



Church Online Hosts: Prayer Resources



Introduction

One of the most powerful things we can do as believers is pray for one another. Through the Church Online Platform, your church has access to tools like one-on-one prayer that allow you to easily connect with and pray for attenders.

To help you train and equip your hosts to minister to others through church online, we've compiled prayer prompts and scriptures that address specific issues your attenders may be facing and emotions they may be feeling. These resources are meant to empower you to engage in a quality prayer conversation that includes a warm and empathetic introduction, an authentic and compassionate prayer, and helpful next-step suggestions.

Topics:

Abuse Survivors
Abusive Relationships
Broken Relationships
Cancer Diagnosis
Caregivers of Those with Illness
Dating
Dealing With Stress
Eating Disorders and Weight Loss
Experiencing Grief
Financial Struggles
Guiding Someone Through a Salvation Prayer
Infertility, Miscarriage, Neonatal Loss
Job Difficulties
Mental Health Issues (Depression, Anxiety, Bipolar)
New Followers of Christ
Overcoming Addiction
Pornography Addiction
Praying for Unsaved Loved Ones
Self-Esteem and Self-Worth
Sickness and Health Concerns
Singleness
Struggling Marriages
Struggling with Anger

Prayers for Abuse Survivors

People who have survived abuse often struggle with shame. They may feel like they somehow contributed to what happened to them. They often experience loneliness, and feel that they have no one to talk to. Try to avoid saying that you understand what they're going through, especially if you have never had the experience. Instead, say "I can only imagine how you are feeling." They need compassion and support. Remind them that God sees them as He created them to be; respect and empathize with them. Let them know their emotions are valid, and that it's important to recognize them (anger, fear, loneliness, shame, guilt, sadness) in order to heal.

Resist the temptation to urge them to forgive and forget. If they want you to pray for forgiveness, then include that in your prayer.

Possible things to pray for:

- The Holy Spirit to strengthen them
- God to show them who they are in Christ
- Against self-condemnation and self-hatred
- The love of Jesus to be manifest in and through them
- Spiritual freedom. Free of guilt and shame
- The spirit of loneliness to flee
- God's peace and joy
- Restoration
- Healing of their body and mind

Verses to share:

- Psalm 9:9
 - "The Lord is a refuge for the oppressed, a stronghold in times of trouble."
- Psalm 10:17
 - "You, Lord, hear the desire of the afflicted; you encourage them, and you listen to their cry."
- Matthew 11:28
 - "Come to me, all you who are weary and burdened, and I will give you rest."
- Romans 8:35-39

- “Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: ‘For your sake we face death all day long; we are considered as sheep to be slaughtered.’ No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”
- Ephesians 1:4
 - “For He chose us in Him before the creation of the world to be holy and blameless in His sight.”
- Philippians 4:13
 - “I can do all things through Christ who gives me strength.”
- Psalm 147:3
 - “He heals the brokenhearted and binds up their wounds.”
- Isaiah 26:3
 - “You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.”
- Psalm 103:6
 - “The Lord gives righteousness and justice to all who are treated unfairly.”

Prayers for People in Abusive Situations

People experiencing abuse in relationships, be it mental, emotional, or physical, often feel afraid, desperate, and hopeless. They need peace, hope, love, understanding. Be gentle and empathetic as you talk and pray with them, knowing that God is with them. Remember we aren't counselors, and we shouldn't focus on convincing them to break off the relationship, but we can pray with boldness that God will work in their situations.

Possible things to pray for:

- For their protection
- For courage to ask for help, and for the wisdom to know whom to ask
- To see themselves in the light of God's love and truth
- To recognize and reject any lies they've been believing about themselves or the situation
- To experience God's love, power, healing, and freedom
- For God to give them strength to forgive

Verses to share:

- Isaiah 26:12
 - "Lord, You will establish peace for us, for You have also done all our works in us."
- Psalm 147:3 NIV
 - "He heals the brokenhearted and binds up their wounds."
- Isaiah 26:3
 - "You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You."
- Psalm 103:6 NLT
 - "The Lord gives righteousness and justice to all who are treated unfairly."

