

# EVERYDAY GRACE



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## Credits and Citations

### Prayers:

Page 20 – Olga Savin and Thomas Hopko, *The Way of the Pilgrim and a Pilgrim Continues His Way* (Boulder: Shambhala, 2001.)

Page 21 – Quoted by Ignatius of Loyola, *The Spiritual Exercises of St Ignatius Loyola* (Charlotte: Tan Books, 1999.)

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# Morning Prayers





## *A Waking Prayer*

Good morning, Lord.  
This is the day You have  
made;  
I will be grateful and glad for  
it.

I am the work of Your hands.  
Help me to follow You,  
to know You,  
and find favor in Your sight.  
Show me Your paths,  
teach me the way I should  
go,  
and help me walk in it with  
joy.

From Psalm 118:24; Exodus 33:13



## *A Prayer of Humble Belief*

I desire to agree with You today.  
Please help me understand Your  
plans and hear Your voice clearly.

I long to take pleasure in Your  
presence, Your stories, Your  
teachings, people, and the Church.

I believe in Your promises:  
Your promise of love,  
Your promise of companionship,  
provision, and protection, and Your  
promise to transform me into  
someone who belongs in Your  
kingdom.



## *A Request for a Blessing*

O Lord, I ask that You  
would bless me  
indeed.  
Expand my territory,  
let Your hand go with  
me, keep me from  
evil and from causing  
pain.

(THE PRAYER OF JABEZ,  
FROM 1 CHRONICLES 4:10)





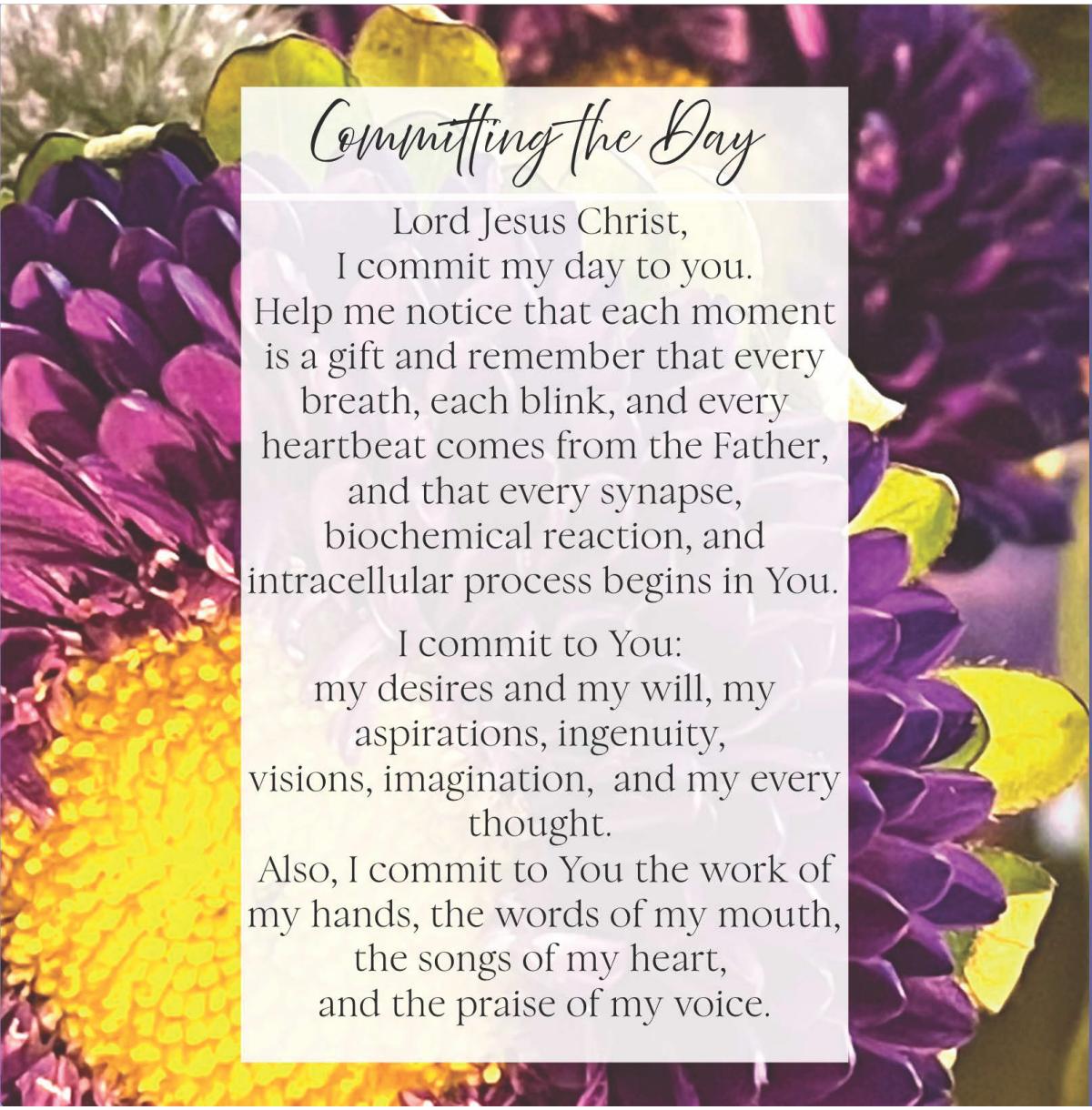
## *A Prayer for Times of Waiting*

I know I'm always welcome but not always needed.

Help me to sense that I am loved in my seasons of waiting.

In the times of spiritual quiet, help me to remember that nothing can separate me from an unbreakable bond to Your heart.



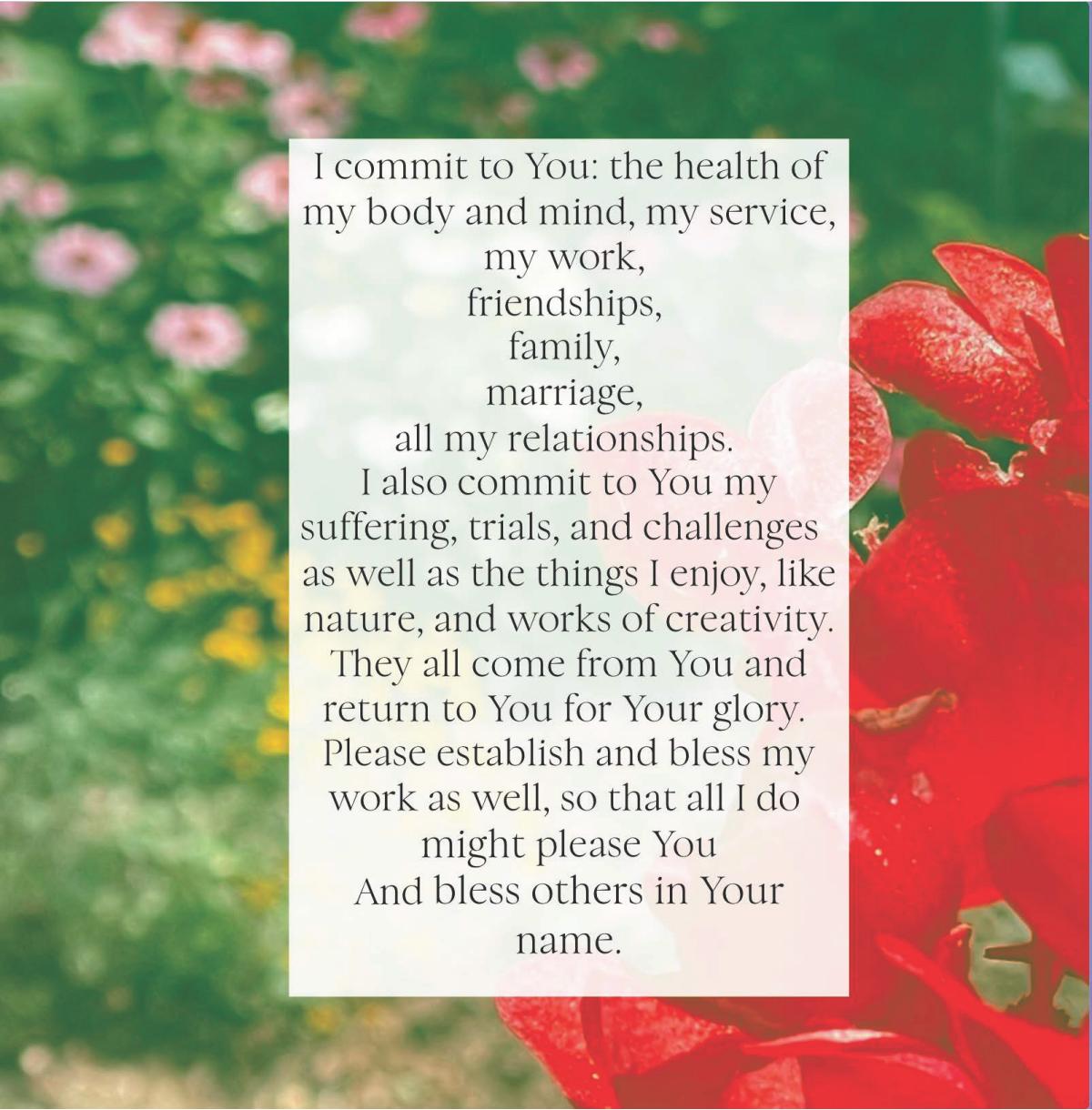


# Committing the Day

Lord Jesus Christ,  
I commit my day to you.  
Help me notice that each moment  
is a gift and remember that every  
breath, each blink, and every  
heartbeat comes from the Father,  
and that every synapse,  
biochemical reaction, and  
intracellular process begins in You.

I commit to You:  
my desires and my will, my  
aspirations, ingenuity,  
visions, imagination, and my every  
thought.

Also, I commit to You the work of  
my hands, the words of my mouth,  
the songs of my heart,  
and the praise of my voice.



I commit to You: the health of my body and mind, my service, my work, friendships, family, marriage, all my relationships.

I also commit to You my suffering, trials, and challenges as well as the things I enjoy, like nature, and works of creativity.

They all come from You and return to You for Your glory. Please establish and bless my work as well, so that all I do might please You And bless others in Your name.



PRAY THIS PRAYER WITH YOUR RIGHT HAND TOUCHING YOUR FOREHEAD

## *A Prayer for Guidance*

Lord Jesus Christ,  
Master and Maker, be  
ever in the forefront of  
my mind. I yield my  
waking random  
wandering thoughts to  
You, and all You think,  
do, and dream. My  
mind is Yours. If You  
inhabit the forefront of  
my mind, then love will  
be there. Let Your love  
flow into me and  
through me to  
everyone I encounter.  
Let love reign!

A close-up photograph of a squirrel's head and shoulders, peeking out from a circular hole in the bark of a tree. The squirrel has brown fur and is looking directly at the camera. The tree bark is rough and textured.

Let it reign in my life,  
deeds, words, and actions.

Let love grow!

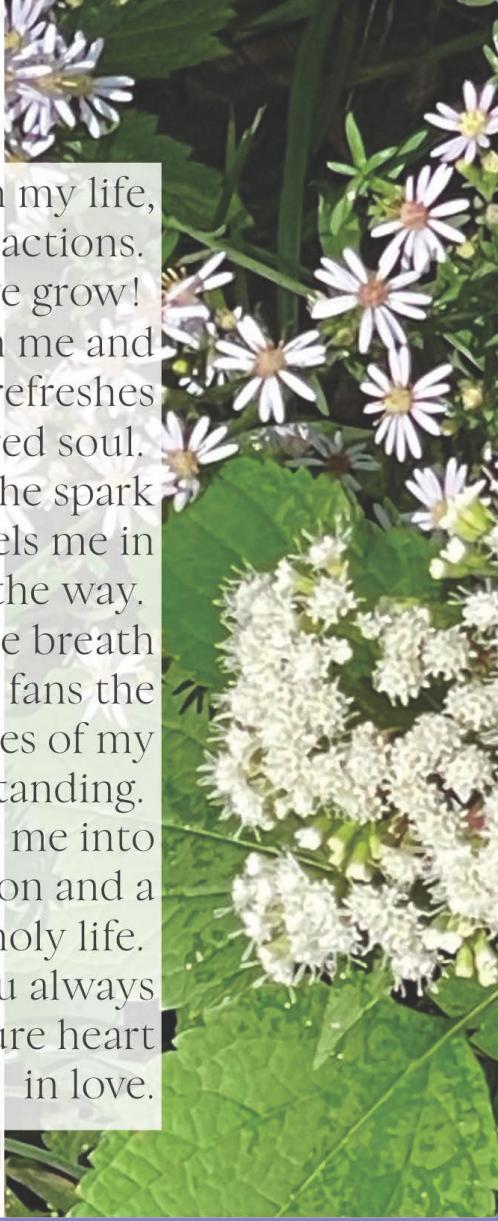
Let it transform me and  
renew me as it refreshes  
my tired soul.

