

A Book of
PRAYERS
for Women

STORMIE
OMARTIAN



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A Book of Prayers for Women

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Introduction



Life is much better when prayer is an ongoing part of it. It helps if we can take a few moments at various times throughout each of our busy days to pause for a refreshing and comforting time of communicating with our heavenly Father. And also to set our heart right with a word from His Holy Scripture. It is my hope that this book of prayer will help you to do all that.

Many of the following 365 prayers are from my books on prayer, although I wrote some of the prayers included here especially for this book. They were chosen with the intention of helping you focus your prayers on different areas of your life that you might not think to pray about that day. And it is always my desire that these short prayers will motivate you to move into more extensive prayer and to spend more time with the Lord, who loves you so much that He wants to hear what is on your heart and move powerfully in your life.

Stormie Omartian



PART I

The Power
of a
PRAYING
WOMAN



Lord, Draw Me into a Closer Walk with You



Lord, I draw close to You today, grateful that You will draw close to me as You have promised in Your Word (James 4:8). I long to dwell in Your presence, and I want to know You in every way You can be known. Teach me what I need to learn in order to know You better. I don't want to be a person who is always learning and never able to come to the knowledge of the truth (2 Timothy 3:7). I want to know the truth about who You are, because I know that You are near to all who call upon You in truth (Psalm 145:18).



I will pray the Father, and He will give you another Helper, that He may abide with you forever—the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you.

JOHN 14:16-17

Lord, Draw Me into a Closer Walk with You



Lord, thank You for the pastors and spiritual leaders who have input into my life. Help me to glean knowledge and understanding of Your ways from them so that I can know You better. Bless them and help them to always be the men and women of God You created them to be.



*I will give you shepherds according to My heart, who
will feed you with knowledge and understanding.*

JEREMIAH 3:15

Lord, Draw Me into a Closer Walk with You



Lord, help me to set aside time each day to meet with You alone. As I come before You, teach me to pray the way You want me to. Help me to learn more about You. Lord, You have said, If anyone thirsts, let him come to Me and drink (John 7:37). I thirst for more of You because I am in a dry place without You. I come to You this day and drink deeply of Your Spirit. I know You are everywhere, but I also know there are deeper manifestations of Your presence that I long to experience. Draw me close as I draw near to you, so that I may dwell in Your presence like never before.



Draw near to God and He will draw near to you.

JAMES 4:8

Lord, Cleanse Me and Make My Heart Right Before You



Lord, I come humbly before You and ask You to cleanse my heart and renew a right spirit within me. Forgive me for thoughts I have had, words I have spoken, and things that I have done that are not glorifying to You or are in direct contradiction to Your commands. Specifically, I confess to You (name any thoughts, words, or actions that you know are not pleasing to God). I confess it as sin and I repent of it. I choose to walk away from this pattern of thought or action and live Your way. I know that You are gracious and merciful, slow to anger and of great kindness (Joel 2:13). Forgive me for ever taking that for granted.



If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

1 JOHN 1:9

Lord, Cleanse Me
and Make My Heart
Right Before You



Lord, show me any sin in my life so that I can confess it to You and be cleansed. Keep me undeceived in my heart and mind. Where I have sinned against You, I ask You to forgive and restore me. Show me if I need to confess my mistakes to anyone else so that the air can be cleared between us.



*Confess your trespasses to one another, and pray
for one another, that you may be healed.*

JAMES 5:16

Lord, Cleanse Me and Make My Heart Right Before You



Lord, I pray that you will have mercy upon me, O God, according to Your lovingkindness; according to the multitude of Your tender mercies, blot out my transgressions. Create in me a clean heart, and renew a steadfast spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me (Psalm 51:1,10-11). See if there is any wicked way in me, and lead me in the way everlasting (Psalm 139:24). Show me the truth about myself so that I can see it clearly. Make me clean and right before You. I want Your forgiveness so that times of refreshing may come from Your presence (Acts 3:19).



