

A Legacy of Prayer



*Equip*Her
bible studies
{for a woman's Life}

A Legacy of Prayer

Equip Her Prayer Journal

belongs to

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If prayer stands as the place where God and human beings meet, then I must learn about prayer. Most of my struggles in the Christian life circle around the same two themes: why God doesn't act the way we want God to, and why I don't act the way God wants me to. Prayer is the precise point where those themes converge.

- Philip Yancey
“Prayer: Does It Make Any Difference?”

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Forward

As you open the pages of this journal, you become part of a tradition of prayer and Bible study for women at Lincoln Berean Church

This also marks the launch of our new name and logo for all our women's Bible studies, **Equip Her: Bible Studies for a Woman's Life**. Knowing that God has given each woman influence and purpose, our passion is to help her take one step further on her faith journey. We aim to learn life lessons from the Bible as we connect, engage and inspire one another.

What began as a small group has grown to hundreds of women, encompasses a variety of ages and backgrounds and offers morning and evening sessions on Tuesdays and an evening session on Wednesdays.

Throughout the growth process, three essentials have remained – time to worship God together, study on God's Word, and small group prayer. Using scripture as a guide during prayer time has become a significant focus in our groups.

As we have benefitted from the rich heritage passed along to us by faithful praying women, so we offer this “Legacy of Prayer” to you. It gives hints and ideas to direct your heart and mind toward God and His Word as you pray. This is by no means a complete list, so we encourage you to add your own verses to each section.

“May the God of peace ... equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ” Hebrews 13:20-21

The Equip Her Directional Team

Our Common Language of Prayer

There are many methods and disciplines of prayer, but it's not nearly as important HOW you pray as it is THAT you pray.

Equip Her has become a far-reaching ministry – women come from different churches, diverse backgrounds and a variety of experiences. Each person brings her own prayer language. In order to communicate well with God and one another in our very short time together in small groups each week, we had to choose one simple language.

Our common language of prayer is to first look:

- ***Upward*** and realize who God is, then to look
- ***Inward*** and confess our need for God
- ***Outward*** to the needs of others

We base our prayer language on God's Word because it's "living and active" and so much more than just ink on a page. God speaks to us in biblical stories and personal experiences that involve the mind and emotions. It's the most profound kind of communication and it produces the deepest kind of relationship.

UPWARD LOOK

As children of God, we are to be worshippers of God. Psalm 34:1 says, “*I will bless the Lord at all times; His praise shall continually be in my mouth.*” Our worship of God should be evident in our prayers.

In order to be worshippers of God, we need to know who He is. We should not rely on our emotions, circumstances, or experiences to dictate what we believe about God. We should not rely on what others tell us about Him, but rather the truth of God’s Word should be our guide.

One way to learn about God’s character as you read through the Bible is to ask yourself some of the following questions and write down some of the attributes you discover:

- Who is God?
- What does God do?
- What pleases God?
- What does this Scripture teach me about God?
- What adjectives describe God?

Once we learn about who God is through the truth of His Word and believe what He says is true, then we desire to worship Him with our whole heart.

At Equip Her, we call this time of worshipping God through prayer the **Upward Look**. The **Upward Look** agrees with God’s Word about the character of God and affirms the way God is working in our own lives. It’s a conversation with God in grateful adoration for who He is. We praise, worship and thank God for who He is based on the truth of God’s Word. The **Upward Look** helps set the tone for our entire prayer time. It helps get our eyes off ourselves and put our focus on God.

The following pages list different attributes of God and a verse that describes that attribute. This is by no means comprehensive, so as you study God's Word, please add your own verses that you can use for the **Upward Look**.

Character of God Verses:

God is Above All – “For My thoughts are not your thoughts, nor are your ways My ways,” declares the LORD. “For as the heavens are higher than the earth, so are My ways higher than your ways and My thoughts than your thoughts.” (Isaiah 55:8-9)

God is Absolute – Thus says the LORD, the King of Israel and his Redeemer, the LORD of hosts: “I am the first and I am the last; and there is no God besides Me.” (Isaiah 44:6)

God is Accessible – The LORD is near to all who call upon Him, to all who call upon Him in truth. He will fulfill the desire of those who fear Him; He will also hear their cry and will save them. (Psalm 145:18-19)

God is Active – The eyes of the LORD are toward the righteous and His ears are open to their cry. (Psalm 34:15)

God is All-Knowing – The LORD looks from heaven; He sees all the sons of men; from His dwelling place He looks out on the inhabitants of the earth, He who fashions the hearts of them all, He who understands all their works. (Psalm 33:13-15)

God is All Powerful – O LORD, the God of our fathers, are you not God in the heavens? And are You not ruler over all the kingdoms of the nations? Power and might are in Your hand so that no one can stand against You. (2 Chronicles 20:6)

God is All-Sufficient – The God who made the world and all things in it, since He is Lord of heaven and earth, does not dwell in temples made with hands; nor is He served by human hands, as though He needed anything, since He Himself gives to all people life and breath and all things. (Acts 17:24-25)

God is Almighty – Great and marvelous are Your works, O Lord God, the Almighty; righteous and true are Your ways, King of the nations! (Revelation 15:3b)

God is the Alpha & Omega – I am the Alpha and the Omega” says the Lord God, “who is and who was and who is to come, the Almighty.” (Revelation 1:8)

God is Aware – Remember these things, O Jacob, and Israel, for you are My servant; I have formed you, you are My servant, O Israel, you will not be forgotten by Me. (Isaiah 44:21)

God is Awe-Inspiring – Therefore since we receive a kingdom which cannot be shaken, let us show gratitude, by which we may offer to God an acceptable service with reverence and awe; for our God is a consuming fire. (Hebrews 12:28-29)

God is Beauty – One thing I have asked from the LORD, that I shall seek: That I may dwell in the house of the LORD all the days of my life, To behold the beauty of the LORD and to meditate in His temple. (Psalm 27:4)

God is Blameless – As for God, His way is blameless; the word of the LORD is tested. He is a shield to all who take refuge in Him.

