

a woman's
Prayer Journal
by Wendi Westmoreland

{let's pray}

Be still & know
that I am God.
Psalm 46:10



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Are you a child of God?

Do you know Jesus Christ as your Savior? Many have heard of Jesus and know something about Him, but, do you know Him personally? Jesus died to pay for your sins and bring you into a relationship with Him? You can know the promise of eternal life and experience the joy of knowing God here on earth!

Simply begin by acknowledging that you are a sinner and cannot save yourself. (1 John 1:9; Romans 3:23-26) Believe that Jesus Christ is the Son of God, who died for you on the cross, rose from the dead and is Lord. (Romans 10:9) Ask and receive Jesus into your heart as your Savior and Lord. (Romans 10:13)

If you would like to accept Jesus as your Savior and Lord, simply ask. Here's a prayer to guide you.

Dear Jesus, I know that I am a sinner and ask you to forgive me. I know that I can never earn my salvation by doing good works. I believe that You love me and that You died and rose again so that I can be forgiven and know You. Please come into my heart and be Lord of my life. Thank You for loving and saving me. I am thankful that I can know you here on earth and spend the rest of eternity with You in heaven. In Jesus' name, Amen.

If you have prayed this prayer in believing faith, you are now a child of God! Welcome to the family of God! Write this date down because it is your spiritual birthday. Happy Birthday!

Introduction

"Be still...know I AM God." (Psalm 46:10)

What does "be still" mean to you? Is it an actual physical thing you do like sitting down and taking a break? Or could it be such an awareness of Christ in your life that it actually causes you to stop and listen for His voice? Could it possibly be the Lord Jesus pleading with you to give Him some of your time?

Do you have time to "be still?" Is "being still" last on your list? When was the last time you spent time with the Lord Jesus? I am not talking about the hurried prayers you may say throughout the day. I am talking about totally and completely shutting out anything and everything but the Lord Jesus – a quiet moment where it is just you and Jesus spending time together. For most of us, it has probably been a while and for some, maybe never.

The Lord Jesus put Psalm 46:10 repeatedly in my path for the past eleven months. At first, God used this verse to remind me personally that He is always speaking to me if I would listen. He wanted me to be still. He wanted me to "listen" to what He had to say. Most of the time, I hear His voice when I am reading His Word, but God has spoken to me through a friend, a song, a sermon or a godly mentor. God speaks to all of His children, but we have to be still and listen.

It was only a few months ago, that God used this verse to pierce my heart with the fact that He is I AM and I am not. He is the one in control and I am not. He is the answer to any problem I face and I am not. He is my Redeemer, Savior, Comforter, Healer, Counselor and Creator and I am not.

Jesus Christ wants a deeper relationship with you and is waiting for you to be still. I pray that you will find time to be still and discover why your relationship with I AM is the most important of all.

With love from His "Be Still Girl,"

Wendi

Dear Sisters in Christ

by Janet Reithmiller

Wonderful is the Lord
Who is mighty to save
To the broken hearted, lowly in spirit
God IS near in a powerful way.

He is our shield and defender
Our rock that we stand
Our comfort and provider
More perfect than man.

When I am lonely and weak
He's there!
When I am happy or sad
He's there!
When I am troubled or in need
He's there! He's there!

Lord, I love you
For you first loved me, I John 4:19
You created my inmost being
You knit me together in my mother's
womb. Psalm 139: 13

Dear sister in Christ
How precious you are to our Father,
Once a little child of curls
Now a beautiful woman of pearls.
How did we get from there to here
The days, the months, all those years
Bobbie socks, nylons, thick support
hose
From daughter, to mother, to
grandma soon old.

Silver crowns we're told are bliss
The ones that keep growing, we'd
soon like to miss.

The lines of character that adorn our
face
Our Godly manner we'd like to grace
We're a family
Through happy and sad
Good times, bad times
All times to be had.

STOP! We say
We want to get off
This whirlwind of life
Makes some days just flop.

But Jesus just smiles
And wipes off the dirt
The messes we make
When our feelings get hurt.

He loves us His dear children
Sisters, parents, grandparents in
Christ,
The struggles we face
Are Glory to His sight.

How precious you are sweet sister
At each stage in life,
From dental braces to beauty
To dentures that hold tight.

Let us laugh
Let us live
Most of all
Let us love.

We love you our Father
With all of our heart
With all of our soul
With all of our mind. Matthew 22: 37
Here on this earth, and in our final
stage, Eternity.

