

*Foreword by Kiese Laymon*

*Mama's Book  
of Prayers*

*Prayer, Prompts, Power & Praise*

*Journal*

*Dr. Carolyn Coleman*

*And Dr. Catherine Coleman-Smith*

*Second Edition*

# *Mama's Book of Prayers*

PRAYER, PROMPTS, POWER & PRAISE

PRAYER BOOK + JOURNAL

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PRAYER BOOK + JOURNAL

DR. CAROLYN COLEMAN  
AND CATHERINE COLEMAN-SMITH

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# Dedication



*I dedicate this book to my Mama, Catherine.*

You have been and are the most influential prayer warrior and best friend that anyone could have in life. I dedicate this book to you with a grateful heart of thanks for all the prayers and encouragement you have given me and countless others. I would have never been able to defeat my demons and pray for others to conquer theirs without your prayers. Thank you.

I thank you for making me believe that I could do and be anything I wanted to be in life. Your love of God was my compass. You taught me how to pray and the power of prayer. The night I heard you calling my name in prayer awakened and revealed my divine purpose. I had instantly fallen in love with the power that comes through prayer.

I knew that the God in me was alive and actively seeking me out for a divine, yet unknown purpose. Today, I realize that the purpose was to help others, through the power of prayer, to gain victory over the enemy from within and without.

I promise that I will continue to pray without ceasing and help others learn the power of prayer. I will teach others how to war and win with prayer. I will push forward your words to me:

*Don't stop praying about it until God fixes it. While you are waiting in faith for the answer, tell God 'Thank You'. Why? Because it's already done. Every answer you are seeking you will find inside of you. For the God in you will keep you and bring all things to your remembrance. Ask in faith, trust God, fear not, and act when you hear Him calling your name.*

On rainy and cold days in my life I hear you saying, “God is good all of the time. On your worst day, God is still good. I know He is good because He has been good to me.”

Yes, God is good, Mama. Thank you for every life lesson that you have taught, shared and exhibited in your life. I would not have been able to conquer the storms and overtake the mountains of pain and doubt that comes with life without your inspiration, courage, fierceness, and faith to always come out the winner on the other side.

As a young teen, I saw you deal with the wounds of betrayal. Yet, you held your head up high. You walk in a grace that could only be given by God. You refused to bow to despair and become bitter.

Instead, you walked in a peace that spoke to me unknowingly that said you are strong, faithful, and determine to overcome every storm.

You taught me that it is up to me to chart my destiny and define my success. You said happiness, peace, love, joy, determination, and abundance is a choice. That no one-person should ever be seen or deemed as rejection. It is just one-person opinion. Next.

At 93-years-old, Mama, you still inspire and encourage me. I still hear you calling my name in prayer. It still brings me joy and causes my heart to skip a beat and shout ‘thank You God for Mama’ for all the love and inspiration you have given to your children,

grandchildren, great grandchildren, numerous community children and adults. Kudos to you!

I am not afraid to walk alone. Nor am I afraid to ask for help. Nor am I afraid to boldly challenge myself and others to pray in faith, and know that it's already done!

*Thank you, Mama.*





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# *Foreword*

*by Kiese Laymon*



My grandmother, Catherine Coleman, taught my auntie, Bishop Carolyn Coleman to pray years before she taught me. Though all students should be equally valued, some students value the lessons of their teachers more than others. In our family, though we were all diligent students, my auntie has used the lessons we were taught by my grandmother most profoundly.

Where many of us purport or pretend to live God-fearing lives or God-loving lives, my auntie Bishop Carolyn Coleman always believed in creating lives where God was honored.

This wholly original book of prayers is more than a how-to book; it is a magnificent aid, a blessed offering pleading with all of us to hone our practice of loving God through the daily honoring of the abundance God has made possible. This book, like my auntie, is wise in its ability to look backward and innovative in its desire to wander forward. I love my auntie and am thankful for her eternal love of us. She is teaching all of us how to tenderly honor God.



