one of the greatest joys of serving with Eagle Brook—in fact, it’s why we do what we do! As you serve or in your everyday life, you may encounter people who are ready to make this life-changing decision. Check out the guide below for a few tips on leading someone through a prayer to accept Jesus as their Lord and Savior.

### Before Praying

Use Scripture to explain our foundational beliefs on salvation:

- All of us have sinned and fallen short of God’s standards. (Romans 3:23)
- The just punishment for our sin is eternal separation from God in hell. (Romans 6:23)
- There’s no way we can ever earn our way into heaven. (Ephesians 2:8-9)
- Jesus, the Son of God, lived a sinless human life among us. (Hebrews 4:14-15)
- He died on the cross then rose again, defeating sin forever. (1 Corinthians 15:3-4)
- Because of Jesus’ perfect sacrifice, we can be reconciled with God and spend eternity with Him in heaven. (John 14:6, Galatians 3:26, John 3:16)
- Salvation is God’s free gift to us, but we must accept it. (Romans 10:9-10)

### Praying Together

Emphasize that there is no magical prayer you must pray—it’s more about the condition of your heart. Some important components can be remembered with ABC: **A**dmit that you are a sinner in need of a Savior, **B**elieve that Jesus died for you and rose again, and **C**ommit to live the rest of your life for Him. Here’s one example:

*Heavenly Father, forgive me of all my sins. Make me brand new. I believe Jesus died for me and rose again so I could live for you. Fill me with your Spirit so I can know you, serve you, and follow you the rest of my life. My life is not my own—today I give it to you. Thank you for new life! In Jesus’ name I pray, amen.*

### Next Steps

Once someone has made the decision to surrender their life to Jesus, celebrate with them and let them know how excited we are for them! Then, be sure to encourage them to let us know so we can get in touch and provide them with some next steps in their new faith.

	In Person	Online
Letting us know	The <b>card titled “Congratulations on Making a Decision to Follow Jesus!”</b> is available to Prayer volunteers in the prayer baskets and available at Next Steps to anyone. Invite the new believer to complete it, and then you can give it to a Next Steps volunteer or pastor.	Online form via <a href="http://eaglebrookchurch.com/next-steps/following-christ">eaglebrookchurch.com/next-steps/following-christ</a>
Next steps of faith	The <b>Follow Jesus booklet</b> is available to Prayer volunteers in the prayer baskets. It answers FAQs and lists suggested next steps.	Free resources via <a href="http://eaglebrookchurch.com/next-steps/following-christ">eaglebrookchurch.com/next-steps/following-christ</a>

## Prayers for Infertility, Miscarriage, Neonatal Loss

It's a frustrating and painful thing not to be able to conceive easily. It can be devastating to experience miscarriage or the loss of a newborn. People going through any of these are often confused, sad, and angry. They may wonder what is wrong with them and why God is letting this happen. It's important in your response that you are sensitive without offering pat or cliché answers.

### Possible things to pray for:

- God's comfort to cover their heart and spirit
- Trust in his timing and guidance (specifically for those experiencing infertility)
- Healing of their bodies, that God would allow everything to function properly
- That God would bring people around them to support and care for them

### Verses to share:

Psalms 147:3

"He heals the brokenhearted and binds up their wounds."

Romans 12:12 NIV

"Be joyful in hope, patient in affliction, faithful in prayer."

Psalms 62:8

"O my people, trust in him at all times. Pour out your heart to him, for God is our refuge."

Nahum 1:7

"The Lord is good, a strong refuge when trouble comes. He is close to those who trust in him."

James 5:10-11

"For examples of patience in suffering, dear brothers and sisters, look at the prophets who spoke in the name of the Lord. We give great honor to those who endure under suffering. For instance, you know about Job, a man of great endurance. You can see how the Lord was kind to him at the end, for the Lord is full of tenderness and mercy."

## Prayers for Job Difficulties

With the average tenure in a job being less than five years, so many factors, positive and negative, that play into why that change occurs. Either way these factors drive people to seek wisdom and help to transition to a new path. When praying for them, try to broaden their vision to see that God's plan for the faithful brings greater things to them than they may have the ability to see during these confusing times. Also try emphasizing the importance of surrounding themselves with others in faith and not staying alone.

### Possible things to pray for:

- Strength to let go of past feelings
- Patience to allow employers to work through decisions and for their favor
- Willingness to see rejections as times of learning and growing
- Energy to keep the search moving
- Others of strength to come into their daily walk

### Verses to share:

#### Ecclesiastes 3:11

"Yet God has made everything beautiful for its own time. He has planted eternity in the human heart, but even so, people cannot see the whole scope of God's work from beginning to end."