Prayers for Broken Relationships

People experiencing broken relationships are often in a great deal of pain. Express empathy and sensitivity for their situation. Remember that God ultimately wants people in healthy relationships, and His ultimate goal is for our restoration to Himself, and also to others whenever possible.

Possible things to pray for:

- Wisdom to know what steps to take
- Clear communication between everyone involved
- A godly perspective on one another and the situation
- Strength to forgive and to love one another in a healthy way
- A breaking down of any walls that have been built between them

Verses to share:

- Psalm 147:3 NIV
 - “He heals the brokenhearted and binds up their wounds.”
- Ephesians 4:2-3 NIV
 - “Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace.”
- Colossians 3:13-15 NIV
 - “Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.”

Prayers for Cancer Diagnosis

(see also Sickness and Health Concerns and Caregivers)

Often, the biggest issue with cancer is the fear and hopelessness it puts into the lives of the person diagnosed and the family/friends. The devil wants us to believe that there is no way out and wants us to be gripped with fear. There is a name that is so much greater than cancer, and that is the name of Jesus.

Possible things to pray for:

- For God to kill off the cancer cells and replace them with new healthy ones.
- Ask God not allow any part of this cancer to live or come back into their body.
- Strength for God to sustain them during this trying time.
- Faith to trust in God. This is a difficult time when many give up, or may blame God.

Verses to share:

- Psalm 59:17
 - “You are my strength, I sing praise to you; you, God, are my fortress, my God on whom I can rely.”
- Psalm 62:6
 - “Truly He is my rock and my salvation; He is my fortress, I will not be shaken.”
- Psalm 55:22
 - “Cast your cares on the Lord and He will sustain you; He will never let the righteous be shaken.”
- Psalm 46:1
 - “God is our refuge and strength, an ever-present help in trouble.”
- Jeremiah 17:14
 - “Heal me, Lord, and I will be healed; save me and I will be saved, for you are the one I praise.”
- Jeremiah 29:11
 - “‘For I know the plans I have for you,’ declares the Lord, ‘plans to prosper you and not to harm you, plans to give you hope and a future.’”

Caregivers of Those with Illness

Providing daily care to a loved one who is physically unable to do so many things has an effect that is too often missed by others. The unusual weight of this daily life can affect a person's outlook such that they may lose hope of any interactions with others and have feelings of being alone in their situation.

Possible things to pray for:

- Thankfulness for them and their role in helping their loved one
- Thankfulness for fulfilling God's word in their role (Gal 6:9-10, Phil 2:4, 1 Tim 5:8)
- Patience in allowing God to show them how to handle each day and situation
- For others of strength, love, and encouragement to come in to their daily walk
- Physical strength to pursue what God has for them each day

Verses to share:

- 1 Timothy 1:12
 - "I thank Christ Jesus our Lord, who has given me strength to do His work. He considered me trustworthy and appointed me to serve Him."
- Isaiah 40:29-31 NLT
 - "He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint."
- Matthew 11:28-29 NLT
 - "Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."
- Other Scripture – Romans 8:28, 1 Corinthians 9:26, Matthew 25:40, Lamentations 3:25-26

Prayers for Dating

It is important to remind people who are dating to put Jesus first in their relationships. It is also important to encourage them to pursue honor, respect, and purity. The greatest thing about Jesus is that he is a RELATIONAL God. When many beliefs require rituals and religion, Jesus pursues a reckless love relationship with us. So when praying for people in dating relationships, try to challenge them to love and treat each other like Jesus would.

