

ROSES *and*  
THORNS

Prayer Guide:

HAVING A LITTLE TALK WITH JESUS



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# Prayers



# Prayers

Lord, Thank you that you have give me access to Your power through Your Holy Spirit, which enables me to live the life You have for me. Teach me to live the life You have for me. Teach me to claim the clear and sound mind You have given me so I can stand strong against any error of thinking or instability in my mind.

Help me to never give place to irrational fear or allow it to occupy my mind or my life in any way. Show me where fear in me has brought about illness or infirmity of any kind so I can be healed.

Keep my heart strong so that it never fails because of fear. Thank You that You are far greater than anything I fear.

In Jesus' name I pray.

*Omartian, Stormie. The Power of Praying Through Fear. Harvest House Publishers, 2017.*

# Prayers



Lord, enable my adult child to be a good steward of all you have given her (him). Help her (him) to learn to give to You in a way that is pleasing in Your sight. If she (he) is having financial problems right now, I pray for things to turn around.

Open the doors of opportunity and help her (him) to be fairly compensated for the work she (he) does. I pray for Your blessing of provision upon (name of adult child).

Give her (him) wisdom with regard to work, career, occupation, and profession. I pray for success in the work You have called her (him) to do.

In Jesus' name I pray.

*Omartian, Stormie. The Power of Praying for Your Adult Children. Harvest House Publishers, 2009.*



# Prayers

## **Prayer for Unity**

Did you know that Jesus prayed for you? John 17 records a prayer of Jesus that includes "all who will believe in me." It's a prayer for unity of spirit and purpose.

"My prayer is not for them alone. I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. I have given them the glory that you gave me, that they may be one as we are one - I in them and you in me - so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me."

John 17:20-23

*Groeschel, Craig. Dangerous Prayers. Zondervan, 2020.*

# Prayers

## **Prayer for Provision**

Dear Father God,

Thank You for Your unfailing love for me, Your blessings, and goodness.  
Thank You for Your faithfulness to guide me and see me through times of uncertainty, for lifting me up, and setting me on high.

Thank You for Scripture that comforts and reminds me of Your promises, plan, and provision. Thank you for taking away my fears and worries, the what-ifs, and reminding me that my help comes from You. Help me be a good steward and to sow wisely.

In Christ's Name, Amen.

*Davis, Renee. <https://www.crosswalk.com/faith/prayer/23-short-prayers.html>*

# Prayers

## **Prayer for Growing Faith**

Dear Lord, help me - every single morning - to find faith in the midst of the chaos. Give me the desire and ability to see You, hear You, talk to You, and give thanks to You.

And as I do, I pray that I will draw nearer and nearer to You, and that my faith will multiply exponentially as I understand in new, deeper ways that You are everything I ever hoped You would be. And so much more.

Amen.

*O'Dell Stanley, Kelly. <https://www.crosswalk.com/faith/prayer/23-short-prayers.html>*

# Prayers

## **Prayer for Restored Relationships**

Father God, open my eyes to see the ways I'm like Cain. What conflicts am I allowing to brew in my family? What anger is bubbling into murderous rage in my relationships?

Thank You for the clarity to see how hatred kills relationships. I choose instead the way of love. Love protects. Help me to protect those I love by loving them. Your way is always best,

Father. I pray in Jesus' Name,

Amen.

*MacDonald, James. <https://www.crosswalk.com/faith/prayer/23-short-prayers.html>*

# Prayers

## **Short Prayer for Thankfulness**

God, sometimes life gets me down and I find it hard to see things to be thankful for.

Open my eyes to see the gifts you've given me in my life. I'm going to start by thanking you for loving me enough to come to earth and die so we can live together forever.

Amen.

*Van Eyck, Wendy. <https://www.crosswalk.com/faith/prayer/23-short-prayers.html>*

# Prayers

## **Prayer for Being Grateful**

Father, I am so sorry for the way I complain about my circumstances. Please forgive me for my bad attitude when things don't go my way. I want to see Your hand in every part of every day - good or bad.

Help me learn how to face every storm with confidence, knowing that You really are in control even though I cannot hear Your voice or see Your hand at work.

In Jesus Name,

Amen.

*Southerland, Mary. <https://www.crosswalk.com/faith/prayer/23-short-prayers.html>*

# Prayers

## **Prayer When Feeling Inadequate**

Dear Lord,

Thank You for fearfully and wonderfully creating each of us. Thank You for giving us worth in Your eyes.

Help us live as the one You uniquely intended us to be. Help us abide instead of strive, living peacefully and joyfully as heirs to Your Kingdom and co-heirs with Christ.

In Jesus' Name,  
Amen.

*Sunne, Julie. <https://www.crosswalk.com/faith/prayer/23-short-prayers.html>*

# Prayers

## **Prayer For Worry**

Father,

I am tempted to worry about so many things. Our world is a mess! Forgive me for focusing on anything or anyone but You. Thank You for the Bible that equips and empowers me to live each day.

Right now, I declare that You are my only Hope. Please help me remember that You really are in control.

In Jesus' Name, Amen.

*Southerland, Mary. <https://www.crosswalk.com/faith/prayer/23-short-prayers.html>*

# Prayers

## **Prayer for Self Control**

Father,

Today I ask forgiveness of all the negative and harmful words I have spoken about myself. I do not want to abuse myself in such a way again.