Let Your love be the spark  
of light that propels me in  
the way.

Let Your love be the breath  
of truth that fans the  
flames of my  
understanding.

Let Your love draw me into  
sacred revelation and a  
holy life.

Let me serve You always  
with a glad and pure heart  
in love.

A close-up photograph of a cluster of small, white, five-petaled flowers, possibly baby's breath or a similar wildflower. The flowers are densely packed and have a delicate, airy appearance. Large, green, serrated leaves are visible in the background.

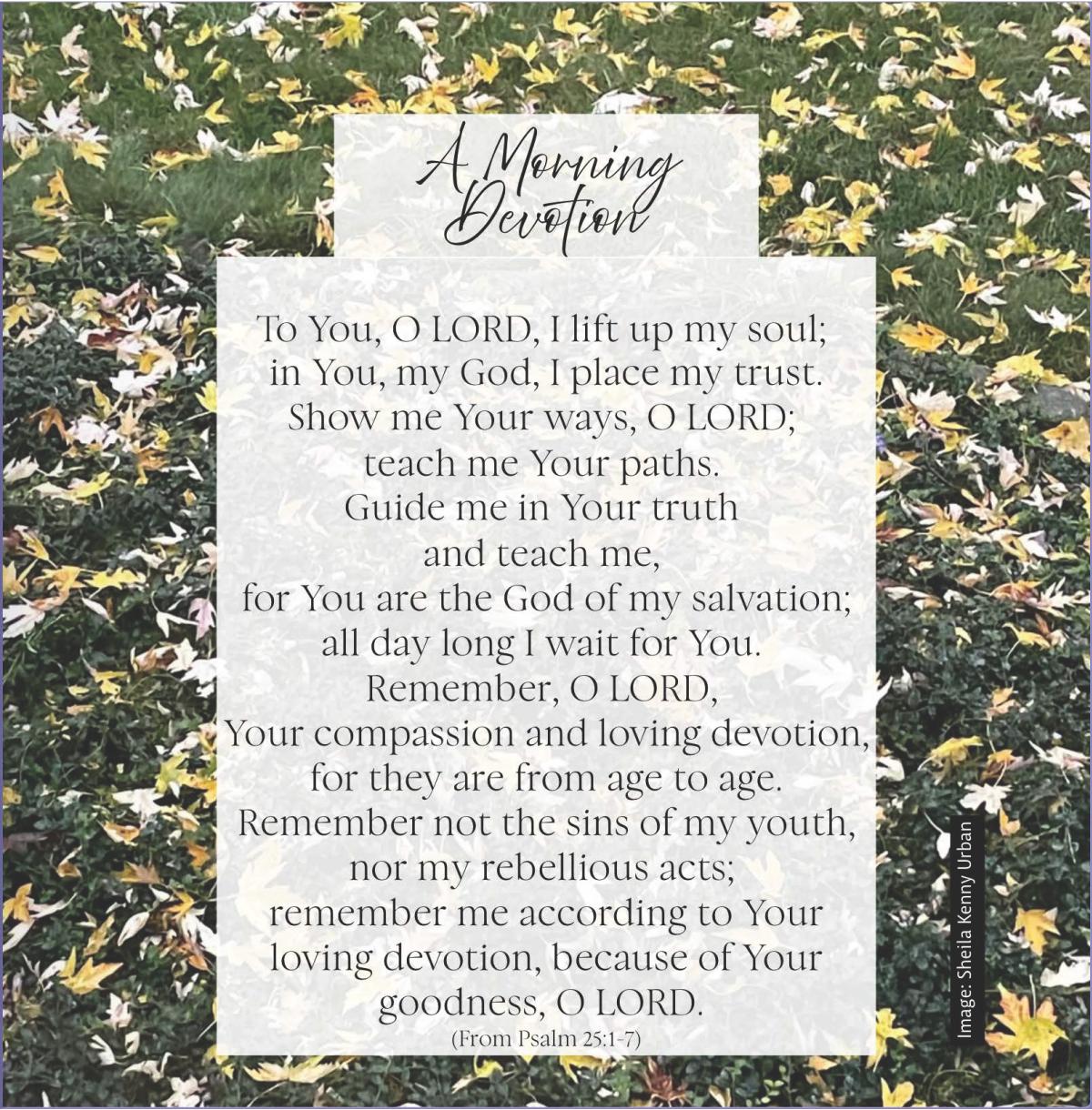


## *A Prayer for Fruitful Growth*

O Holy Gardener,  
I pray that You will prune away  
the things in my life that hinder  
me from bearing kingdom fruit.

Feed me with spiritual food.  
Shine Your light about me  
and in me  
so that I may see my way,  
notice my faults,  
acknowledge my virtues,  
and reflect Your beacon of  
hope to others.

Allow me and enable me  
to accept the forgiveness You  
offer me  
and forgive others likewise.



## *A Morning Devotion*

To You, O LORD, I lift up my soul;  
in You, my God, I place my trust.  
Show me Your ways, O LORD;  
    teach me Your paths.  
    Guide me in Your truth  
        and teach me,  
for You are the God of my salvation;  
    all day long I wait for You.  
    Remember, O LORD,  
Your compassion and loving devotion,  
    for they are from age to age.  
Remember not the sins of my youth,  
    nor my rebellious acts;  
remember me according to Your  
loving devotion, because of Your  
goodness, O LORD.

(From Psalm 25:1-7)



## *A Prayer for the Fullness of God*

I come before You, Father, from whom every family in heaven and earth takes its name. I pray that according to Your riches and glory, You might grant that I may be strengthened in my inner being. With power through Your Spirit, and that Christ may dwell in my heart through faith, as I am rooted and grounded in love.

(From Ephesians 3:14-21)

I pray that I would have the power to comprehend with all the saints, What is the breadth, and length, and height, and depth, and to know the love of Christ that surpasses knowledge, So that I may be filled with all the fullness of God.

Now to You, Who by the power at work within Your people, Can accomplish abundantly far more than we could ask or imagine, To You be the glory in the church and Christ Jesus, to all generations, Forever and ever.



## *A Prayer for Boldness*

O Lord, I pray You'd  
help me  
to become  
confident in who I am,  
and bold in love.  
Expand my mind  
in intellectual agility,  
memory,  
curiosity,  
and grant me the capacity  
to make good decisions.



Lead me to experiences that help me grow. Expand my heart in patience, compassion, sincere concern, and empathy.

Help me become intentional about rest and personal development. Develop my body, mind, will, emotions, and spirit.



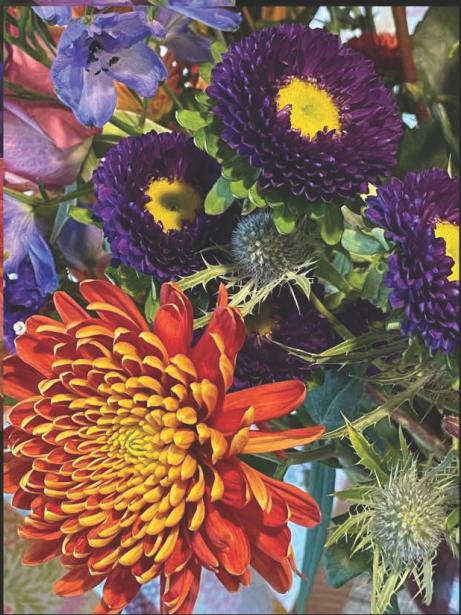
Accelerate my devotional life, prayers, study, scripture memory, counsel, and prophetic gifting. Help me to yield my life and thoughts to Your truth.

Cultivate an attitude of grace in me and grant me holy indifference with compassion.





Ongoing Prayers





*The Prayer  
of Delight*

Oh Lord, help me to  
delight in You,  
delighting in me,  
delighting  
in Your salvation!

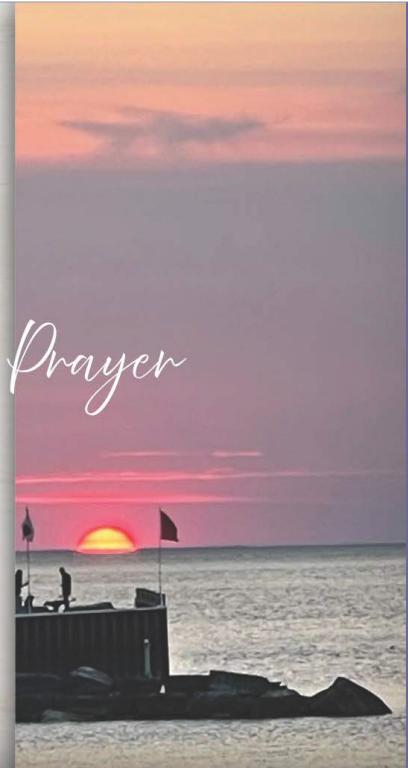
*(From Psalms 37:4, 41:11, 35:9)*



# *The Pilgrim's Prayer*

Lord, Jesus Christ  
king of the  
Universe,  
have mercy on me  
a sinner.

(From The Way of the  
Pilgrim)





The  
*Anima*  
*Christi*  
(SOUL OF CHRIST)

Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, restore me.  
Water from the side of  
Christ, wash me.  
Passion of Christ,  
strengthen me.  
O good Jesus, hear me.  
Within Your wounds, hide me.  
Permit me not to be separated  
from You.  
From the wicked foe, defend  
me. At the hour of my death,  
call me  
and bid me come to You.  
That with Your saints I may  
praise You forever and ever.

(According to the writings of Ignatius of  
Loyola,  
this prayer was popular in the 16th century.)



IMAGE COURTESY OF LUCID PRESS

*A Prayer for  
a Clean Heart* Create in me  
a clean heart, O God.  
Renew a right spirit within me.

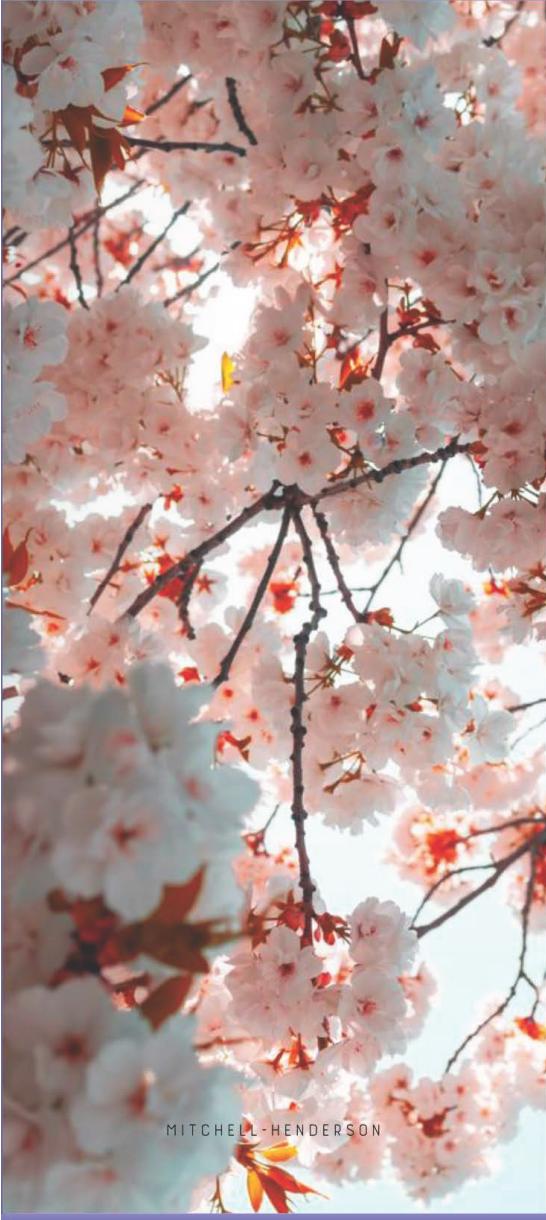
Cleanse me from my secret  
faults.

