

ONE-MINUTE  
PRAYERS® TO START  
YOUR DAY

HOPE LYDA

**TITLE PAGE  
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## **ONE-MINUTE PRAYERS® TO START YOUR DAY**

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# Contents



Beginnings . . . . .	x
Trust . . . . .	x
Restoration . . . . .	x
Peace . . . . .	x
Refreshment . . . . .	x
Satisfaction . . . . .	x
Fulfillment . . . . .	x
Reliance . . . . .	x
Opportunity . . . . .	x
Productivity . . . . .	x
Service . . . . .	x
Sacrifice . . . . .	x
Change . . . . .	x
Devotion . . . . .	x
Commitment . . . . .	x
Hope . . . . .	x
Provision . . . . .	x
Perseverance . . . . .	x
Contentment . . . . .	x
Now . . . . .	x
Renewal . . . . .	x

Trials . . . . .	X
Promises . . . . .	X
Awareness . . . . .	X
Courage . . . . .	X
Thirst . . . . .	X
Transformation . . . . .	X
Direction . . . . .	X
Authenticity . . . . .	X



# BEGINNINGS

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BEGINNINGS

## *Facing the Day*

*At daybreak, Jesus went out to a solitary place. The people were looking for him and when they came to where he was, they tried to keep him from leaving them. But he said, "I must preach the good news of the kingdom of God to the other towns also, because that is why I was sent."*

LUKE 4:42-43

**G**od, as I face a new day, help me be mindful of what you have planned. May my focus be stayed on your desires so that I do not give my time, myself, and my day to other paths or work. Grant me discernment so I can recognize when a distraction is truly an indication of your leading and not something to avoid.

It is not easy to turn my life over...even to you. But knowing there is a purpose for me up ahead, just minutes from now and as my day unfolds, I am excited to see what today might bring.

BEGINNINGS

*Inviting Wisdom In*



*The fear of the LORD is the beginning of wisdom,  
and knowledge of the Holy One is understanding.*

PROVERBS 9:10

I like to act like I know what I am doing most of the time, even when I am clueless. But Lord, this can get me into trouble. I pray that you would help me to seek your wisdom and leading in more circumstances. May I begin with your wisdom before stepping forth into this day and onto the path of my life.

My desire to know and understand my world and the people and situations in it will only be realized when I know you intimately.

BEGINNINGS

## *A Day's Birth*

*I rise before dawn and cry for help; I have  
put my hope in your word. My eyes stay  
open through the watches of the night, that  
I may meditate on your promises.*

PSALM 119:147-148

**T**he hope I have in you is the beginning of my possibilities, my dreams, my future. Today is the beginning of the rest of my calendar of days. May I face all that you have for me with an openness.

I wonder who will be placed in my path. Will I find an open door where I least expect it? Will one step forward today be the start of something great and of your hand?

I meditate on your promises, Lord. They fill my heart and mind throughout the night. Now, let me put my faith in those promises as a new day is born.

BEGINNINGS

*Giver of Life*



*From birth I have relied on you; you brought me forth from my mother's womb. I will ever praise you.*

PSALM 71:6

When I could not yet form words that made sense to those around me...when I was unable to feed myself, walk, or consider the consequences of my actions...you were my source of care and protection. You brought me into this world, and now you bring me through this life. I praise you for today. I even thank you for the trials I face. When I am misunderstood at home or at work, or I find I have made a faulty choice, I know you are here for me.

You are the one who was with me at my beginning and will be the one to embrace me at the end of my days. Thank you for your presence and comfort every day in between.