

ONE-MINUTE  
PRAYERS®



*for*

**BUSY  
PEOPLE**

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PEOPLE**

CLAYTON KING



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## **One-Minute Prayers® for Busy People**

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# GOALS



## Motivation Matters

Nothing makes me feel better than finishing a hard day's work. Ironically, nothing makes me feel as spent and exhausted as...a hard day's work. So if working hard both fulfills me and wears me out, what's the difference between the kind of work that energizes and the kind that depletes? The answer is in one simple word: motivation. What is the intention behind your hard work? If it's just to gain more (pleasure, possessions, money), then it will deplete you. Proverbs 21:17 says, "Whoever loves pleasure will become poor; and whoever loves wine and olive oil will never be rich." Your motivation matters. Don't kill yourself chasing more, because you'll actually be more miserable than you were in the first place.

*God, help me see what motivates my work, and help me work for your glory and not my own gain.*

## No More Pretending

None of us would think of ourselves as “wicked,” but most of us have projected a version of ourselves to others, online or in real life, that is not accurate to who we really are. It’s so easy to paint a picture of ourselves that looks successful, confident, and attractive, but if we’re pretending to be these things, we need to think again. Proverbs 21:29 (ESV) says, “A wicked man puts on a bold face, but the upright gives thought to his ways.” It’s sinful to pretend to be something you’re not, but it’s honorable to actually think about who you want to be, then pursue the kind of character it takes to become an upright person. Don’t get so busy that you don’t have time to “give thought to your ways” by asking who you are, what you value, and who you want to become.

*Lord Jesus, I want to be an earnest, honest person who doesn't put up a front but reflects who you are to those that you allow me to know and love and influence.*



## A Good Name

My dad died a decade ago. He was the best man I ever knew. He was a small-business owner in a small southern town, and I worked for him. I watched him treat people fairly, go the extra mile, help people in need, and be generous to his employees. When I go back to my hometown and run into people who knew my dad, they all tell me how much they respected him. Many of them share stories of specific ways my dad helped them when they needed it. My dad still has a good name, even after he's gone. Proverbs 22:1 says, "A good name is more desirable than great riches; to be esteemed is better than silver or gold." Live your life in such a way that your name will outlive your pulse.

*God, I need your help to make a name for you instead of working to make sure the world knows my name. May people see your goodness in my life.*

## New Habits

So many of our habits and personality traits as adults were formed and shaped during childhood. As Proverbs 22:6 says, “Start children off on the way they should go, and even when they are old they will not turn from it.” This truth encourages parents to keep loving and caring for and disciplining their children. And it offers all of us understanding and even conviction when we see areas of our lives that we know we need to work on. Good and bad habits are hard to break because many of them were embedded in us at a young age, but by the grace of God (and hard work), when you recognize something that needs to change, you can ask God to help you, and he will. It’s never too late to change.

*Lord, I confess that I have some bad habits that I need to change. I admit my total dependence on you to help me make the right adjustments and form some new, godly habits in my life.*

## Resilience

**P**roverbs 24:16 says, “For though the righteous fall seven times, they rise again, but the wicked stumble when calamity strikes.” Tenacity, or endurance, is one quality that you should strive for as a follower of Christ, but how would you gain this potent trait? You have to do more than just read about stamina or study grit in other people. To acquire this valuable characteristic, you have to suffer some setbacks, and no one really enjoys that. You can benefit greatly by learning from your mistakes, by overcoming adversity, by getting knocked down over and over again and continuing to get back up every single time. Don’t stay down. Instead of letting the setbacks and suffering make you bitter, let them make you better, stronger, and more resilient for the days ahead.

*Prepare me, God, for the hard times that lie ahead of me, and give me a spiritual resilience so that I can bounce back better than I was before.*

## Minding Your Business

A little sleep, a little slumber, a little folding of the hands to rest—and poverty will come on you like a thief and scarcity like an armed man.” The wisdom of Proverbs 24:33-34 is striking! It’s an observation of what happens when we procrastinate, when we put off doing the hard work we know we must do and replace it with laziness. There is a time and place for Sabbath, rest, vacation, even an extended sabbatical, but it’s essential that we take care of the important business of our lives in order to avoid ruin. What are the essential responsibilities that you need to attend to in your life? Don’t neglect your health, your family, your finances, or your relationship with God. Invest time and energy in these areas first, and rest will come more easily.

