

PRAYERS
FOR
*Emotional
Wholeness*

365 PRAYERS *for*
LIVING *in* FREEDOM

STORMIE
OMARTIAN



HARVEST HOUSE PUBLISHERS

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Introduction



God's purpose for our lives is to make us whole—which is the way He created us to be—and then to work through us for His glory as we surrender our lives to Him. Emotional wholeness means living without negative emotions and having peace about who you are and where your life is headed.

When I was trying to find emotional wholeness for myself, prayer was a big part of that process. That's because when we pray to God, we are spending time in His presence. And in His presence is where we find healing from the pain of our past. It's where we learn to think clearly and maintain a right attitude. It's where we learn to speak words that bring life and not death into our situations and relationships. In His presence is where we learn to make good choices and decisions so we can become productive and fruitful.

Whenever we pray to God, we find His comfort, guidance, peace, love, joy, contentment, forgiveness, hope, and deliverance. We get rid of negative emotions, such as anger, anxiety, depression, doubt, loneliness, fear, and guilt. By praying, we can find help in times of trouble, temptation, weakness, and enemy attack. Prayer is important not only for our own wholeness,

but for the healing and wholeness of our relationships as well. Prayer draws us closer to God, where we can get a vision for our future and better understand our purpose.

Who doesn't need all that? I know I do. Even though I have come out of a past of brokenness and feel like a whole person, I still need to pray every day. I know I continue to be a work in progress. Perhaps you feel like a work in progress too. That means you know God has more for you and you want to get rid of anything in your life that keeps you from experiencing it. If so, you will find the prayers and Scriptures in this book to be very helpful. They can be used in your daily prayer walk with God and, I hope, be a starting point from which you share your heart and your specific concerns with Him. My prayer is that they will help you pray in greater detail about the important issues of your life. You can pray these prayers in order—one a day for 365 days—or you can go to specific areas of prayer focus that you know you need to pray about right away.

Every one of us needs more of the wholeness God has for us, because He has far more than we can imagine.

Stormie Omatian

When I Need to Be Free of Anxiety and Depression



*L*ord, I thank You for Your Word because it is good and it gives me life. It puts joy in my heart every time I read it. I pray that Your Word in me will fill my heart with Your love and peace and cause all anxiety, depression, and other dark clouds to blow away from me like ashes in the wind. I ask that You would take away any sadness in my heart and set me completely free from all negative emotions.



*Anxiety in the heart of man causes depression,
but a good word makes it glad.*

PROVERBS 12:25

When I Need to Be Free of Anxiety and Depression



*L*ord, help me to not feel anxious about my future or getting my needs met. Help me to trust that You have brought me this far and that You will bring me the rest of the way. Help me to not worry about things, but to take my concerns to You in prayer instead and leave them in Your hands.



I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?

MATTHEW 6:25

When I Need to Be Free of Anxiety and Depression



*D*ear Lord, because I am Your child, I can refuse to allow depression to settle on me like a heavy blanket. Because I am Yours, I don't have to be weighed down with anxiety. Because Your Spirit lives in me, I have the power to rise above the things that trouble me. Because I love You and Your ways, my life can be renewed every day. Today I pray that You would take away all anxiety, sadness, and depression and renew my mind and emotions.



Unless Your law had been my delight, I would then have perished in my affliction. I will never forget Your precepts, for by them You have given me life.

PSALM 119:92-93

When I Need to Be Free of Anxiety and Depression



*L*ord, I pray that You would take away any sadness I feel and evaporate all depression or oppression that hangs heavily over me. I want to experience Your joy in my soul at all times. I want to feel the lightness of heart I know You have for me. Thank You for bearing my sorrow so I don't have to carry it myself. Help me to experience Your peace that passes all understanding.



Surely He has borne our griefs and carried our sorrows; yet we esteemed Him stricken, smitten by God, and afflicted.

ISAIAH 53:4

When I Need to Be Free of Anxiety and Depression



*L*ord, in the night when I feel anxious about things and I'm tired and overwhelmed with all that I face, it's then that I long for Your presence more than ever. My soul seeks your Holy Spirit—my Comforter—to comfort me. Help me to stay in Your presence both day and night so that I can sense Your freedom from worry at all times.



*With my soul I have desired You in the night, yes,
by my spirit within me I will seek You early; for
when Your judgments are in the earth, the inhab-
itants of the world will learn righteousness.*

ISAIAH 26:9