



ABIDING JOY

30 PRAYERS
FROM JOY LET LOOSE

ELIZABETH JOY

To those who want to pray but struggle to know how.
And those who want to grow closer to the Lord.

These prayers are for you.

Elizabeth Joy

Contents

 Morning Prayers.....	3
 Adoration & Praise	6
 Confession & Repentance	10
 Times of Trouble	13
 Mid-day Prayers	17
 For Home & Family	20
 For Children to Pray.....	24
 Surrender & Obedience	26
 Prayers of Devotion.....	30
 Evening Prayers	33

Morning Prayers

Bless You, my Father,
for opening my eyes to another morning, and
for filling my lungs with breath.

You alone are King over this day. I am confident
You are my strength and my shield and I praise
You above all else.

Help me to wake up fully to You right now
because I want my praises to wake up the
dawn.

Faithful Father, Your mercies are new again this
morning and You are preparing me for
everything that lies ahead today, the things that
only You can see.

I know that Your love is true
and it will never end.

Amen

Jesus, my Rescue,

thank You for glorifying the Father and loving
me.

Your sacrifice is unequalled, and Your
resurrection life now runs in my veins. You are
holy and honored in Heaven, but You know me
intimately, and You are interceding on my behalf
today.

Because of You I want to hold on tightly to all
that I believe. You are my Prince of Peace, and I
want that same peace to rule in my heart.

Help me to bring all of my thoughts in line with
the truth today.

Amen

Spirit of Life,

move in me every minute. I depend on Your strength and Your power so I can handle everything today with grace.

Help me to see things the way You do, and to be a light everywhere that I go.

As I walk with You today, I pray for evidence that You are moving in me, making me more and more like Jesus.

Help me to be courageous, and to be faithful to make God known today.

Amen

Adoration & Praise

I lift up high the name of King Jesus!
There is no other name worthy of all of my
exuberant praise!

Your name is on my lips everyday. May it be said
of me that I am a person of constant praise!

Jesus is the only one that is victorious over sin.
He is the only King that conquered death. My
Jesus is the only One to sit at the right hand of
God and to receive praise day after day after
day.

I lift up my voice to join the angels and declare
that You are holy. I sing and shout that You
are worthy of blessing and honor.

It is good to sing praises to You, my Savior and
my God. You alone are to be praised.

Amen

Let everything that I am bring praises to You, **my**
God.

Let my eyes honor You with their focus. Let my mind praise You with pure thoughts. Let my ears perceive your blessings in each moment and my mouth pour it out in whispers and shouts, in speech and with singing!

Let my hands praise You by caring diligently for the people You've given me, and my body honor You with strength and precision.

May my feet carry me to where You are working, and my life bring You praise by radiating grace.

Let everything that I am bring praises to You, my most worthy God.

Amen

I look around at all You've made and I'm
astounded.

The vibrancy of color and the intricacy of design
all around me point to a [masterful Creator](#). The
trees and mountains that stretch toward the skies
show me that creation longs for You.

The echoes of You in laughter is evidence that
You are pure joy, and You want joy for your
children.

Open my eyes so I can see You more clearly, and
unearth innate praise that my life will resound
wherever I go.

You are the highest of Kings, the most tender
Father, and the eternal Savior of my soul. I bow
my knee and my heart before You and give You
praise.

[Amen](#)



Confession & Repentance

When I look at Your holiness, **God**, I see my own sin. Your laser light exposes me to myself, and I am a wreck.

I don't want these things that cloud my view of You. I don't want to dishonor You anymore with my thoughts, my words, or my actions. Forgive me, **God**.

These tears bring release, but I need the cleansing that only your pure water provides. Wash me clean. You alone can take this sin from me.

Make me new in this moment. I need to be built up to withstand temptation. I need you to help me to walk honorably and humbly with you.

I am confident that I live in Your forgiveness.
Lead me, O Light of Life.

Amen

How is it that I can be so very selfish?

You, **God**, have given me everything: **Your Son**, **Your Spirit**, my life-breath, a clean slate. And still I cling to my rights, and hang on to what I have as if they are mine to keep when all around me there is need.

Forgive me for elevating myself and putting others beneath me. You alone are to be exalted.

O the joys of those who are kind to the poor. I long for that joy! God, I want to share what I have and bring blessings to others.

