

EQUIPPED TO BE

PRAYER JOURNAL

30 DAYS OF PRAYER



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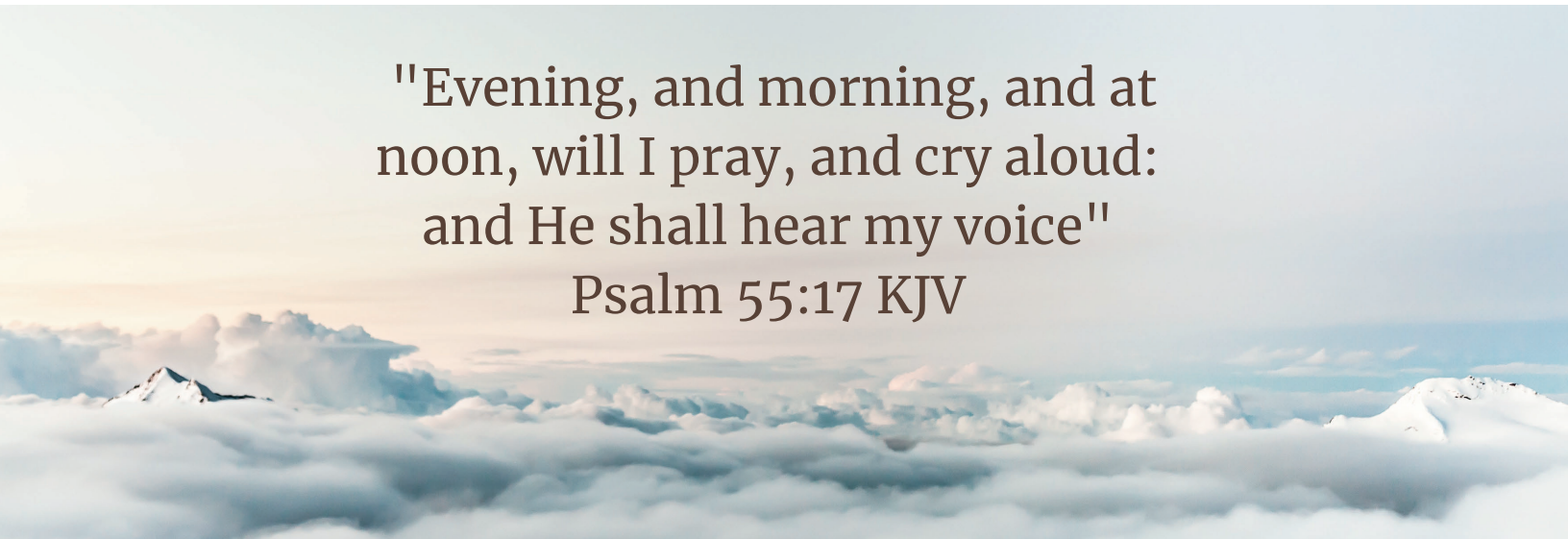
"Pray without ceasing" 1 Thessalonians 5:17 KJV

Prayer, as defined by the Bible, is a direct and intimate communication between you and God. It is the act of speaking, pouring out your heart, and sharing thoughts, desires, praises, and petitions with the Almighty Creator.

The Bible portrays prayer as a two-way conversation where you as a believer can approach God with reverence, faith, and humility, and God responds with love, wisdom, and grace.

Throughout the Bible, prayer is depicted as an essential means of seeking God's guidance, expressing gratitude, seeking forgiveness, finding comfort in times of distress, and interceding on behalf of others.

It is a way to align yourself with God's will, drawing closer to Him, and deepening your relationship with the Heavenly Father.



"Evening, and morning, and at
noon, will I pray, and cry aloud:
and He shall hear my voice"
Psalm 55:17 KJV

Key characteristics of prayer, as defined by the Bible:

- **Access:** Through Jesus Christ, believers have direct access to God. They can approach Him personally, without the need for intermediaries like priests or religious leaders (Ephesians 3:12, Hebrews 4:14-16).
- **Reverence and Worship:** Prayer involves acknowledging God's holiness, majesty, and sovereignty. It is a time to worship and adore Him for His greatness and goodness (Psalm 95:6, Psalm 100:4).
- **Trust and Faith:** Believers approach God in faith, trusting that He hears their prayers and responds according to His wisdom and love (Matthew 21:22, James 1:5-6).
- **Confession and Repentance:** Prayer allows believers to confess their sins, seek forgiveness, and turn away from wrongdoing. It is a way to maintain a pure and righteous relationship with God (1 John 1:9, Psalm 32:5).
- **Petition and Supplication:** Prayer includes making requests to God, seeking His intervention, and presenting personal needs and concerns (Philippians 4:6-7, Psalm 34:17).
- **Intercession:** Believers are encouraged to pray for others, lifting up their needs, and interceding on their behalf (James 5:16, 1 Timothy 2:1-2).
- **Listening and Waiting:** Prayer is not only about speaking to God but also about listening for His voice and waiting on Him to reveal His will (Psalm 46:10, Isaiah 30:18).
- **Gratitude and Thanksgiving:** Prayer involves expressing gratitude to God for His blessings, provisions, and answered prayers (Colossians 4:2, 1 Thessalonians 5:18).

I Needed the Quiet

I needed the quiet so He drew me aside,
Into the shadows where we could confide.
Away from the bustle where all the day long
I hurried and worried when active and strong.

I needed the quiet tho at first I rebelled
But gently, so gently, my cross He upheld
And whispered so sweetly of spiritual things
Tho weakened in body, my spirit took wings
To heights never dreamed of when active and gay.
He loves me so greatly He drew me away.

I needed the quiet. No prison my bed,
But a beautiful valley of blessings instead –
A place to grow richer in Jesus to hide.
I needed the quiet so He drew me aside.

From the book *I Needed The Quiet*,
© 1978 by Beacon Hill Press
I Needed the Quiet by Alice Hence Mortenson

Prayer for Perseverance

Lord, when faced with challenges and obstacles, give me the strength to persevere. Help me to continue doing good and never give up, knowing that I will reap a harvest in due time. (From Galatians 6:9)

Write down additional thoughts, prayers, and scriptures that come to mind on this subject...



Connie has been speaking professionally on-air, on stage, and online for 30+ years now and have given hundreds of interviews and delivered thousands of presentations in a variety of different settings and contexts at events in the United States and around the world.

Her audience ranges from small retreats and trainings to keynoting in large ballrooms to equipping thousands of listeners through various podcasts and media outlets.

The most requested personal topics are related to motherhood, work-life balance, social media and the family, parenting, understanding teens, and homeschooling.

She also speaks on topics related to public speaking, creativity & innovation, volunteer appreciation, strengths-based leadership, and building relationships.

Connie has had the unique privilege of blending career and life experiences to help women embrace their season so they become free from being overwhelmed. And so they can build their family, enjoy their calling, and go change their world!

Her heart beats for women looking to live the life God intended for them without all the baggage, struggle and perfection getting in their way.

Invite Connie to speak at your next conference, retreat, leadership training, corporate leadership meeting, and homeschool events. Be assured every presentation is created with your audience in mind.

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   *Equipped To Be Podcast*

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