

Roll With the Punches

Prayers for a positive attitude and a flexible heart

TAMMY LODGE

Regulated Woman

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Prayers for a positive attitude
and a flexible heart

Bend, don't break

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Welcome

I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.
Philippians 4:12

Life rarely goes exactly to plan. Trains are late. Plans fall through. People let us down. Bills arrive at the worst moment. The day you'd organised so carefully goes sideways by ten o'clock.

Some women seem to bend with it and bounce back. Others feel every knock, and can be thrown off for the rest of the day. Most of us are somewhere in between.

This is a prayer book for learning to roll with the punches: to keep a positive, hopeful attitude, to stay flexible when things change and to bounce back with God's help.

It isn't about pretending everything is fine. It's about learning, as Paul did, the secret of living well in every situation.

This booklet will help you:

- notice what knocks you off balance
- hold honesty and hope together
- see God at work when plans change
- pray for a flexible, joyful, grateful heart
- bounce back, again and again.

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Not Pretending

Honest, and hopeful

A positive attitude doesn't mean pretending we're never disappointed, tired or upset. God doesn't ask us to fake it.

When Naomi came home after losing her husband and both sons, she was honest:

> *"Don't call me Naomi," she responded. "Instead, call me Mara, for the Almighty has made life very bitter for me."*
> *Ruth 1:20*

God didn't rebuke her. He walked with her through it, and by the end of the story, her arms were full of joy again.

> *Weeping may last through the night, but joy comes with the morning.*
> *Psalm 30:5*

We can name what's hard and still choose hope. Both can be true at once.

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What Knocks Me Off Balance

Being honest

Tick the punches that tend to throw you.

- ☐ Plans changing at the last minute
- ☐ Delays and waiting
- ☐ People letting me down
- ☐ Criticism or a sharp comment
- ☐ Technology going wrong
- ☐ Unexpected bills or expenses
- ☐ Being interrupted
- ☐ Making a mistake
- ☐ Bad weather spoiling plans
- ☐ Other people's moods
- ☐ Feeling tired or unwell

The punch that knocks me hardest:

How I usually react:

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The Attitude of Christ

Following His example

You must have the same attitude that Christ Jesus had.
Philippians 2:5

Jesus faced interruptions, criticism, betrayal, crowds, exhaustion and plans that others tried to derail. Yet He stayed steady, kind and focused on His Father.

When His day of rest was interrupted by crowds, He had compassion on them (Mark 6:34). When His disciples misunderstood Him, He patiently taught them again. When people rejected Him, He moved on to the next town.

His attitude flowed from His relationship with the Father. Ours can too.

PRAY THIS

Lord Jesus, give me Your attitude: steady, kind and full of compassion, even when my day doesn't go to plan. Amen.

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We Plan, He Directs

Holding plans lightly

We can make our plans, but the Lord determines our steps.
Proverbs 16:9

What you ought to say is, "If the Lord wants us to, we will live and do this or that."
James 4:15

There's nothing wrong with making plans. But when we hold them too tightly, every change feels like a disaster.

When we hold them lightly, in an open hand, we can let God redirect us without falling apart.

A *plan I need to hold more lightly:*

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When the Door Closed

A better direction

Paul and his companions had plans to preach in Asia. Then in Bithynia. Both times, the way was blocked.

> *Then, coming to the borders of Mysia, they headed north for the province of Bithynia, but again the Spirit of Jesus did not allow them to go there.*
> Acts 16:7

That night, Paul had a vision of a man from Macedonia asking for help. So they went there instead, and the gospel reached Europe for the first time.

Two closed doors led to one of the most important open doors in history.

When your plans fall through, God may be steering you towards something better.

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Singing at Midnight

Joy in the worst moment

Paul and Silas were beaten and thrown into prison for doing good. Their feet were in stocks. It was the middle of the night.

> *Around midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening.*
> Acts 16:25

They didn't wait until things improved. They chose worship in the dark. And God moved: an earthquake shook the prison, the doors opened and the jailer and his whole family came to faith.

Your attitude in a hard moment may be the very thing others are watching, and the thing God uses.

A "*midnight*" *moment where I could choose praise:*

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The Secret of Contentment

Learned, not automatic

Not that I was ever in need, for I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.
Philippians 4:11–12

For I can do everything through Christ, who gives me strength.
Philippians 4:13

Notice that Paul says he learned contentment. It didn't come naturally. It grew through practice, as he leaned on Christ in every situation.

That means you can learn it too.

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Troubles as Opportunities

Growing through it

Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow.
James 1:2–3

We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation.
Romans 5:3–4

We don't rejoice because trouble is pleasant. We rejoice because God uses it to grow something in us that lasts.

Every punch we roll with makes us a little more resilient.

Something a past trouble grew in me:

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A Cheerful Heart

Laughter and lightness

For the despondent, every day brings trouble; for the happy heart, life is a continual feast.
Proverbs 15:15

A cheerful heart is good medicine.
Proverbs 17:22

The joy of the Lord is your strength!
Nehemiah 8:10

Sometimes the best response to a bad moment is a laugh. Burnt toast, a spilled drink, a wrong turn: not everything needs to be a crisis.

