



Prayer Guide for Moms

PATIENCE. Lord, restlessness and agitation lie close beneath my surface. I feel trapped and moody. Bring relief to my spirit. My soul cries out to be in your Word, where everything changes. Replace my short temper with your even temper. Replace my intolerance with your gentleness. Replace my scattered brain with your singleness of purpose. Make me more like Jesus. You are my composure. *"For God gave us a spirit not of fear but of power and love and self-control"* (2 Timothy 1:7).

WORRISOME SPIRIT. Lord, help me surrender my worry. Enable me to accept what I can't change and reassure me that you are at work in my greatest concern. Don't allow my worries to become greater than my trust in you. Bridge the gap between my worry and your presence with peace of mind knowing that you see me and love me. You are my protector. *"Casting all your anxieties on him, because he cares for you"* (1 Peter 5:7).

FEAR. Lord, I'm afraid. It feels like I'm all alone. I feel helpless and vulnerable. Surround my mind with the truth that you will never leave me to fend for myself. Remove anxious thoughts. Whenever I fixate on dangers out of my control, cause me to STOP IT, REBUKE IT, and PRAY instead. You are my defender. *"Behold, God is my salvation; I will trust, and will not be afraid; for the LORD GOD is my strength and my song, and he has become my salvation"* (Isaiah 12:2).

GUIDANCE. Lord, you are the FATHER of this household. I need leadership in parenting my children alone. Direct me in how to teach them about you, how to accomplish schoolwork, and how to one day manage life on their own. Counsel me and make my ears alert to the Holy Spirit's promptings. You are my guide. *"And the LORD will guide you continually and satisfy your desire in scorched places and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters do not fail"* (Isaiah 58:11).



STAMINA. Lord, I need your fortitude to remain strong. I know I will never face anything for which you have not already promised provisions. Empower me to lean on you, my source in pressing on. You are my never-ending spring of energy. Remind me in everyday things to exchange my weakness for your power. You are my strength. *"And my God will supply every need of yours according to his riches in glory in Christ Jesus" (Philippians 4:19).*

PEACE. Lord, I need your peace. You have always known I would be at this place; therefore, I can trust you concerning what's ahead. Calm my anxious heart. Settle me down in your goose down comfort. Protect my family from harm. Give us everything we need. You are my comforter. *"I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world" (John 16:33).*

A GRATEFUL HEART. Lord, I want to be more grateful. Open my eyes to see how much I've been given. Help me to appreciate all the amazing qualities about my children and to count them one by one. Show me how to make my children grateful people by my example. Forgive me for feasting on my losses over the blessings. You are my greatest life advantage. *"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you" (1 Thessalonians 5:16-18).*



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