I acknowledged my sin to You, and my iniquity I have not hidden. I said, I will confess my transgressions to the LORD, and You forgave the iniquity of my sin.

PSALM 32:5

Lord, Cleanse Me and Make My Heart Right Before You



Lord, “wash me thoroughly from my iniquity, and cleanse me from my sin” (Psalm 51:1-2). “Cleanse me from secret faults” (Psalm 19:12). I realize that You are a God who “knows the secrets of the heart” (Psalm 44:21). Show me any place in my life where I harbor sin in thoughts, words, or actions that I have not recognized. Examine my soul and expose my motives to reveal what I need to understand. Enable me to make changes where I need to do so. Open my eyes to what I need to see so that I can confess all sin and repent of it. I want to cleanse my hands and purify my heart as You have commanded in Your Word (James 4:8).



If our heart does not condemn us, we have confidence toward God. And whatever we ask we receive from Him, because we keep His commandments and do those things that are pleasing in His sight.

1 JOHN 3:21-22

Lord, Help Me to Be a Forgiving Person



Lord, help me to forgive others. If I have any anger, bitterness, resentment, or unforgiveness that I am not recognizing, reveal it to me and I will confess it to You as sin. Specifically, I ask You to help me fully forgive (name anyone you feel you need to forgive). Make me to understand the depth of Your forgiveness toward me so that I won't hold back forgiveness from others. I realize that my forgiving someone doesn't make them right; it makes me free. I also realize that You are the only one who knows the whole story, and You will see justice done.



*The discretion of a man makes him slow to anger,
and his glory is to overlook a transgression.*

PROVERBS 19:11

Lord, Help Me to Be a Forgiving Person



Lord, I don't want anything to come between You and me, and I don't want my prayers to be hindered because I have entertained sin in my heart. I choose this day to forgive everyone and everything, and walk free from the death that unforgiveness brings. If any person has unforgiveness toward me, I pray You would soften their heart to forgive me and show me what I can do to help resolve this issue between us. I know that I cannot be a light to others as long as I am walking in the darkness of unforgiveness. I choose to walk in the light as You are in the light and be cleansed from all sin (1 John 1:7).



*Judge not, and you shall not be judged.
Condemn not, and you shall not be condemned.
Forgive, and you will be forgiven.*

LUKE 6:37

Lord, Help Me to Be a Forgiving Person



Lord, if I have blamed You for things that have happened in my life, show me so I can confess it before You. Enable me to love my enemies as You have commanded in Your Word. Teach me to bless those who curse me and persecute me (Matthew 5:44-45). Remind me to pray for those who hurt or offend me so that my heart will be soft toward them. I don't want to become hard and bitter because of unforgiveness. Make me a person who is quick to forgive. Where there is distance between me and any other family member because of unforgiveness, I pray You would break down that wall. Help me to forgive every time I need to do so.



Love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you, that you may be sons of your Father in heaven.

MATTHEW 5:44-45

Lord, Teach Me to Walk in Obedience to Your Ways



Lord, Your Word says that those of us who love Your law will have great peace and nothing will cause us to stumble (Psalm 119:165). I love Your law because I know it is good and it is there for my benefit. Enable me to live in obedience to each part of it so that I will not stumble and fall. Help me to obey You so that I can dwell in the confidence and peace of knowing I am living Your way. My heart wants to obey You in all things, Lord. Please show me where I am not doing that. "With my whole heart I have sought You; oh, let me not wander from Your commandments!" (Psalm 119:10).



He who has My commandments and keeps them, it is he who loves Me. And he who loves Me will be loved by My Father, and I will love him and manifest Myself to him.

JOHN 14:21

Lord, Teach Me to Walk in Obedience to Your Ways



Lord, Your Word says that if we say we have no sin, we deceive ourselves, and the truth is not in us (1 John 1:8). I don't want to deceive myself by not asking You where I am missing the mark You have set for my life. Show me if I'm doing things I should not. Help me to hear Your specific instructions to me. Speak to me clearly through Your Word so I will know what's right and what's wrong. I don't want to grieve the Holy Spirit in anything I do (Ephesians 4:30). Help me to be ever learning about Your ways so I can live in the fullness of Your presence and move into all You have for me.



