

# ONE PRAYER AWAY

Healing Words to Speak Over Your Day

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## INTRODUCTION

Some time ago, I came across writing advice that I will never forget. *The best person you can write for is the person that you were five years ago.* And, if I am honest, the year I turned 33 was the most difficult of my life. My father was diagnosed with stage four lung cancer and my husband filed for divorce in the first weeks of that year. But, in the deepest pit of my life, God did the unthinkable. He joined me.

Over the course of three months, I endured overwhelming grief and multiple eight-hour drives home to see my father while balancing full-time work and loving two small children. But God met me one day in my increasingly empty bedroom closet, as I rediscovered a study Bible I had purchased a few months before. Every morning I woke up early, crawled into my closet, and talked to God on the carpet through tears as I encountered His Word.

During that season, I remember searching online for *any* book that could speak to my situation. Grief. Loss. Trauma. Divorce. Addiction. Apart from the Bible, I was unable to find the right book for my circumstances. So I'm writing this book now for the person I was five years ago—and for you. I could not see then that God was crafting this very book that you are reading. He *knew* you would need this book for

the journey ahead. This thought alone gives me chills and affirms to me a single truth: “You, Lord, keep my lamp burning; my God turns my darkness into light” (Psalm 18:28). Wherever you find yourself in this moment, He has a plan for your story and will turn your darkness into light.

Over the next 90 days, I want your life to be transformed through a closer walk with God—one that finally, finally surrenders the heavy things you hold in your heart to Him. Each day, you will read a devotion paired with an inspired Bible verse and prayer. My hope is that you will be spiritually fueled as God fills you with His peace and understanding. God loves you unconditionally, and this daily communion with Him will help you trust in His steadfast promises. Of course, some prayers and passages may bring someone else to mind, and you may want to share them and shine light into their darkness! My heart is for all women to be lifted up in prayer and encouraged in their faith as they seek true healing in God.

To that end, this book is divided into three parts that focus on moving you from a broken beginning to a faith-filled future, while keeping you encouraged during the messy middle. No journey, however, is linear, so

every devotion has been crafted to lift your heart exactly where you are. More than anything, this book will cultivate a commitment to growing with God, even as the challenges of life come. You will walk with God in these next 90 days to overcome anxiety and overwhelm, to secure strength and direction, and to pursue life with God's peace and promises. The passages and prayers included here will not help you bypass the burdens or hurry the healing, but they will steady your heart for a real and lasting relationship with God. Each day, your trust in Him will grow as you release a little more of what you carry.

My favorite verse in the Bible—the one that God anchored to my soul years ago—is the promise that God also offers to you: “Then you will know the truth, and the truth will set you free” (John 8:32). You were not made to be wrapped up in worry. You were not made to fit back into the boxes you have outgrown. You were made to live free in God's truth and light.

When you are ready, confidently turn this page. God is ready. Let's faithfully go.

PART ONE

When the  
Beginning  
Is  
Broken

DEAR READER,

I am proud of you for being here, and I am proud of you for showing up. When things fall apart in our lives, our first response is often to run in the other direction. Presence is just too painful.

But I want to encourage you to start right here—where the beginning is broken.

You do not have to bear it alone. In each of these devotions, I pray that you will make room in your heart for God to join you. He wants to hear about your hurts. He wants to learn what keeps you up at night.

And He wants to heal it all.

Do not let the weight of the pieces that you hold discourage you. God loves you. God is ready to make you whole.

Big hugs,  
*Lauren*



ANXIETY &  
OVERWHELM

# day 1

YOU ARE ONE PRAYER  
AWAY FROM A NEW LIFE

It sounds unbelievable until it happens.

You pray the impossible prayer.

Because you are at the edge of what your heart can handle.

You are at the edge of what your emotions can endure.

And even though you may have prayed that prayer many times before,  
this time is different.

Because something shifts on the outside.