Keep me from arrogant sins;  
let them not have dominion  
over me.

O Lord, You are the Father;  
I am the clay,  
You are the potter;  
I am the work of Your hand.

(From Psalms 51:10 and Isaiah 64:8)

IMAGE COURTESY OF LUCID PRESS



Mitchell-Henderson

## *A Prayer of Thanksgiving*

"You have turned my  
mourning into dancing;  
You have stripped away my  
rags,  
You have clothed me  
with gladness,  
So my soul will sing praise  
to You and not be silent.  
Lord, my God,  
I will give thanks to You  
for everything!"

(From Psalm 29:11-12)



## *A Prayer for Hope*

Lord, grant me  
the hope I need for  
today;  
and an overflow, That I  
might bring hope to  
those in need of it.

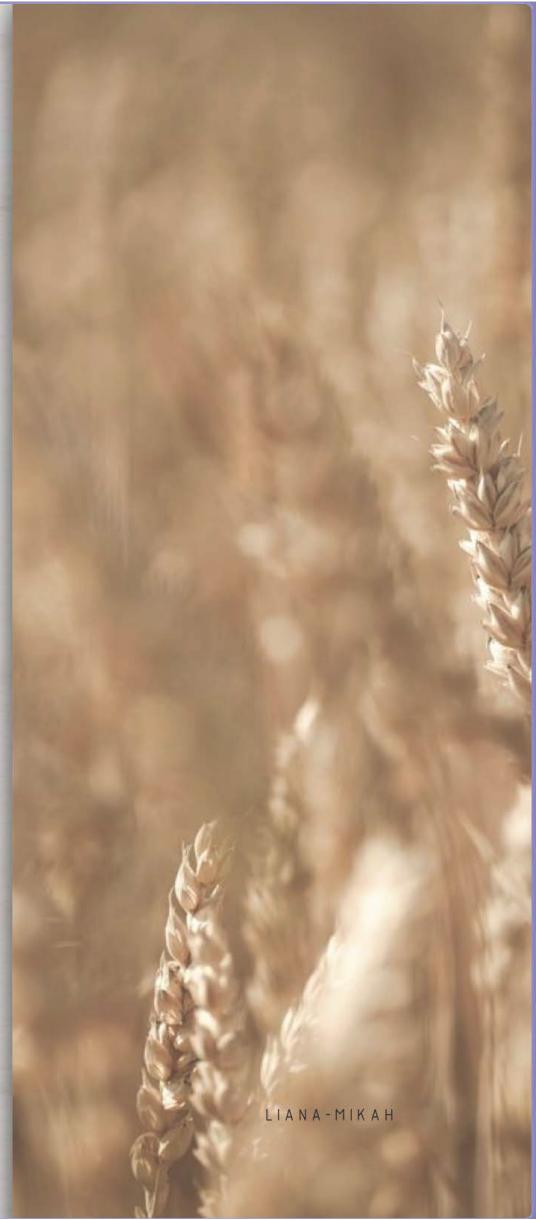
Make me a  
hope-bringer in Your  
service.

(From Small Talks with  
God)

# *A Prayer for Daily Work*

Lord, have compassion on Me,  
satisfy me in the morning with Your faithful love so that I may shout for joy and be glad. Let me see Your works and Your splendor in this life, let your favor be upon me, establish me for my daily work, establish the work of my hands!

(A prayer of Moses. From Psalm 90:13-14,16-17)



# *The Peace Prayer*

Lord, make me an instrument  
of your peace:  
Where there is hatred,  
let me sow love;  
Where there is injury,  
pardon; Where there is  
doubt, faith; Where there is  
despair, hope; Where there is  
darkness, light; Where there  
is sadness, joy.

DivineMaster, grant that I  
may not so much seek to be  
consoled as to console, to be  
understood as to  
understand, to be loved as to  
love.

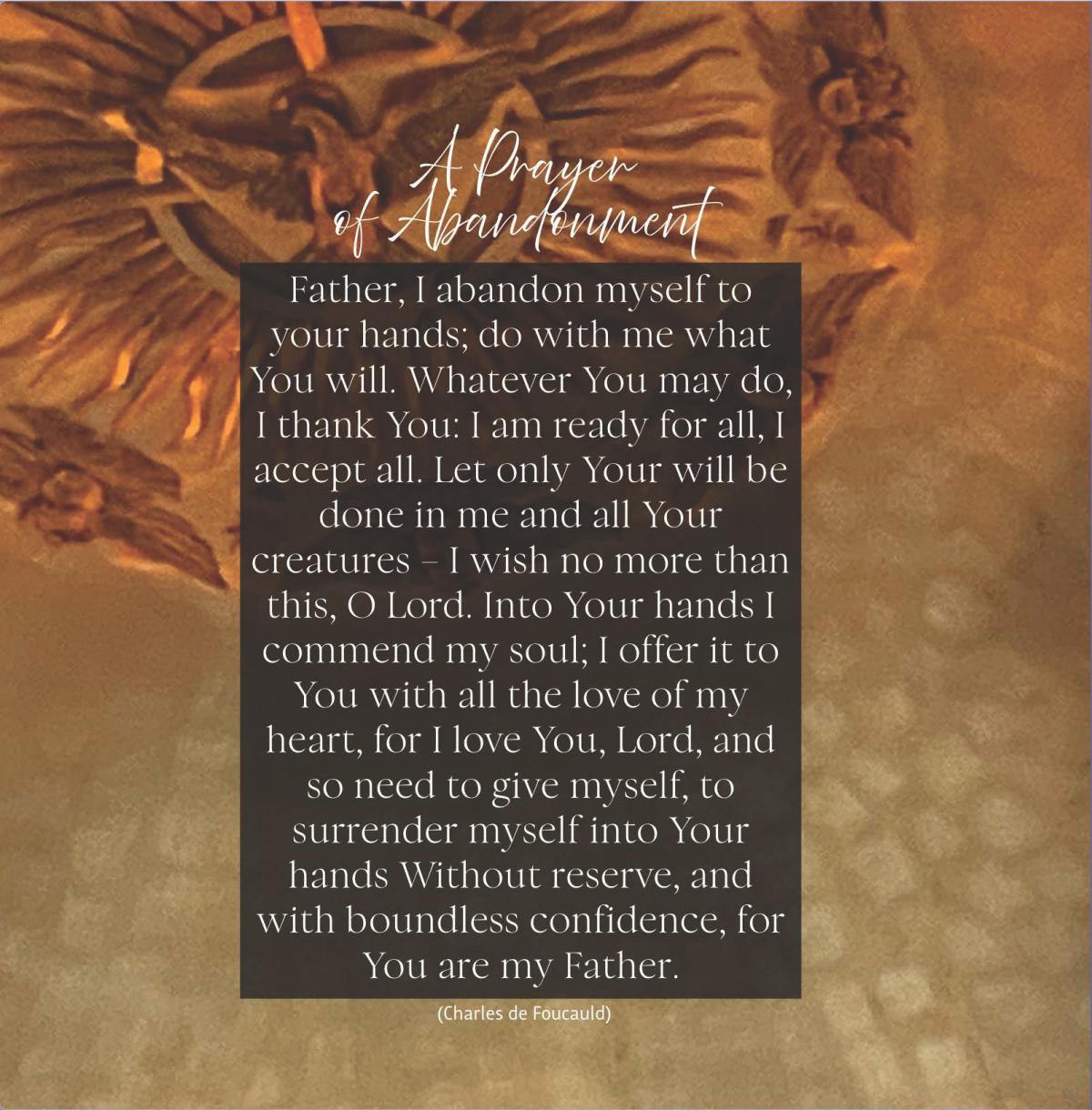
(Often attributed to Francis of Assisi)



## *A Prayer of Faith*

Your loving  
kindnesses will never  
cease,  
Your compassions  
never fail.  
They are new  
every morning;  
Great is Your  
faithfulness my God.  
Therefore, I have  
hope in You.

(From Lamentations 3:22-24)



## *A Prayer of Abandonment*

Father, I abandon myself to your hands; do with me what You will. Whatever You may do, I thank You: I am ready for all, I accept all. Let only Your will be done in me and all Your creatures – I wish no more than this, O Lord. Into Your hands I commend my soul; I offer it to You with all the love of my heart, for I love You, Lord, and so need to give myself, to surrender myself into Your hands Without reserve, and with boundless confidence, for You are my Father.

(Charles de Foucauld)



## *The Lord's Prayer*

Father in heaven,  
hallowed be your name.  
Your kingdom come,  
Your will be done,  
    on earth  
as it is in heaven.  
Give me this day  
my daily bread,  
and forgive me my  
    trespasses,  
as I also have forgiven  
those who trespass  
    against me.  
And lead me not into  
    temptation,  
and deliver me from evil.

(From Matthew 6:9-13)

# Evening Prayers

# *A Prayer for the Night Watch*

My soul longs for You  
in the night; Indeed,  
my spirit seeks You at  
dawn. For when Your  
judgments come upon  
the earth, I will learn  
righteousness. Yes, I  
wait for You, O LORD;  
I walk in the path of  
Your judgments. Your  
name and renown are  
the desire of my soul.

(Isaiah 26:8-9)



# *A Prayer Before Sleep*

Turn to me and be gracious,  
For I am lonely and afflicted.  
The troubles of my heart are enlarged.  
Bring me out of my distress.  
Make me know Your ways,  
Teach me Your paths,  
Lead me in Your truth,  
For You are the God of my salvation.  
Guard my soul and deliver me.  
Do not let me be humiliated,  
For I take refuge in You  
And I wait for You to fight for me!

(Psalm 25:16-18, 4, 20)

# *A Prayer for Sweet Rest*

Precious LORD and King,  
Bless \_\_\_\_ with a deep and  
restful sleep.

May \_\_\_\_ be loosed from  
the strongholds of anger,  
anxiety, confusion, and  
depression.

Give \_\_\_\_ rest from  
distress, distrust, doubt,  
envy, fear, and immorality.