Possible things to pray for:

- Pursuing purity, honor, respect, and love in your relationships
- Focusing on Jesus together
- Wisdom on choices people need to make regarding their relationship
- Seeking God's desire for their lives
- Staying accountable for and to each other

Verses to share:

- Songs of Solomon 2:7 (NIV)
 - "I adjure you, O daughters of Jerusalem, by the gazelles or the does of the field, that you not stir up or awaken love until it pleases."
- 1 Corinthians 13:4-7 (NIV)
 - "Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things."
- 2 Timothy 2:22 (NIV)
 - "So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart."
- 1 Thessalonians 4:3-5 (NIV)
 - "For this is the will of God, your sanctification: that you abstain from sexual immorality; that each one of you know how to control his own body in holiness and honor, not in the passion of lust like the Gentiles who do not know God"

- James 1:5 (NIV)
 - “If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.”

- Proverbs 31:30 (NIV)
 - “Charm is deceitful, and beauty is vain, but a woman who fears the Lord is to be praised.”

Prayers for Dealing with Stress

People dealing with stress are usually focused on the “problem.” It may cause them to make rash decisions or choices. Try to express comfort, encouragement, and practical ways to help them re-focus on the solution: Jesus. The enemy is good at distracting us, especially using stress, but it is God’s desire for us to lean on Him for His peace. He longs to be the center of our lives.

Possible things to pray for:

- Wisdom for practical ways to move towards the solution
- Strength to surrender the issue at God’s feet
- Know that God is sovereign over their chaos and focus on Him
- Claim authority over the powers and principalities causing the stress
- Declare God’s promises over the situation

Verses to share:

- Matthew 11:28-30 (NIV)
 - “Come to me, all you who are weary and burdened, 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 souls. For my yoke is easy and my burden is light.”
- John 14:1 (NIV)
 - “Let not your hearts be troubled. Believe in God; believe also in me.”
- Philippians 4:6-7 (NIV)
 - “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

- Matthew 6:25-27 (NIV)
 - “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?”

- Psalm 61:3 (NIV)
 - “From the ends of the earth, I cry to you for help when my heart is overwhelmed. Lead me to the towering rock of safety, for you are my safe refuge.”

- Isaiah 35:4 (NIV)
 - “Say to those who have an anxious heart, “Be strong; fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you.”

- Isaiah 41:10 (NIV)
 - “Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.”

Prayers for Eating Disorders and Weight Loss

People (men and women) who are struggling with eating disorders face daily challenges. Often the root of their battle comes from a deeper emotional pain, and the eating disorder is one manifestation of that pain. They may deal with anorexia, bulimia, bingeing, obesity, food addiction, or other types of food-related challenges.

Possible things to pray for:

- A life-changing encounter with the powerful love of God
- That they would gain a clear understanding of their identity in Christ and see themselves as God sees them
- God's truth to overcome any lies from the enemy that they believe about themselves or their situation
- Willingness to open up and ask for help from someone they trust
- That they would find satisfaction in their relationship with Jesus rather than meeting it through eating or food avoidance

Verses to share:

- 1 Corinthians 6:19-20
 - “Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.”
- Psalm 139:14
 - “I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”

- Deuteronomy 30:19-20
 - “Today I have given you the choice between life and death, between blessings and curses. Now I call on heaven and earth to witness the choice you make. Oh, that you would choose life, so that you and your descendants might live! You can make this choice by loving the Lord your God, obeying him, and committing yourself firmly to him. This is the key to your life. And if you love and obey the Lord, you will live long in the land the Lord swore to give your ancestors Abraham, Isaac, and Jacob.”

- 2 Samuel 22:30
 - “In your strength I can crush an army; with my God I can scale any wall.”

- 1 Corinthians 10:13
 - “The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.”

- 2 Corinthians 3:16-18
 - “But whenever someone turns to the Lord, the veil is taken away. For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom. So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like Him as we are changed into His glorious image.”

Prayers for Experiencing Grief

There are many ways people can be in grief and they all involve the same thing, loss. Most likely it will be the loss of a loved one but often it can involve a job or they could be going through a divorce or some other personal tragedy. The tricky thing in dealing with grief is helping them get through whatever stage they may be in. There are several stages to grief (some places say 7 others say 4) and they are not always linear. Often a person will cycle back to an earlier stage to resolve it.