#### Isaiah 43:18-19

"But forget all that— it is nothing compared to what I am going to do. For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland. "

#### Philippians 4:6-7

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."



## Prayers for Mental Health Issues

People afflicted with mental illness, and their loved ones, are looking for comfort, hope, understanding and peace. They may experience hopelessness, loneliness, and uncontrollable emotions.

Pray for discernment before answering the prayer request of a person dealing with mental illness, so that you will have power to decipher the nature of the problem and respond appropriately. Avoid judging them for feeling sad, ungrateful, etc. They cannot just "snap out of it;" they may identify that they "shouldn't" be feeling the way they are feeling.

### Possible things to pray for:

- Healing for the mind, comfort for the heart, and proper response to anxious thoughts
- Wisdom for medical professionals (e.g., proper medication, behavioral therapy)
- Strength and peace for loved ones; insight for them to have empathy for the person with the mental health challenge; community support
- Forgiveness of sin, relief from guilt and shame (if the person admits to sinful behavior that preceded the depression/anxiety)
- Deeper faith to believe God's promises of provision, protection, and guidance and to trust in the character of God to know their needs
- Power for the person to voice their cares to the Lord and leave them in his capable hands

### Verses to share:

#### Philippians 4:6-7

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."

#### Psalms 32:7 NIV

"You are my hiding place; you will protect me from trouble and surround me with songs of deliverance."

#### Jeremiah 17:14

"O Lord, if you heal me, I will be truly healed; if you save me, I will be truly saved. My praises are for you alone!"

#### 1 Peter 5:6-7

"So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. Give all your worries and cares to God, for he cares about you."

#### 2 Corinthians 10:4-5 NIV

"The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

#### Matthew 11:28-30

"Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at

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heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

### Psalm 42:11

"Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—my Savior and my God!"

### Psalm 94:18-19

"I cried out, "I am slipping!" but your unfailing love, O Lord, supported me. When doubts filled my mind, your comfort gave me renewed hope and cheer."

### Psalm 139:14 NIV

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

## Prayers for New Followers of Christ

How beautiful it is to see another person accepting Christ as their Lord and Savior! Those requesting prayer for guidance as a new follower of Christ may not yet fully understand what has happened and what comes next. Here is where we come in! We are not here to give them all the answers they are looking for (only God is able to do that), but we can help them during their initial transition as new followers of Christ.

### Possible things to pray for:

- Guidance as they begin to read the Bible
- Finding a church/community of faith
- Resisting worldly temptations
- Discovering who they are in Christ
- Learning how to pray
- Dealing with fear of what others may think of them

### Verses to share:

#### 2 Corinthians 5:17

"This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!"

#### Isaiah 41:10

"Do not fear, for I am with you; Do not anxiously look about you, for I am your God I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand."

#### John 14:6

"Jesus told him, "I am the way, the truth, and the life. No one can come to the Father except through me."

#### Romans 8:28

"And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them."

#### Ephesians 2:10

"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago."

#### Romans 6:23

"For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord."

#### Jeremiah 29:11

"'For I know the plans I have for you,' says the Lord. 'They are plans for good and not for disaster, to give you a future and a hope.'"

#### Deuteronomy 31:6

"So be strong and courageous! Do not be afraid and do not panic before them. For the Lord your God will personally go ahead of you. He will neither fail you nor abandon you."

## Prayers for Overcoming Addictions

People who are struggling with addictions are usually feeling powerless. Their desire to break free is still fueled by their understanding that the addiction is greater than them. Fortunately, when Jesus died on the cross, he defeated those addictions and overcame them for us. He is bigger than anything that is trying to take our focus away from him. It is important to remind people that they cannot do it on their own strength, but they need **his** strength to move forward.

### Possible things to pray for:

- Repentance and surrender of the lusts of the flesh to God
- Strength to fight addictions with God's word
- Divine power to resist the addiction
- Understanding that the addiction does not define who they are; their identity comes from Christ
- Courage to resist the addiction and stay away from company that encourages it
- Wisdom to make good choices that helps overcome the addiction

### Verses to share:

John 16:33

"I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."

1 Peter 3:11

"Turn away from evil and do good. Search for peace, and work to maintain it."

1 Corinthians 10:13-14

"The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure. So, my dear friends, flee from the worship of idols."