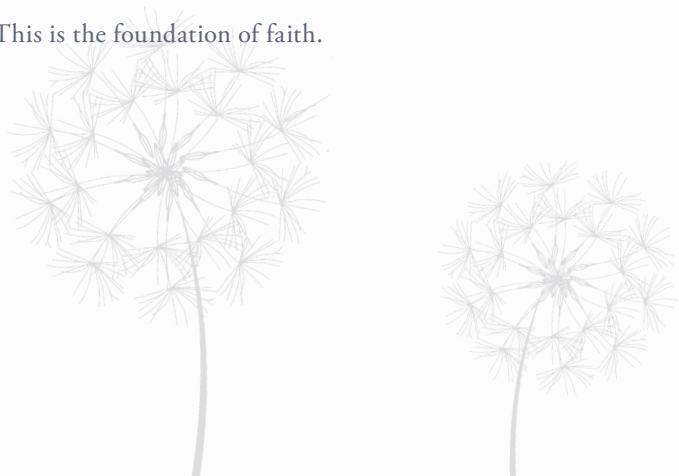
God answers the prayer.

God opens the door.

God invites you to take the next step into a whole new life.

This is the miracle of mercy.

This is the foundation of faith.



So, today, offer that bold prayer with this sweet confidence: One single prayer can change everything.

Because one single prayer can change you.

“The prayer of a righteous person is powerful  
and effective.”

James 5:16

*Dear God, I pray for the woman who cannot see the road ahead. Lord, her vision is clouded by emotions and overwhelming uncertainty. Remind her, Father, that You will equip her for every difficulty and decision—that You will be beside her all the way. In Your Holy Name, Amen.*



day 2

GOD KNOWS  
WHAT YOU FACE

I used to think that following God's will would prevent the storms.

The gut-wrenching heartache.  
The broken relationships.

The devastating losses.

But trusting God is not about prevention.

It is about holy protection.

He knows what you face.  
He understands what you face.

And He will hold you through it all.

Because the important work we were uniquely made to do does not happen in the absence of troubles.

But as a result of how we grow with God through them.

In every trial, cling to Him.

Because God is the Father who always watches.

And you are forever safe in His arms.

“Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, ‘He is my refuge and my fortress, my God, in whom I trust.’”

Psalm 91:1-2

*Dear God, I pray for the woman who is waiting on You. Lord, she has run to You in prayer, and she is so tired from the struggle. Remind her, Father, that You hear every cry and Your power will be perfectly timed. Help her lean into deeper trust. In Your Holy Name, Amen.*

# day 3

## GIVE THE BROKEN TO GOD

We are all carrying something that we want to give to God, but we do not know how.

Because broken pieces are the heaviest of all.

Giving them to God admits something painful, something revealing about us or the world around us.

Often, giving the broken to God involves shame and guilt.

It is far easier to ignore our hidden truth than to acknowledge it.

But God invites us with love:

I know it hurts.

I know it will continue to hurt.

But I am the Healer.

Take the next small step in turning over to God what makes your thoughts and soul uneasy.

Because God does not just hold the remedy.

But the restoration of every wound.

By His grace.

In His mercy.

Through His unending love.

“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 94:18–19

*Dear God, I pray for the woman who is living inside of the hurt. Lord, it is all she can feel and think about—no matter how hard she tries. Remind her, Father, that You will bring freedom to her heart and every prayer is protection. In Your Holy Name, Amen.*

# day 4

WHEN ANXIETY IS GREAT,  
GOD'S LOVE IS GREATER

When worry and anxious thoughts come, they seem to want to permanently stay.

To disrupt your thoughts.  
To distract you from your purpose.

But the truth that can free your heart is this: God's love is greater.

He will not allow you to be consumed by the waves or the fire.

He whispers:

*I am with You.*

In a world where everything changes and nothing stays the same, His promise is the only one upon which you can rely.

Today, let your heart lean on His love.

And the relentless threat of anxiety . . .

Will fade.

Will fade.