*He who keeps His commandments abides in Him,
and He in him. And by this we know that He
abides in us, by the Spirit whom He has given us.*

1 JOHN 3:24

Lord, Strengthen Me to Stand Against the Enemy



Lord, I thank You for suffering and dying on the cross for me, and for rising again to defeat death and hell. My enemy is defeated because of what You have done. Thank You that You have given me all authority over him (Luke 10:19). Show me when I am not recognizing the encroachment of the enemy in my life. Teach me to use that authority You have given me to see him defeated in every area. Help me to fast and pray regularly in order to break any stronghold the enemy is trying to erect in my life. By the power of Your Holy Spirit I can successfully resist the devil and he must flee from me (James 4:7).



*Be strong in the Lord and in the power of His
might. Put on the whole armor of God, that you
may be able to stand against the wiles of the devil.*

EPHESIANS 6:10-11

Lord, Strengthen Me to Stand Against the Enemy



Lord, I pray You would bring righteous leaders into the forefront of decision making in our nation and give Your wisdom to each one of them. Destroy the strongholds and plans of the enemy *in* this country and *for* this country. Protect our military leaders and troops wherever they are. Give them revelation, guidance, and favor. Pour out your peace upon our nation.



I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence.

I TIMOTHY 2:1-2

Lord, Strengthen Me to Stand Against the Enemy



Lord, I know in the midst of the battle I don't have to be afraid in the face of the enemy (Deuteronomy 20:3). Thank you that even though the enemy tries to take me captive to do his will, You have given me the power to escape his snares completely (2 Timothy 2:26). Thank You that You are my shield because I live Your way (Proverbs 2:7). Help me to not be overcome by evil, but instead give me the strength to overcome evil with good (Romans 12:21). Hide me in the secret place of Your presence from the plots of evil men (Psalm 31:20). The enemy will never bring me down as long as I stand strong in You.



*When the whirlwind passes by, the wicked is no more,
but the righteous has an everlasting foundation.*

PROVERBS 10:25

Lord, Show Me How to Take Control of My Mind



Lord, I don't ever want to walk according to my own thinking (Isaiah 65:2). I want to bring every thought captive and control my mind. Your Word is a discerner of the thoughts and intents of the heart (Hebrews 4:12). As I read Your Word, may it reveal any wrong thinking in me. May Your Word be so etched in my mind that I will be able to identify a lie of the enemy the minute I hear it. Spirit of truth, keep me undecieved. I know You have given me authority over all the power of the enemy (Luke 10:19), and so I command the enemy to get away from my mind. I refuse to listen to his lies.



*Be renewed in the spirit of your mind, and put
on the new man which was created according
to God, in true righteousness and holiness.*

EPHESIANS 4:23-24

Lord, Show Me How to Take Control of My Mind



Lord, I don't want to think futile and foolish thoughts or give place to thoughts that are not glorifying to You (Romans 1:21). Thank You that I have the mind of Christ (1 Corinthians 2:16). I want Your thoughts to be my thoughts. Show me where I have filled my mind with anything that is ungodly. Help me to resist doing that and instead fill my mind with thoughts, words, music, and images that are glorifying to You. Help me to think upon what is true, noble, just, pure, lovely, of good report, virtuous, and praiseworthy (Philippians 4:8). I lay claim to the sound mind that You have given me (2 Timothy 1:7).