A cheerful heart doesn't deny problems. It simply refuses to let small things steal the whole day.

Something I could laugh about rather than stress over:

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Overlooking Offences

Letting things go

Sensible people control their temper; they earn respect by overlooking wrongs.
Proverbs 19:11

Make allowance for each other's faults, and forgive anyone who offends you.
Colossians 3:13

Not every comment needs a response. Not every slight needs to be carried home.

Sometimes rolling with the punches means simply letting it go: assuming the best, giving grace and moving on.

PRAY THIS

Lord, help me to let small offences go. Give me grace to overlook what doesn't need my attention, and wisdom to address what does. Amen.

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Without Grumbling

Watching my words

Do everything without complaining and arguing.
Philippians 2:14

When the Israelites were in the wilderness, they grumbled about the food, the water, the journey and their leaders.

Soon the people began to complain about their hardship, and the Lord heard everything they said.
Numbers 11:1

Grumbling can become a habit. It colours how we see everything, and it spreads to those around us.

Gratitude can become a habit too.

Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.
1 Thessalonians 5:18

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Flip the Script

From grumbling to gratitude

THE GRUMBLE…	THE GRATEFUL FLIP…
“Typical, it’s raining.”	“Thank You for the rain, and for a cosy day in.”
“The traffic is awful.”	“Thank You for time to pray and listen.”
“My plans are ruined.”	“Lord, what are You doing instead?”
“Why does this always happen to me?”	“What can I learn from this?”
“I’ve got so much to do.”	“Thank You that I have work and purpose.”
“She’s so annoying.”	“Lord, help me to see her as You do.”
“Nothing is going right today.”	“Your mercies are new every morning.”

My most common grumble, and my grateful flip:

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Quick Prayers for Everyday Punches

When it happens

When plans change: “Lord, I hold this loosely. Lead me.”

When I’m running late: “Lord, calm my heart. You hold my time.”

When someone is rude: “Lord, help me to respond with grace.”

When technology fails: “Lord, give me patience, and a sense of humour.”

When bad news comes: “Lord, You are with me. I trust You.”

When I make a mistake: “Lord, thank You for grace. Help me to learn and move on.”

When I’m tired: “Lord, be my strength today.”

When nothing goes right: “This is still the day the Lord has made. I will rejoice in it.”

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Change Me: A Flexible Heart

"Change Me" prayer

You can make many plans, but the Lord's purpose will prevail.
Proverbs 19:21

PRAY THIS OUT LOUD

Lord, change me. I hold on so tightly to my plans, my expectations and how I think things should go. When they change, I struggle.

Give me a flexible heart. Help me to bend without breaking. Teach me to hold my plans in an open hand, and to trust that Your purposes will prevail.

When doors close, help me to look for the ones You're opening. When interruptions come, help me to see them as part of Your plan, not as obstacles to mine.

Change me, Lord, into a woman who rolls with the punches, because she trusts the One who holds her.

Amen.

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Change Me: A Joyful, Grateful Heart

"Change Me" prayer

Always be joyful. Never stop praying. Be thankful in all circumstances.
1 Thessalonians 5:16–18

PRAY THIS OUT LOUD

Lord, change me. I've let small things steal my joy. I've grumbled, complained and focused on what's wrong.

Give me a joyful, grateful heart. Help me to notice what's good, even on hard days. Teach me to laugh more, worry less and thank You often.

Where I've been negative, make me hopeful. Where I've been critical, make me kind. Where I've been heavy, make me light.

Like Paul and Silas, help me to sing at midnight. Let my attitude point others to You.

Amen.

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A Morning Prayer

Setting my attitude for the day

This is the day the Lord has made. We will rejoice and be glad in it.
Psalm 118:24

PRAY THIS OUT LOUD

Good morning, Lord. This is the day You have made, and I choose to rejoice in it.

I don't know what today will bring. There may be surprises, delays, interruptions and disappointments. But You go before me, and You'll be with me in all of it.

Give me Your attitude today. Help me to stay calm, kind and hopeful. Help me to roll with whatever comes, to let small things go and to look for You in every moment.

Let my words be gracious, my heart be grateful and my spirit be joyful.

Whatever happens, today is still a good day, because You are good.

Amen.

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My Declarations

Speak these out loud

- I have the attitude of Christ.
- I hold my plans in an open hand.
- When doors close, God is opening others.
- I can sing at midnight.
- I've learned the secret of contentment in every situation.
- Troubles are growing endurance and character in me.
- I have a cheerful heart, and it does me good.
- I let small offences go.
- I choose gratitude over grumbling.
- I bend, but I don't break.
- The joy of the Lord is my strength.

For I can do everything through Christ, who gives me strength.
Philippians 4:13

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A Blessing

For the woman who rolls with the punches

May you hold your plans lightly, and trust the God who directs your steps.

May closed doors lead you to better ones.

May you sing at midnight, and see His power at work.

May your heart be cheerful, your words gracious and your spirit flexible.

And may you bounce back, again and again, strengthened by the joy of the Lord.

In the name of Jesus.

Amen.

A cheerful heart is good medicine.
Proverbs 17:22

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My Notes and Prayers

Regulated Woman

A cheerful heart
is good medicine.
Proverbs 17:22

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