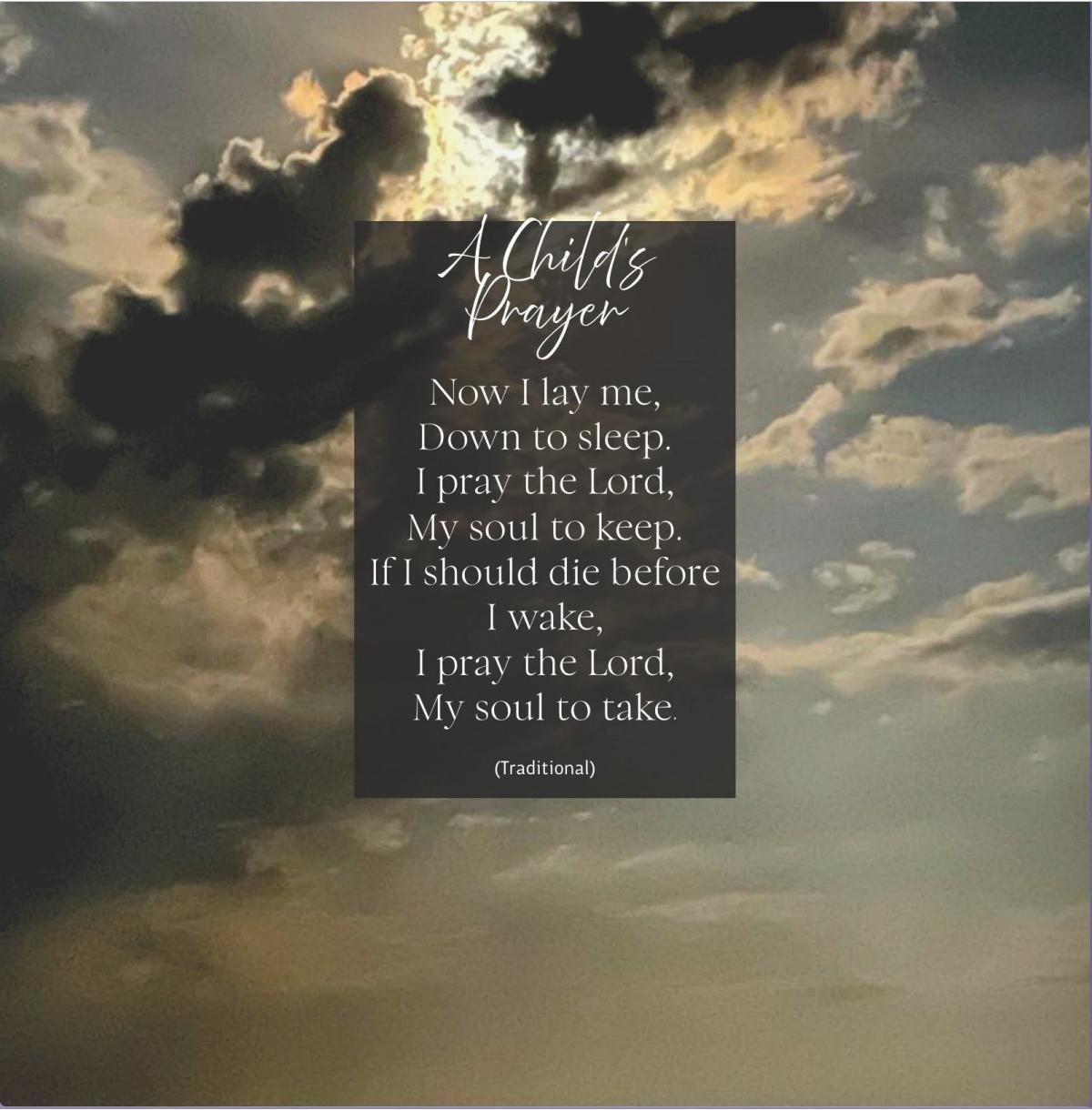
Free \_\_\_\_ mind(s) from  
jealousy, lust, prejudice,  
pride, rebellion, as well as  
selfishness, and wickedness.



Rafa Espada

When \_\_\_\_ lay down  
tonight, may \_\_\_\_  
sleep be sweet and  
free from fear.  
Let \_\_\_\_ rest this  
night in Your  
confidence O LORD!

(Based on a prayer from Joy Lamb – The Sword of the Spirit, and Proverbs 3:24-25)



## *A Child's Prayer*

Now I lay me,  
Down to sleep.  
I pray the Lord,  
My soul to keep.  
If I should die before  
I wake,  
I pray the Lord,  
My soul to take.

(Traditional)

# Prayer Through the Night

O Father, thank You for this day.  
For the opportunities, for the joys,  
and for the challenges.

Guard \_\_\_\_ as \_\_\_\_ sleep(s).  
Station Your angels all around  
\_\_\_\_, and fill \_\_\_\_ with peace and  
the confidence to know  
You are near.

Allow \_\_\_\_ to sense Your presence.

Guide \_\_\_\_ through any  
restlessness, and grant \_\_\_\_ the  
courage to endure disturbing  
dreams and all worries.

Allow \_\_\_\_ to wake refreshed in  
the morning and equip \_\_\_\_ to  
face the adventure of tomorrow.

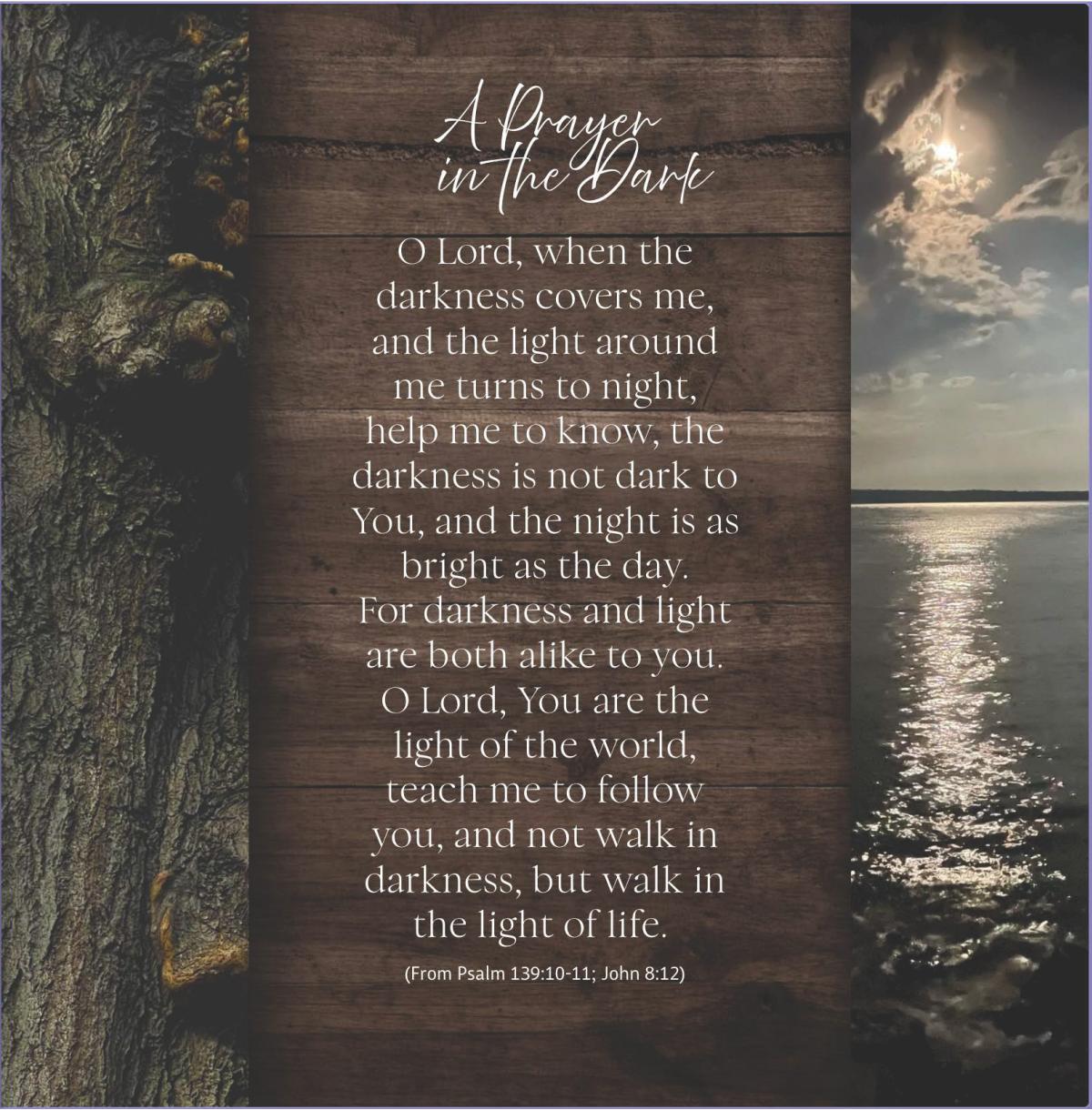
In Christ I pray.

## *Evening Prayer*

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have graciously kept me this day; and I pray that You would forgive me all my sins where I have done wrong, and graciously keep me this night.

For into Your hands I commend myself, my body and soul, and all things. Let your holy angel be with me, that the evil foe may have no power over me.

(Martin Luther)



## *A Prayer in the Dark*

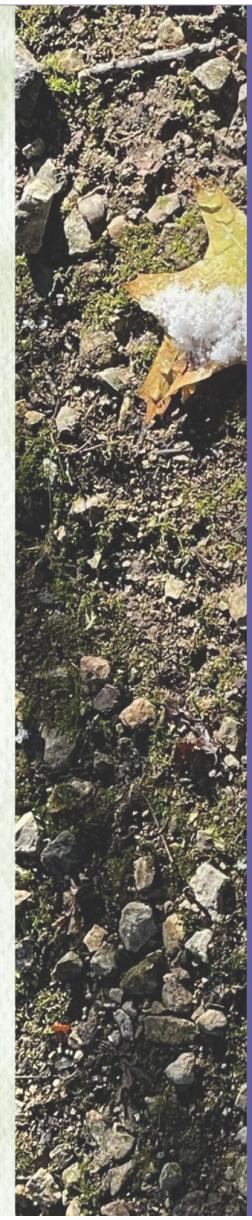
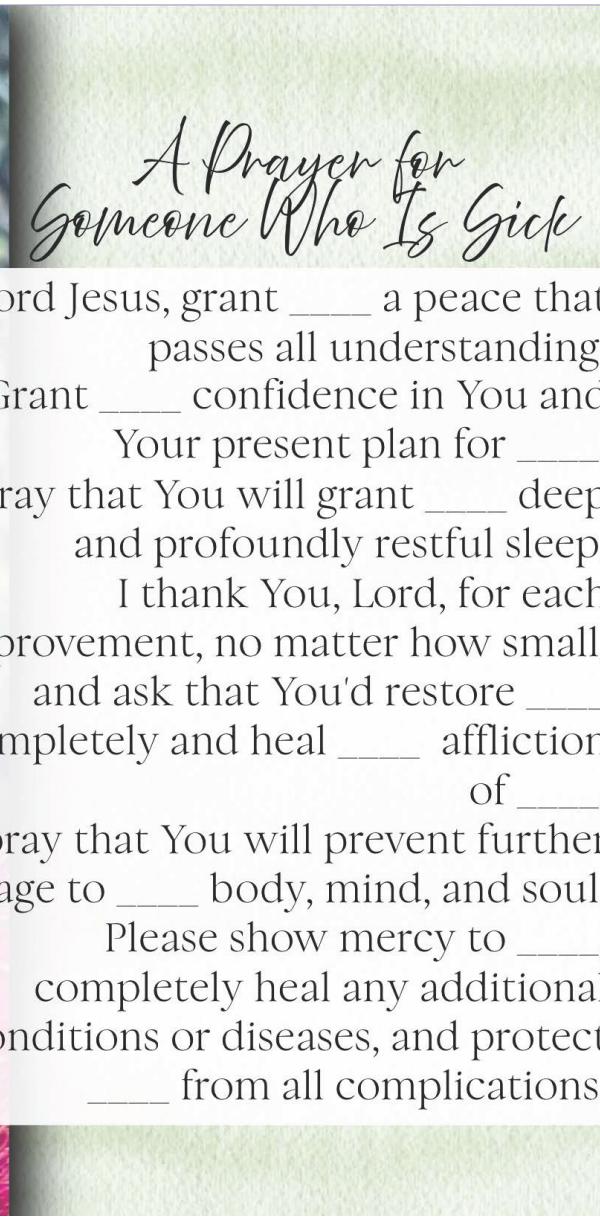
O Lord, when the darkness covers me, and the light around me turns to night, help me to know, the darkness is not dark to You, and the night is as bright as the day. For darkness and light are both alike to you. O Lord, You are the light of the world, teach me to follow you, and not walk in darkness, but walk in the light of life.

(From Psalm 139:10-11; John 8:12)





*Prayers for  
Those in  
Need*



## *A Prayer for Someone Who Is Sick*

Lord Jesus, grant \_\_\_\_ a peace that passes all understanding.

Grant \_\_\_\_ confidence in You and Your present plan for \_\_\_\_.

I pray that You will grant \_\_\_\_ deep and profoundly restful sleep.

I thank You, Lord, for each improvement, no matter how small, and ask that You'd restore \_\_\_\_ completely and heal \_\_\_\_ affliction of \_\_\_\_.

I pray that You will prevent further damage to \_\_\_\_ body, mind, and soul.

Please show mercy to \_\_\_\_, completely heal any additional conditions or diseases, and protect \_\_\_\_ from all complications.



O Lord, guard \_\_\_\_ heart. Prepare  
\_\_\_\_ for a miracle.