Help me to see with Your eyes, and live a life that is poured out, not with-held. I reject selfishness, and I choose Your gracious heart. Make mine like Yours I pray.

Amen

God, You are merciful and gracious.
Have mercy on me. I have not been acting as one
whose sin has been forgiven. I have not been
walking as one caught up in Christ. Instead I have
dirt on my hands and a conscience that is
convicted.

Thank you, Holy Spirit, that You show me my sin.
You cause a hatred for sin to rise up in me. Thank
You, Jesus, that You spilled blood on the cross and
conquered hell and the grave. I did not deserve to
be spared that death. I do not deserve Your cloak
of righteousness.

Thank you, Father, for your tenderness and for
welcoming me back with arms wide open. Purify
me. Wash me clean of my guilt. Renew my mind
and transform me to be like Jesus. I long to be
made holy, as He is holy.

Give me back my joy again. I rejoice in the
forgiveness and the life of Christ, that You do not
perceive my sin any longer. A clean heart beats in
me now. Let it beat only for the things of my God.

Amen

In Times of Trouble

Jehovah Rapha,

in weakness and pain I want to call out to my Healer, but I barely have enough breath. I can't make sense of what is happening in my body and I desperately need You to erase the sickness that is overtaking me.

Do you hear my prayers as I cry out to you, **Lord**?
Are You sharing in my pain?

This illness is threatening to undo me completely and I want so much to be whole. Provide healing in my inner depths, God. I ask You to bring everything into alignment.

You are my strength in this weakness, and I'm so utterly weak. **Father**, I believe You are the Great Physician, and that You can make me completely well.

Please heal me.

Amen

Jehovah Jireh,

You have always provided all that I need, and all that I need is more than enough.

Father, I want to take good care of what You have entrusted to me. Help me to steward it well. You know better than I do what I face now with my finances.

I am tempted to overspend, so help me to have wisdom and self-control. When I doubt Your provision, remind me of Your faithfulness to me. You are a good Father that gives good gifts to His children. But I feel my identity getting wrapped up in my status and my earnings, so remind me that all I have is Yours.

You know my needs before I even ask, and You are the answer to all of them. Help me to be responsible, grateful, and generous with what You have provided to me. I want to honor You with all of it.

Amen

There is darkness all around me. I fear what is hiding, as if it is about to attack. I can't do this alone, but I'm afraid, **God**, that You have abandoned me.

This black wants to consume me; to swallow me whole. It's as though an enemy has thrown me into a pit with ravenous lions who can't wait to devour me.

My hands shake and my heart beats fast in my chest and my forehead is breaking a sweat. I need You here. I need to know I am not by myself. Please do not let this darkness close in on me.

You are my defender and my defence, the strong tower I can run in to and find safety. Shelter and shield me, mighty **God**. I have nowhere else to turn than to You. Give me courage to trust You even when I can't tell You are there.

You are my refuge.

Amen



Mid-day Prayers

Thank You, **God**, for this morning.
There were times I knew You were here with me.

I saw You at work in my mind and my conversations. Apart from You, there is no way I could have been successful. But I'm sure there were times too that I didn't know You were here.

Forgive me for running ahead of You and forgetting to seek you in all of my decisions. I want You to be first and foremost in my mind and my heart.

I'm stopping right now to re-focus. With the sun at its highest point in the day, remind me of **Christ**, and help me to fix my eyes on Your **Son**.

Be with me through this afternoon. Help me to trust You, and to reflect you in each conversation, each thought, each moment. I am Yours.

Amen

The blazing sun is perched on the top of the sky as an invitation to stop and worship You. In this moment I am reminded that You are the **King** over all the earth.

You radiate glory and Your name echoes supreme throughout all the skies and galaxies You made. In this moment of the day I know that the angels and heavenly beings are still around Your throne singing of Your holiness, and I am invited in to their song.

You are holy, **Lord**. You are most worthy of praise! Let everything that has breath, and all that I am honor You and worship Your name today.

Help me not to be distracted from worshiping You by the difficult details of the day. Instead, help me to see how You are at work around me, and help me to enter into kingdom work with You. Use me as your hands and feet, and may my work and thoughts be pleasing.