Stages of Grief are:

4 stages	7 stages
Shock and denial	Shock and denial
Intense Concern	Pain and guilt
Despair and Depression	Anger and bargaining
Recovery	Depression, reflection and loneliness
	The upward turn
	Reconstruction and working through
	Acceptance and hope

Possible things to pray for:

- Pray for them to experience God's comfort
- Pray for people to be available to them to talk through their grief
- Encourage them to keep faith in God and what he can do
- Pray that God will help them with strength and courage to make it through this time
- Let them know that God does care for them

Verses to share:

- Matthew 5:4 (NIV)
 - "Blessed are those who mourn, for they will be comforted."

- 2 Corinthians 1:3-4 (NIV)
 - “Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.”

- Isaiah 41:10 (NIV)
 - “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

- Psalm 23:4 (NIV)
 - “Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.”

- Psalm 34:18 (NIV)
 - “The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

Prayers for Financial Struggles

People faced with financial difficulties often experience fear, guilt, uncertainty, and desperation. They may doubt God's goodness and promises. They may be seeking direction, hope, and peace. Imagine how you would feel in a financial crisis, and respond with gentleness and empathy. Pray boldly and in faith, confident that God promised to provide for His children.

Possible things to pray for:

- Provision for basic needs of food, shelter, clothing, and utilities
- Wisdom for income-producing activities, debt repayment, budgeting, sources of community assistance
- Faith to trust in God's promises to meet needs and provide guidance
- Thankfulness that all of our resources belong to the Lord; we are managers of them, but not owners
- The Holy Spirit to reveal the work God may be doing through this crisis (ie: refocus our hearts on heavenly treasure)
- Forgiveness for financial carelessness, if they acknowledge that

Verses to share:

- Philippians 4:19 ESV
 - "And my God will supply every need of yours according to His riches in glory in Christ Jesus."
- Luke 12:22-24 NIV
 - "Then Jesus said to his disciples: "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. For life is more than food, and the body more than clothes. Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds!"

- Philippians 4:6-7 NLT
 - "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."

- James 1:5-6 ESV
 - "If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind."

- Deuteronomy 28:12 ESV
 - "The Lord will open to you his good treasury, the heavens, to give the rain to your land in its season and to bless all the work of your hands. And you shall lend to many nations, but you shall not borrow."

- Malachi 3:10 ESV
 - "Bring the full tithe into the storehouse, that there may be food in my house. And thereby put me to the test, says the Lord of hosts, if I will not open the windows of heaven for you and pour down for you a blessing until there is no more need."

- Proverbs 3:9-10 NIV
 - "Honor the Lord with your wealth, with the firstfruits of all your crops; then your barns will be filled to overflowing, and your vats will brim over with new wine."

Guiding Someone Through a Salvation Prayer

Seeing people surrender their lives to Christ is one of the greatest joys of serving at Life.Church Online—in fact, it’s why we do what we do! As you serve, you may encounter people who are ready to make this life-changing decision. Check out the guide below for a few tips on leading someone through a salvation prayer.

Before Praying

Use Scripture to explain our foundational beliefs on salvation:

- All of us have sinned and fallen short of God’s standards. (Romans 3:23)
- The just punishment for our sin is eternal separation from God in hell. (Romans 6:23)
- There’s no way we can ever earn our way into heaven. (Ephesians 2:8-9)
- Jesus, the Son of God, lived a sinless human life among us. (Hebrews 4:14-15)
- He died on the cross then rose again, defeating sin forever. (1 Corinthians 15:3-4)
- Because of Jesus’ perfect sacrifice, we can be reconciled with God and spend eternity with Him in heaven. (John 14:6, Galatians 3:26, John 3:16)
- Salvation is God’s free gift to us, but we must accept it. (Romans 10:9-10)

Praying Together

Emphasize that there is no magical prayer you must pray—it’s more about the condition of your heart. Some important components can be remembered with ABC: Admit that you are a sinner in need of a Savior, Believe that Jesus died for you and rose again, and Commit to live the rest of your life for Him. Here’s one example:

Heavenly Father, forgive me of all my sins. Make me brand new. I believe Jesus died for me and rose again so I could live for you. Fill me with your Spirit so I could know you, serve you, and follow you the rest of my life. My life is not my own—today I give it to you. Thank you for new life! In Jesus’ name I pray, amen.