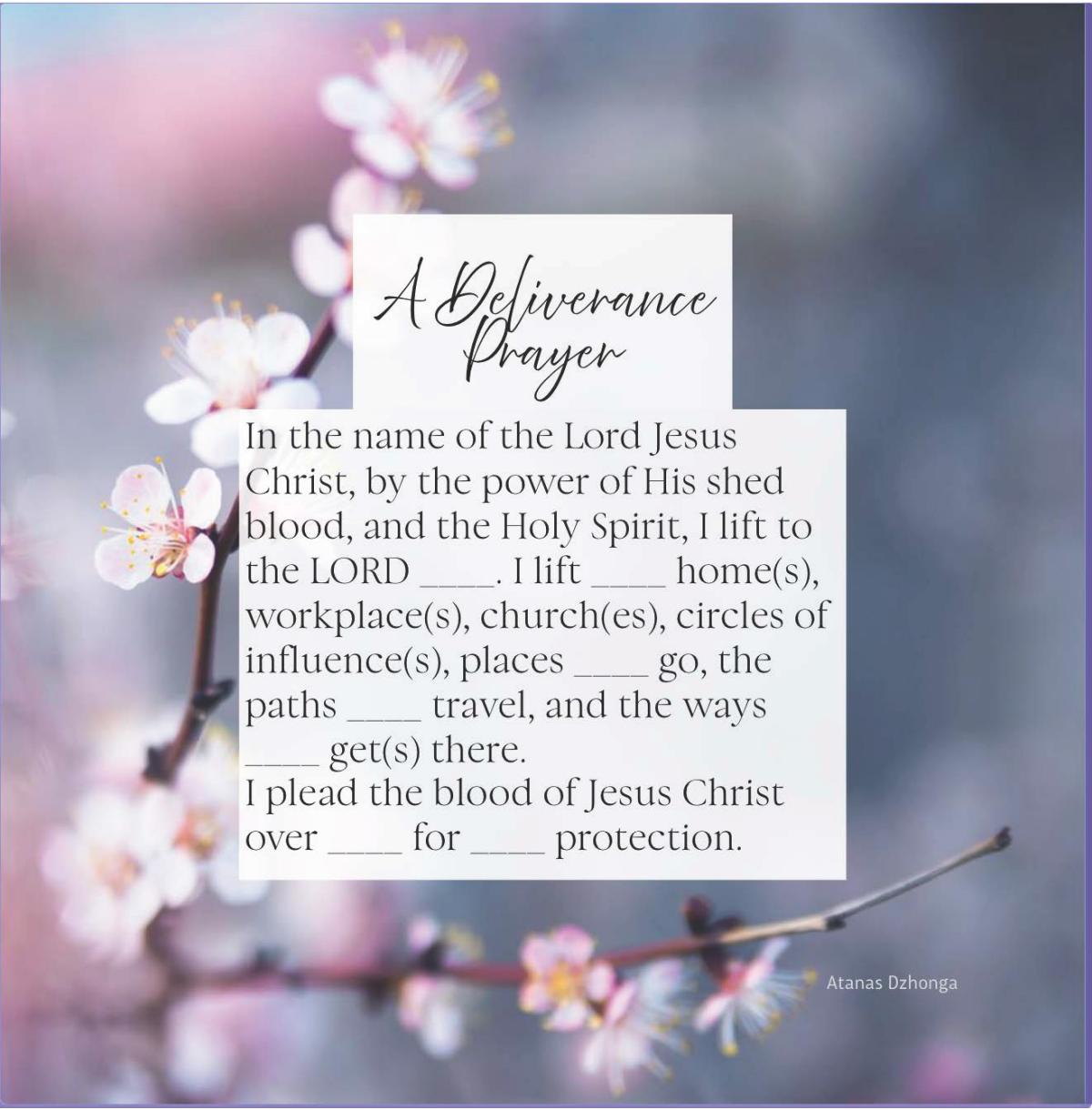
Let \_\_\_\_ notice the everyday  
minor miracles and appreciate  
their impact.

Give \_\_\_\_ something to live for  
and fight for, and help \_\_\_\_ see  
\_\_\_\_ place in Your plans.

Grant \_\_\_\_ the courage to ask  
for forgiveness.

Empower \_\_\_\_ with the strength  
to forgive others, themselves,  
and You.

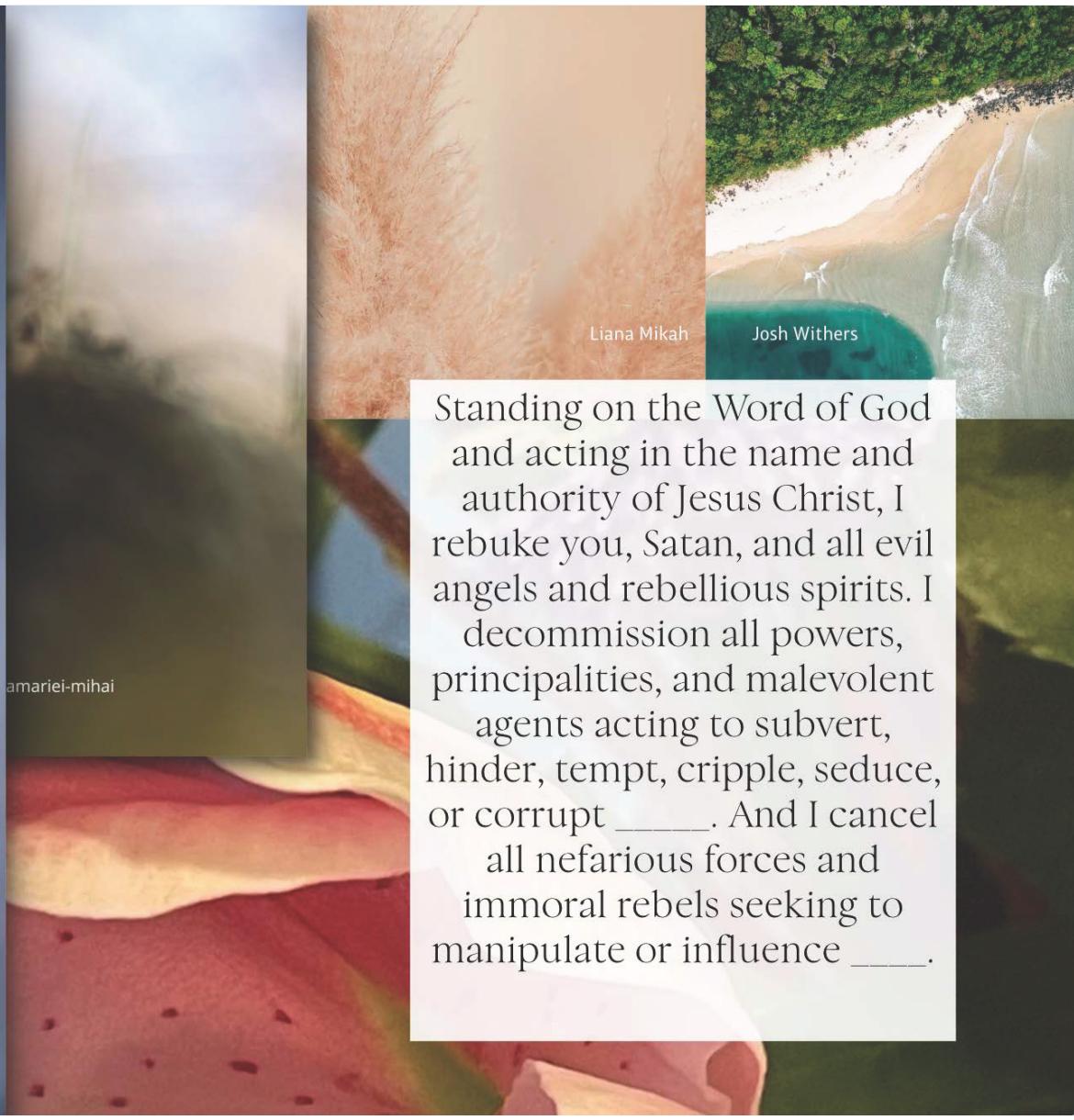
I pray that \_\_\_\_ will awake  
refreshed and symptom-free in  
the new day.



## *A Deliverance Prayer*

In the name of the Lord Jesus Christ, by the power of His shed blood, and the Holy Spirit, I lift to the LORD \_\_\_\_\_. I lift \_\_\_\_ home(s), workplace(s), church(es), circles of influence(s), places \_\_\_\_ go, the paths \_\_\_\_ travel, and the ways \_\_\_\_ get(s) there.  
I plead the blood of Jesus Christ over \_\_\_\_ for \_\_\_\_ protection.