Prayer Journal Guide

It is our prayer that you will be encouraged to take steps to a deeper walk with Jesus Christ by developing a strong prayer life. This prayer journal will help you develop a more intimate relationship with God if you will apply the principles you find here. Prayer is the only answer to life's problems. Slowing down will not just happen. Below are some suggested guidelines to getting your prayer life started.

Time: Choose a regular time to pray and read your Bible. It may be first thing in the morning or it may be at night. Find a time when interruptions will be minimal. I like to get up early in the morning before the rest of my family wakes up.

Place: Find a place where you are comfortable but not so comfortable that you will fall asleep. Choose a place where you can pray without distractions. I sit in my favorite recliner in the living room where my Bible, devotional and prayer journal are located. Tell your family about your quiet place. My children know that if they see me sitting in my recliner early in the morning that I am having my quiet time and they are not to disturb me.

Remove Distractions: Look around your quiet place and remove all possible distractions. Turn off your phone, cell phone, computer, answering machine and television so your focus is on your time with the Lord. If you only have a few minutes, set an alarm so you won't need to watch the clock. Forget about the time and just focus on the Lord.

Consistency: Starting a prayer life can be difficult but not impossible. If you miss a day or two, start again as soon as you can. Perfection is not the goal. God would rather you be faithful in keeping your prayer time with Him. The most important thing is that you are praying.

Ask for Help: God is not interested in perfect prayers. He just wants time with you. He wants to be able to speak with you and know you are listening. If you lack the desire to pray or do not even know how to start, ask the Holy Spirit to help you. You are not the only one who does not know how to pray. Plenty of Christians who have grown up in the church but do not really know how to pray. Prayer is more than just

Praying for Opportunities to Share your Faith

Lord, I pray that you will give me divine encounters at Wal-Mart today. (Acts 8:26-40)

Lord, I pray for boldness and confidence to share the gospel of Jesus Christ. (2 Timothy 3:16-17, 4:1-5)

Lord, help me to be a blessing to _____ today. She is hurting and needs Jesus. (Psalm 119:74)

Lord, a new family has joined our Life Group and needs immediate help. The dad lost his job and they don't know where to turn. (Luke 3:11, Matthew 25:34-40)

Lord, help me to be your witness everywhere I go – even outside my comfort zone. (Acts 1:8)

Lord, I pray that my co-workers will see Jesus in me. (Matthew 5:13-16)

Lord, help me to be active in sharing my faith so that I will have a full understanding of every good thing I have in you. (Philemon 1:6)

Father, I pray that you strengthen _____ with power to grasp how wide and long and high and deep is your love for him, to know this great love, and be filled to the measure of all the fullness of God. (Ephesians 3:16-19)

Father, I pray that you will grant _____ the spirit of wisdom and revelation so that he may know you better. (Ephesians 1:17)

Father, I pray that you will fill _____ with the knowledge of your will through all spiritual wisdom and understanding. (Colossians 1:9)

Praying for the Lost

Lord, I pray that the scales would fall from _____'s eyes so that they can see You clearly. (Acts 9:18)

Lord, please give me strength when I am afraid to share my life story with others. I want to be obedient to share the Good News of Jesus Christ. (Matthew 28:19, 20)

Lord, I pray that you help me to see lost people as you see them and love them with your love. (Mark 6:34)

Lord, I am overwhelmed with memorizing Bible verses to share with a lost person. (God's reply) "Just tell them my words of John 3:16. Love, God."

Lord, please help me to live my life so that others may see you.

"Now wherever we go he (God) uses us to tell others about the Lord and to spread the Good News like a sweet perfume. Our lives are a fragrance presented by Christ to God". 2 Corinthians 2:14, 15
("how to smell like God" by Steven James)

Lord, I pray that you will grant _____ repentance, leading him to knowledge of the truth, and that _____ will come to his senses and escape the trap of the devil, who has taken him captive to do his will. (2 Timothy 2:25-26)

giving the Lord a list of requests. Ask the Holy Spirit to help you pray according to God's will.

Journal: I like to record my prayers in my prayer journal. It helps me organize my thoughts and gives me something to refer to when I feel down or distraught. It is also a great way to reflect on the prayers that God has answered.

Keep on Keeping On: Whether you spend five minutes or 30 minutes in prayer, the main goal is to develop greater intimacy with Christ.