(2 Samuel 22:31)

God is Comfort – When I remember You on my bed, I meditate on You in the night watches, for You have been my help, and in the shadow of Your wings I sing for joy. My soul clings to You; Your right hand upholds me. (Psalm 63:6)

God is Compassionate – The LORD is gracious and merciful; slow to anger and great in lovingkindness. (Psalm 145:8)

God is a Covenant Keeper – He has sent redemption to His people; He has ordained His covenant forever; holy and awesome is His name. (Psalm 111:9)

God is Creative – When I consider Your heavens, the work of Your fingers, the moon and the stars, which you have ordained; what is man that You take thought of him, and the son of man that You care for him? (Psalm 8:3,4)

God is Endurance – Yet those who wait for the LORD will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary. (Isaiah 40:31)

God is Equipping – May the God of peace ... equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ. (Hebrews 13:20-21)

God is Eternal – Now to the King eternal, immortal, invisible, the only God, be honor and glory forever and ever. Amen. (I Timothy 1:17)

God is Everlasting – You, O LORD, rule forever; Your throne is from generation to generation. (Lamentations 5:19)

God is Faithful – The LORD's lovingkindnesses indeed never cease, for His compassions never fail. They are new every morning; great is Your faithfulness. (Lamentations 3:22-23)

God is Fatherly – Just as a father has compassion on his children, so the LORD has compassion on those who fear Him. (Psalm 103:13)

God is Forgiving – For You, Lord, are good, and ready to forgive, and abundant in lovingkindness to all who call upon You. (Psalm 86:5)

God is Friendly – Greater love has no one than this, that one lay down his life for his friends. (John 15:13)

God is Generous – He who did not spare His own Son, but delivered Him over for us all, how will He not also along with Him freely give us all things? (Romans 8:32)

God is Gentle – Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your soul. For My yoke is easy and My burden is light. (Matthew 11:28-30)

God is Glorious – And the city has no need of the sun or of the moon to shine on it, for the glory of God has illumined it, and the lamp is the Lamb. (Revelation 21:23)

God is Good – O taste and see that the LORD is good; how blessed is the man who takes refuge in Him! (Psalm 34:8)

God is Gracious – The LORD is gracious and merciful; slow to anger and great in lovingkindness. The LORD is good to all, and His mercies are over all His works. (Psalm 145:8-9)

God is Holy – Who is like You among the gods, O LORD? Who is like You – majestic in holiness, awesome in praises, working wonders? (Exodus 15:11)

God is Honest – God is not a man, that He should lie, nor a son of man, that He should repent; has He said, and will He not do it? Or has He spoken, and will He not make it good. (Numbers 23:19)

God is Hope – I would have despaired unless I had believed that I would see the goodness of the LORD in the land of the living. Wait for the LORD; be strong and let your heart take courage; yes, wait for the LORD. (Psalm 27:13-14)

God is Impartial – For the Lord your God is God of gods and Lord of lords, the great, the mighty, and the awesome God, who does not show partiality nor take a bribe. (Deuteronomy 10:17)

God is in All – For from Him and through Him and to Him are all things. To Him be the glory forever. Amen. (Romans 11:36)

God is in Control – For I know that the LORD is great and that our Lord is above all gods. Whatever the LORD pleases, He does, in heaven and in earth, in the seas and in all deeps. (Psalm 135:5-6)

God is Infinite – Of old You founded the earth, and the heavens are the work of Your hands. Even they will perish, but You endure; and all of them will wear out like a garment; like clothing You will change them and they will be changed. But You are the same, and Your years will not come to an end. (Psalm 102:25-27)

God is Involved – For He spoke, and it was done; He commanded, and it stood fast. The Lord nullifies the counsel of the nations; He frustrates the plans of the peoples. The counsel of the Lord stands forever, the plans of His heart from generation to generation.
(Psalm 33: 9-11)

God is Just – If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.
(1 John 1:9)

God is the King of Kings – O clap your hands, all peoples; shout to God with the voice of joy. For the LORD Most High is to be feared, a great King over all the earth. (Psalm 47:1-2)

God is Life – The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly. (John 10:10)

God is Light – This is the message we have heard from Him and announce to you, that God is Light, and in Him there is no darkness at all. (1 John 1:5)

God is Listening – I love the LORD, because He hears my voice and my supplications. Because He has inclined His ear to me, therefore I shall call upon Him as long as I live. (Psalm 116:1-2)

God is Long-Suffering – And rend your heart and not your garments. Now return to the LORD your God, for He is gracious and compassionate, slow to anger, abounding in lovingkindness, and relenting of evil. (Joel 2:13)

