

prayers
for a
woman's
heart

Elizabeth George



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Introduction

*I have called upon You,
for You will hear me, O God;
Incline Your ear to me, and hear my speech.*

PSALM 17:6

If you stop and really think about it, prayer is a phenomenal privilege you have to communicate with the all-powerful God of the universe—who hears your prayers! Prayer is also an opportunity to bare your heart and pour out your soul to your loving heavenly Father—who cares deeply for you.

As you begin this book of prayers and inspiration to encourage you to keep coming before God, remember that in the Bible we are told countless times that we are to pray—to pray frequently, fervently, always, without ceasing, constantly, in and about everything. We are also told to pray purposefully—to pray according to the will of God because if we ask anything according to His will, He hears us” (1 John 5:14).

This book is not meant to teach you mechanics of prayer—the hows, the whens, the whys, and the whats—although I am praying it will be helpful to you as you draw closer to God. Instead it is meant to be used more like a devotional—a tool or a prompt for your own personal and private times of prayer.

God already knows your heart and your needs, and He wants to hear your prayers. He is available to listen to you for as long as you want to talk with Him, and as often as you desire to approach Him. And on those occasions when you want to pray but aren’t sure what to say, His Holy Spirit will intercede on your behalf (Romans 8:26-27).

As a child of God, knowing Him and being able to talk with Him through prayer is your great privilege. Take advantage of this blessing often, and may this devotional book of prayers be a guide and a friend on your journey toward a life of prayer.

In His everlasting love,

Elizabeth George





Praise

*God, before I place my feet on the floor
this morning—and every morning—
may I dedicate my day and myself to You.
Today I commit to bless and serve my family
and others You bring across my path.
And I will count it joy—all joy—to rely on
Your strength when trials come my way.
Praise Your holy name!*

Amen.

If today is “one of those days” you would rather forget, remember that God is available to you every moment of it, no matter what you are facing. Choose not to focus on your problems, but to focus on God. Begin by praising Him for the gift of your salvation. A mere “Thank You” is hardly a sufficient response for the gifts of salvation and eternal life, but expressing continual praise to God will go a long way in showing your thankfulness.

So praise the Lord! Praise Him for the wonders that are at work in your life and in the lives of your loved ones. Proclaim His praise to the people you meet. Praising God is a wonderful way to testify to the reality of the living God. Praise Him for the true joy you find in Him and in His promises. Ask Him for grace—and thank and praise Him for it. Ask God to help you

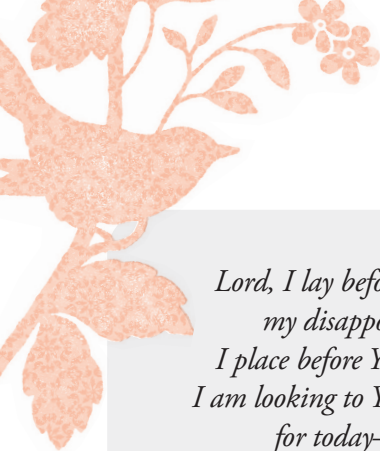
remember to go to Him for His comfort and guidance in your times of need.

Until you are with the Lord forevermore, there will always be suffering, disappointment, dashed dreams, and even ridicule and persecution. It is at these times you may not feel like praising God, but let your suffering cause you to offer to Him a sacrifice of praise. James 1:2-3 reminds you to “count it all joy when you fall into various trials, knowing that the testing of your faith produces patience.” Praise God and His blessed Son with every step and every breath you take today.

*By Him let us continually offer
the sacrifice of praise to God,
that is, the fruit of our lips,
giving thanks to His name.*

HEBREWS 13:15





Help!

*Lord, I lay before You my worries, my sorrows,
my disappointments, and my failures.*

I place before You my mountainous workload.

*I am looking to You for a portion of Your strength
for today—and for joy in my work.*

*I am rejoicing in You, Lord—in my relationship
with You, Abba Father. I am presenting myself to You and
purposing, by Your grace, to set aside my thoughts of
hopelessness and helplessness—and panic—
and replace them with sure faith and trust in Your
presence and Your power. As I rise to take on the tasks
ahead of me, I give thanks as I remember that
“My help comes from the LORD.”*

Amen.

Psalm 121 is one of the “Pilgrim Psalms” or “Songs of Ascent.” Each year God’s people were required to attend the annual festivals in Jerusalem. Fulfilling this law called for a commitment to a long and strenuous journey—an uphill climb every step of the way up to the mountaintop where the temple, the seat of worship, was located. These devoted worshippers trekked through desert lands where bandits often robbed the pilgrims along the way. Families banded together and traveled in caravans

to provide safety for all family members, from babes to the aged. And they sang these songs as they ascended the terrain to the temple!