This Prayer Journal is divided into six sections: Praise, Thanksgiving, Confession, Repentance & Forgiveness, Renewal and Strength, Listening to God and Prayer Suggestions.

Insert additional notes, pages and bookmarkers as necessary. This is your prayer journal, so personalize it by keeping a running list of praises and things for which you are thankful.

In the last section called *Prayer Suggestions*, you will find suggestions for developing daily requests and a weekly prayer calendar where you can divide your prayer concerns by assigning them to a specific day of the week. You will also find scriptures to pray over your marriage, husband, children, the lost and for witnessing opportunities. This prayer journal should always be changing to fit your prayer needs as this journal is all about you and your walk with the Lord Jesus.

A Guide to Praise

Praise is the vehicle of faith which brings us into the presence and power of God. Praise is an expression of worship. Praise adores God for His person, character and attributes.

Why should we praise God?

- God's character is worthy of praise. (1 Chronicles 16:25)
- Praise is our gift of sacrifice to God. (Hebrews 13:15)
- He commands us to praise Him. (Psalm 148)
- Praise follows Jesus' example. (John 12:28; John 17:1)
- Praise prepares us for what we will do in heaven. (Revelation 5:9-14; 7:9-17)

How do we praise the Lord?

- Express honor, greatness and joy from your heart.
- Think about His greatness and share your feelings with Him.
- Read scriptural prayers aloud with thoughts focused on Him. (Psalm 104)
- Play whatever instruments you play for Him.
- Recite great saving acts of God from the past to remind you of His greatness and to express your praise.
- Sing praise songs to Him such as Chris Tomlin, *Indescribable*, Casting Crowns, *Life of Praise*, Darlene Zschech, *Shout To The Lord* or Chris Tomlin, *How Great is Our God*.

What can we say when we praise the Lord?

Read Scripture aloud as your own prayers of praise and adoration.

- To glorify God's person, character and attributes, read aloud some of these scriptures. (Psalm 8, 19, 24, 65, 92, 104, 139)
- To praise God's goodness, read aloud some of these scriptures. (Exodus 15:1-21; 1 Samuel 2:1-10; 1 Chronicles 29:10-19; Psalm 9; Psalm 30, 108, 138, Luke 1:46-55)

Prayers for your Marriage

Lord, I pray that our marriage would be free from infidelity and that we would only have eyes for each other. (Ephesians 5:3)

Lord, I desire to achieve oneness with my husband in our marriage. (Ephesians 5:31-33)

Lord, I pray that our marriage would be strong in making wise decisions about our children. I pray that _____ and I would not argue but seek you first in agreement for choices we should make. (Matthew 18:19, 20)

Lord, help us to walk in Jesus' light together. (1 John 1:7)

Lord, help us to honor you by submitting to each other. (Ephesians 5:21)

Lord, give us a spirit of unity as we follow you. (Romans 15:5)

Lord, I pray _____ and I live joyfully together all the days of our life. (Ecclesiastes 9:9)

Prayers for your Husband

Lord, I pray that _____ would seek You daily with all of his heart. (Psalm 119:1-2)

Lord, please help me to love _____ even when his words hurt me. (Ephesians 4:31, 32)

Lord, I pray that _____ has desires and is attracted to me only. (Proverbs 5:15- 23)

Lord, please help my husband to have peace about our lack of finances. (Luke 12:27- 31)

Lord, please restore sexual desire for my husband. (Philippians 2:4, 5)

Father, I pray that you will equip _____ with every good thing for doing your will. (Hebrews 13:21)

Prayers for your Children

Lord, I pray that _____ will come to know you early. (2 Tim. 3:15)

Lord, I pray that my child will know your truth in his heart and his head. Keep Satan's lies from lodging in his heart robbing him of the freedom you died to give to him. I pray he will daily seek you, Lord, and learn early to focus his thoughts on your truth, what is right, excellent, and full of purity and brings praise to you. (John 8:32, Rom 12:2, Philippians 4:8)

Please watch over the life partner you have chosen for my child. Let him already be learning your ways. May they share the same testimony of your love, salvation. Let their love for each other find its best in you, Lord, and their relationship will always be a witness of you as their Savior. (Psalm 112:1-2)

Lord, you know the plan you have for my child. You know if he will marry or be single. Let him choose all his relationships by your guidance and truth. I only want the best for my child and I know you do as well.