God is Love – But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us. (Romans 5:8)

God is Lovingkindness – Our soul waits for the LORD; He is our help and our shield. For our heart rejoices in Him, because we trust in His holy name. Let Your lovingkindness, O LORD, be upon us, according as we have hoped in You. (Psalm 33:20-22)

God is Majestic – O LORD, our Lord, how majestic is Your name in all the earth, who have displayed Your splendor above the heavens!
(Psalm 8:1)

God is Merciful – Who is a God like You, who pardons iniquity and passes over the rebellious act of the remnant of His possession? He does not retain His anger forever, because He delights in unchanging love. (Micah 7:18)

God is Mighty – O Lord GOD, You have begun to show Your servant Your greatness and Your strong hand; for what god is there in heaven or on earth who can do such works and mighty acts as Yours? (Deuteronomy 3:24)

God is the Most High – I will give thanks to the LORD with all my heart; I will tell of all Your wonders. I will be glad and exult in You; I will sing praise to Your name, O Most High. (Psalm 9:1,2)

God is Near – Do not fear, for I am with you; do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, surely I will uphold you with My righteous right hand. (Isaiah 41:10)

God is the Originator – By the word of the Lord the heavens were made, and by the breath of His mouth all their host. He gathers the waters of the sea together as a heap; He lays up the deeps in storehouses. Let all the earth fear the Lord; let all the inhabitants of the world stand in awe of Him. (Psalm 33:6-8)

God is the Pardoner – I have wiped out your transgressions like a thick cloud and your sins like a heavy mist. Return to Me, for I have redeemed you. (Isaiah 44:22)

God is Patient – The Lord is not slow about His promise, as some count slowness, but is patient toward you, not wishing for any to perish but for all to come to repentance. (2 Peter 3:9)

God is Peaceful – Those who love your law have great peace, and nothing causes them to stumble. (Psalm 119:165)

God is Perfect – The Rock! His work is perfect, and all His ways are just; a God of faithfulness and without injustice, righteous and upright is He. (Deuteronomy 32:4)

God is Personal – For You formed my inward parts; You wove me in my mother’s womb. I will give thanks to You, for I am fearfully and wonderfully made; wonderful are Your works and my soul knows it very well. (Psalm 139:13-14)

God is Powerful – Ah, Lord GOD! Behold, You have made the heavens and the earth by Your great power and by Your outstretched arm! Nothing is too difficult for You. (Jeremiah 32:17)

God is Praiseworthy – Because Your lovingkindness is better than life, my lips will praise You. So I will bless You as long as I live; I will lift up my hands in Your name. (Psalm 63:3)

God is Protective – But the Lord is faithful, and He will strengthen and protect you from the evil one. (2 Thessalonians 3:3)

God is Providing – Let them give thanks to the LORD for His lovingkindness, and His wonders to the sons of men! For He satisfied the thirsty soul and the hungry soul He has filled with what is good. (Psalm 107:8-9)

God is Purposeful – I know that You can do all things; and that no purpose of Yours can be thwarted. (Job 42:2)

God is the Redeemer – But now, thus says the LORD, your Creator, O Jacob, and He who formed you, O Israel, “Do not fear, for I have redeemed you; I have called you by name; you are Mine! When you pass through the waters, I will be with you; and through the rivers, they will not overflow you. When you walk through the fire, you will not be scorched, nor will the flame burn you. (Isaiah 43:1-2)

God is a Refuge – The LORD also will be a stronghold for the oppressed, a stronghold in times of trouble; and those who know Your name will put their trust in You, for You, O LORD, have not forsaken those who seek You. (Psalm 9:9-10)

God is Righteous – Great are the works of the Lord; they are studied by all who delight in them. Splendid and majestic is His work, and His righteousness endures forever. (Psalm 111:2-3)

God is Safety – The name of the Lord is a strong tower; the righteous runs into it and is safe. (Proverbs 18:10)

God is Salvation – The LORD is my light and my salvation; whom shall I fear? The LORD is the defense of my life; whom shall I dread? (Psalm 27:1-2)

God is the Savior – And He Himself bore our sins in His body on the cross, so that we might die to sin and live to righteousness; for by His wounds you were healed. (I Peter 2:24)

God is a Shield – You are my hiding place and my shield; I wait for Your word. (Psalm 119:114)

God is Sovereign – Remember the former things long past, for I am God, and there is no other; I am God, and there is no one like Me, declaring the end from the beginning, and from ancient times things which have not been done, saying, 'My purpose will be established, and I will accomplish all My good pleasure'; calling a bird of prey from the east, the man of My purpose from a far country. Truly I have spoken; truly I will bring it to pass. I have planned it, surely I will do it. (Isaiah 46:9-11)

God is Spirit – God is spirit, and those who worship Him must worship in spirit and truth. (John 4:24)

God is Strength – Whom have I in heaven but You? And beside You, I desire nothing on earth. My flesh and my heart may fail, but God is the strength of my heart and my portion forever. (Psalm 73:25-26)

God is the Sustainer – For by Him all things were created, both in the heavens and on earth, visible and invisible, whether thrones or dominions or rulers or authorities – all things have been created through Him and for Him. He is before all things, and in Him all things hold together. (Colossians 1:16-17)

God is a Teacher – Your testimonies are wonderful; therefore my soul observes them. The unfolding of Your words gives light; it gives understanding to the simple. (Psalm 119:129-130)