*Will fade.*

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”

Philippians 4:6

*Dear God, I pray for the woman who feels like a prisoner to her anxiety. Lord, just when she feels free and in control, her thoughts take her captive. Remind her, Father, that You will not leave her in the dark—that Your love will break down every wall to her heart's peace. In Your Holy Name, Amen.*

day 5

WHEN LIFE IS SHAKEN, IT  
CAN BE SHAPED BY GOD

Faith is not about calm seas or blue skies. It is about feeling the boat shake.

Not because God wants to stir up drama in our lives.

But because He wants to stir up revival in our hearts.

And when we grip the sides of the boat, He is inviting us to growth. He is calling us to a life of more.

Because He is still in control.

Whether you are in the storm now or will inevitably face one to come, let me offer this comforting truth:

The One who made the skies, the seas, and the storms will sustain you to the other side.

“The Lord is my strength and my shield; my heart trusts in Him, and He helps me.”

Psalm 28:7

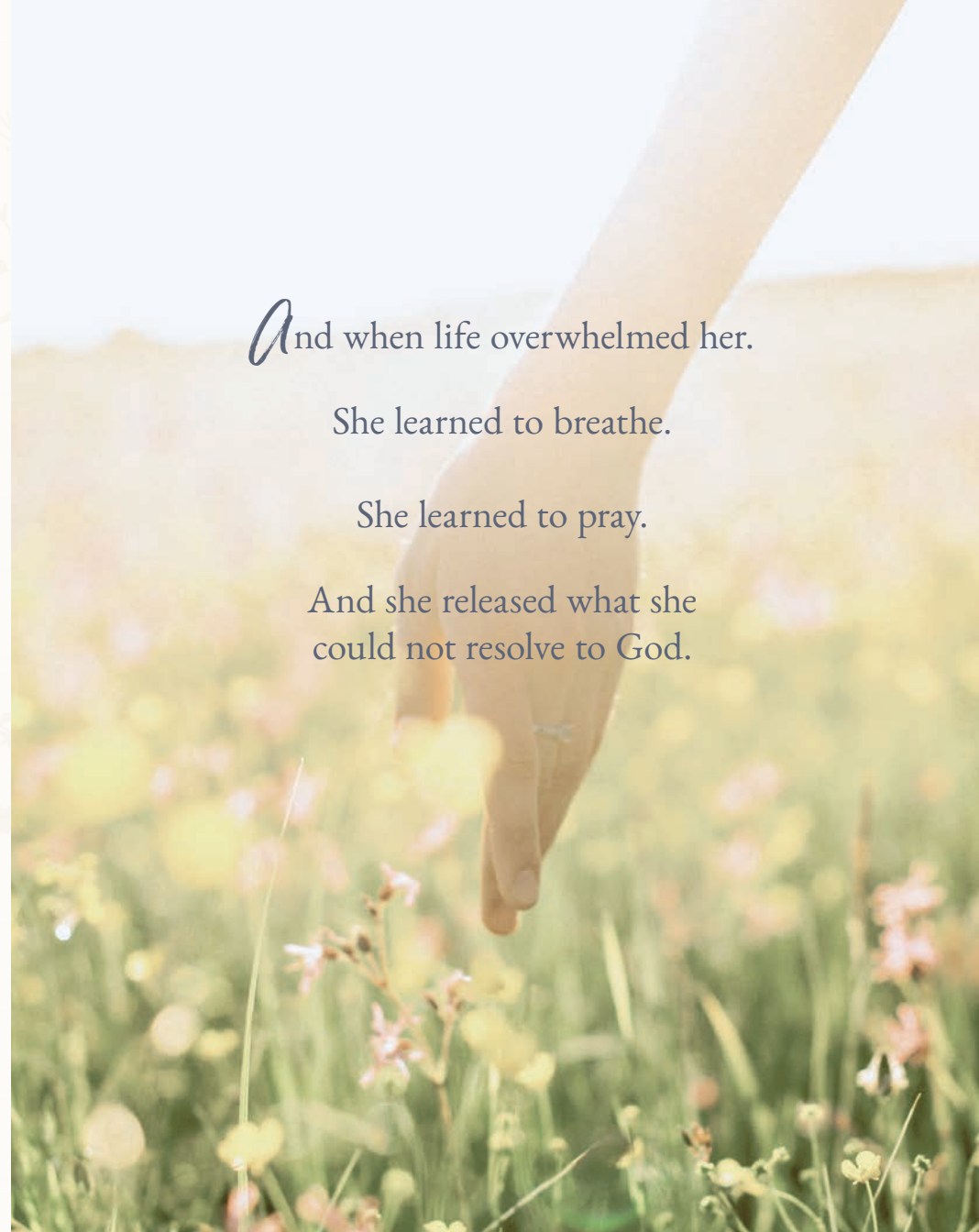
*Dear God, I pray for the woman who is doing her best to make it through. Lord, it feels like she has given all of herself, but the challenges keep coming. Remind her, Father, that You will take over when her heart is weary—that she can trust that her future will be filled with Your enduring love. In Your Holy Name, Amen.*

