

A Book of
PRAYERS
*for Young
Women*

**STORMIE OMARTIAN
PAIGE OMARTIAN**



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Why We Wrote This Book Together

STORMIE

My teens and twenties were the most difficult years of my life. And they didn't have to be. But I didn't know that then. I made a lot of wrong choices and paid a heavy price for them because I didn't know how to navigate my circumstances. I thought things just happened to me and I had no control over them. But nothing could be further from the truth.

I lived with depression, anxiety, fear, hopelessness, and constant problems that I struggled to overcome or tried to hide. I now know that those early years can be inspiring, fun, and productive, and become the foundation for a life of purpose and success. That foundation is laid in a relationship with God through Jesus, His Son, and in communication with Him through prayer. I didn't discover all that until I was 28 years old and wanted to end my life because I couldn't live with the pain I felt any longer. But a friend took me to meet her pastor and he led me to the Lord.

Since that time I have come to understand who

God is and what He wants to do in our lives. And He wants to do far more than we think. Now I want everyone to know God. I want to help people walk closely with Him by learning to pray. I want as many people as possible to understand how the amazing power of prayer affects not only their own lives, but also the lives of other people and situations.

I have written over fifty books on prayer but I have not written a prayer book specifically for young women until now. And it has long been on my heart to do so. But now I have the perfect writing partner for this book. When I first met Paige, it was before I even dreamed she would become my daughter-in-law. I was immediately impressed by how she, at such a young age, was wise beyond her years. She was nineteen at the time and had survived a traumatic near-death experience at eleven years old. In that experience God gave her a new perspective on life and the desire to help others in her generation gain that same perspective without having to go through a traumatic experience themselves. She is a great example of how God uses the difficult things in our lives for good.

Paige had recorded an album that my son, Christopher, produced. That is how he met her. She was also working on a television show for young people and through that I saw that she is an excellent communicator—very natural, passionate, and heartfelt. When

I told her she should write a book about her amazing life experience she said she had already started writing it. She let me read what she had written, and I thought it was excellent and needed to be published. I recommended her to my publisher, Harvest House Publishers, and they agreed that she was writing something that must be read by young people everywhere. The result is her book *Wake Up, Generation*. If you have not read it, I highly recommend that you do for I know it will inspire you to great things in your life. It did that for me.

After that book came out, Harvest House Publishers asked Paige and me to cowrite this book of prayers for young women because we each have a specific perspective that we bring to it. We each have written seventy-two prayers. I have written mine from the standpoint of a mentor to you. These are prayers I wish I had known to pray when I was your age because I could have spared myself so much grief. But I can now give them to you so you will have the benefit of that knowledge and experience without having to pay the price I did for not knowing. Paige knows what the specific needs of your generation are and the situations and challenges that you uniquely and commonly face today. She applies that knowledge to her prayers along with a passionate concern for the men and women of her generation. Paige has a tremendous heart for the Lord because she has faced the enemy of death and by the

power of God has won. She can help you face the challenges of *your* life and win too. As you read on, I know you will love and appreciate her as I do.

PAIGE

The first time I met Stormie was when she came to dinner with her son, Chris, and me at our favorite Japanese restaurant. I had heard many great things about her, but had no idea how great until I met her. Stormie's presence and spirit instantly made me feel loved, safe, and like I had known her for years. There was hardly a pause in our conversation the whole night, except when we absolutely had to chew. One of the things that struck me that night was the way that she would humorously make light of herself, revealing a captivating humility that I adored. I couldn't believe the way my heart felt at home.

Chris and I married on November 11, 2011, and it was truly the most profound and incredible day of my life. Not only did the Lord so graciously give me the man of my dreams whom I've prayed for my whole life...but He gave me an amazing family along with him! I cannot believe God's goodness to me. Now that Stormie is my second mom, I've had the privilege of witnessing what a woman of God she is daily. Even when she's finishing her latest book, preparing for a speaking event, and keeping her own household

running, she still remembers an item I once mentioned I needed and calls to let me know she's found it and it's being delivered. There are not many people who care about others the way she does. I believe this is a huge reason why her books have been so successful and powerful. She truly cares about you.

When Stormie called me a few months ago to let me know that Harvest House Publishers would like us to write this book together, my end of the phone line went silent. To say that I was intimidated to write this book with her is an understatement. Stormie has written more books than I can count and is known for the beautiful and life-changing way that she leads people to deepen their walk with the Lord in prayer. While God has done miraculous things in my life and allowed me to have my first book published, there's no need to explain the difference between our experience and positions. Though I had no idea what I had to offer, I felt like God was calling me to accept and journey with her in the writing of this book. I trusted that God knew my inadequacies far better than I did and would provide!

Unexpectedly, my own prayer life was attacked as I began writing. I began to question whether my prayers were truly powerful, and wondered who I was to be writing prayers that others would then pray themselves. As my husband, family, and friends prayed over me, I began to see the attack for what it was... the enemy

trying to stop me. My prayers aren't powerful because I have some special wording. They are powerful because I have faith and the Holy Spirit is in me, leading me to speak to the Father about the real things I'm facing. If Christ is in you, you have that power too.