God is Tireless – Do you not know? Have you not heard? The Everlasting God, the LORD, the Creator of the ends of the earth does not become weary or tired. His understanding is inscrutable. (Isaiah 40:28)

God is Trinity – The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all. (2 Corinthians 13:14)

God is Trustworthy – The works of His hands are truth and justice; all His precepts are sure. They are upheld forever and ever, they are performed in truth and uprightness. (Psalm 111:7-8)

God is Truthful – In the hope of eternal life, which God, who cannot lie, promised long ages ago. (Titus 1:2)

God is Unchanging – Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow. (James 1:17)

God is Understanding – Great is our Lord and abundant in strength; His understanding is infinite. (Psalm 147:5)

God is Unfaltering – The steadfast of mind You will keep in perfect peace, because he trusts in You. Trust in the LORD forever, for in GOD the LORD, we have an everlasting Rock. (Isaiah 26:3-4)

God is Unfathomable – Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us, to Him be the glory in the church and in Christ Jesus to all generations forever and ever. Amen. (Ephesians 3:20-21)

God is Unwavering – Every word of God is tested; He is a shield to those who take refuge in Him. Do not add to His words or He will reprove you, and you will be proved a liar. (Proverbs 30:5-6)

God is Upright – For the word of the Lord is upright, and all His work is done in faithfulness. He loves righteousness and justice; the earth is full of the lovingkindness of the Lord. (Psalm 33:4-5)

God is Wise – Oh, the depth of the riches of both the wisdom and knowledge of God! How unsearchable are His judgments, and unfathomable His ways! (Romans 11:33)

Your Verses

“Prayer is taking time to let God recreate us, play with us, touch us as an artist who is making a sculpture, a painting, or a piece of music with our lives.”

— Don Postema

Your Verses

“Prayer is a mysterious, unfathomable, intense conversation with the Father, who will not give us formulas and principles but will give us Himself.”

— Mark Galli

INWARD LOOK

As a direct response to the character of God expressed during the **Upward Look**, the **Inward Look** acknowledges our desperate need for forgiveness. We realize quickly as we are worshipping God that we desire to be more like Him. We want to know Him more intimately. However, we also know that often there is a disconnect between what we are praising God for and how we live. We praise God because we know that God has blessed us more than we could ever ask and yet we live our lives grumbling and dissatisfied. We worship God because He has a plan and purpose for everyone and yet we live our lives with worry.

During the **Inward Look**, take time to confess those areas in your life that are not in alignment with the truth of God's Word. To help examine your heart, consider the question, "After recognizing who God is, what am I like without Him?" Ask for God's forgiveness and help to overcome this area of sin.

Many times, the **Inward Look** is the last thing we want to do. Examining our heart can be overwhelming. But what we must realize is that God already knows the sin in our life. Often we are well aware of the sin in our lives but just do not want to address it. In order for us to change we must acknowledge our sin before God, turn from that sin, and ask for His forgiveness. Psalm 139 summarizes this very well. In verse 1, David states "O LORD, you have searched me and known me." It goes on to say that God knows everything about us even before we were born. But then in verses 23 and 24 it states, "Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way." We are not confessing our sin to inform God because He already knows. He has already searched us and known us. But rather we confess our sins so that God can help us to become more like Him.

Inward Look Verses:

If we say that we have no sin, we are deceiving ourselves, and the truth is not in us. If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. If we say that we have not sinned, we make Him a liar, and His word is not in us. (I John 1:8-10)

Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way. (Psalm 139:23-24)

Therefore confess your sins to one another, and pray for one another that you may be healed. The effective prayer of a righteous man can accomplish much. (James 5:16)

Inward Look Example: You might praise God for being trustworthy (**Upward Look**) but realize that you are living in fear. So for the **Inward Look** you could say, “Lord I know that Your Word tells me that You are trustworthy and I confess that I have been fearful of the future. Please forgive me. Help me to trust You in all areas of my life, even the future.”

Your Verses

“Prayer is not something we do; it is something that we are. It is the highest and deepest expression of the inner person.”

— Warren Wiersbe

Your Verses

“God is not interested in intimacy with the woman you think you are supposed to be. He wants intimacy with the real you.”

— Stasi Eldredge

OUTWARD LOOK

Once we gain a proper perspective of God and ourselves, our prayer conversation proceeds with an **Outward Look** that intercedes for the needs of others. We are all familiar with praying for other people. But often times we don't know how we should pray about a certain need or prayer request. The following pages offer Scripture verses that address a variety of needs and situations to help direct you during your prayer times.

THE FAMILY

As women, we are all seen as leaders in our homes. Our desire is that we equip our families to become complete in Christ. One way we can do this is by praying for them. Below are some general categories and associated verses that may help direct your prayer time for your family. One suggestion would be to insert your family member's name into the verse (see example below). We have left room at the end for any additional verses that you would like to include when praying for your family.

