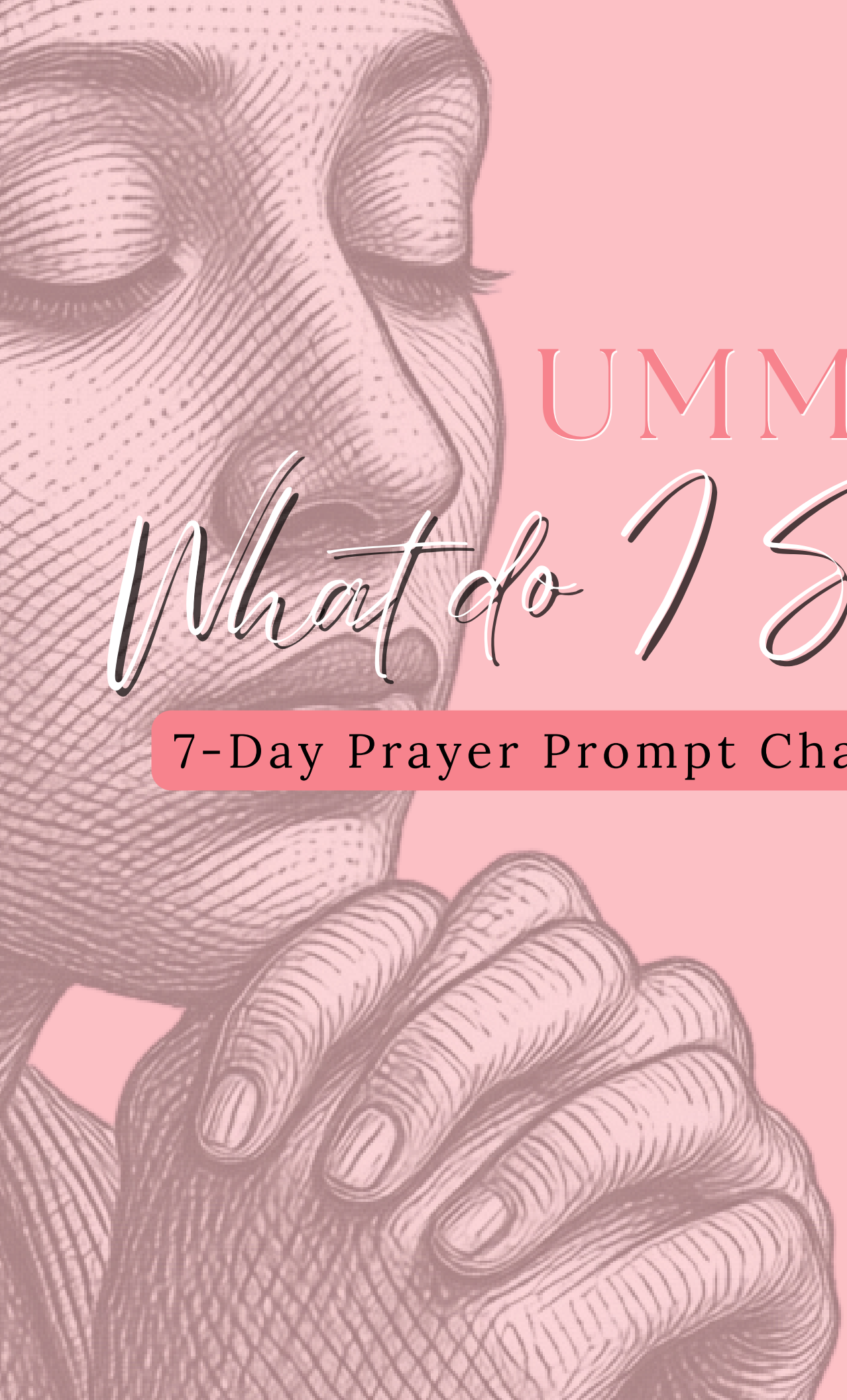


UMM..

What do I Say?

7-Day Prayer Prompt Challenge



HEY BESTIE, WELCOME TO BLISSFUL-FAITH!

I know what it's like to want to pray, but not know what to say. Prayer has been something that I've struggled with because I always wanted to sound like I knew what I was doing. But honestly, prayer is more about God and our connection to Him so it doesn't matter how we sound or how much we say. On the next few pages, you'll find seven prayers to pray when you don't know what to say.

-Deryn Janae

Morning Prayer

Thank God for waking you up. Ask Him to forgive your sins known and unknown. Offer your day to God before it starts. Give Him your schedule, attitude, relationships, commute, etc.

Ex. Lord thank you for waking me up this morning. I'm asking that you forgive my sins known and unknown. Today I'm not sure what it holds, but you do. I'm asking you Lord to help me to stay close to you...

Pray a scripture

Take God's word and pray it back to Him. When you do this, you're agreeing and responding to what God has already said directly to you.

Phlippians 4:6-7

Lord I acknowledge the anxiety and I'm choosing to give it to you. I ask you for the wisdom to navigate_____and I thank you for answering me like only you can.

Pray through an emotion

Name what you're feeling and bring it to God honestly.

Psalm 42

God I am feeling sad about _ _ _ _ _. Help me to put my hope in you.

Intercession: Pray for someone else

Intercede for someone else. Ask God to help you to pray. Pray over their relationship with Christ, their needs, and etc. Act as though they are your closest friend that you love so very much.

Ex. Lord I uplift _ _ _ _ _ to you. I ask that you open the eyes and ears of their understanding. Help them to experience you as Jehovah Jireh in ways beyond material...

Gratitude Prayer

Write out what you're thankful for whether big or small. Thank God for each one.

Ex. Today Im grateful for....

- **The sun shining on my skin.**
- **The rain purifying the earth.**
- **That I have a roof over my head.**

Honest and Raw Prayer

Cast your frustrations, fears, and doubts onto God. Psalms are full of these types of prayers! Give God everything and remind yourself of who He is.

***Best for journaling**

Ex. God I'm hurting. I'm struggling with believing that you love me even though your word says...Lord help my unbelief.

Use the ACTS Method

Adoration
Confession
Thanksgiving
Supplication

Ex. Lord you are so good...
I ask you for forgiveness for..
Lord I'm grateful for...
I ask you for...

BONUS

Pray in your Heavenly language!

Romans 8:26 NIV

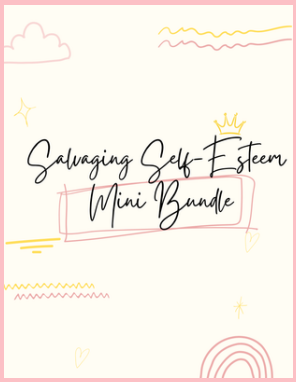
In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groanings.

Thank you Bestie!

Be sure to check a few of our other free workbooks in our free resource library!









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