

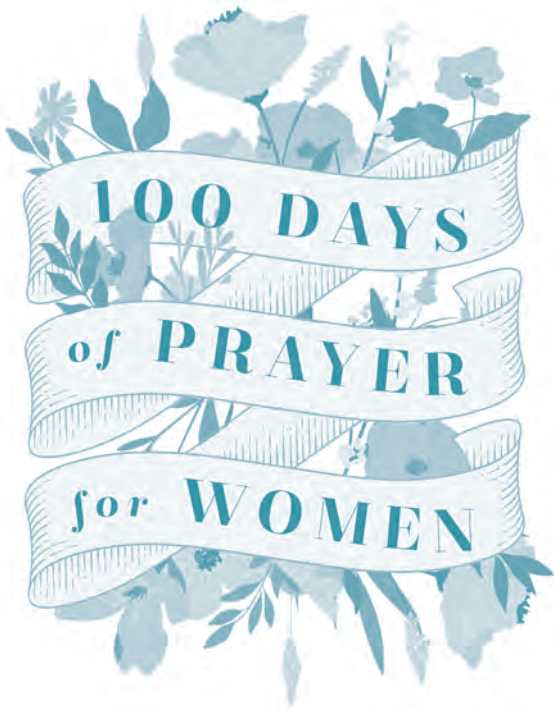


100 DAYS

of **PRAYER**

for **WOMEN**

Carolyn Larsen



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Carolyn Larsen, 100 Days of Prayer for Women
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Introduction

Dear reader,

If you have days when you need proof of God’s amazing love for you, just think of the invitation he gives his children to talk with him. What an incredible privilege it is to be able to talk with the God of the Universe. It’s not just that we *can* talk to him, but, even more amazing, he *asks* us to! He wants to know how we’re feeling, what we’re struggling with, what keeps us up at night. He wants to hear our praises. He wants to hear our thankfulness. He wants . . . us.

Scripture is filled with invitations to pray: “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known

to God” (Phil. 4:6 ESV). “Never stop praying” (1 Thess. 5:17). “Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you” (Luke 11:9). “Call to me and I will answer you, and will tell you great and hidden things that you have not known” (Jer. 33:3 ESV). “I urge that supplications, prayers, intercessions, and thanksgivings be made for all people” (1 Tim. 2:1 ESV).

In fact, God says prayer is so important that he even makes provision for when we simply cannot find the words to pray: “The Holy Spirit helps us in our weakness. For example, we don’t know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words” (Rom. 8:26).

As believers, we can journey together in this life of faith. We are all in different places on the journey, but we have the responsibility and privilege of upholding one another in prayer. We have the privilege of interceding for those who are suffering or hurting. We have the joy

of praising our God for all he does for us and how he blesses, guides, and loves us. Praise him in all things!

My hope is that these prayers—some of which are cries for his help, some of which are heartfelt praise—will spark your desires to reach out to God in praise, tears, hope, and love . . . whatever is on *your* heart.

Maybe you're a "read one prayer a day" kind of person, or perhaps you scan through several prayers looking for one that speaks to your heart on a given day. In the back of this book is an index of topics covered in these prayers. So, if you're lonely, afraid, anxious, confused, or filled with praise, check the index for a prayer that God may use to speak to your heart today.

Blessings,
Carolyn




1

A New Day

Dear Father,

Thank you for this new day after a good night of rest. I'm grateful for a clean slate where yesterday's attitudes are history and yesterday's sins are forgiven. A fresh start every day. Before my feet hit the floor each morning, I ask for your help to make this day better than yesterday. I need your strength to shut down my critical, judgmental, selfish attitudes. Oh God, muffle the sharp words that so easily fly out of my all-too-willing lips. Remind me that kindness matters . . . a lot, even when I don't think it's deserved. Remind me that life is not all about me.



Focus my thoughts and words on being the woman you want me to be, made me to be—a God-honoring servant who cares about others and reflects Jesus to everyone I meet. It’s hard some days, God, but with all my heart . . . oh God, hear me . . . I long to make a difference for your kingdom. There’s no way I can do that with my own uneven, flagrantly selfish behavior. So, in this new day, may your love, compassion, and kindness flow through me to every person who crosses my path.

