

Change Me Into One Who...

Prayers for becoming a regulated woman

TAMMY LODGE

Regulated Woman

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Inviting God to transform every area of your life

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Welcome

And the Lord, who is the Spirit, makes us more and more like him as we are changed into his glorious image.
2 Corinthians 3:18

There is a simple, powerful prayer that can change your life: "Lord, change me into one who…"

It's an honest prayer. It admits that we can't always change ourselves by willpower. But it also says we're willing. We are asking God to do His transforming work in us, and we are agreeing to partner with Him as He does.

And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart.
Ezekiel 36:26

This booklet is full of "change me into one who…" prayers for every area of a regulated woman's life: rest, faith, identity, body, mind, boundaries, relationships, receiving, purpose, courage, joy and legacy.

HOW TO USE THIS BOOKLET

- Pray one section a day, or the whole booklet in one sitting.
- **Speak each request out loud,** slowly, and mean it. Your words carry power, and your spirit hears your voice.
- **Write it down in your journal too.** Writing makes it real and helps you remember.
- **Date each request** in the column beside it, on the day you first pray it.

- Add your own “change me into one who…” requests in the blank rows.
- Keep praying them every day.
- **Look back in six months.** Tick the “Changed?” column for everything God has changed, and write it down on the “What God Has Changed” page at the back.

Remember, change takes time. You are unlocking a lifetime of patterns. Keep praying, keep showing up, and watch Him work.

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Peace and Rest

Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.
Matthew 11:28

LORD, CHANGE ME INTO ONE WHO…	DATE	CHANGED?
lives from rest, not striving.		
no longer lives in survival mode.		
is calm, steady and regulated.		
rests before I collapse, and without guilt.		
knows when to push through and when to stop.		
sets my own pace and rhythm, in step with Your Spirit.		
doesn't absorb the moods, energy or rush of others.		
sleeps peacefully and wakes refreshed.		
is at peace in the in-between.		

Faith and Closeness to God

As the deer longs for streams of water, so I long for you, O God.
Psalm 42:1

LORD, CHANGE ME INTO ONE WHO…	DATE	CHANGED?
puts You first, before my phone, my plans and my people.		
knows Your voice and follows You.		
can tell Your gentle whisper from the intrusive voice.		
abides in You, like a branch in the vine.		
trusts You with my whole heart.		
prays with faith and expects You to answer.		
includes You in every decision.		
walks in the spiritual authority You have given me.		
loves Your word and lives by it.		

Identity and Worth

Thank you for making me so wonderfully complex! Your workmanship is marvelous, how well I know it.
Psalm 139:14

LORD, CHANGE ME INTO ONE WHO…	DATE	CHANGED?
knows I am loved, wanted and chosen.		
believes I am enough, just as You made me.		
no longer believes the labels others gave me.		
doesn't need anyone's approval to know my worth.		
is free from shame, guilt and condemnation.		
is no longer the black sheep, but a beloved daughter.		
is free to be me, warts and all.		
is visible, seen and heard, and safe to be so.		
knows my worth is settled in You.		

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Body and Health

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God?
1 Corinthians 6:19

LORD, CHANGE ME INTO ONE WHO…	DATE	CHANGED?
honours my body as Your temple.		
listens to my body with kindness.		
brings what feels unsettled in my body to You first.		
chooses what truly nourishes me.		
stops when I have had enough.		
doesn't turn to food, drink or habits for comfort.		
moves my body with joy.		
finds what is just right for me: not too much, not too little.		
walks through every season of my body elevated, not depleted.		

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Mind and Emotions

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.
2 Timothy 1:7

LORD, CHANGE ME INTO ONE WHO…	DATE	CHANGED?
has a sound mind and a peaceful heart.		
is no longer ruled by fear, worry or overthinking.		
takes every anxious thought captive.		
speaks life, not death, over myself.		
talks to myself like a loving friend.		
feels my emotions and brings them to You.		
faces old wounds instead of burying them.		
forgives quickly and doesn't carry bitterness.		
has a kind, compassionate inner voice.		

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Boundaries and Voice

Just say a simple, "Yes, I will," or "No, I won't."
Matthew 5:37

LORD, CHANGE ME INTO ONE WHO...	DATE	CHANGED?
says no without guilt, and yes without fear.		
knows that saying no is a superpower.		
sets healthy boundaries with love.		
speaks up for myself, calmly and clearly.		
no longer hides, shrinks or stays silent to survive.		
doesn't over-give to be loved.		
doesn't endure what I don't need to endure.		
knows what is mine to carry and what is not.		
keeps my word and honours my own promises.		