Lord, if my child is to marry, guide him to the spouse you have created, chosen and prepared for him. Let each of them be the spouse that is as great a find as a priceless treasure. (Proverbs 18:22)

Lord, your Word tells me that people of integrity have firm footing. I pray my child will grow steady in truthfulness, honesty, kindness and strength. I pray that my child will show integrity in all relationships, in his family, in his occupation and wherever you lead him. (Proverbs 10:9)

Lord, please help me to make our house a Godly home where our family loves you. (Deuteronomy 6:5-9)

Lord, I pray for wisdom in raising _____ (son/daughter) to honor you. (Proverbs 22:6)

Lord, I pray for your protection over our children at school and at play. (2 Thessalonians 3:2-3)

Lord, my child is acting out and I do not know what to do. Please give me wisdom. (Hebrew 12:10-11)

There are no set rules on how you should praise God. Praise should be personal and from your heart. You can use the examples above to help you praise God in your own unique way.

Reference: Above materials taken from Disciple's Study Bible (NIV) – Life Helps

Honestly, praise can be difficult when you are going through painful times. How do you sing praises when you've just lost your closest friend, your spouse or your child? How do you praise God when you're going through a divorce that is tearing you apart? What about when your children are in trouble? How do you praise God then?

You lift up your eyes and your heart to God and acknowledge that He is worthy of all praise. He is in control of all things, and you can praise Him for He is the lifter of your head...*Father God, I praise you because you are a shield around me, O LORD; you bestow glory on me and lift up my head." (Psalm 3:3)*

Because He is the Promise, Acceptance and All-Sufficient. The God of Love. God of Grace. Healer. Our Hope. Our Salvation. God of Joy...*I give you my praise, O Lord, because you have granted [me] eternal blessings and made [me] glad with the joy of your presence." (Psalm 21:6)*

Our Rest. God of Truth. He is our Jehovah-Shalom, Lord of Peace. Jehovah-Shammah, the Lord is there. Almighty God ...*"O LORD God Almighty, who is like you? You are mighty, O LORD," and your faithfulness surrounds you." (Psalm 89:8)*

He is true and most worthy of praise. No one is more incredible than God. He deserves all our praise!

Praise the Lord, O my soul. O Lord my God, you are very great; you are clothed with splendor and majesty. O Lord, our Lord, how majestic is your name in all the earth! Lord you are worthy of my praise. I put my trust in you. You are the maker of heaven and earth, the sea and everything in them. You are the Lord who remains faithful. I lift my hands to you, the one that restores my soul. You are incomparable. You are the one who loves me and I love you. No one is like you God. You are amazing and most worthy of praise!

Weekly Prayer Calendar Suggestions

You may want to divide your prayer concerns by assigning them a specific day of the week. Below are some suggestions for your weekly prayer calendar. Please feel free to customize your own weekly prayer calendar to fit your needs.

I encourage you to write down your prayer requests and then record God's answer whenever it comes, so that you can see the faithfulness of God in answering your prayers.

Monday: Husband, Children, Teachers, Role Models, President, Leaders, Work Week or the Week Ahead

Tuesday: Extended Family Members, Finances

Wednesday: Pastor, Church Staff, Special Friends

Thursday: Anyone who asks you to pray for them, Neighborhood, Community, Missionaries

Friday: Ministries in your Church, (Pre-School, Children, Youth, Divorce Recovery, etc.), Ministries in your area, Opportunities to Share Christ

Saturday: Sunday School Teachers' Preparation, Church Services on Sunday, Upcoming Church Events, Outreach

Sunday: Praise and Thanksgiving!

Scriptures on Thanksgiving:

"Enter his gates with thanksgiving and His courts with praise. Give thanks to Him; bless His name." (Psalm 100:4)

"O give thanks to the Lord, call upon His name; Make known His deeds among the peoples." (I Chronicles 16:8)

"always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father," (Ephesians 5:20)

" . . . The Lord is near. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." (Philippians 4:5-6)

"having been firmly rooted and now being built up in Him and established in your faith, just as you were instructed and overflowing with gratitude." (Colossians 2:7)

"Devote yourself to prayer, keeping alert in it with an attitude of thanksgiving." (Colossians 4:2)

Spiritual Blessings

- Thank you for dying on the cross for me and giving me eternal life.
- Thank you for preparing me for heaven where I will live with you.
- Thank you that there will be no more tears in heaven.