I pray that (insert name) may be filled with all knowledge of His will in all spiritual wisdom and understanding, so that he/she will walk in a manner worthy of the Lord, to please Him in all respects, bearing fruit in every good work and increasing in the knowledge of God, strengthened with all power, according to His glorious might, for the attaining of all steadfastness and patience; joyously giving thanks to the Father, who has qualified him/her to share in the inheritance of the saints in Light. (Colossians 1:9-12)

Relationship with God

Abide in Christ – Abide in Me, and I in you. As the branch cannot bear fruit of itself unless it abides in the vine, so neither can you unless you abide in Me. I am the vine, you are the branches; he who abides in Me, and I in him, he bears much fruit; for apart from Me you can do nothing. (John 15:4-5)

Faith – You, however, continue in the things you have learned and become convinced of, knowing from whom you have learned them; and that from childhood you have known the sacred writings which are able to give you the wisdom that leads to salvation through faith which is in Christ Jesus. (2 Timothy 3:14-15)

Firmly Rooted – As you therefore have received Christ Jesus the Lord, so walk in Him, having been firmly rooted and now being built up in Him and established in your faith, just as you were instructed, and overflowing with gratitude. (Colossians 2:6-7)

Know the Love of Christ – That He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, so that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God. (Ephesians 3:16-19)

Love – You shall love the Lord your God with all your heart and with all your soul and with all your might. These words, which I am commanding you today, shall be on your heart. You shall teach them diligently to your sons and shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise up. (Deuteronomy 6:5-7)

Salvation – And there is salvation in no one else; for there is no other name under heaven that has been given among men, by which we must be saved. (Acts 4:12)

Trust God – Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight. (Proverbs 3:5-6)

Character Traits

Compassionate – So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you. Beyond all these things put on love, which is the perfect bond of unity. Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful. (Colossians 3:12-15)

Forgiving – Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you. (Ephesians 4:32)

Integrity – Now flee from youthful lusts, and pursue righteousness, faith, love and peace, with those who call on the Lord from a pure heart. (2 Timothy 2:22)

Joyful Heart – I will bless the LORD at all times; His praise shall continually be in my mouth. (Psalm 34:1)

Strong Faith – Yet, with respect to the promise of God, he did not waver in unbelief, but grew strong in faith, giving glory to God, and being fully assured that what He had promised, He was able also to perform. (Romans 4:20, 21)

Wisdom – That the God of our Lord Jesus Christ, the Father of glory, may give to you a spirit of wisdom and of revelation in the knowledge of Him. I pray that the eyes of your heart may be enlightened, so that you will know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, and what is the surpassing greatness of His power toward us who believe. (Ephesians 1:17-19)

Thought Life – Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. (Philippians 4:8)

Guidance through Trials & Circumstances

Endurance – Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, that you may be perfect and complete, lacking in nothing. (James 1:2-4)

Fearless – Do not fear, for I am with you; do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you. Surely I will uphold you with My righteous right hand. (Isaiah 41:10)

God is in Control – “For I know the plans I have for you,” declares the Lord, “plans for welfare and not for calamity to give you a future and hope.” (Jeremiah 29:11)

Strength – Yet those who wait for the LORD will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary. (Isaiah 40:31)

Peace – Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7)

Your Verses

*“Wait on God and He will work, but don’t wait in spiritual sulks
because you cannot see an inch in front of you!”*

— Oswald Chambers

Your Verses

*“The purest form of love is given with no expectation of return.
Measured by this standard, earnest prayer for others is a
magnificent act of love.”*

— David Hubbard

OUR FRIENDS

Our friends are in different places on their spiritual journey. Some of our friends do not have a personal relationship with Christ and others have a vibrant walk with God. The one common thread is all our friends are in need of prayer. Our concern for our friends can be overwhelming at times but the good news is we can cling to God's promises in His Word. God is at work. He can be trusted. He will carry our burdens. So, (1) turn to God and cling to His promises, (2) ask God for opportunities and right words to say and (3) specifically pray for those concerns. We don't have all the answers but God does in His perfect timing.

Acknowledge that God is at Work

God's Desire – The Lord is not slow about His promise, as some count slowness, but is patient toward you, not wishing for any to perish but for all to come to repentance. (2 Peter 3:9)

God's Power – Looking upon them, Jesus said, “With people it is impossible, but not with God; for all things are possible with God.” (Mark 10:27)

God's Provision – Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us, to Him be the glory in the church and in Christ Jesus to all generations forever and ever. Amen.
(Ephesians 3:20-21)

God's Sovereignty – The LORD has established His throne in the heavens, and His sovereignty rules over all. (Psalm 103:19)

Guidance as We Interact with Our Friends

Boldness – And pray on my behalf, that utterance may be given to me in the opening of my mouth, to make known with boldness the mystery of the gospel. (Ephesians 6:19)

Opportunities – Conduct yourselves with wisdom toward outsiders, making the most of the opportunity. Let your speech always be with grace, seasoned with salt, so that you will know how you should respond to each person. (Colossians 4:5-6)

Their Needs

Comfort – Even though I walk through the valley of the shadow of death, I fear no evil; for Thou art with me; Thy rod and Thy staff, they comfort me. (Psalm 23:4)

Courage – The Lord your God is in your midst, a victorious warrior. He will exult over you with joy, He will be quiet in His love, He will rejoice over you with shouts of joy. (Zephaniah 3:17)

God's Spirit – And in the same way the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for us with groanings too deep for words. (Romans 8:26)

Provision – And my God shall supply all your needs according to His riches in glory in Christ Jesus. (Philippians 4:19)

Repentant Heart – I now rejoice, not that you were made sorrowful, but that you were made sorrowful to the point of repentance; for you were made sorrowful according to the will of God, so that you might not suffer loss in anything through us. For the sorrow that is according to the will of God produces a repentance without regret, leading to salvation: but the sorrow of the world produces death. (2 Corinthians 7:9,10)

Salvation – If you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you will be saved. (Romans 10:9)

Strength – Finally, be strong in the Lord, and in the strength of His might. (Ephesians 6:10)

Your Verses

*“Being useless and silent in the presence of our God
belongs to the core of all prayer.”*

— Henri Nouwen

Your Verses

“God is not so far off that we need to raise our voices to be heard. We need only groan.”
— Philip Yancey

Your Verses

“We are in this world physically, but we do not belong to this world spiritually. Like a diver on the ocean floor we are out of our element, but we are able to survive because of outside help.”