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Relationships and Love

Two people are better off than one, for they can help each other succeed.
Ecclesiastes 4:9

LORD, CHANGE ME INTO ONE WHO…	DATE	CHANGED?
loves well, without losing myself.		
stays connected to people without merging into them.		
enters relationships from fullness, not emptiness.		
attracts people who are kind, faithful and true.		
can receive love as well as give it.		
stays present instead of withdrawing.		
leads with authority, not control.		
lets go of relationships that are not from You.		
builds a home full of peace, warmth and laughter.		

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Receiving and Provision

And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.
Philippians 4:19

LORD, CHANGE ME INTO ONE WHO…	DATE	CHANGED?
receives instead of grabbing or extracting.		
lets others give to me without feeling I owe them.		
says “thank you” and means it.		
trusts You as my provider.		
no longer lives in lack or scarcity.		
earns, saves, spends and gives wisely.		
is paid fairly for the value I bring.		
is generous with what You give me.		
makes room to receive the promises I have prayed for.		

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Purpose and Work

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.
Ephesians 2:10

LORD, CHANGE ME INTO ONE WHO…	DATE	CHANGED?
knows my purpose and walks in it.		
uses the gifts You gave me, instead of burying them.		
builds a Kingdom business with Kingdom values.		
sows generously and waits patiently for the harvest.		
works from rest and works with excellence.		
isn't crushed by any system, but stays fully alive.		
calls forth the right partnerships, and is a good partner.		
blesses every client and person I serve.		
keeps going when doors close.		

Courage and Action

This is my command, be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.
Joshua 1:9

LORD, CHANGE ME INTO ONE WHO…	DATE	CHANGED?
tells languishing NO.		
doesn't wait for perfect weather to plant.		
prays, and then gets up and acts.		
takes the next step, however small.		
is disciplined, consistent and follows through.		
faces life fearlessly, little by little.		
dares to dream, and dares to be bold.		
gets back up when I fall.		
embraces the new with courage.		

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Joy and Fullness of Life

The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.
John 10:10

LORD, CHANGE ME INTO ONE WHO…	DATE	CHANGED?
enjoys my life, every single moment.		
feels joy for no reason at all.		
laughs easily and often.		
notices the glint of the sea and the clouds in the sky.		
lives fully, freely and better than before.		
is grateful for the people You've placed around me.		
blooms without conditions.		
is fully alive, not quietly managed.		
lives the rich and satisfying life You came to give.		

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Legacy and Generations

For the Lord is good. His unfailing love continues forever, and his faithfulness continues to each generation.
Psalm 100:5

LORD, CHANGE ME INTO ONE WHO…	DATE	CHANGED?
breaks the patterns that have been passed down in my family.		
passes on blessing, not trauma.		
models healthy love, boundaries and faith to my children.		
creates a home where everyone can rest and flourish.		
stands in the gap for my bloodline in prayer.		
leaves a legacy of love and faith.		
helps other women find their freedom.		
lets the healing stop the cycle with me.		
is remembered for being kind, faithful and true.		

A Prayer of Surrender

Father God, I give You permission to change me.
I can't do it all by my own strength, but I am willing.
Take out every stony, stubborn place in my heart, and give me a tender, responsive one.
Make me more and more like Jesus.

Change me into one who lives regulated, at peace, in rhythm with You.
Change me into one who knows I am loved.
Change me into one who walks in my purpose with courage and joy.

Where I resist, soften me.
Where I fall back into old ways, lift me up and set me on the path again.
Where I see no change, help me to trust that You are working underneath.

I partner with You today.
Do whatever You need to do in me.
In Jesus' name,
Amen.

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What God Has Changed

My six-month look back

Six months after you first date your requests, come back and write down what God has changed in you. You may be amazed at how faithful He has been.

DATE	WHAT HAS CHANGED

A Closing Blessing

May the Lord change you from the inside out.
May He give you a new heart and a new spirit.
May you become one who rests, trusts and receives,
one who knows she is loved,
one who walks in purpose with courage,
and one who lives fully, freely and better than before.
May you be changed into His glorious image,
and look more and more like Him.
Amen.

Lord, change me into one who...

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My Notes and Prayers

Regulated Woman

I will give you a new heart,
and I will put a new spirit in you.
Ezekiel 36:26

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