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INSPIRATIONAL  
PRAYERS  
FOR  
WOMEN

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### **Inspirational Prayers for Women**

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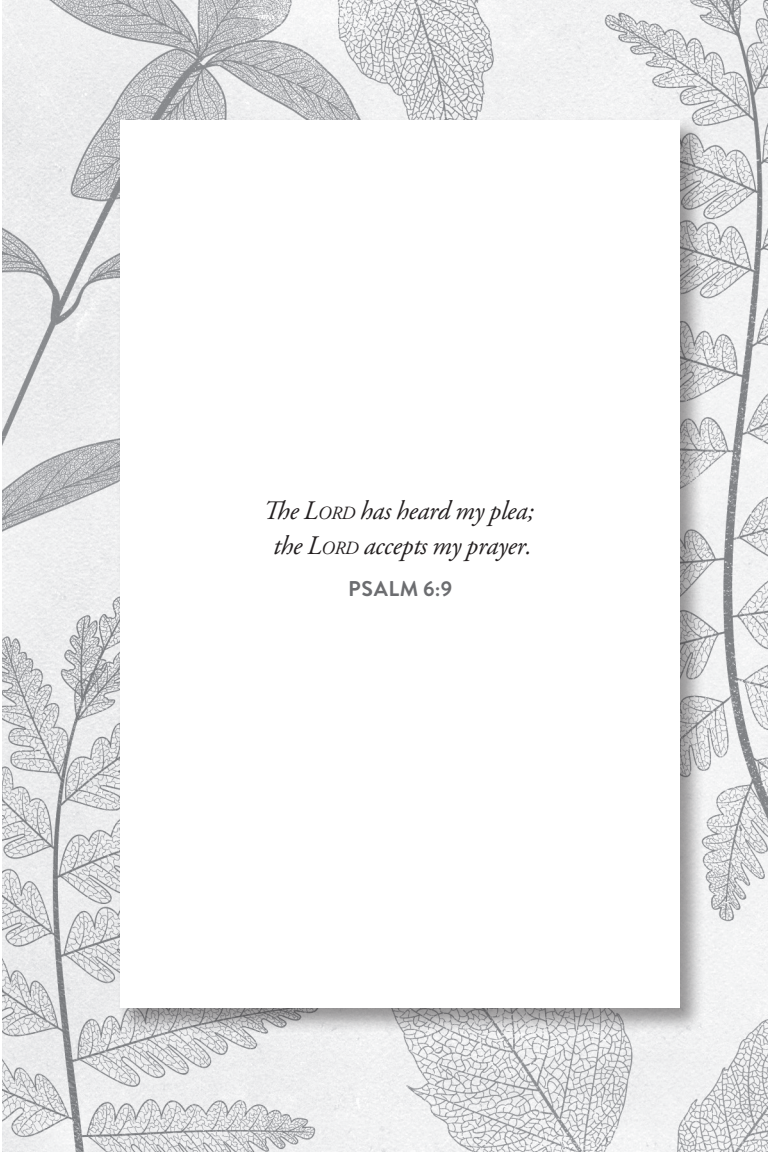
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*The LORD has heard my plea;  
the LORD accepts my prayer.*

**PSALM 6:9**



# THE BREATH OF PRAYER



Inspiration:

1. the process of being mentally stimulated to do or feel something, especially to do something creative
2. a sudden brilliant, creative, or timely idea
3. the drawing in of breath; inhalation

What does an inspirational prayer look like? Many would think along the lines of the first definition of the *Oxford English Dictionary* cited above—words that stimulate us to do or feel something. Perhaps words that are motivational in nature to channel certain emotions in us or to make us think a certain way.



## INSPIRATIONAL PRAYERS FOR WOMEN

We all find ourselves in seasons where hope feels illusive and we long for the right words to encourage our hearts to feel differently. Because who doesn't want to feel inspired? Spiritual stagnation and distraction leave our souls disillusioned and cynical.

As women, we experience these dry seasons in unique ways. They wouldn't seem so overwhelming if we could just catch our breath. Women particularly suffer from a sense of not being able to take deep breaths when it comes to various aspects of our lives. We're often so busy, so worried, so stressed, so interrupted, so burdened, and so unsure. We have numerous things we're supposed to manage and tend to and pursue. Our attention is demanded, and so we never seem to have a moment to catch our breath, let alone breathe deeply. But this has always been the challenge for women—young, old, married, single, mothers or not. Either the world outside requires much from us, or our own racing thoughts distract us from filling our lungs deeply with life and exhaling with a sense of peace.

Which brings us back to the idea of inspirational prayer. May this book of prayers inspire you...not in the sense of the first two definitions, but in the

sense of the third: the drawing in of breath; inhalation. We hope these prayers give you the opportunity to *breathe*.

So where do we start? Well, the original breath.

The Spirit of God has made me, and  
the breath of the Almighty gives me life  
(Job 33:4).

But He didn't just breathe life into us and then walk away. He continuously offers it through the Bible.

All Scripture is breathed out by God  
and profitable for teaching, for reproof,  
for correction, and for training in righteousness (2 Timothy 3:16).

There's the breath! Catch it! Breathe deeply again and again. God initially breathed life into humanity, and He continues to breathe life into us through His written Word. Straying from these two truths leaves us suffocating. In this world we're never done, we never did it well enough, and there's always more we

## INSPIRATIONAL PRAYERS FOR WOMEN

could have done. Breathing in deeply God's Word pushes back on those forces that threaten to undo us.