Next Steps

Once someone has made the decision to surrender their life to Jesus, celebrate with them and let them know how excited our community is for them! Then, be sure to encourage them to let us know so we can get in touch and provide them with some next steps in their new faith.

Prayers for Infertility, Miscarriage, Neonatal Loss

It's a frustrating and painful thing not to be able to conceive easily. It can be devastating to experience miscarriage or the loss of a newborn. People going through any of these are often confused, sad, and angry. They may wonder what is wrong with them and why God is letting this happen. It's important in your response that you are sensitive without offering pat or cliché answers.

Possible things to pray for:

- God's comfort to cover their heart and spirit
- Trust in His timing and guidance (specifically for those experiencing infertility)
- Healing of their bodies, that God would allow everything to function properly
- That God would bring people around them to support and care for them

Verses to share:

- Psalms 147:3
 - "He heals the brokenhearted and binds up their wounds."
- Romans 12:12
 - "Rejoice in hope, be patient in tribulation, be constant in prayer."
- James 5:10-11
 - "Brothers and sisters, as an example of patience in the face of suffering, take the prophets who spoke in the name of the Lord. 1As you know, we count as blessed those who have persevered. You have heard of Job's perseverance and have seen what the Lord finally brought about. The Lord is full of compassion and mercy."

Prayers for Job Difficulties

With the average tenure in a job being less than 5 years, so many factors play into why that change occurs; positive and negative. Either way these factors drive people to seek wisdom and help to transition to a new path. When praying for them, try to broaden their vision to see that God's plan for the faithful brings greater things to them than they may have the ability to see during these confusing times. Also try emphasizing the importance of surrounding themselves with others in faith and not staying alone.

Possible things to pray for:

- Strength to let go of past feelings
- Patience to allow employers to work through decisions and for their favor
- Willingness to see rejections as times of learning and growing
- Energy to keep the search moving
- For others of strength to come into their daily walk

Verses to share:

- Ecclesiastes 3:11 NLT
 - “Yet God has made everything beautiful for its own time. He has planted eternity in the human heart, but even so, people cannot see the whole scope of God’s work from beginning to end.”
- Isaiah 43:18-19 NLT
 - “But forget all that— it is nothing compared to what I am going to do. For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland. “
- Philippians 4:6-7 NLT
 - “Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

Prayers for Mental Health Issues

People afflicted with mental illness, and their loved ones, are looking for comfort, hope, understanding and peace. They may experience hopelessness, loneliness, and uncontrollable emotions.

Pray for discernment before answering the prayer request of a person dealing with mental illness, so that you will have power to decipher the nature of the problem and respond appropriately. Avoid judging them for feeling sad, ungrateful, etc. They cannot just "snap out of it;" they may identify that they "shouldn't" be feeling the way they are feeling.

Possible things to pray for:

- Healing for the mind, comfort for the heart, proper response to anxious thoughts
- Wisdom for medical professionals-proper medication, behavioral therapy
- Strength and peace for loved ones; insight for them to have empathy for the person with the mental health challenge; community support
- Forgiveness of sin, relief from guilt and shame (IF the person admits to sinful behavior that preceded the depression/anxiety).
- Deeper faith to believe God's promises of provision, protection and guidance; to trust in the character of God to know their needs
- Power for the person to voice their cares to the Lord and leave them in His capable hands

Verses to share:

- Philippians 4:6-7 NIV
 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."
- Psalm 32:7 NIV
 - "You are my hiding place; you will protect me from trouble and surround me with songs of deliverance."