Atanas Dzhonga

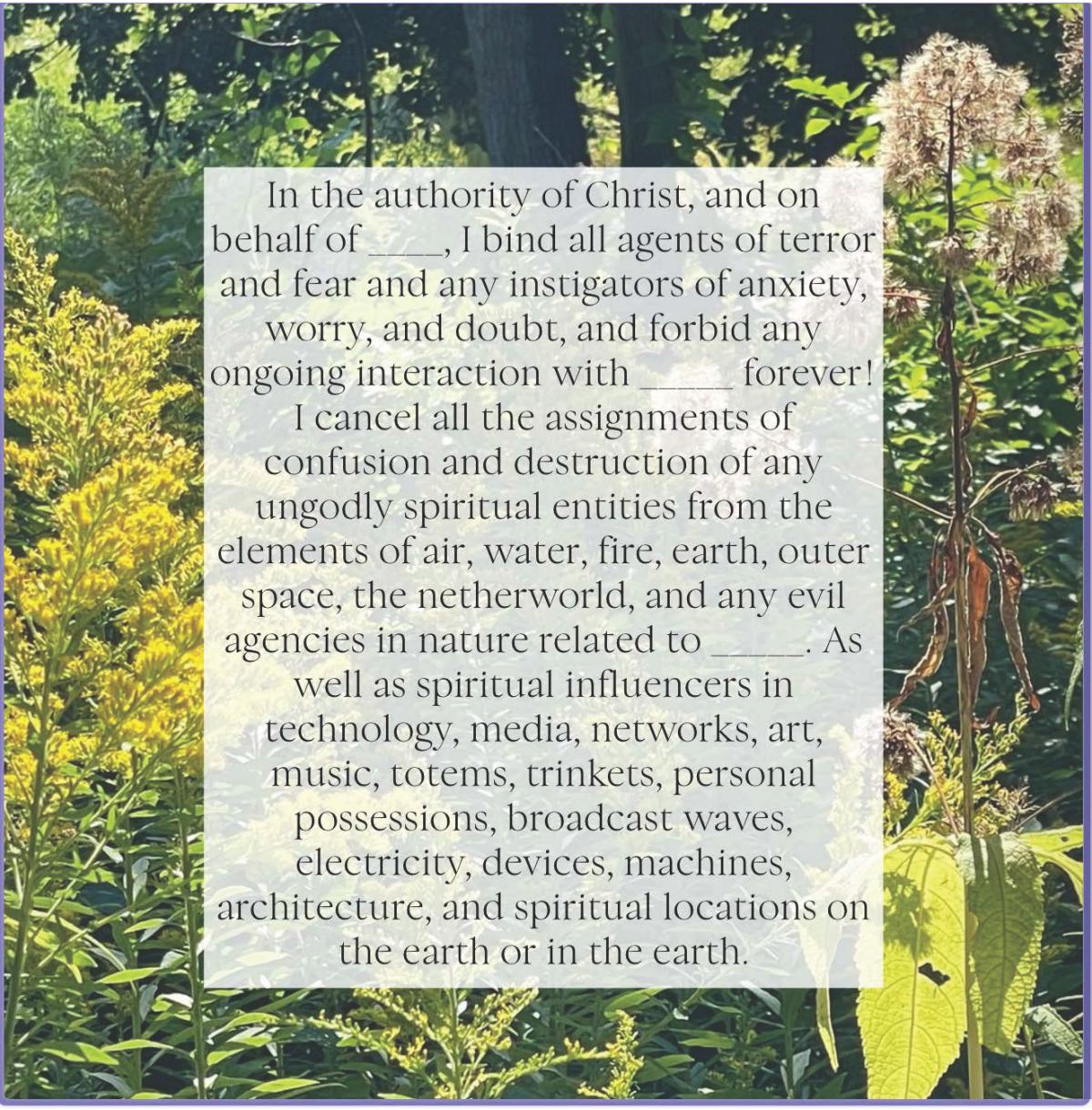


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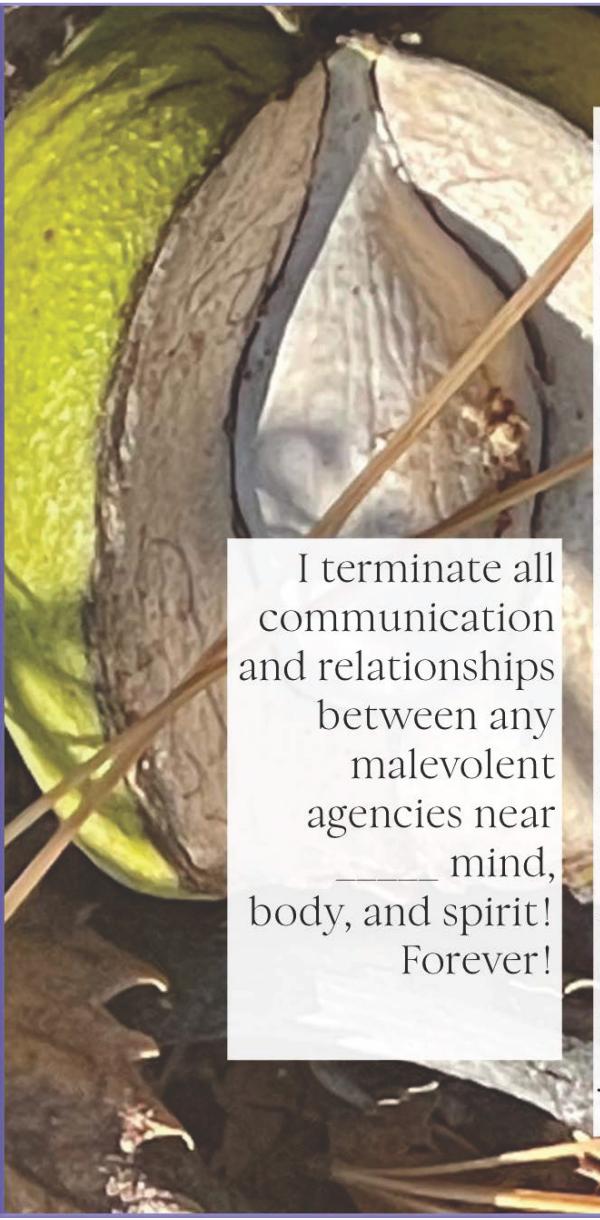
Josh Withers

Standing on the Word of God and acting in the name and authority of Jesus Christ, I rebuke you, Satan, and all evil angels and rebellious spirits. I decommission all powers, principalities, and malevolent agents acting to subvert, hinder, tempt, cripple, seduce, or corrupt \_\_\_\_\_. And I cancel all nefarious forces and immoral rebels seeking to manipulate or influence \_\_\_\_\_.



In the authority of Christ, and on behalf of \_\_\_, I bind all agents of terror and fear and any instigators of anxiety, worry, and doubt, and forbid any ongoing interaction with \_\_\_ forever!

I cancel all the assignments of confusion and destruction of any ungodly spiritual entities from the elements of air, water, fire, earth, outer space, the netherworld, and any evil agencies in nature related to \_\_\_. As well as spiritual influencers in technology, media, networks, art, music, totems, trinkets, personal possessions, broadcast waves, electricity, devices, machines, architecture, and spiritual locations on the earth or in the earth.



I terminate all communication and relationships between any malevolent agencies near \_\_\_\_\_ mind, body, and spirit!

Forever!

Acting in the authority of Christ Jesus, I reveal all malevolent spirits as weakened and defeated enemies of the LORD. I break the connections between all rebel spirits and any demonic rulers, and in the name of Jesus Christ, I revoke any orders given as they relate to \_\_\_\_\_ life. I rebuke all enemies of Jesus Christ, I command you to leave \_\_\_\_\_ life(s) completely and permanently and go to the pit, NOW, never to return! Your assignments and influences in \_\_\_\_\_ life are broken! By the power of Jesus Christ!

I release the Holy Spirit, heavenly principalities, powers, and the angelic servants of God to surround and protect \_\_\_\_ and seek out and cleanse with holy light every part of \_\_\_\_'s being.

I ask the Holy Spirit to flood \_\_\_\_ mind(s), body(s), and soul(s), and inspire in \_\_\_\_ a longing for God's holy Word and fill \_\_\_\_ to overflowing with the living waters of life and love in Jesus Christ.

In the authority of Jesus Christ and by His power, I rebuke all rebel spirits, spells, curses, witchcraft, occult and satanic attacks, and demonic activity.

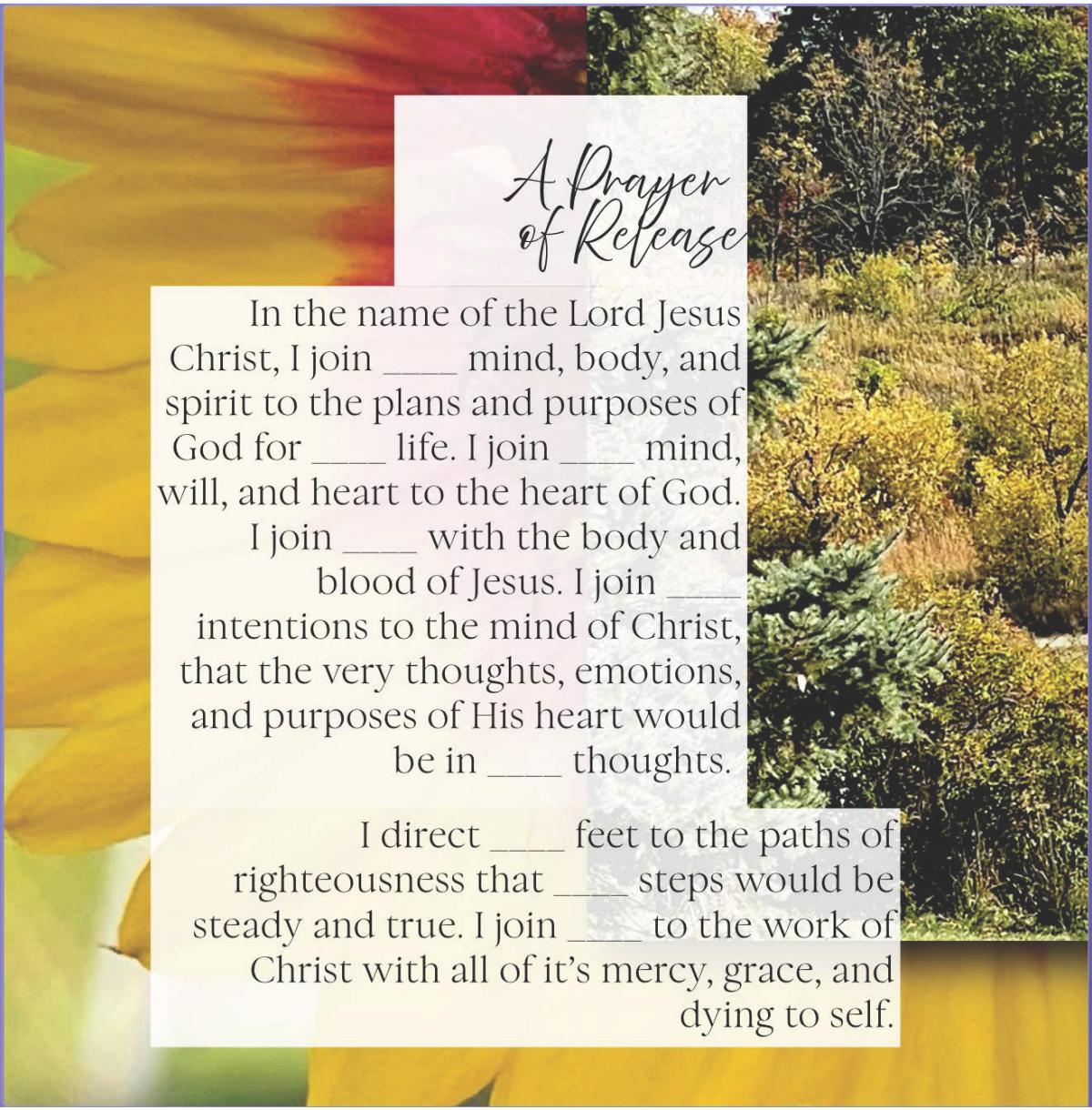
I revoke and decommission all covenant rituals, ungodly fasting prayers, curse-like judgments, negative wishes directed toward \_\_\_\_\_ or transferred through \_\_\_\_\_ bloodlines to all generations.

I command that all curses be transformed into a blessing.

I revoke all ungodly inner vows made by \_\_\_\_\_ and ask that Jesus free \_\_\_\_\_ from the oppression and hindrance caused by those vows, in the present and forever.

In Jesus' holy authority I pray,  
Amen.

(Inspired by Joy Lamb in *The Sword of the Spirit the Word of God: A Handbook for Praying God's Word* (Jacksonville: Lamb's Books, Inc 2010)



## *A Prayer of Release*

In the name of the Lord Jesus Christ, I join \_\_\_\_ mind, body, and spirit to the plans and purposes of God for \_\_\_\_ life. I join \_\_\_\_ mind, will, and heart to the heart of God.

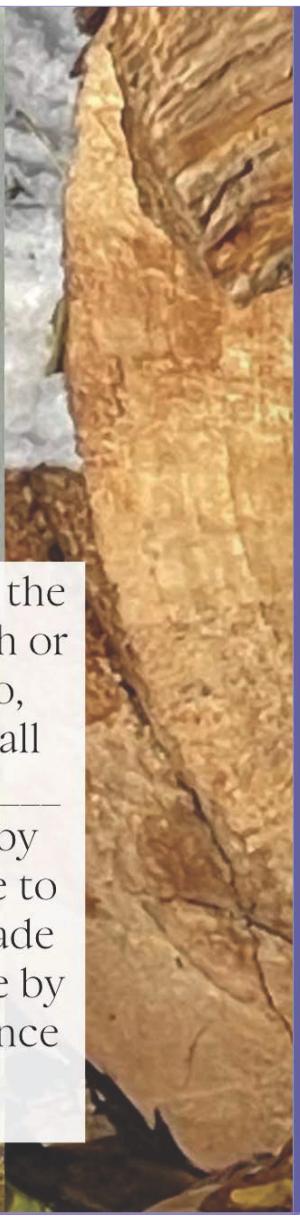
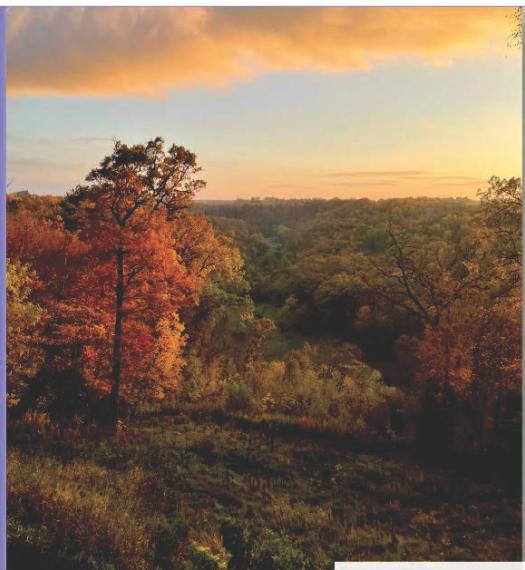
I join \_\_\_\_ with the body and blood of Jesus. I join \_\_\_\_ intentions to the mind of Christ, that the very thoughts, emotions, and purposes of His heart would be in \_\_\_\_ thoughts.

I direct \_\_\_\_ feet to the paths of righteousness that \_\_\_\_ steps would be steady and true. I join \_\_\_\_ to the work of Christ with all of it's mercy, grace, and dying to self.