— Warren Wiersbe

BODY OF CHRIST

We are members of the body of Christ, which refers to all believers in the entire world. If that scope is too overwhelming, then think about the closest “members” to you. We can support and encourage other members of the body of Christ through prayer. This would probably be your local church or a Christian organization. Even more specifically, this might be a certain ministry within the local church.

Here is a specific example of how the following sections and verses could be applied: You are an active member of the body of Christ by being a part of Equip Her; how can you be in prayer for the women in Equip Her?

- Pray for the leaders – leadership team, teachers, class shepherds, prayer group leaders, etc. If you are a leader at Equip Her, then pray that God would develop those traits in your own life.
- Pray for unity among the women at Equip Her.
- Pray for spiritual growth for the women in your class or prayer group.
- Pray for outreach opportunities, that God would give women opportunities to share the gospel or to encourage other women to come to Equip Her.

Leaders

Pray specifically for the Christian leaders that God has placed in your life. If you’re a leader, ask God to help you be the leader He wants you to be.

Attentive – Know well the condition of your flocks, and pay attention to your herds. (Proverbs 27:23)

Character Qualities – The Lord’s bond-servant must not be quarrelsome, but be kind to all, able to teach, patient when wronged, with gentleness correcting those who are in opposition, if perhaps God may grant them repentance leading to the knowledge of the truth. (2 Timothy 2:24-25)

Gentle – Nor did we seek glory from men, either from you or from others, even though as apostles of Christ we might have asserted our authority. But we proved to be gentle among you, as a nursing mother tenderly cares for her own children. (1 Thessalonians 2:6-7)

God Pleasers – But just as we have been approved by God to be entrusted with the gospel, so we speak, not as pleasing men, but God who examines our hearts. (1 Thessalonians 2:4)

Honorable Conduct – Pray for us, for we are sure that we have a good conscience, desiring to conduct ourselves honorably in all things. (Hebrews 13:18)

Led by the Holy Spirit – And my message and my preaching were not in persuasive words of wisdom, but in demonstration of the Spirit and of power, that your faith should not rest on the wisdom of men, but on the power of God. (1 Corinthians 2:4-5)

New Leaders – The things which you have heard from me in the presence of many witnesses, entrust these to faithful men who will be able to teach others also. (2 Timothy 2:2)

Shepherd’s Heart – Shepherd the flock of God among you, exercising oversight not under compulsion, but voluntarily, according to the will of God; and not for sordid gain, but with eagerness; nor yet as lording it over those allotted to your charge, but proving to be examples to the flock. (1 Peter 5:2-3)

Time in God’s Word – So Jesus was saying to those Jews who had believed Him, “If you continue in My word, then you are truly disciples of Mine; and you will know the truth, and the truth will make you free.” (John 8:31-32)

Time in Prayer – Devote yourselves to prayer, keeping alert in it with an attitude of thanksgiving. (Colossians 4:2)

Unselfish – He who speaks from himself seeks his own glory; but He who is seeking the glory of the One who sent Him, He is true, and there is no unrighteousness in Him. (John 7:18)

Wisdom – That the God of our Lord Jesus Christ, the Father of glory, may give to you a spirit of wisdom and revelation in the knowledge of Him. (Ephesians 1:17)

Unity

The Christian life was not meant to be lived alone. Many verses in the Bible focus on a community of believers.

Behavior – In all things show yourself to be an example of good deeds, with purity in doctrine, dignified, sound in speech which is beyond reproach, so that the opponent will be put to shame, having nothing bad to say about us. (Titus 2:7-8)

Bond of Peace – Therefore, I, prisoner of the Lord, implore you to walk in a manner worthy of the calling with which you have been called, with all humility and gentleness, with patience, showing tolerance for one another in love, being diligent to preserve the unity of the Spirit in the bond of peace. (Ephesians 4:1-3)

Devotion – Be devoted to one another in brotherly love; give preference to one another in honor; not lagging behind in diligence, fervent in spirit, serving the Lord; rejoicing in hope, persevering in tribulation, devoted to prayer, contributing to the needs of the saints, practicing hospitality. Bless those who persecute you; bless and do not curse. (Romans 12:10-14)

Encouraging – And let us consider how to stimulate one another to love and good deeds, not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more as you see the day drawing near. (Hebrews 10:24-25)

Goal – We proclaim Him, admonishing every man and teaching every man with all wisdom, that we may present every man complete in Christ. (Colossians 1:28)

Prayer – Therefore I want the men in every place to pray, lifting up holy hands, without wrath and dissension. (I Timothy 2:8)

Unselfishness – Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; do not merely look out for your own personal interests, but also for the interests of others. (Philippians 2:3-4)

Same Mind – Now may the God who gives perseverance and encouragement grant you to be of the same mind with one another according to Christ Jesus; that with one accord you may with one voice glorify the God and Father of our Lord Jesus Christ. Therefore accept one another, just as Christ also accepted us to the glory of God. (Romans 15:5-7)

Teamwork – But speaking the truth in love, we are to grow up in all aspects into Him who is the head, even Christ, from whom the whole body, being fitted and held together by that which every joint supplies, according to the proper working of each individual part causes the growth of the body for the building up of itself in love. (Ephesians 4:15-16)

Biblical Instruction

To be an effective body of Christ, we need to be students of His Word.