1 John 2:16

"For the world offers only a craving for physical pleasure, a craving for everything we see, and pride in our achievements and possessions. These are not from the Father, but are from this world."

James 4:7

"So humble yourselves before God. Resist the devil, and he will flee from you."

Psalms 50:15

"Then call on me when you are in trouble, and I will rescue you, and you will give me glory."

Philippians 4:13

"For I can do everything through Christ, who gives me strength."

## Prayers for Pornography Addiction

People struggling with porn can struggle with embarrassment, guilt, self worth, their own relationships, their walk with the Lord if they are Christians, and being open enough to seek help. If you cannot relate, be careful not to “tell them what to do.” If you can relate, we encourage you to share that you have been there. They need to know there is not only life past this addiction, but freedom from the bondage.

### Possible things to pray for:

- Forgiveness for themselves, and asking forgiveness from those in their family/spouse, etc.
- Willingness to seek help (wise counsel)
- Repentance and then openness for the Holy Spirit to break this stronghold
- Willingness to take preventative action: support group, accountability, internet controls

### Verses to share:

John 8:36

“So if the Son sets you free, you are truly free.”

2 Corinthians 3:17

“For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom.”

Philippians 4:7

“Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

Romans 12:2

“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”

1 Corinthians 10:13

“The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.”

## Prayers for Unsaved Loved Ones

Having people we love who are not saved can be discouraging and disheartening. People who are in this position need encouragement and to be reminded of our miraculous God. Thankfully, Jesus is the good shepherd. He leaves the ninety-nine and goes for that one who is lost; he is always waiting with open arms and unending grace.

### Possible things to pray for:

- Adore God and remember his resurrection power
- Strength to shine Jesus' light and be more like him in your walk
- Have faith that God is not done doing his good work in us, including reaching the lost
- Hope in the work of the Holy Spirit, who was left for us and our guidance
- Choose to pray fervently and dangerously

### Verses to share:

Matthew 19:26

"Jesus looked at them intently and said, 'Humanly speaking, it is impossible. But with God everything is possible.'"

Hebrews 11:1 NIV

"Now faith is confidence in what we hope for and assurance about what we do not see."

Psalms 9:10

"Those who know your name trust in you, for you, O Lord, do not abandon those who search for you."

Proverbs 3:5-6

"Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take."

Luke 15:4b-6

"Won't he leave the ninety-nine others in the wilderness and go to search for the one that is lost until he finds it? And when he has found it, he will joyfully carry it home on his shoulders. When he arrives, he will call together his friends and neighbors, saying, 'Rejoice with me because I have found my lost sheep.'"

## Prayers for Self-Esteem and Self-Worth

People struggling with no self-worth or low self-esteem are dealing with a deep sense of loss in identity and sense of belonging. They tend to have much insecurity and engage in unhealthy comparisons. It is important to show encouragement and belief in them. When we give our lives to Jesus, we are automatically a part of the kingdom and his transformational love reminds us that our sense of self comes from him, and **him** alone.

### Possible things to pray for:

- Faith in God's transformational love
- Repenting and asking for strength to be kind to oneself
- Authority that comes from the Holy Spirit over thoughts, words, and actions
- Renewed sense of self in Christ
- God writing their story and fighting their battles for them
- Surrendering and silencing the strongholds that are hindering God's love to work

### Verses to share:

Isaiah 49:16a

"See, I have written your name on the palms of my hands."

Romans 6:6

"We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin."

Jeremiah 1:5

"I knew you before I formed you in your mother's womb. Before you were born I set you apart and appointed you as my prophet to the nations."

1 Peter 2:9

"But you are not like that, for you are a chosen people. You are royal priests, a holy nation, God's very own possession. As a result, you can show others the goodness of God, for he called you out of the darkness into his wonderful light."

1 John 3:1-2

"See how very much our Father loves us, for he calls us his children, and that is what we are! But the people who belong to this world don't recognize that we are God's children because they don't know him. Dear friends, we are already God's children, but he has not yet shown us what we will be like when Christ appears. But we do know that we will be like him, for we will see him as he really is."

2 Chronicles 20:15b

"This is what the Lord says: Do not be afraid! Don't be discouraged by this mighty army, for the battle is not yours, but God's."

Romans 5:8

"But God showed his great love for us by sending Christ to die for us while we were still sinners."

## Prayers for Sickness and Health Concerns

(See also [Cancer Diagnosis and Caregivers](#).)