Many of our days are uphill climbs. Our climbs at home and at work often involve stress, weariness, and the challenge of managing heavy burdens and workloads. It's hard some days to find any joy as we labor on. Yet these pilgrims sang! They sang songs like Psalm 121 to praise God as they pushed themselves and their gear uphill. On their way to worship God, they worshipped Him with songs of praise. Through music they rehearsed God's promises as they struggled onward and upward. They recounted His character. And they recalled His faithfulness.

As you step into your day and step up to take on your responsibilities, with every step you take, lift up your eyes to the Lord. Lift up your songs of praise when you are worn out and weary. Lift up your heartfelt worship as you labor. Your help comes from the Lord.

*I will lift up my eyes to the hills—
from whence comes my help?
My help comes from the LORD,
who made heaven and earth.
He will not allow your foot to be moved;
He who keeps you will not slumber...
neither slumber nor sleep.*

PSALM 121:1-4



A large, stylized orange flower with white outlines is positioned in the top left corner of the page. The flower has multiple layers of petals and a detailed center. The overall style is clean and modern.

Energy

Father, today it feels as though there's not much left of me. This morning my energy level hit a wall, and in my own strength I can go no further. But I praise You, God of all strength, for when I am weak, You are strong. Thank You, Father, that when my energy wanes, You quiet my heart and bring comfort and peace of mind to my weary soul.

I love You, Lord. And I love the work I do—the work that blesses my family and the people You bring my way. Today I want to follow Jesus' advice and “seek first the kingdom of God and His righteousness” and all these things shall be added to me (Matthew 6:33).

Amen!

You have probably heard the saying, “A woman’s work is never done,” and you probably agree! It’s as Solomon mused: “That which has been is what will be...there is nothing new under the sun” (Ecclesiastes 1:9). Day after day we are presented with another day of work. Work is definitely here to stay, but there are some practices and principles that can turn your workload into a wonder and your drudgery into something delightful.

- ~ Meet with the Lord first thing every morning. As you pray, give Him your life, your heart, your day, and your work. Spend some time in His Word and absorb the most powerful energy available in the entire world—the energy only the Lord God can give you.
- ~ Create a to-do list and a schedule for the day. What must be done...and when? Who needs what, and where, and when? Doing what matters gives you energy because it is rewarding. You know you are doing what's most important, so you have no guilt, no remorse, no dread.
- ~ Learn and apply effective time management principles. Operate on a schedule. Use your calendar or phone app to keep track of appointments, events, commitments, lists, deadlines, and due dates.
- ~ A little exercise makes a big difference. A walk or jog and a few exercises will rev you up right away and build you up for greater endurance.

The real key to easing your daily burdens is found in Isaiah 40:31. It begins with this focused principle for all believers:

*Those who wait on the LORD shall renew their strength;
they shall mount up with wings like eagles,
they shall run and not be weary,
they shall walk and not faint.*



Endurance

*Dear God of all patience, You are longsuffering in
Your dealings with mankind...and with me.*

*You are not willing that any should perish,
and You patiently postpone Your judgment
so others may be brought to salvation.*

*Gracious Father, through Your dear Son, Jesus,
You have brought me Your priceless salvation
through His death on the cross.*

*Throughout the ages Your people have been
hated and persecuted. Grant me the strength
I need today and every day to persevere
as I count on the fulfillment of Your promise that
eternal salvation is awaiting me
at the end of my days on earth.*

Amen.

It's amazing that people—including you and me—can endure just about anything if we believe it is for something worthwhile. Knowing that His disciples would be hated, arrested, and killed for following Him, Jesus made this promise: “He who endures to the end will be saved” (Matthew 10:22). Jesus’ words and His promise still apply today. He promised salvation for all those who endure. Jesus was not saying that enduring suffering

is a *way* to be saved, because endurance is not a means to earn salvation. No, endurance is the *evidence* that we are truly saved by Christ's death on our behalf.

You can praise God that He has not left you without His support as you faithfully persist through hard times. God has put His Spirit in you to help you endure whatever comes your way. He has made this promise to all believers: "I will make an everlasting covenant with them, that I will not turn away from doing them good" (Jeremiah 32:40).

When you are struggling, remember that the secret to endurance comes from your relationship with Jesus Christ, your Lord. As you trust in Him and are obedient to Him, the Holy Spirit who abides in you will empower you to stand firm against any and all trials and tribulation. Look to God daily and trust Him to give you His patience to endure every small or large test you face. Be patient and press on! Eternal life and peace in the presence of your Savior is your coming reward.

*Perseverance is more than endurance.
It is endurance combined with
absolute assurance and certainty
that what we are looking for is going to happen.*

OSWALD CHAMBERS