# ***Introduction***



*I was born for purpose. Raised for success.  
Washed from the fear of failure.  
I am transformed and blessed through  
the power of prayer.*

DR. CAROLYN COLEMAN

This book, like my life, is born out of a love of God, family, friends, colleagues, foes, and hidden and revealed enemies. Every circumstance brought me closer to God through the **Power of Prayer**.

There are prayers of proclamation of faith, prayers of supplication, and prayers for request. The good news is that scripture reminds us that not only does the Father hear our prayers, but He is Sovereign and honors faithfulness. It is good to know that although we are not perfect, He is pleased by our commitment to trusting His Word.

The goal of **PRAYER, PROMPTS, POWER & PRAISE** is to enhance your prayer life and improve your ability to understand how scripture is the tool for personally communicating His Word.

Scriptures states, *“<sup>1</sup>Moreover the word of the Lord came unto me, saying, Jeremiah, what seest thou? And I said, I see a rod of an almond tree. <sup>12</sup>Then said the Lord unto me, Thou hast well seen: for I will hasten my word to perform it”* (Jeremiah 1:11-12).

We recognize the need to pray in and out of season and the need to petition on behalf of others.

This scripture states, *“<sup>4</sup>Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: <sup>15</sup>And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. <sup>16</sup>Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much”* (James 5:14-16).

The Word declares, *“<sup>9</sup>And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. <sup>10</sup>Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ’s sake: for when I am weak, then am I strong”* (2 Corinthians 12:9-10).

We pray because we simply delight in communicating and worshipping Him.

The Word promises, *“<sup>6</sup>O come, let us worship and bow down: let us kneel before the Lord our maker. <sup>7</sup>For he is our God; and we are the people of his pasture, and the sheep of his hand”* (Psalm 95:6-7a).

We pray because the thoughts of our heart bring us into the presence of God.

God speaks and gives His servants directions to *“The counsel of the Lord standeth for ever, the thoughts of his heart to all generations”* (Psalm 33:11).

We pray because the God in us demands that we ask, seek and search for divine wisdom in order to receive the downloads of His Visions for us.





We find comfort in the reading of the scripture. *“<sup>14</sup>And the Lord said unto Abram, after that Lot was separated from him, Lift up now thine eyes, and look from the place where thou art northward, and southward, and eastward, and westward: <sup>15</sup>For all the land which thou seest, to thee will I give it, and to thy seed for ever. <sup>16</sup>And I will make thy seed as the dust of the earth: so that if a man can number the dust of the earth, then shall thy seed also be numbered. <sup>17</sup>Arise, walk through the land in the length of it and in the breadth of it; for I will give it unto thee. <sup>18</sup>Then Abram removed his tent, and came and dwelt in the plain of Mamre, which is in Hebron, and built there an altar unto the Lord”* (Genesis 13:14-18).

**PRAYER, PROMPTS, POWER, AND PRAISE** is a collection of life lessons and affirmations that have molded my character and shaped my divine purpose. This collection of prayers was written to inspire, assist, empower and help one develop a strong (or stronger) prayer life that will set the trajectory of your life and all that you touch.

For every daughter and son of the faith, every family member, student, church family, friend and foe that have called on me to pray, this book is for you.

Life taught me to love the unlovable and forgive the unforgivable because it set me free. I pray that the prayers, the prompts, and the praises will elevate your mind and open the windows and doors of your heart so you can walk in oneness with the Creator.

This book is an offering of love that I pray will heal, deliver, and set you and those you love free.

Free you from shame and disappointments.

Free you from doubt and fear and cause you to be transformed and elevated into greatness.

Read and share the prayers and complete the prompts, and watch the praise arise and the Power of God ignite and take full control. Your greatness is never defined by what is outward but by the inward thoughts, actions, and deeds.





# ***Affirmations to Live By***



## **I WILL SPEAK WITH A SOUND MIND**

I will love and forgive on purpose. I have discovered that I am smarter than I thought and wiser than I knew.



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# I AM A DISCERNER

I have learned wisdom from the ant. I am a discerner of people and circumstances. I have learned the value of preparing in advance of the storm.



# I AM A FORCE OF UNSTOPPABLE ENERGY