Physical Blessings

- Thank you for giving me this new day. May it bring glory to You.
- Thank you for my health. I am grateful that You are the Great Physician who comforts and heals.

Family Blessings

- Thank you for the family you've given me to love.
- Thank you for being their protector and watching over them.

Church Blessings

- Thank you for your church which you bought with your shed blood on the cross.
- Thank you for the freedom to be able to publicly worship You.

Personal Blessings

- Thank you for giving me strength to deal with difficult situations.

“If we settle ahead of time that we will obey whatever God tells us, we will go into our time with him ready to hear his voice.” – Henry and Richard Blackaby

Obey His Voice

Many years ago, I drove past a body lying covered in the street while on my way to drop my boys off at a basketball camp. On my way back home, God began to speak boldly to my heart. I felt He had pointed out a young gentleman on the sidewalk with whom I should pray. I thought “God, are you asking me to stop my car and pray with this stranger? Someone has died Lord and I do not know any of the details.”

My heart was pounding. I drove through the intersection twice while I questioned Go. He strongly affirmed this was what he wanted me to do. I parked my car and approached the young man and asked if I could pray with him. He said that would be fine, so we bowed our heads in the midst of ambulances, patrol cars and traffic for a pedestrian we later learned had been hit and killed by a car.

I never knew why God pointed out this one man to me. Maybe God was testing my obedience in a radical way. Since that time, I’ve grown more ready to hear, discern and obey God’s voice. Many more opportunities have come my way since that first day of testing.

What is God calling you to in obedience this day?

“The one who obeys me is the one who loves me, and because he loves me, my Father will love him: and I will too, and I will reveal myself to him.” (John 14: 21) TLB

Seek God daily through devotion and prayer. Obey His word. Share God’s Word and his promises as an encouragement that others might follow Him. Love others as Jesus loves. Write down whatever God tells you to do. For example:

3/15/09 Lord, are you calling me out of my life group to serve?

3/16/09 Lord, are you asking me to minister to a hurting co-worker?

the prophet Nathan came to him after he had committed adultery with Bathsheba.

- Confess and ask forgiveness for specific sin; not for sin in general.

Accept God’s Forgiveness.

Reasons to believe that sin is forgiven:

- Scripture promises forgiveness (1 John 1:9)
- Scripture pictures that confessed sin is removed.
- God hurls all our sins into the depths of the sea. (Micah 7:18-19)

Visualize a ship out at sea carrying your sin in a crate and the crate is thrown into the middle of the ocean--gone forever. God has put all our sins behind his back. (Isaiah 38:17)

Visualize your sin in a big garbage bag and God has taken the garbage to the curb, walks away from it, never to look back at it again. It is taken to the dump and buried forever.

God has separated us from our sins as far as the east is from the west (Psalm 103:12). God’s vast universe is too big for our minds to comprehend. Can you imagine the distance from sunrise to sunset? That is how far God has separated our sin from us.

Scripture states that everyone who believes in Jesus receives forgiveness of sins (Acts 10:43) and that Christ’s blood cleanses the conscience (Hebrews 9:14). God’s perfect Son died on the cross as the unblemished sacrifice for our sins—past, present and future. It is because of His sacrifice on the cross that we are made pure and holy before God. How can we not rejoice and accept this free gift!

Forgiven people can forgive others. In the Lord’s Prayer, Matthew 6:12, Jesus teaches us to pray “forgive us our debts as we also have forgiven our debtors.” A few verses down from that in Matthew 6:14-15, Jesus tells us “For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.” As Christians we are to strive to duplicate God’s character in every way. We are to forgive others as God

has forgiven us. Our lack of willingness to forgive others acts as a barrier to accepting God's forgiveness of our own sin.

Now that you have confessed your sin, repented and accepted God's forgiveness, you are to FORGET the sins. Do not worry about them again. God has forgiven you. Those sins are past history. In Jeremiah 31:34 and Isaiah 43:25, God says that He "remembers our sins no more."

The following resources were used in compiling notes on Confession, Repentance & Forgiveness:

1. *The Disciple's Study Bible, New International Version*
2. *Disciple's Prayer Life* by T. W. Hunt and Catherine Walker
3. *How to Develop a Powerful Prayer Life* by Dr. Gregory R. Frizzell

A Guide to Listening to God

"Be still and know that I Am God". (Psalm 46:10)

The first time I ever heard from God was when I was a young girl while attending a church revival service. I felt God tugging at my heart to come and follow Him. I did, but my life was not always easy after that. Growing through my teenage years, making young adult decisions, and now cruising in "midlife" days, God continues to speak to me. Since that first time I heard God's voice, I have distinctly recognized His presence throughout my life. It has been important when I talk to God that I listen as He speaks to me. It is a two way conversation. When we love someone we want to spend time with them, quality time. God desires that same relationship with us. Prayer is a dialogue with God, not a monologue.