Accuracy – Be diligent to present yourself approved to God as a workman who does not need to be ashamed, accurately handling the word of truth. (2 Timothy 2:15)

Desire – Like newborn babies, long for the pure milk of the Word, so that by it you may grow in respect to salvation. (1 Peter 2:2)

Doers of the Word – But prove yourselves doers of the Word, and not merely hearers who delude themselves. (James 1:22)

God's Word is Powerful – For the Word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart. (Hebrews 4:12)

Guidance – Your Word is a lamp to my feet and a light to my path. (Psalm 119:105)

Meditate & Obey – This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success. (Joshua 1:8)

Teachable Spirit – Teach me Your way, O LORD, I will walk in Your truth; unite my heart to fear Your name. (Psalm 86:11)

Spiritual Growth

Just as we strive individually to grow in our walk with God, so also should we mature as a community of believers.

Abide in Christ – Abide in Me, and I in you. As the branch cannot bear fruit of itself unless it abides in the vine, so neither can you unless you abide in Me. I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit; for apart from Me you can do nothing. (John 15:4-5)

Desire – As the deer pants for the water brooks, so my soul pants for Thee, O God. My soul thirsts for God, for the living God; when shall I come and appear before God? (Psalm 42:1-2)

Discernment – And this I pray, that your love may abound still more and more in real knowledge and all discernment, so that you may approve the things that are excellent, in order to be sincere and blameless until the day of Christ. (Philippians 1:9-10)

God's Promise – For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus. (Philippians 1:6)

Growth – But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To Him be the glory both now and to the day of eternity. Amen. (2 Peter 3:18)

Guidance – Call to Me, and I will answer you, and I will tell you great and mighty things, which you do not know. (Jeremiah 33:3)

Pursuing God – O God, You are my God; I shall seek You earnestly; my soul thirsts for You, my flesh yearns for You, in a dry and weary land where there is no water. Thus have I seen You in the sanctuary, to see Your power and Your glory. Because Your lovingkindness is better than life, my lips will praise You. So I will bless You as long as I live; I will lift up my hands in Your name. (Psalm 63:1-4)

Responsibility – And from everyone who has been given much, much will be required; and to whom they entrusted much, of him they will ask all the more. (Luke 12:48)

Seek after God – But seek first His kingdom and His righteousness; and all these things shall be added to you. (Matthew 6:33)

Stewardship – Now this I say, “He who sows sparingly shall also reap sparingly; and he who sows bountifully shall also reap bountifully. Each one must do just as he has purposed in his heart; not grudgingly or under compulsion; for God loves a cheerful giver.” (2 Corinthians 9:6-7)

Your Verses

“God wants you to experience His grace whether you have faced your life with courage or cowardice. Grace is not about us: it is about God. He will meet you wherever you are to help you take the next gutsy step.”

— Patsy Clairmont

Your Verses

*“More things are wrought by prayer than this world dreams of ...
for so the whole round earth is every way bound in gold chains
about the feet of God.”*

— from Tennyson’s “Idylls of the King”

SPIRITUAL PROTECTION

Satan and our culture do not want us to have a vibrant walk with God. We need to claim God's promises and be on the alert.

Armor of God – Finally, be strong in the Lord, and in the strength of His might. Put on the full armor of God, that you may be able to stand firm against the schemes of the devil. For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places. (Ephesians 6:10-12)

God's Promise – But in all these things we overwhelmingly conquer through Him who loved us. For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, shall be able to separate us from the love of God, which is in Christ Jesus our Lord. (Romans 8:37-39)

God's Protection – I do not ask Thee to take them out of the world, but to keep them from the evil one. (John 17:15)

On the Alert – With all prayer and petition pray at all times in the Spirit, and with this in view be on the alert with all perseverance and petition for all the saints. (Ephesians 6:18)

Steadfast – Be of sober spirit, be on the alert. Your adversary, the devil, prowls about like a roaring lion seeking someone to devour. But resist him, firm in your faith, knowing that the same experiences of suffering are being accomplished by your brethren who are in the world. And after you have suffered for a little while, the God of all grace, who called you to His eternal glory in Christ, will Himself perfect, confirm, strengthen and establish you.

(I Peter 5:8-10)

Spiritual Warfare – For though we walk in the flesh, we do not war according to the flesh, for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ. (2 Corinthians 10:3-5)

Submission – Submit therefore to God. Resist the devil and he will flee from you. Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. (James 4:7-8)

Your Verses

“Prayer is not a means of removing the unknown and unpredictable elements in life, but rather a way of including the unknown and unpredictable in the outworking of the grace of God in our lives.”