- Jeremiah 17:14 NIV
 - “Heal me, Lord, and I will be healed; save me and I will be saved, for you are the one I praise.”
- 1 Peter 5:6-7 NIV
 - "Humble yourselves, therefore, under God’s mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because He cares for you."
- 2 Corinthians 10:4-5 NIV
 - "The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."
- Matthew 11:28-30 NIV
 - “Come to me, all you who are weary and burdened, 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 souls. For my yoke is easy and my burden is light.”
- Psalm 42:11
 - "Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God."
- Psalm 94:18-19
 - "When I said, “My foot is slipping,” your unfailing love, Lord, supported me. When anxiety was great within me, your consolation brought me joy."
- Psalm 139:14 NIV
 - “I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. “

Prayers for New Followers of Christ

How beautiful it is to see another person accepting Christ as their Lord and Savior? Those requesting prayer for guidance as a new follower of Christ may not yet fully understand what has happened and what comes next. Here is where we come in! We are not here to give them all the answers they are looking for (only God is able to do that) but we can help them during their initial transition as new followers of Christ.

Possible things to pray for:

- Guidance as they begin to read the Bible
- Finding a church/community of faith
- Resisting worldly temptations
- Discovering who they are in Christ
- Learning how to pray
- Dealing with fear of what others may think of them

Verses to share:

- 2 Corinthians 5:17
 - "Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come."
- Isaiah 41:10
 - "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."
- John 14:6
 - "Jesus said to him, "I am the way, and the truth, and the life; no one comes to the Father but through Me."
- Romans 8:28
 - "And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose."

- Ephesians 2:10
 - "For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them."

- Romans 6:23
 - "For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord."

- Jeremiah 29:11
 - "For I know the plans that I have for you,' declares the LORD, 'plans for welfare and not for calamity to give you a future and a hope."

- Deuteronomy 31:6
 - "Be strong and courageous, do not be afraid or tremble at them, for the LORD your God is the one who goes with you He will not fail you or forsake you."

Prayers for Overcoming Addictions

People who are struggling with addictions are usually feeling powerless. Their desire to break free is still fueled by their understanding that the addiction is greater than them. Fortunately, when Jesus died on the cross, he defeated those addictions and overcame it for us. He is bigger than anything that is trying to take our focus away from Him. It is important to remind people that they cannot do it on their own strength, but they need HIS strength to move forward.

Possible things to pray for:

- Repentance and surrender of the lusts of the flesh to God
- Strength to fight addictions with God's Word
- Divine power to resist the addiction
- Understanding that the addiction does not define who they are; their identity comes from Christ
- Courage to resist the addiction and stay away from company that encourages it
- Wisdom to make good choices that helps overcome the addiction

Verses to share:

- John 16:33 (NIV)
 - "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."
- 1 Peter 3:11 (NIV)
 - "They must turn from evil and do good; they must seek peace and pursue it."
- 1 Corinthians 10:13-14 (NIV)
 - "No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it. Therefore, my dear friends, free from idolatry."

- 1 John 2:16 (NIV)
 - “For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world.”

- James 4:7 (NIV)
 - “Submit yourselves, then, to God. Resist the devil, and he will flee from you.”

- Psalm 50:15 (NIV)
 - “...and call on me in the day of trouble; I will deliver you, and you will honor me.”

- Philippians 4:13 (NIV)
 - “I can do all this through him who gives me strength.”

Prayers for Pornography Addiction

People struggling with porn can struggle with embarrassment, guilt, self worth, their own relationships, their walk with the Lord if they are Christians, and being open enough to seek help. If you cannot relate, be careful not to “tell them what to do.” If you can relate, we encourage you to share that you have been there. They need to know there is not only life past this addiction, but freedom from the bondage.

