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CRISTINA BAKER

A MINUTE OF HOPE

*100 Prayers for Staying
Steadfast Through
Challenges and Change*



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A Minute of Hope

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To Ryan and Evan, you are the gifts that the Father had waiting for me all my life. Eternity will not be enough to thank Him for the grace He has shown me through my husband and son that He has given me in this life. These prayers are the fruit of the journey of our family, the many mountains, the deepest valleys, the weeping and rejoicing. The Lord has been faithful to us. I love you both so deeply.

God gave us this prayer when Evan was very young. Every time our family leaves each other's presence and before we go to bed, we pray this over one another:

Praise the Lord! Blessed is the man who fears the Lord, who delights greatly in His commandments.
His descendants will be mighty in the land;
the generation of the upright will be blessed.

PSALM 112:2 MSB

Jesus, I beheld the beauty of Your face through writing this book and these prayers that poured from my heart to Yours for the world that You love. These prayers are to You, for You, and are penned from the love in my heart for You. Holy Spirit, thank You for teaching me the beauty of the interruptible life led by You. This book became a pilgrimage that holds testimonies of healing, hope, salvation, and freedom that I will never forget. What a joy to walk alongside You, my very best friend. I love You, Lord.

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I dedicate this book to my
dad, Bill Cabrera. God has used
your life to teach me to pray and
not lose heart. The Lord is faithful
to finish what He started.



When the righteous cry for help, the LORD hears and delivers them out of all their troubles. The LORD is near to the brokenhearted and saves the crushed in spirit. Many are the afflictions of the righteous, but the LORD delivers him out of them all.

PSALM 34:17-19 ESV



INTRODUCTION

I will never forget the day when I realized God was *actually* listening to my prayers.

God wanted to teach me to trust Him even when I couldn't feel or see what He was doing.

One afternoon my husband, Ryan, our young son, Evan, and a family friend made a trip to a local McDonald's. We wanted to pray together for a friend who had walked away from the Lord, and it gave a chance for the children to play in the playscape. I was in a season of learning how to hear the voice of God in prayer, and He was teaching me how to hear His heart when I prayed for others.

Our friend told me that day, “Cristina, you are going to make mistakes. I am going to make mistakes. We will all make mistakes together, but that is the power of His grace. As you pray, when you hear the Word of God or see the Lord show you something while you pray, open up your mouth, and say what He is saying and showing to you.” In an instant, I was set free from the fear of saying the wrong words or being driven by perfect performance and saying the right things. God sees and hears our hearts even when the right words don’t come out, and what is so beautiful about the Lord is that He loves our faith.

As the three adults sat at a table in a PlayPlace in McDonald’s while the children played, we began to pour our hearts out. We prayed fervently for our lost friend, and all of a sudden, I saw a picture of a shofar, which we would know today as a trumpet. I was a first-year Bible college student at the time, and I had very limited knowledge about what the shofar was used for in the Scriptures, but I knew enough to understand what the Lord was showing me in this moment while we prayed. So I blurted out, “Lord! Sound the alarm in our friend’s life that she may return to You, her first love!”



Our friend, Ryan, and I continued praying around the table, and, with my eyes closed, I saw that shofar again in my spirit. I said, "Lord, blow the trumpet in her life once again! Sound the alarms! Bring her home!" Suddenly, we could hear Evan and all the children at the playground in McDonald's screaming loudly! We opened our eyes and heard the fire alarms going. The staff was feverishly attempting to turn them off, to no avail.

Ryan looked at our friend and me and said, "Didn't you hear the fire alarms go off the first time? Cristina, when you said, 'Lord, sound the alarms' the first time, they went off and the staff quickly turned them off. Then, when you said it the second time, they went off again!" I had been so caught up in praying for our friend that I didn't hear the alarms the first time, but the second time, I did, and it startled me! In the midst of all the chaos that was happening in that McDonald's in that very moment, the Lord spoke to me so clearly in my spirit, *Cristina, I am listening to your prayers. They matter to Me. I love to hear your voice.*

My hope is that the prayers in this book would



take you deeper into the heart of your loving Father who wants to hear your voice. When I gave my life to Jesus, someone gave me a book of prayers that I still have to this day. I used to march around my home declaring these prayers over my life and family. And let me tell you, the presence of God would flood my little apartment as I declared His Word in faith. His tangible presence would fill my heart with hope and peace during all the calamity and chaos I was facing. He is faithful to come to you when you cry out to Him with your whole heart.

I pray that the power of the Holy Spirit would do the same for you as you read these prayers in your home, at your job, in your car, over your children, over your ministry, over your relationships, or wherever you find yourself. Maybe you'll get loud like I did, or maybe you won't; the good news is that it doesn't matter. Jesus just wants to hear you. I pray that His tangible presence would consume your heart and soul as you pray these prayers of hope and faith, knowing that He is listening to you and that He longs to hear your voice.