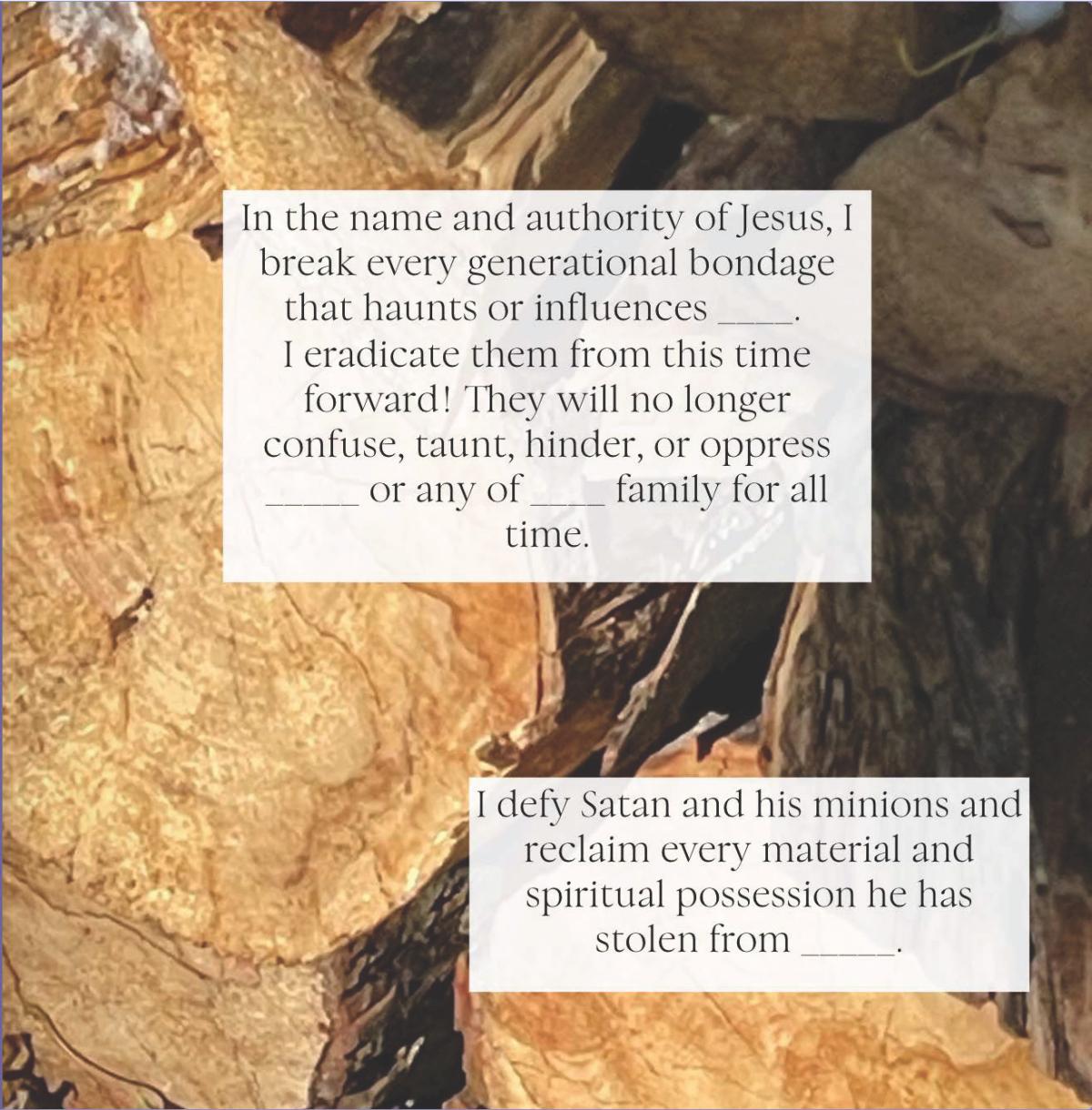
I tear down, pummel,  
and eradicate every  
ungodly stronghold  
associated with \_\_\_\_.  
I release \_\_\_\_ from any  
hard feelings \_\_\_\_ hold  
against anyone and  
deliver \_\_\_\_ from the  
need for vengeance.

I rescue \_\_\_\_ from  
every ungodly  
thought habit and  
false pattern of  
thinking, and  
behavior.



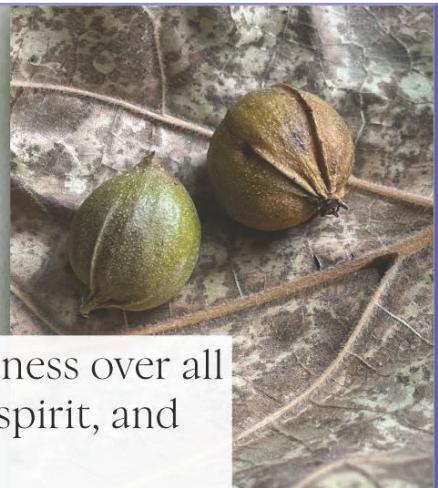
I pull down the  
strongholds of  
fear, distrust, and  
unforgiveness  
from \_\_\_\_\_.

In the name of Jesus, I release the  
power and effects of any harsh or  
hard word-curses spoken to,  
about, or by \_\_\_\_\_. I release all  
effects and bondages from \_\_\_\_\_  
that may have been caused by  
mistakes made by those close to  
\_\_\_\_\_, or mistakes \_\_\_\_ has made  
him/herself, or mistakes made by  
anyone in authority or influence  
over \_\_\_\_\_.



In the name and authority of Jesus, I break every generational bondage that haunts or influences \_\_\_\_\_. I eradicate them from this time forward! They will no longer confuse, taunt, hinder, or oppress \_\_\_\_\_ or any of \_\_\_\_\_ family for all time.

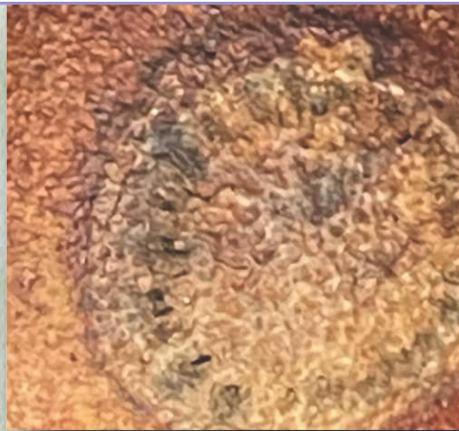
I defy Satan and his minions and reclaim every material and spiritual possession he has stolen from \_\_\_\_\_.



I release the influence of darkness over all  
\_\_\_\_\_ intellect, body, soul, spirit, and  
whole person.

I eradicate every trick or stumbling block  
the enemies of Christ may try to bring  
into \_\_\_\_\_ life today and for all time  
going forward.

I pronounce these things in the authority  
of Jesus Christ. He has given me the  
power to do so!



Thank You Lord  
for Your  
Kindness!  
Amen

(Inspired by Shattering Your Strongholds by Liberty Savard)





# *A Charge to a Tempting Spirit*



*Charge the spirit when it suggests wicked and unclean things.*

Begone, unclean spirit, be ashamed, miserable wretch; Thou art very filthy indeed to suggest such things to \_\_\_\_.

Depart from \_\_\_\_, thou wicked imposter, Thou shall have no share in \_\_\_\_, But my savior Jesus Christ will be with \_\_\_\_ as a valiant warrior, and thou shall be confounded. I would rather die and undergo any torment than yield to your suggestions. Be silent, \_\_\_\_ will hear no more from thee, Though you so often strive to be troublesome to \_\_\_\_.

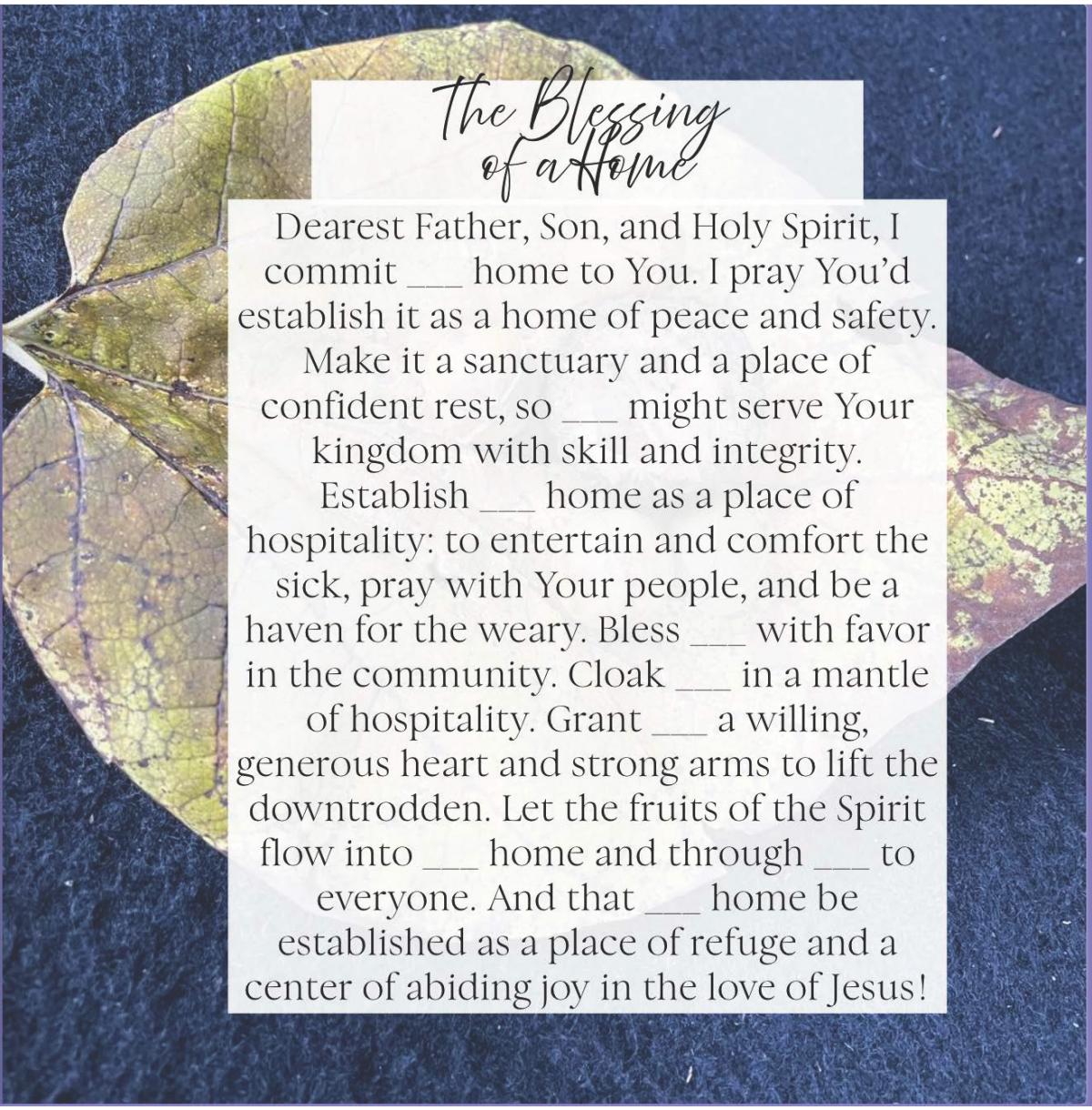
*(From Thomas a Kempis, Imitation)*



## *A Prayer for Knowledge and Strength*

I pray for \_\_\_\_\_ and ask that \_\_\_\_\_ may be filled with the knowledge of Your will and all spiritual wisdom and understanding. So that \_\_\_\_\_ may walk in a manner worthy of You Lord, To please You in all respects, bearing fruit in every good work, and increasing in the knowledge of God; strengthened with all power, according to God's glorious might, for the attaining of all steadfastness and patience; joyously giving thanks to the Father, who has qualified us to share in the inheritance of the Saints in light.