Amen

As I look ahead into the rest of the day, I know I desperately need You, **Father**. There are things I face that I'm not ready for, and I am afraid.

As the sun creeps up in the sky it only reminds me that I am weak. But You have shown me that in my weakness, You are strong.

Help me not to hide from this day, but instead be courageous and strong because You are with me. You never leave me alone.

Fill me again with your **Spirit**. Invigorate me with your power and help me to lean in to the life of **Christ**. Have your way in me, in my family, and in my work.

Above all, glorify Yourself, and use me to bring Your Kingdom here on earth as it is in Heaven. .

Amen

Home & *Family*

Father, we thank You for a godly heritage. We praise You that we learned about You early, and saw examples of Christlikeness in our homes as we grew.

We want to be parents who leave a godly legacy for our children too. So cleanse our hearts and our hands. Help us to walk humbly before You God, and to be people devoted to prayer.

If there are strongholds that have been part of our family line, we want to break those today in the strong name of Jesus Christ. Going forward, may we be a family who will serve the Lord.

We pray You will help us to make our home a safe haven – a place of worship and rest. Move in us, Spirit of the Lord, giving life and power to us in each moment of today.

Amen

Jesus, you are the center of our home. As You and the Father are one, so may we be one with each other and with You.

By Your Spirit, draw us closer together in our marriage, to love and to serve one another, glorifying You.

We cannot even begin to thank You enough for the incredible blessings of our children. They are purely gifts of grace. They are ours, but really they are Yours. We place each one into Your strong and powerful hands, knowing You alone can protect them, and fill them with power to live in the life of Christ.

Draw them to love You. Give them the desire to know and trust You. As we parent them today, would you grant us supernatural wisdom and patience to display Your love. May we all radiate the joy of Christ as we grow together in faith.

Amen

Father God, You have drawn us into your family. We praise You and thank You that Your love never fails us.

You are the one who sets the lonely in families, Lord. And we want to be a household whose borders are wide open with the warmth and the love of Jesus.

We pray You will fill our home with the joy and peace of Christ, and that You would give consistent opportunities for us to welcome people in. Help us to be a living example of the family of God, so that even our children have hospitality woven into the very fabric of their being.

Use us to serve, to love, to comfort, to challenge, and to mend hurting hearts. We give ourselves and our home to You for Your Kingdom to come on earth as in Heaven.

Amen



Prayers for *Children*

Dear **God**. You are my **Father** in Heaven. I can't see You, but I know You are there.

It makes me happy to know how much You love me. You know everything about me, and You look at me as Your child.

I want to get to know You better. Help me to remember to talk to You and to trust You. I want to learn more about You and to let others know about You too.

Amen

Dear **God**, sometimes it's hard to be kind. I'm sorry that sometimes I hurt people by saying things that are selfish or mean.

I learned that You are kind, and You want to make me more like You. Help me to be kind to my family and friends so they know that I love them, and that You love them too. You are my best friend, and I want to be more like **Jesus**.

Amen

Jesus, thank You for dying on the cross for me. You took my punishment, and You gave me Your life.

It's awesome that You came alive again, and that now You are with **God** in Heaven. I know You sent Your **Holy Spirit** to live inside of me and to make me strong.

Help me to do the things that are hard for me to do by myself, and to show other people what it means to live for You.

Amen

Surrender & *Obedience*

My **God** and **Father**, there is no one like You, so rich in love and mercy. There is no one whose wisdom and knowledge is as deep, and in whom I can completely trust.

You hold me in the palm of Your hand as I surrender to You, and I know You are faithful to carry me.

Lord, I want you to search me, and read me inside and out. Point out the things in me that are unholy, and remove them from me. My life is open to You, and my heart is Yours.

Righteous **God**, make me holy like **Jesus**.

Amen

The days ahead of me are unknown except to You. I don't know whether the sun will shine on me, or if I will find myself in the middle of a tempest.

But my **God**, no matter what they look like, You are in each one of my tomorrows; You hold my future.

I am tempted to worry about what I can't predict, but instead I want to believe Your ways are best. I take all of my worry and place it in Your hands.

Help me to lean on You, and rely on Your strength, because Your strength is made perfect in my weakness.

I am no longer my own, but I am Yours.