In every season, God offers us His life-giving breath to fill us up and push out the brokenness that would attempt to fill the vacuum. In seasons of famine, when I feel no better than a valley of dry bones, I can trust the Lord, who says, "Thus says the Lord GOD to these bones: Behold, I will cause breath to enter you, and you shall live" (Ezekiel 37:5).

In the seasons where I feel God's presence, love, and grace keenly, I can trust Christ, who offers even more: "[Jesus] breathed on them and said to them, 'Receive the Holy Spirit'" (John 20:22).

You'll find a lot of Scripture in these prayers, and that's intentional. Our hope is that you take in His Word and pray it back to Him.

It's the ultimate exhale.

He teaches us in His Word how to praise, how to lament, how to confess, and how to petition in a way that gives us the fullest life this side of heaven. We need these kinds of prayers to give us an outlet for all we feel and experience. A breath never exhaled still suffocates.

You'll find this book divided into those four

categories of prayer: praise, lament, confession, and petition. They are symbolized by mountain, valley, desert, and garden.

When we are on top of the mountain, amazed by who God is and all His awesome qualities, we worship Him. Praise reorients our breath to the One who gives the breath life.

When we are in the valley, overwhelmed by the suffering and darkness in the world, we lift up prayer to the Lord. Lament reorients our breath to grieve in a way that focuses on the hope we have. We don't diminish the lament or sweep it away, but we look at the reality of suffering for what it really is while holding fast to the Lord who redeems all.

When we are in the desert, feeling burdened from the weight of sinfulness, we can lay it down. Confession reorients our breath to be able to see our own sins for what they truly are and choose hope and forgiveness rather than death and despair.

When we are in the garden, full of longing to be better than we are, we pray to the Lord. Petition reorients our breath back to God what He breathes into us. We believe in His promises and cultivate the fruit of them.

## INSPIRATIONAL PRAYERS FOR WOMEN

This is the prayer life of the Christian—the constant breathing in and breathing out of God. It's inhale, exhale, again and again. It's repetition. It's perpetual. A never-ending rhythm. To stop is to deprive us of the oxygen that feeds body and soul.

Breathe deeply and be inspired by the Word of God and then let it guide your prayers back to Him.



MOUNTAIN

## PRAYERS OF PRAISE

*Go on up to a high mountain,  
O Zion, herald of good news;  
lift up your voice with strength,  
O Jerusalem, herald of good news;  
lift it up, fear not;  
say to the cities of Judah,  
“Behold your God!”*

ISAIAH 40:9

*I lift up my eyes to the mountains—  
where does my help come from?  
My help comes from the LORD,  
the Maker of heaven and earth.*

PSALM 121:1-2

## A PRAYER PRAISING GOD'S MIGHTINESS



Lord, I stand in awe of Your might! The strength of mankind doesn't even compare. But You are strength beyond measure. "Your right hand, O LORD, glorious in power, your right hand, O LORD, shatters the enemy" (Exodus 15:6). All the enemies of this world and within my soul are no match for You. Forgive me when I fear the powers of darkness, failing to pit them against Your glorious might. They all melt away in utter weakness. "Mightier than the thunders of many waters, mightier than the waves of the sea, the LORD on high is mighty" (Psalm 93:4).

The marvelous thing is that Your might was poured out for me when Jesus waged war with death and defeated it. "He saved [me] for his name's sake, that he might make known his mighty power" (Psalm 106:8). "On God rests my salvation and my glory; my mighty rock, my refuge is God" (Psalm 62:7).

Whatever horrors are in this world, they will all fall under the power of Jesus Christ; all wars, poverty, abuse, injustice, hate, and evil will ultimately fail. Lord, Your tenderness has no comfort for me if not backed up by Your supreme might to make all wrongs right. Your promises to Your people are trustworthy because Your almighty power supports every single one of them. "O Lord GOD, you have only begun to show your servant your greatness and your mighty hand. For what god is there in heaven or on earth who can do such works and mighty acts as yours?" (Deuteronomy 3:24).

Nothing overcomes Your might. Nothing quells Your strength. Nothing overturns Your victory. Lord, write these words on my heart.



## A PRAYER PRAISING GOD'S TENDERNESS



Lord, throughout Your Word You reveal Your tenderness and Your kindness to Your people. “The LORD is righteous in all his ways and kind in all his works” (Psalm 145:17). Your kindness is always tied to Your presence. “The LORD is near to all who call on him, to all who call on him in truth” (Psalm 145:18). Lord, I call to You to draw near to me so that I might receive the comfort You offer by Your very presence. You cannot bestow Your kindness and comfort to us from afar but must draw near to grant it. “The LORD is near to the brokenhearted and saves the crushed in spirit” (Psalm 34:18). “As one whom his mother comforts, so I will comfort you” (Isaiah 66:13). Lord, are You really so compassionate to come so close?

Your tenderness is revealed in Christ’s forgiveness of sin, in His steadfast love pursuing us even

to death. “Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you” (Ephesians 4:32). Your tender heart yearns to comfort me with the kindness of Your forgiveness. “Do you presume on the riches of his kindness and forbearance and patience, not knowing that God’s kindness is meant to lead you to repentance?” (Romans 2:4). Lord, let me always associate repentance not with shame but with drawing near to Your tenderness again and again. “You came near when I called on you; you said, ‘Do not fear!’” (Lamentations 3:57). “You will say in that day: ‘I will give thanks to you, O LORD, for though you were angry with me, your anger turned away, that you might comfort me’” (Isaiah 12:1).

Jesus, let Your tenderness melt my fear that I might turn from my sin to Your comforting presence.