

3 - The Prayer of "Being"

Prayer #1

"Abba Father, I step away from the rush of my schedule and into Your comforting presence. I lay down every burden, every item on my to-do list, and the pressure I feel to perform or achieve.

Lord, help me to be still and know that You are God. I surrender my need for control and my anxious thoughts about tomorrow, trusting that You are already there. I release the 'human doing' in me and embrace "being" Your child.

Cover me with Your peace. Restore any weariness in my soul beside Your still waters and refresh my spirit with Your love. Teach me to work from a place of rest, anchored in the certainty that Your grace is sufficient for everything I face.

In the name of Jesus, Amen".

Prayer #2

"Abba Father, I enter Your presence today and intentionally step away from the rush of the world. I ask You to cover me and overshadow my soul with the reassurance that You are near.

Lord, I surrender my need to have tomorrow figured out before I can rest tonight. I release the burdens of my to-do list, the expectations of others, and every anxious thought. Help me to be still and know that You are God, trusting that You are in control even when I am not 'doing'.

Quiet the noise in my mind and replace my restless striving with Your perfect peace. I receive Your rest, restoration, and renewal for my body, mind, and spirit. Teach me to carry this sense of Your abiding presence through every activity of my day.

In the mighty name of Jesus Christ, Amen."