(From Colossians 1:9-12)



## *The Blessing of a Home*

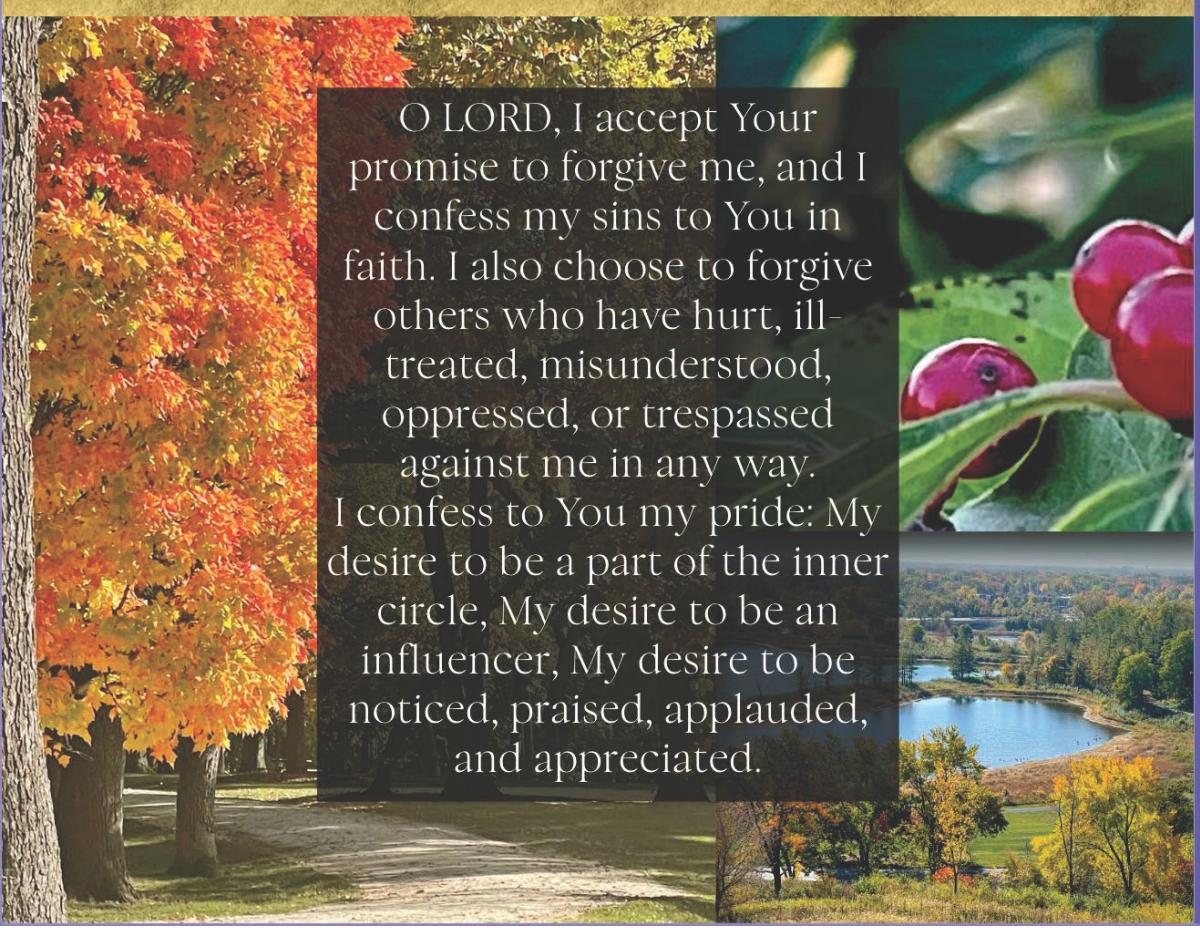
Dearest Father, Son, and Holy Spirit, I commit \_\_\_\_ home to You. I pray You'd establish it as a home of peace and safety.

Make it a sanctuary and a place of confident rest, so \_\_\_\_ might serve Your kingdom with skill and integrity.

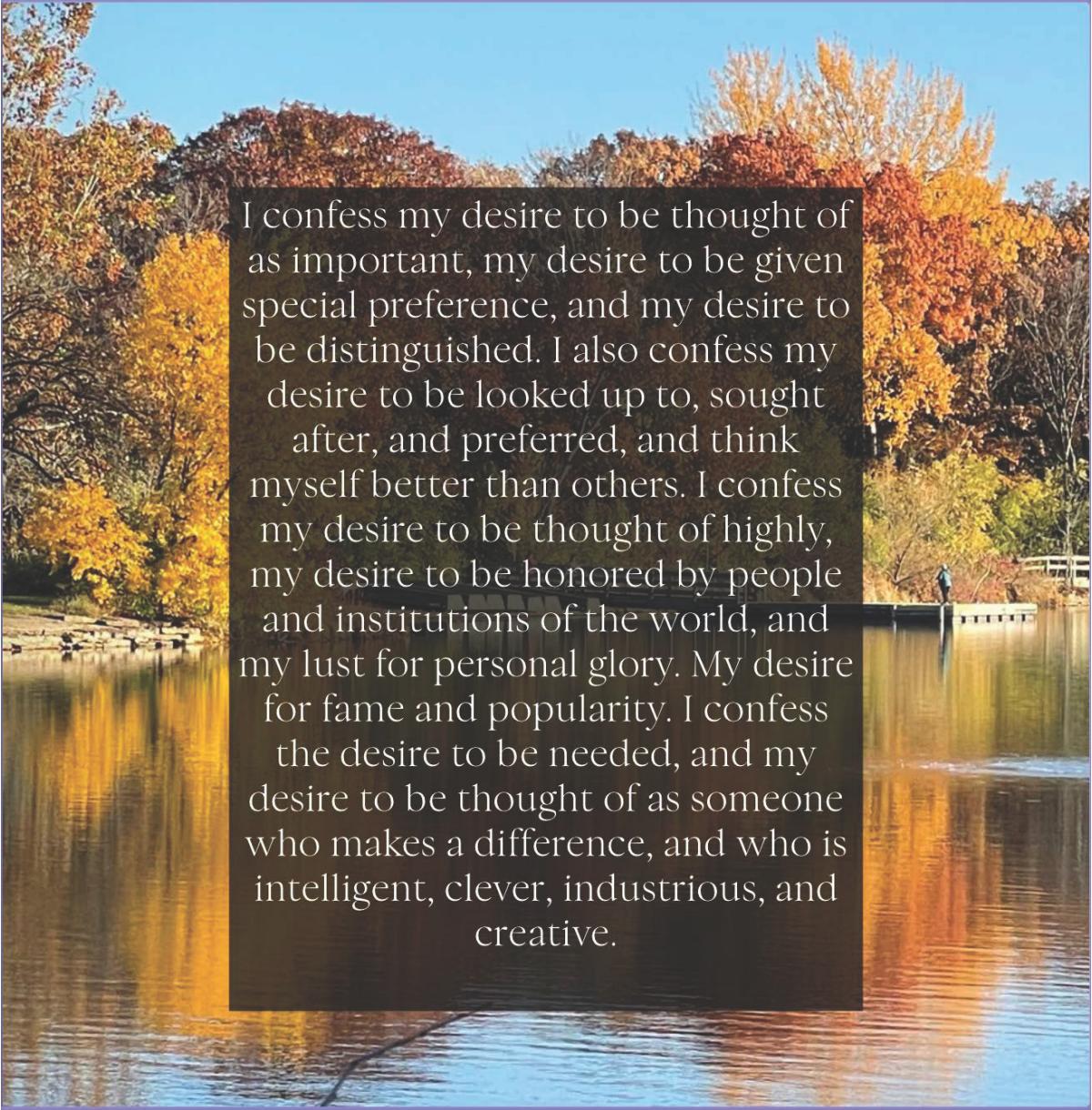
Establish \_\_\_\_ home as a place of hospitality: to entertain and comfort the sick, pray with Your people, and be a haven for the weary. Bless \_\_\_\_ with favor in the community. Cloak \_\_\_\_ in a mantle of hospitality. Grant \_\_\_\_ a willing, generous heart and strong arms to lift the downtrodden. Let the fruits of the Spirit flow into \_\_\_\_ home and through \_\_\_\_ to everyone. And that \_\_\_\_ home be

established as a place of refuge and a center of abiding joy in the love of Jesus!

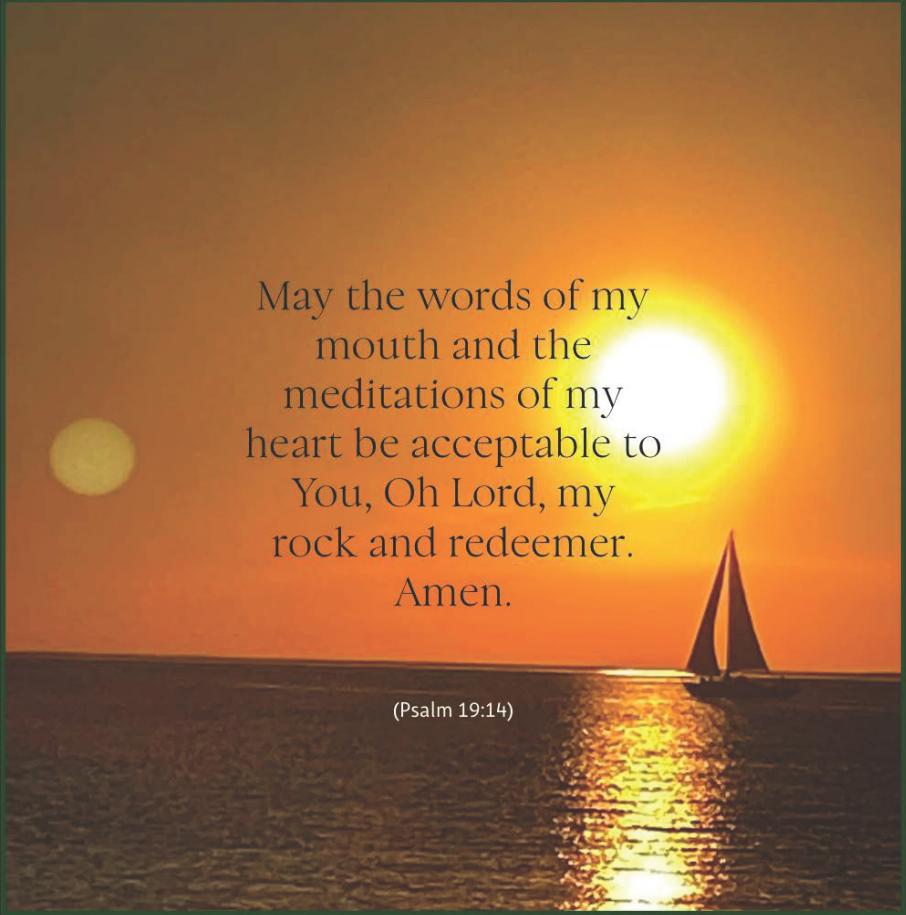
# *A Prayer for Forgiveness*



O LORD, I accept Your promise to forgive me, and I confess my sins to You in faith. I also choose to forgive others who have hurt, ill-treated, misunderstood, oppressed, or trespassed against me in any way. I confess to You my pride: My desire to be a part of the inner circle, My desire to be an influencer, My desire to be noticed, praised, applauded, and appreciated.

A photograph of a serene autumn scene. In the foreground, a calm lake reflects the surrounding trees. The trees are a mix of vibrant yellow, orange, and red, indicating the peak of the fall season. A person is standing on a wooden dock that extends into the water, adding a sense of depth and perspective. The sky is a clear, bright blue, suggesting a sunny day. The overall atmosphere is peaceful and contemplative.

I confess my desire to be thought of as important, my desire to be given special preference, and my desire to be distinguished. I also confess my desire to be looked up to, sought after, and preferred, and think myself better than others. I confess my desire to be thought of highly, my desire to be honored by people and institutions of the world, and my lust for personal glory. My desire for fame and popularity. I confess the desire to be needed, and my desire to be thought of as someone who makes a difference, and who is intelligent, clever, industrious, and creative.

A photograph of a sailboat on the water at sunset. The sky is filled with warm orange and yellow hues, with a large sun on the right and a smaller moon on the left. The water reflects these colors, creating a peaceful scene.

May the words of my  
mouth and the  
meditations of my  
heart be acceptable to  
You, Oh Lord, my  
rock and redeemer.  
Amen.

(Psalm 19:14)