Possible things to pray for:

- Forgiveness for themselves, and asking forgiveness from those in their family/spouse, etc.
- Willingness to seek help, (wise counsel)
- Repentance and then openness for the Holy Spirit to break this stronghold
- Willingness to take preventative action: support group, accountability, internet controls

Verses to share:

- John 8:36 NIV
 - “So if the Son sets you free, you will be free indeed.”
- 2 Corinthians 3:17 NIV
 - “Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.”
- Philippians 4:7 NIV
 - “And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”
- Romans 12:2 NIV
 - “Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

- 1 Corinthians 10:13 NIV
 - “No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.”

Prayers for Unsaved Loved Ones

Having people we love who are not saved can be discouraging and disheartening. People who are in this position are in need of encouragement and to be reminded of our miraculous God. Thankfully, Jesus is the good shepherd. He leaves the ninety-nine and goes for that one who is lost; He is always waiting with open arms and unending grace.

Possible things to pray for:

- Adore God and remember His resurrection power
- Strength to shine Jesus' light and be more like Him in your walk
- Have faith that God is not done doing his good work in us, including reaching the lost
- Hope in the work of the Holy Spirit, who was left for us and our guidance
- Choose to pray fervently and dangerously

Verses to share:

- Matthew 19:26 (NIV)
 - "Jesus looked at them and said, "With man this is impossible, but with God all things are possible.""
- Hebrews 11:1 (NIV)
 - "Now faith is confidence in what we hope for and assurance about what we do not see."
- Psalm 9:10 (NIV)
 - "Those who know your name trust in you, for you, Lord, have never forsaken those who seek you."
- Proverbs 3:5-6 (NIV)
 - "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

- Luke 15:4b-6 (NIV)
 - “Doesn’t he leave the ninety-nine in the open country and go after the lost sheep until he finds it? And when he finds it, he joyfully puts it on his shoulders and goes home.”

Prayers for Self-Esteem and Self-Worth

People struggling with no self-worth or low self-esteem are dealing with a deep sense of loss in identity and sense of belonging. They tend to have much insecurity and engage in unhealthy comparisons. It is important to show encouragement and belief in them. When we give our lives to Jesus, we are automatically a part of the kingdom and His transformational love reminds us that our sense of self comes from him, and HIM alone.

Possible things to pray for:

- Faith in God's transformational love
- Repenting and asking for strength to be kind to oneself
- Authority that comes from the Holy Spirit over thoughts, words, and deeds
- Renewed sense of self in Christ
- God writes their story and fights their battles for them
- Surrendering and silencing the strongholds that are hindering God's love to work

Verses to share:

- Isaiah 49:16 (NIV)
 - "See I have engraved you on the palm of my hands; your walls are ever before me"
- Romans 6:6 (NIV)
 - "For we know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin."
- Jeremiah 1:5 (NIV)
 - "Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations."
- 1 Peter 2:9 (NIV)
 - "But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light."

- 1 John 3:1-2 (NIV)
 - “See that great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know Him. Dear friends, now we are children of God, and what we will be has not yet been made known. But we know that when Christ appears, we shall be like Him, for we shall see him as He is.”

- 2 Chronicles 20:15 (NIV)
 - “The battle is not yours, but God’s.”

- Romans 5:8
 - “I loved you at your darkest.”

Prayers for Sickness and Health Concerns

(see also Cancer Diagnosis and Caregivers)

People experiencing health struggles, either their own or a loved one's, are looking for comfort, hope, and peace. Imagine how you would feel in a similar situation, and respond with gentleness and empathy. Pray boldly and in faith.

Possible things to pray for:

- Healing for the body, peace for the mind, comfort for the heart
- Wisdom for medical professionals
- Strength and peace for loved ones
- Provision for medical expenses
- Deeper faith in the midst of the situation

Verses to share:

- Psalm 103:2-3 NIV
 - “Praise the Lord, my soul, and forget not all His benefits—who forgives all your sins and heals all your diseases.”
- Isaiah 53:4-5 NIV
 - “Surely He took up our pain and bore our suffering, yet we considered Him punished by God, stricken by Him, and afflicted. But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was on Him, and by His wounds we are healed.”
- Jeremiah 17:14 NIV
 - “Heal me, Lord, and I will be healed; save me and I will be saved, for you are the one I praise.”