*Great is his faithfulness;
his mercies begin afresh each morning.*

Lamentations 3:23




2

The Gift of Joy

My loving Father,

I'm so full of joy I may explode! That's amazing since I'm smack-dab in the middle of massive uncertainties and aware of heart-wrenching crises in our world. I've no idea what tomorrow will bring for any of us . . . yet I have real joy. It's certainly not because of anything I can take credit for. Oh sure, there are things that make me happy, but I know all too well that simple happiness runs away at the first sign of trouble. Joy though, joy bubbles up from the depths of my soul. It ignores worries, pain, failure, or crises.



Here's the thing, God, I know that joy comes only from your Spirit's presence in my heart. He prompts me with reminders that you are guiding my steps, my words, and even my thoughts. You're surrounding me and protecting me. You know everything about me. You love me in spite of my failures. Your unconditional love saves me, and you have a plan for my life that is grander than I could dream for myself. I own the privilege of praying to you, learning from your Word, and anticipating eternity with you. You give life meaning. Yes, what gives me joy is . . . you.

*My lips will shout for joy
when I sing praise to you—
I whom you have delivered.*

Psalms 71:23 NIV




3

Staying Connected

Lord,

I'm tired. No, that's not it. I'm weary. Bone weary. Every day I deal with the same things—get the kids up, dressed, fed, and out the door to school, make myself presentable for work, pick up the house, make dinner, clean the kitchen, monitor homework, and a thousand other things. Every day. Father, when is there time for me? When is there time to spend with you?

The “experts” say to get up earlier. But Lord, even if I get up ten minutes early, life inevitably



interrupts. I dearly miss precious quiet time with you. I miss you.

I know life won't always be like this. In fact, someday I'll look back and think these years went by too quickly. But, for now, help me be creative in grabbing moments with you when I can. Help me think about you and talk with you while driving kids to soccer practice or waiting in line at the store. A thousand quick thoughts a day to keep me connected to you. And I will enjoy the quiet times I do get with you. Help me stick close to you through the weariness of these days even as I anticipate the future when I will miss the busyness of these days.

Come near to God, and God will come near to you.

James 4:8 NCV




4

An Amazing Gift

Oh my God,

Thank you, thank you . . . just . . . thank you . . . for forgiveness . . . for second chances . . . for your love that is deeper and stronger than I can comprehend. Thank you for hope, for giving me strength when I have none left, for grace that meets me where I am and then grows me and moves me forward, for faith to believe that you have a wonderful, unique plan for my life. Thank you for seeing the deep desires of my heart more than the failures of my outward behavior. Thank you that even when I fall short of obeying you and



disappoint myself in the process, you refuse to give up on me.

The truth is, you believe in me more than I believe in myself. That's an amazing gift! You've seen my past, forgiven and forgotten it, and now you are moving me toward a better future—a better me. My hope is in you. My heart is for you. My gratitude is more than I can put into words. I'm totally unworthy and yet totally blessed. Thank you. Thank you. Thank you.

*Give thanks to the LORD, for he is good;
his love endures forever.*

1 Chronicles 16:34 NIV




5

Honest, Deep Faith

Oh dear God,

I know all the right words to say. I know when to act humble and when to act strong. I know how to sing praise. I know how to “act” Christian—and—I know when I’m just acting. I’ve seen the “fake it ’til you feel it” memes. And yes, I know I can’t base faith on feelings. But, Lord, (big sigh) I’m tired of just acting. I want to stop just putting on a good outward show. Instead, I want to know you with a real, deep, strong, and trusting faith. I want to be honest with you



and with myself even when that means owning up to my control issues and constant (why is it so constant?) struggle to believe and trust.

Faith is a journey, and honestly, that too often means two steps forward, then a tumble back. But that's okay because you understand that my heart yearns to know, love, and trust you. I know you'll help me brush off the dust of disappointment, grief, or failure and start moving forward again.

Thanks for not giving up on me. Thanks for loving me so much. And help me remember your constant love when I take one of those tumbles.

Search me, O God, and know my heart!

Try me and know my thoughts!