— Ray Anderson

OUTREACH

Here are verses that can be used when praying for missionaries in other countries, local outreach ministries, or your own opportunities to share the gospel.

Boldness – And pray on my behalf, that utterance may be given to me in the opening of my mouth, to make known with boldness the mystery of the gospel. (Ephesians 6:19)

Communication – Devote yourselves to prayer, keeping alert in it with an attitude of thanksgiving; praying at the same time for us as well, that God may open up to us a door for the word, so that we may speak forth the mystery of Christ, for which I have also been imprisoned; in order that I may make it clear in the way I ought to speak. (Colossians 4:2-4)

Glorify God – To this end also we pray for you always, that our God will count you worthy of your calling, and fulfill every desire for goodness and the work of faith with power, so that the name of our Lord Jesus will be glorified in you, and you in Him, according to the grace of our God and the Lord Jesus Christ.

(2 Thessalonians 1:11-12)

God's Command – Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age.

(Matthew 28:19-20)

New Missionaries – Then He said to His disciples, “The harvest is plentiful, but the workers are few. Therefore beseech the Lord of the harvest to send out workers into His harvest.”

(Matthew 9:37-38)

Protection – For He will give His angels charge concerning you, to guard you in all your ways. (Psalm 91:11)

Salvation – Jesus said to him, “I am the way, and the truth, and the life; no one comes to the Father, but through Me.” (John 14:6)

Spiritual Wisdom – For this reason also, since the day we heard of it, we have not ceased to pray for you and to ask that you might be filled with all knowledge of His will in all spiritual wisdom and understanding, so that you will walk in a manner worthy of the Lord, to please Him in all respects, bearing fruit in every good work and increasing in the knowledge of God, strengthened with all power, according to His 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. (Colossians 1:9-12)

Testimony – Let your light shine before men in such a way that they may see your good works, and glorify your Father who is in heaven. (Matthew 5:16)

Your Verses

“Man approaches God most nearly when he is in one sense least like God. For what can be more unlike than fullness and need, sovereignty and humility, righteousness and penitence, limitless power and a cry for help?”

— C.S. Lewis

Your Verses

*“... you can never give another person what you have found, but
you can cause him to have a desire for it.”*

— Oswald Chambers

CITIZENS OF OUR COUNTRY

God has allowed us to live in a free country where we are allowed to worship Him freely. We should be responsible citizens of our country and should not take that privilege for granted. However, as believers we are also citizens of heaven and so our hope and security is not in our government but in God. We need to pray for God's guidance and wisdom to help us to act in accordance with God's Word so that we would enhance God's reputation to the people in our nation.

Believers' Responsibilities

Humility – And My people who are called by My name humble themselves and pray and seek My face and turn from their wicked ways, then I will hear from heaven, will forgive their sin, and will heal their land. (2 Chronicles 7:14)

Live Uprightly – He has told you, O man, what is good; and what does the Lord require of you but to do justice, to love kindness, and to walk humbly with your God? (Micah 6:8)

Obey our Leaders – Remind them to be subject to rulers, to authorities, to be obedient, to be ready for every good deed, to malign no one, to be peaceable, gentle, showing every consideration for all men. (Titus 3:1-2)

Pray for our Leaders – First of all, then, I urge that entreaties and prayers, petitions, and thanksgivings, be made on behalf of all men, for kings and all who are in authority, so that we may lead a tranquil and quiet life in all godliness and dignity. (1Timothy 2:1-3)

Seek after God – And my people who are called by my name humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, will forgive their sin, and will heal their land. (2 Chronicles 7:14)

Speak Graciously – Conduct yourselves with wisdom toward outsiders, making the most of the opportunity. Let your speech always be with grace, as though seasoned with salt, so that you will know how you should respond to each person. (Colossians 4:5-6)

Submit to Authorities – Every person is to be in subjection to the governing authorities. For there is no authority except from God, and those which exist are established by God. (Romans 13:1)

Our Leaders

Leaders would seek God's wisdom – But if any of you lacks wisdom, let him ask of God, who gives to all generously and without reproach, and it will be given to him. (James 1:5)

Christian leaders would be a witness for Christ and God would protect them – For the Lord gives wisdom; from His mouth comes knowledge and understanding. He stores up sound wisdom for the upright; He is a shield to those who walk in integrity, guarding the paths of justice, and He preserves the way of His godly ones. (Proverbs 2:6-8)

Leaders would desire God's discernment – For if you cry for discernment, lift your voice for understanding; if you seek her as silver, and search for her as for hidden treasures; then you will discern the fear of the Lord, and discover the knowledge of God. (Proverbs 2:3-5)

Your Verses

“Man approaches God most nearly when he is in one sense least like God. For what can be more unlike than fullness and need, sovereignty and humility, righteousness and penitence, limitless power and a cry for help?”

— C.S. Lewis

Your Verses

“You beg. You whimper. You load God down with empty praise. You tell Him sins that He already knows full well. You seek to change His changeless will... And sometimes, by God’s grace, a prayer is heard.”

— Frederick Buechner

Your Verses

“I believe that when we see even the briefest glimpse of Christ’s face, when we hear even the slightest sound of His voice, our soul begins to ache...they come to us not so much in the art produced by us as much as in the art God is producing in us. ”

— Ken Gire

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lincoln berean
women's ministries
every woman. every day.

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