And when life overwhelmed her.

She learned to breathe.

She learned to pray.

And she released what she  
could not resolve to God.



# day 6

## GOD CAN HOLD THE HEAVY

The longer you carry the heavy, the more it weighs you down.

It holds you back from hope, and it distances you from God's holy destination for your life.

Still you cling to the heavy.

Because you get scared.

Because you get overwhelmed.

Because you forget that God controls it all.

But hear this: letting go is a process.

It takes prayer.

It takes persistence.

And it requires a complete surrender of pride.

You cannot do it. But He can.



If you find yourself unable to hold on but unable to let go, hear this promise:

In God's mighty hands, the heavy can be healed.

*“His splendor was like the sunrise; rays flashed from His hand, where His power was hidden.”*

*Habakkuk 3:4*

*Dear God, I pray for the woman who is trusting You with something big. Lord, she has carried it to Your feet, and she is feeling every emotion. Remind her, Father, that the One who made the mountains will help her climb them, every single one. In Your Holy Name, Amen.*



day 7

GOD CAN REDEEM  
WHAT YOU GIVE HIM

Sometimes surrender feels like giving up.

You have messes that can't be cleaned. Pieces that won't go back together. It all feels hopeless.

So you trust the broken to God.

Often, it takes everything within you to hand it over.

Because you think you can fix things yourself.

Because you ignore handling what you would rather avoid.

And you forget the most simple truth:

God will redeem.

Because He cares.

Because He loves.

Because only He knows what is best for you.

In the release of what you cannot reconcile, know this:

God's redemption is on the way.

“Israel, put your hope in the Lord, for with the Lord is unfailing love and with Him is full redemption.”

Psalm 130:7

*Dear God, I pray for the woman who wants to believe that good things are ahead. Lord, she has held onto hope before, but disappointment nearly destroyed her. Remind her, Father, that You are with her in the valley and Your voice will lead her to the light. In Your Holy Name, Amen.*

day 8

GOD IS WORKING IT OUT

There are times when you feel like the world is falling apart and the rug has been pulled from beneath you.

This is not God's punishment or rejection.

This is the Almighty's hands preserving your very life.

The boat is going to rock.

The ground is going to quake.

But this is not the death of your hope. It is the resurrection of your future.

God is waking you up.

God is holding you closely to His chest.

What you cannot see behind the scenes is this:

God is preparing you for victory.

Where His name is glorified.

When His purposes are fulfilled.

And all the messes of today become your mission tomorrow.


God is working it out.

Because God never stops working in you.

“For it is God who works in you to will and to act in order to fulfill His good purpose.”

Philippians 2:13

*Dear God, I pray for the woman who is trying to let go of what she cannot control. Lord, her heart is hurting, and she struggles to release the future to You. Remind her, Father, that on the other side of the worry and the waiting is Your precious peace. In Your Holy Name, Amen.*



*A*nd she learned to trust in all  
the details she could not see.

God was working.

God was perfectly timing  
every promise.