People experiencing health struggles, either their own or a loved one's, are looking for comfort, hope, and peace. Imagine how you would feel in a similar situation and respond with gentleness and empathy. Pray boldly and in faith.

### Possible things to pray for:

- Healing for the body, peace for the mind, and comfort for the heart
- Wisdom for medical professionals
- Strength and peace for loved ones
- Provision for medical expenses
- Deeper faith in the midst of the situation (e.g., not doubting God's love)

### Verses to share:

[Psalm 103:2-3](#)

"Let all that I am praise the Lord; may I never forget the good things he does for me. He forgives all my sins and heals all my diseases."

[Isaiah 53:4-5](#)

"Yet it was our weaknesses he carried; it was our sorrows that weighed him down. And we thought his troubles were a punishment from God, a punishment for his own sins! But he was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed."

[Isaiah 26:3](#)

"You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!"

[Isaiah 91:1-2](#)

"Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."

[Jeremiah 17:14](#)

"O Lord, if you heal me, I will be truly healed; if you save me, I will be truly saved. My praises are for you alone!"



## Prayers for Singleness

People who are single or are choosing to be single are in need of support. It is easy to wonder what is wrong or ask a lot of 'why' questions. God is the author of our stories and his will for us is to give us a hope and a future. It is important to encourage single people to choose God and his will for them despite cultural rules or voices that say otherwise.

### Possible things to pray for:

- Patience for God's will to unfold in their lives
- Strength to stay pure and betrothed/intentionally committed to Jesus
- Choosing to focus on God's story instead of culture/society's story
- Giving joy and peace during this season/for this choice
- Trust in God's leading within you

### Verses to share:

#### Colossians 2:10

"So you also are complete through your union with Christ, who is the head over every ruler and authority."

#### Psalm 37:4

"Take delight in the Lord, and he will give you your heart's desires."

#### Ephesians 2:10

"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago."

#### Hosea 2:19-20

I will make you my wife forever, showing you righteousness and justice, unfailing love and compassion. I will be faithful to you and make you mine, and you will finally know me as the Lord."

#### Song of Solomon 3:5

"Promise me, O women of Jerusalem, by the gazelles and wild deer, not to awaken love until the time is right."

#### Isaiah 54:5

"For your Creator will be your husband; the Lord of Heaven's Armies is his name! He is your Redeemer, the Holy One of Israel, the God of all the earth."

#### John 15: 5

"Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing."

## Prayers for Struggling Marriages

Struggles in marriage can be caused by a variety of factors. Rather than digging in to the source of their strain, consider praying for God to bring resolution to their struggles. Show care and encouragement as you help them lean on the Holy Spirit to bring reconciliation through forgiveness and unconditional love.

### Possible things to pray for:

- Heart and eyes to see the other person through God's eyes
- Willingness to forgive and seek reconciliation (restoration)
- Allowing God to show them where he wants to see change in them
- Protection from ungodly influences that strain marriage and trust
- Patience as God grows the marriage to where he wants it to be

### Verses to share:

Matthew 19:26

"Jesus looked at them intently and said, 'Humanly speaking, it is impossible. But with God everything is possible.'"

Ephesians 4:2-3

"Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace."

Hebrews 13:4

"Give honor to marriage, and remain faithful to one another in marriage. God will surely judge people who are immoral and those who commit adultery."

## Prayers for Struggling with Anger

Anger is not wrong unless it leads to sin. If it is not dealt with, people turn bitter and lose empathy towards other people and situations. It can cause the enemy to have a foothold in people's lives. It is important to encourage people who are angry to turn it into praise and work towards forgiveness. God does get angry, but even in his anger, he chooses to love and show grace.

### Possible things to pray for:

- Repentance for anger and the sins it led to
- Forgiveness for the situations that caused anger
- Strength to respond in kindness, instead of reacting in anger
- Healing from past events that have caused bitterness and an unforgiving heart
- Turning angry moments to God and asking him to deal with the situation

### Verses to share:

#### Ephesians 4:26-31

"And 'don't sin by letting anger control you.' Don't let the sun go down while you are still angry, for anger gives a foothold to the devil. If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need. Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption. Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior."

#### Proverbs 15:18

"A hot-tempered person starts fights; a cool-tempered person stops them."

#### James 1:19

"Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry."

#### Psalms 37:8-9

"Stop being angry! Turn from your rage! Do not lose your temper—it only leads to harm. For the wicked will be destroyed, but those who trust in the Lord will possess the land."

#### Luke 6:31

"Do to others as you would like them to do to you."