What Does His Voice Sound Like?

A prompting in your heart. A quickening in your spirit. The still small voice of God. God's voice has been described in many ways. When you personally experience God's voice, your life will never be the same. "I love those who love me, and those who seek me find me." (Proverbs 8:17)

"God will speak to the hearts of these who prepare themselves to hear."
- Priscilla Shirer

"The Sovereign Lord has given me his words of wisdom. . . Morning by morning he wakens me and opens my understanding to his will." (Isaiah 50:4)

Four ways to measure if God is speaking:

- Does what you hear align with God's Word?
- Confirmation is received through a worship service or Bible study.
- A Christian friend listens, prays for you, and agrees with what God might be saying.
- Personal experience, a "God Moment."

(Prayer) "God, What do you want to say to me, in spite of what I want to hear from you? I am ready to listen. I am ready to obey. Amen."

tame my tongue so that it brings only encouragement to others and brings praise and honor to you. (Proverbs 6:16-10)

Lord, I pray your Spirit would put a hand over my mouth so that I would speak only words that lift others up and bring honor to you. Guard my mouth from complaining, showing discontent with how you provide for me and my family. Let my words only communicate love, healing, respect, speaking no foul language or speaking in anger.

Let the words of my mouth and the meditations of my heart be acceptable in your sight, O Lord, my strength and my redeemer. (Psalm 19:14)

Obedience

“Not everyone who says to me, ‘Lord, Lord,’ will enter the kingdom of heaven, but only he who does the will of my Father who is in heaven.” (Matthew 7:21)

“But I gave them this command: Obey me, and I will be your God and you will be my people. Walk in all the ways I command you, that it may go well with you.” (Jeremiah 7:23)

Lord, I love to hike nature trails. What advice would you give me for the right path in life? Help me to follow your instructions carefully. Deuteronomy 5:32,33)

Do you really want to see God? Here’s how! (John 14:21)

Reward for being obedient. (John 15: 9-17)

Practicing the Fruits of the Spirit

Lord, please help me to become more like you with each new day. May my love for others bring joy to their lives, and peace to my spirit, as I learn patience to not “sweat the small stuff” in life, but to show sincere kindness, “for goodness sake”, through my faithfulness to you Lord, who is meek and gentle, giving me strength to become self-controlled each new day as I seek to be more like you. Thank you Father for showing me what God truly looks like. (Galatians 5: 22, 23)

Putting on the Armor of God

“My Lord, my God prepares me for battle.” (Psalm 18; 32-36)

I looked into my closet and “I could not find a thing to wear”. What would you suggest Lord?

See Ephesians 6:11, 14-18. “Put on the full armor of God so that you can take a stand against the devil’s schemes.”

Buckle the belt of truth around my waist because, Jesus, you are the way, the truth and the life. Put on the breastplate of righteousness because your sacrifice, Jesus, is my righteousness. On my feet I put on sandals of your gospel of peace because you, Jesus, are my peace.

I take up my shield of faith to protect me from the fiery darts that Satan will hurl. You, Jesus, are all I need as you are the Author and Finisher of my faith. I put on your helmet of salvation which guards my mind with your mind and I acknowledge that you, Jesus, alone are my salvation.

I will steadfastly clutch the sword of the spirit which is your Word. You came in the flesh, defeated Satan, and your Word is everlasting truth.

By the way Father, I might be out late tonight.

God, your truth tells me that you are “for me” and nothing can separate me from your love. That love has been settled by the price you paid on the cross for all who believe in the sin you bore. (Romans 8:35-39)

Lord, you show your perfect power in my weakness. So, when I am weak then I am strong through you. (2 Corinthians 12:9-10)

Lord, each morning you fill my heart with your love and trust. Help me pray and seek what you want me to do and become. You watch over me and hide me from harm. I rest within your arms. Keep my feet and heart on your level ground by teaching me your ways, your truths, and showing me the plan you have for me. (Psalm 143:8-10 NCV)