*Do not be conformed to this world, but
be transformed by the renewing of your
mind, that you may prove what is that good
and acceptable and perfect will of God.*

ROMANS 12:2

Lord, Rule Me in Every Area of My Life



Lord, I bow before You this day and declare that You are Lord over every area of my life. I surrender myself and my life to You and invite You to rule in every part of my mind, soul, body, and spirit. I love You with all my heart, with all my soul, and with all my mind. I commit to trusting You with my whole being. Enable me to deny myself in order to take up my cross daily and follow You (Luke 9:23). I want to be Your disciple just as You have said in Your Word (Luke 14:27). I want to lose my life in You so I can save it (Luke 9:24).



*If we live, we live to the Lord; and if we
die, we die to the Lord. Therefore, whether
we live or die, we are the Lord's.*

ROMANS 14:8

Lord, Rule Me in Every Area of My Life



Heavenly Father, enable me and my friends and family to “be kindly affectionate to one another with brotherly love, in honor giving preference to one another; not lagging in diligence, fervent in spirit, serving the Lord; rejoicing in hope, patient in tribulation, continuing steadfastly in prayer” (Romans 12:10-12). Teach us how to love one another the way that You love us.



Let each of you look out not only for his own interests, but also for the interests of others.

PHILIPPIANS 2:4

Lord, Rule Me in Every Area of My Life



Lord, my desire is to please You and hold nothing back. I surrender my relationships, my finances, my work, my recreation, my decisions, my time, my body, my mind, my soul, my desires, and my dreams. I put them all in Your hands to be used for Your glory. I declare this day that I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me (Galatians 2:20). Rule me in every area of my life, Lord, and lead me into all that You have for me.



As you have therefore received Christ Jesus the Lord, so walk in Him, rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving.

COLOSSIANS 2:6-7

Lord, Take Me Deeper in Your Word



Lord, Your Word is a lamp to my feet and a light to my path (Psalm 119:105). Enable me to truly comprehend its deepest meaning. Give me greater understanding than I have ever had before, and reveal to me the hidden treasures buried there. I pray that I will have a heart that is teachable and open to what You want me to know. Change me as I read it. Help me to be diligent to put Your Word inside my soul faithfully every day. Show me where I'm wasting time that could be better spent reading Your Word. Give me the ability to memorize it. Etch it in my mind and heart so that it becomes a part of me.



He who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.

JAMES 1:25

Lord, Take Me Deeper in Your Word



Lord, teach me from Your Word so that I will know Your ways and walk in them. Help me to live in obedience to Your commands. Thank You that my sin doesn't have to separate me from You because by repenting of it and confessing it to You, I can be cleansed of my sins and set free.



If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

I JOHN 1:9

Lord, Take Me Deeper in Your Word



Lord, may Your Word remind me of who You are and how much You love me. May it bring the security of knowing my life is in Your hands and You will supply all my needs. Thank You, Lord, that when I look into Your Word I find You. Give me ears to recognize Your voice speaking to me every time I read it (Mark 4:23). When I hear Your voice and follow You, my life is full. When I get off the path You have for me, my life is empty. Guide, perfect, and fill me with Your Word this day.



Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; but his delight is in the law of the Lord, and in His law he meditates day and night. He shall be like a tree planted by the rivers of water that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper.

PSALM 1:1-3

Lord, Take Me Deeper in Your Word



Lord, I don't want to be just a hearer of Your Word. Show me how to be a doer of Your Word as well. Enable me to respond the way I should and obey You. Show me when I am not doing what it says. Help me to apply my heart to Your instruction and my ears to Your Words of knowledge (Proverbs 23:12). May Your Word correct my attitude and remind me of what my purpose is on earth. May it cleanse my heart and give me hope that I can rise above my limitations. It is food to my soul, and I can't live without it. Help me to know You better through Your Word.



Whoever keeps His word, truly the love of God is perfected in him. By this we know that we are in Him.

1 JOHN 2:5

Lord, Instruct Me as I Put My Life in Right Order



Lord, I pray You would help me set my life in right order. I want to always put You first above all else in my life. Teach me how to love You with all my heart, mind, and soul. Show me when I am not doing that. Show me if I have lifted up my soul to an idol. My desire is to serve You and only You. Please help me to live accordingly.