In this book you'll find insight from two similar but very different perspectives. Stormie understands where you are. Her story is unbelievable and she knows the battles you face in the most extreme way. She is able to zoom out with the wisdom her years have brought to not only understand the negative effects these circumstances have had on her life, but also how we each can pray in order to avoid those consequences in our lives.

I am in the midst of this “young woman-ness” with you. I know what I face and what my friends face. Before I wrote each prayer, I prayed for you first, asking that the Lord would show me the words He longs to hear from His daughters. My heart and intent with each prayer is for you to know how real you can be with God. I've been beautifully surprised and comforted to learn that the Lord desires a messy love relationship with us. This means that He doesn't want your polished words—He wants the raw and real you. He desires to be closer to you than anyone else in your life. When we begin to open our hearts and be vulnerable with God, we receive more from Him than we could ever hope for,

expect, or imagine. Your prayers are powerful. Believe, watch, and be amazed.

STORMIE AND PAIGE

With all that being said, we hope you will find this book a great help to you. You can start at the beginning and read it straight through—one or more prayers every day—or you can skip around to whatever prayer topics seem most important to you at the time. Whichever way you approach it, it is important to eventually read every prayer, because together they will cover your life in the way it needs to be covered—with no important aspects left out. There is no right or wrong way to do it; there is only your way as the Holy Spirit leads you. We pray that each prayer in this book will be a starting point from which you will share your own specific needs at that moment with the Lord.

One last thing we want you to know is that we love you, our dear reader and sister in the Lord, and we pray you will be greatly touched by God's life-changing power in response to your prayers and that you will establish a strong and life-changing walk with God.

Lord, Help Me Seek You

*You will seek me and find me when you
seek me with all your heart.*

JEREMIAH 29:13

Heavenly Father, earnestly I seek You. I put aside everything and count You as more valuable, more precious to me than anything in all creation. Lord, You are here with me always, yet You promise that as I draw near to You, You will draw nearer to me (James 4:8). Your presence is worth giving up all else. Don't let me start my days without seeking You and submitting myself to the guidance of Your Holy Spirit.

Forgive me for all the times I haven't sought You because somehow I thought I was better off on my own. What a tragedy not to seek You and to leave the treasures of Your goodness untouched as though they were not worth finding. If I had only understood my own condition, I would have been on my face before You constantly. Give me a heart that longs to know You and love You deeply. I need You more than the air I breathe—for You are life itself.

In Jesus' name I pray.

—Paige

Rejecting the Fear of Rejection

The LORD will not reject his people.

PSALM 94:14

Dear Lord, help me to not be influenced by fear that I will be rejected. I don't want that feeling to blind me to the actual truth of my situation. I know that probably everyone is rejected by someone at one time or another. But I don't want the fear of that to control my life. When I am rejected—or *feel* rejected—make me strong in my mind and heart so I will not be brought down by it. Help me to remember that I am always accepted in Your eyes. Thank You, Lord, that You have *chosen* me to be Your child and You will never reject me.

Where I have deep hurts because of rejection in the past, I pray You would heal those wounds. Enable me to no longer live in the pain of rejection, for You are *with* me to *help* and *strengthen* me (Isaiah 41:9-10). Thank You that You love me the way I am, yet You help me every day to become more like You. Teach me to accept myself the way You unconditionally accept me.

In Jesus' name I pray.

—*Stormie*

I Want to Be Beautiful

Your beauty...should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight.

1 PETER 3:3-4

Jesus, I want to be beautiful. I know this desire is of You because You long to reveal Your beauty through us. I love that You've placed Your gentleness, sensitive Spirit, compassion, and beauty in the heart of women. Who I am is a direct reflection of gorgeous qualities of You. I pray You would reveal Your beauty in me and that for once I would *believe* that it has nothing to do with my outward appearance. I'm so hung up on that, Lord.

You created my eyes not to allure, but to *see* evidence of You in a world in need. My ears were created to *hear* Your voice and the testimonies of Your people. My lips were created to proclaim You—to *speak* words of life and encouragement. My hands were created to *touch* the world and live out the purpose You've given me. My body was created to be the temple of Your Holy Spirit. Lord, You created beauty, so only You define it.

In Jesus' name I pray.

—Paige

Trusting God in Times of Loss

Blessed are those who mourn, for they will be comforted.

MATTHEW 5:4

Dear Lord Jesus, I thank You that no matter what I have lost in my life—whether it is a person, a relationship, a much-loved pet, finances, a valued object, an opportunity, or an ability to do something—You know the pain I feel because of it. Only by Your Holy Spirit in me—the Comforter whom You sent to uphold us—can I be made to rise above my grief. Because of You I don't have to hurt forever and I can feel complete again.

I pray that the hole I feel in my heart because of a loss I have suffered will be filled with Your love, peace, and joy. I know that You, Lord, are good and if I walk day by day with You, this seemingly unending pain will actually fade away and I will find happiness again. I choose to walk step-by-step with You today, trusting You to help me face any loss I have experienced with renewed hope about the future. Thank You that You fill every empty place in me.

In Jesus' name I pray.

—*Stormie*