Amen

There is nothing about my life that You do not see or understand. **Jesus**, You walked this earth, and fully know the joys, the pain, the temptation and the struggles of this life.

Help me to fix my eyes on You alone. I offer You my body, my mind and my spirit and ask You to help me not to conform to this world, but to be renewed and transformed.

I want every moment of this day to be worshipful, bringing You glory in all that I do. Prepare me for all You have for me, and take joy in the song of my life today.

Amen



Prayers of Devotion

Awesome and **Holy God**, there is no one else like You. You cause the sun to rise every morning, and the stars to hold in their places.

You have command of the seas and Your honor causes the trees to stand at attention, reaching toward the heavens.

Your authority rules heaven and earth, and You look for those who diligently worship You. Help me to delight in Your Word and Your ways, thinking about You all through the day.

I want to walk in a way that is upright, bringing You glory in each moment. I offer all that I am to You, and ask You to watch over me, helping the fruit of kindness and peace to grow in my life.

I am Yours, so have Your way in me.

Amen

In the dark cover of night I cry out to You, and
You hear me. You catch all of my tears,
protecting me and keeping me safe. You are my
shield and my hiding place.

My **Father**, with you I have absolutely nothing to
fear. You have been so faithful to me, so how
could I ever turn away from You?

Your kindness led me to repent and turn from
my sinful ways, offering You my very life. So
now, in my need, of course I trust in You! You see
me in my need, and You are the one with the
power and authority to command legions of
angels to surround me.

You are all that I have, and everything that I
need. I praise You, and thank You, mighty **God**.

Amen

God, my **Eternal Father**, I praise You and bless Your name. You are the King of Kings and the Lord of all Lords. Your name is high and lifted up, and You are a fierce protector of all that is good and holy.

In **Christ** You gave the most precious of gifts, and the only gift that leads to eternal and vibrant life. You look on me now and You see me wrapped up in the righteousness of **Jesus**. I praise You for this gift that is beyond any measure.

By Your **Spirit**, I am fully alive, and I walk in the same power that raised **Jesus** up from the dead. How could I keep from shouting praises about that, and how could I hold back from trusting You?

You alone hold my life and know all of my days. So I give You this day in honor and devotion. Use me I pray.

Amen

Evening Prayers

As the shadows grow long on this day, there is so much to rejoice about. I thank You, **Lord**, for staying with me in each minute, my constant and very present help.

You were in whispers and laughter and conversation around the table. You helped me to rise above chaos and have a godly perspective when hope seemed lost, and You helped me to guard my tongue. Thank You.

You were in the tears I helped to soothe and the stillness of the healing moments, with promises and patience and goodness poured out.

You absolutely never leave me, and that blows me away day after day. You are so good to me. As the shadows grow long on this day, I have so much to rejoice about. I praise You.

Amen

Sometimes I'm afraid of the night. As the dark creeps across the skies, my imagination sometimes shadows with black. What if the night brings pain? What if our argument is not solved? What if death steals someone from me? I don't know how I would survive that.

I do not want to yield to fear. My **God**, help me to take thoughts captive that want to exalt themselves above the knowledge of **Christ**, and instead believe what is true. Help me to be brave and not to fear what I do not know. Instead, help me to have faith even though I do not see You.

You are my strength and my portion forever, and in You alone I have hope. I will not fear this night. Instead I will stand firm on my faith in **Jesus Christ**.

Amen

My Holy **Father**, I know You keep in perfect peace those whose hearts are steadfast because they trust in You. I want that to be me.

I want to be faithful and steadfast. Help me trust You tonight. I know I can lie down and sleep in peace because You alone keep me safe.

You are perfect rest for my tired body and soul, and You guard me in the watches of the night.

Help me to be restored and refreshed, and for my spirit to commune with your **Holy Spirit** even as I sleep. I commit myself to You, with the hope of Your faithful grace in the morning.

Prince of Peace, I am Yours.

Amen

Jesus taught his disciples to pray. Prayer is something we learn by listening and doing. My hope with this book that you will use these prayers in your own lives. I want to encourage you to reach out to the Lord and to become increasingly comfortable talking with Him and listening to His Spirit speak to you.

As we grow closer to the Lord, we will grow in joy.
Prayer is food for the joy journey.

#joyletloose

Elizabeth Joy

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