Obey those who rule over you, and be submissive, for they watch out for your souls, as those who must give account. Let them do so with joy and not with grief, for that would be unprofitable for you.

HEBREWS 13:17

Lord, Instruct Me as I Put My Life in Right Order



Lord, help me to be in the church You want me to be in, so that I can become a part of the work You are doing there. I pray that I will always belong to a church that worships Your way. One that teaches Your Word in a clear and balanced manner and understands the power of prayer.



God has set the members, each one of them, in the body just as He pleased.

I CORINTHIANS 12:18

Lord, Instruct Me as I Put My Life in Right Order



Lord, help me to willingly submit myself to others where I need to do so. Show me clearly to whom I am to be submitted and how I am to do it. Give me discernment and wisdom about this. Show me any time I am not submitted to the right people in the right way. I know that if my life is not in proper order I will not receive the blessings You have for me. But I also know that if I seek You first, all that I need will be added to me (Matthew 6:33). I seek You first this day and ask that You would enable me to put my life in perfect order.



*He who finds his life will lose it, and he who
loses his life for My sake will find it.*

MATTHEW 10:39

Lord, Prepare Me to Be a True Worshiper



Lord, there is no source of greater joy for me than worshipping You. I come into Your presence with thanksgiving and bow before You this day. I exalt Your name, for You are great and worthy to be praised. You have put gladness in my heart (Psalm 4:7). All honor and majesty, strength and glory, holiness and righteousness are Yours, O Lord. You are gracious and full of compassion, slow to anger and great in mercy (Psalm 145:8). You are mighty in power and Your understanding is infinite (Psalm 147:5). You give food to the hungry and freedom to the prisoners. Thank You that You open the eyes of the blind and raise up those who are bowed down (Psalm 146:7-8).



*Whoever offers praise glorifies Me; and
to him who orders his conduct aright I
will show the salvation of God.*

PSALM 50:23

Lord, Prepare Me to Be a True Worshiper



Lord, help me to be a praising person. I want to worship Your way. Instruct me in what I need to know about worship and prayer so that I can become the worshiper and intercessor You have called me to be. Help me to make worshiping You a way of life.



Oh come, let us worship and bow down; let us kneel before the LORD our Maker. For He is our God, and we are the people of His pasture, and the sheep of His hand.

PSALM 95:6-7

Lord, Prepare Me to Be a True Worshiper



Lord, teach me to worship You with my whole heart the way You want me to. Make me a true worshiper. May praise and worship of You be my first response to every circumstance. I praise Your name this day, Lord, for You are good and Your mercy endures forever (Psalm 136:1). Because Your lovingkindness is better than life, my lips shall praise You. Thus I will bless You while I live; I will lift up my hands in Your name (Psalm 63:3-4). I will declare Your glory among the nations and Your wonders among all peoples (Psalm 96:3). I worship You in the splendor of Your holiness and give You the glory due Your name (Psalm 29:2).



*I will worship toward Your holy temple, and praise
Your name for Your lovingkindness and Your truth; for
You have magnified Your word above all Your name.*

PSALM 138:2

Lord, Prepare Me to Be a True Worshiper



Lord, thank You that Your plans for my life are good, and You have a future for me that is full of hope. Thank You that You are always restoring my life to greater wholeness. I praise You and thank You that You are my Healer, my Deliverer, my Provider, my Redeemer, my Father, and my Comforter. Thank You for revealing Yourself to me through Your Word, through Your Son, Jesus, and through Your mighty works upon the earth and in my life. Thank You for Your love, peace, joy, faithfulness, grace, mercy, kindness, truth, and healing. Thank You that I can depend on You, for You and Your Word are unfailing. Thank You that You are the same yesterday, today, and tomorrow.



Let all those rejoice who put their trust in You; let them ever shout for joy, because You defend them; let those also who love Your name be joyful in You. For You, O Lord, will bless the righteous; with favor You will surround him as with a shield.