Psalm 139:23 ESV

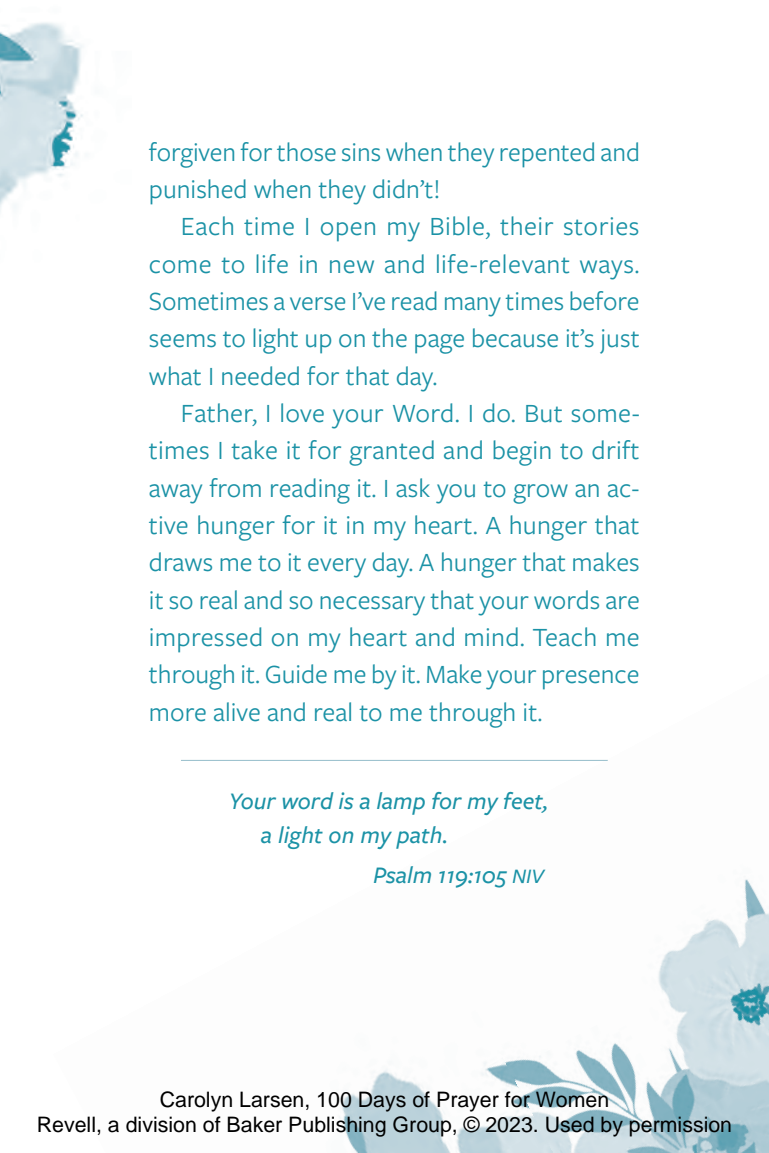


6

Thankful for the Word

Father,

Your Word is such an incredible gift. I find deep comfort in its stories showing how you interacted with your people. Your compassion for them shines through clearly. I see how you cared about their pain and their problems. I love reading how you directed their lives, step-by-step, and even guided the words they spoke to pharaohs and Pharisees. It's also clear that you insisted they obey you. They were convicted of their sins by your Holy Spirit and then



forgiven for those sins when they repented and punished when they didn't!

Each time I open my Bible, their stories come to life in new and life-relevant ways. Sometimes a verse I've read many times before seems to light up on the page because it's just what I needed for that day.

Father, I love your Word. I do. But sometimes I take it for granted and begin to drift away from reading it. I ask you to grow an active hunger for it in my heart. A hunger that draws me to it every day. A hunger that makes it so real and so necessary that your words are impressed on my heart and mind. Teach me through it. Guide me by it. Make your presence more alive and real to me through it.

*Your word is a lamp for my feet,
a light on my path.*

Psalms 119:105 NIV




7

Stubborn Hope

My dear, loving God,

What would I do without hope? This world is sometimes just too much. Too much anger. Too much division. Too much hatred. Too much trouble. Too much pain. Just too much. It's so easy to let my mind and heart get caught up in all that "too much," and then I become so weighed down that I lose all hope of things getting better. I confess to you that I too easily let my heart get sidetracked from trusting you. I get stuck on all the "too much" things and forget the hope of a better tomorrow.



My hope comes from you because all things come from you. My loving Father, the author and creator of hope, forgive my sidetracked thoughts. Forgive my hopelessness. Help me turn my heart to you. Help me be stubborn to keep my eyes firmly focused on you; stubborn to stay in your Word; stubborn to deny the lies the Evil One whispers; stubborn to trust you and be filled with peace because you promise hope.

You keep your promises, so I believe things *will* get better. I believe in hope because I trust you.

I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.

Romans 15:13