Prayers for Singleness

People who are single or are choosing to be single are in need of support. It is easy to wonder what is wrong or ask a lot of 'why' questions. God is the author of our stories and His will for us is to give us a hope and a future. It is important to encourage single people to choose God and His will for them despite cultural rules or voices that say otherwise.

Possible things to pray for:

- Patience for God's will to unfold in their lives
- Strength to stay pure and betrothed to Jesus
- Choosing to focus on God's story instead of culture/society's story
- Ask of joy and peace during this season/for this choice
- Trust in God's leading within you

Verses to share:

- Colossians 2:10 (NIV)
 - "And in Christ you have been brought to fullness. He is the head over every power and authority."
- Psalm 37:4 (NIV)
 - "Take delight in the Lord, and He will give you the desires of your heart."
- Ephesians 2:10 (NIV)
 - "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."
- Hosea 2:19-20 (NIV)
 - "I will betroth you to me forever; I will betroth you in righteousness and justice, in love and compassion. I will betroth you in faithfulness, and you will acknowledge the Lord."
- Song of Solomon 3:5 (NIV)
 - "Daughters of Jerusalem, I charge you by the gazelles and by the does of the field: Do not arouse or awaken love until it so desires."

- Isaiah 54:5 (NIV)
 - “For your Maker is your husband—the Lord Almighty is His name—the Holy One of Israel is your Redeemer; He is called the God of all the earth.”

- John 15: 5 (NIV)
 - “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”

Prayers for Struggling Marriages

Struggles in marriage can be caused by a variety of factors. Rather than digging in to the source of their strain, consider praying for God to bring resolution to their struggles. Show care and encouragement as you help them lean on the Holy Spirit to bring reconciliation through forgiveness and unconditional love.

Possible things to pray for:

- Heart and eyes to see the other person through God's eyes
- Willingness to forgive and seek reconciliation (restoration)
- Allowing God to show them where He wants to see change in them
- Protection from ungodly influences that strain marriage and trust
- Patience as God grows the marriage to where He wants it to be

Verses to share:

- Matthew 19:26 NLT
 - “Jesus looked at them intently and said, ‘Humanly speaking, it is impossible. But with God everything is possible.’”
- Ephesians 4:2-3 NIV
 - “Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.”
- Hebrews 13:4 NLT
 - “Give honor to marriage, and remain faithful to one another in marriage. God will surely judge people who are immoral and those who commit adultery.”

Prayers for Struggling with Anger

Anger is not wrong unless it leads to sin. If it is not dealt with, people turn bitter and lose empathy towards other people and situations. It can cause the enemy to have a foothold in people's lives. It is important to encourage people who are angry to turn it into praise and work towards forgiveness. God does get angry, but even in His anger, He chooses to love and show grace.

Possible things to pray for:

- Repentance for anger and the sins it led to
- Forgiveness for the situations that caused anger
- Strength to respond in kindness, instead of reacting in anger
- Healing from past events that have caused bitterness and an unforgiving heart
- Turning angry moments to God and asking Him to deal with the situation

Verses to share:

- Ephesians 4:26-31 (NIV)
 - “In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold. Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need. Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.”
- Proverbs 15:18 (NAS)
 - “A hot-tempered man stirs up strife, but the slow to anger calms a dispute.”
- James 1:19 (NAS)
 - “This you know, my beloved brethren but everyone must be quick to hear, slow to speak and slow to anger.”

- Psalm 37:8-9 (NAS)
 - “Cease from anger and forsake wrath; do not fret; it leads only to evildoing. For evildoers will be cut off, but those who wait for the Lord, they will inherit the land.”

- Luke 6:31 (NAS)
 - “Treat others the same way you want them to treat you.”