*Holy Spirit, reveal to me any area of importance in my life that I’ve been blind to. Help me not ignore your voice when you convict me of what I need to change.*

## Destiny and Eternity

It's so important that we don't let success go to our heads, because when we get cocky, that's often when we become vulnerable to pride. Arrogance is thinking you're better than you really are, an attitude all of us struggle with to some degree. Let the Holy Spirit remind you of this warning in Proverbs 27:1—"Do not boast about tomorrow, for you do not know what a day may bring." You don't have a crystal ball, and you can't tell the future, so it's more helpful to remain humble before God when you make plans. Remember that anything can happen and that no matter what may come, God is ultimately in control of your destiny and your eternity.

*Thank you, God, that I have peace knowing that you see the future, you care for me, and you manage the details I could never see or control.*

## Handcrafted by the Master

No one knows you better than God. He created you. He formed you. He made you in his image. Take a moment and imagine how much different your life can be when you fully trust him with everything: your thoughts, your fears, your ambitions, your regrets. You don't have to hide anything from God, because he already knows everything about you. Psalm 139:13-14 proves this: "You created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made." You were not mass-produced. You were handcrafted by the Master Craftsman.

*Help me see myself as you see me, Creator  
God. I bear your image, and I am honored  
that you would make me in your likeness.*

## Daily Self-Denial

As you go about your busy day, find some inspiration from the prayer that King David prayed as he made an oath to God that he would place the Lord first in his life. Psalm 132:1-5 says, “LORD, remember David and all his self-denial. He swore an oath to the LORD, he made a vow to the Mighty One of Jacob: ‘I will not enter my house or go to my bed, I will allow no sleep to my eyes, or slumber to my eyelids, till I find a place for the LORD, a dwelling for the Mighty One of Jacob.’” How would your life change if you approached your relationship with God like this, with this kind of passion and resolve?

*God, I want to want you. Give me a deeper desire for intimacy with you on a daily basis, where all day long I am aware of your presence.*

## The Ultimate Reward

When living for Jesus is hard, when others ridicule your faith or misunderstand your convictions, one thing to remember is that Jesus promised to reward us in heaven for our faithfulness to him on earth. In Matthew 5:12 Jesus told us to rejoice in hardships because we will be rewarded. Actually, he uses the phrase “great is your reward.” Can you imagine how wonderful something is when Jesus calls it “great”? Our ultimate reward for following Jesus is that one day we will actually get to be with him. But isn’t it amazing that we get to dream about “great rewards” while we’re going through hard times down here on earth?

*Help me fix my eyes on eternity today, Jesus,  
and not the momentary difficulties I face here  
on earth, no matter how hard they may be.*



## The Company You Keep

One of the most painful trials in life is experiencing disappointment caused by a friend. Nothing hurts as bad as being betrayed or let down by someone you trusted. Proverbs 18:24 says, “One who has unreliable friends soon comes to ruin.” Eventually, the company you keep will affect you in a positive or negative way, and negative friends will affect you...negatively. But the second part of that verse says there is a friend who sticks closer than a brother. That’s the kind of person you can count on, and that’s the kind of friend we all need. The good news is, you can decide who your friends are. So I encourage you today to be friends with trustworthy people who have character and integrity. You’ll be glad you did.

*Guide me, Holy Spirit, as I meet new people and forge new friendships, and help me to continue investing in the healthy friendships I already have.*

## Drop It and Defuse It

My dad used to say that the best way to end an argument is to avoid it in the first place. He was spot-on! Proverbs 17:14 says, “Starting a quarrel is like breaching a dam; so drop the matter before a dispute breaks out.” When it comes to living at peace with your friends, your family, or your coworkers, you have the power to defuse the ticking time bomb. You don’t have to attend every fight you’re invited to. You don’t have to voice your opinion on every single Facebook post you read. And you don’t have to always speak your mind. It is totally within your power to keep your mouth closed and your mind open. Don’t break the dam that’s holding back the floodwaters. Listen more than you speak, and you can avoid a majority of the drama in your life.

*Heavenly Father, you’ve given me ears to hear your voice, so I will tune them to listen when you speak as you protect me from destruction and regret.*