Transform my thoughts and let me understand how marvelously you made me.

Change my habits so I use my tongue to speak hope and favor upon my life.

In Jesus' name, Amen.

*Coleman, Sarah. <https://www.crosswalk.com/faith/prayer/23-short-prayers.html>*

# Prayers

## **Prayer For Loving Like Jesus**

Father,

I have to thank You for looking beyond my faults and for loving me unconditionally.

Forgive me when I fail to love others in the same way.

Give me eyes to see the needs of the difficult people in my life, and show me how to meet those needs in a way that pleases You.

In Jesus' Name, Amen.

*Southerland, Mary. <https://www.crosswalk.com/faith/prayer/23-short-prayers.html>*

# Prayers

## 10 Prayers to Start Your Day

Each one of these 10 prayers will start your day off with your eyes focused on God. You will be honoring Him with your words and mind from the beginning of your day. Regardless of what your day will entail, you can start your day with prayer.

"Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life."

**-Psalms 143:8**

"Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long."

**-Psalm 25:5**

"Lord, be gracious to us; we long for you. Be our strength every morning, our salvation in time of distress."

**-Isaiah 33:2**

"Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days."

**-Psalms 90:14**

"For God did not give us a spirit of timidity, but a spirit of power, of love and self-discipline."

**-2 Timothy 1:7**

"In the morning, O Lord, I will direct my song and my prayer unto You and will look up."

**-Psalm 5:3**

"God is within her, she will not fall; God will help her at break of day."

**-Psalms 46:5**

"This is the day that the Lord has made; let us rejoice and be glad in it."

**-Psalm 118:24**

# Prayers

## 10 Prayers about Love

At any time during the day, we pray and thank God for His love. These 10 prayers about love will encourage you as you speak the truth about God and His perfect love.

If I speak in the tongues of men or of angels but do not have love, I am only a resounding gong or a clanging cymbal. **1 Corinthians 13:1**

Lord, I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. **Romans 8:38-39**

Lord, I thank that I can see what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him. **1 John 3:1**

Lord, I believe that these three remain: faith, hope and love. But the greatest of these is love. **1 Corinthians 13:13**

Lord, I believe that whoever pursues righteousness and love finds life, prosperity and honor. **Proverbs 21:22**

Lord, I know that if I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. **1 Corinthians 13:2**

Lord, please let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching. **Hebrews 10:24-25**

Lord, I thank you that love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. **1 Corinthians 13:4-5**

Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? **Romans 8:35**

Lord, help me to do everything in love. **1 Corinthians 16:14**

# Prayers

## 10 Prayers against Fear

When you are feeling fearful, you can pray these Scriptures over yourself and whatever situation you are in. These Scriptures will help bring you peace as you ask the Lord to be present in the midst of your fear.

"Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken."  
***Psalms 55:22***

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."  
***John 14:27***

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?"  
***Matthew 6:25***

For God gave us a spirit not of fear but of power and love and self-control."  
***2 Timothy 1:7***

Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you."  
***Deuteronomy 31:6***

"I have told you these things, so that in me you may have peace. In this world, you will have trouble. But take heart! I have overcome the world."  
***John 16:33***

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."  
***Matthew 6:34***

"Therefore, we may boldly say: The Lord is my helper; I will not be afraid. What can man do to me?"  
***Hebrews 13:6***

"Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid."  
***John 14:27***

"Cast all your anxiety on him because he cares for you."  
***1 Peter 5:7***

# Prayers

## 10 Examples of Bedtime Prayers

These 10 bedtime prayers from Scripture will help you be peaceful as you sleep for the night.

"When you lie down, you will not be afraid; when you lie down, your sleep will be sweet."

**Proverbs 3:24**

"You have put more joy in my heart than they have when their grain and wine abound. In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety."

**Psalm 4:7-8**

"But you, O Lord, are a shield about me, my glory, and the lifter of my head. I cried aloud to the Lord, and he answered me from his holy hill. Selah. I lay down and slept; I woke again, for the Lord sustained me."

**Psalm 3:3-5**

"For God's not given me a spirit of fear, But a spirit of love, and of power, and a sound mind, To live each day and glorify his name."

**2 Timothy 1:7**

"I lay down and slept, yet I woke up in safety, for the LORD was watching over me."

**Psalm 3:5**

"Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast. If I say, 'Surely the darkness will hide me and the light become night around me, even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.'"

**Psalm 139: 7-12**

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."

**Matthew 11:28-29**

"...for he gives to his beloved sleep."

**Psalm 127:2**

Peace I leave with you, my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

**John 14:27**

"I lift up my eyes to the mountains—where does my help come from? My help comes from the Lord, the Maker of heaven and earth. He will not let your foot slip—he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep."

**Psalm 121:1-4**

<https://justdisciple.com/christian-prayer-example/>

# Prayers

## 10 Prayers of Praise

By praying these 10 prayers of praise, you will fix your eyes on God and glorify Him by reading and memorizing His word.

"All the earth worships you and sings praises to you; they sing praises to your name. Selah."

***Psalms 66:4***

"Rejoice always; pray without ceasing; in everything give thanks; for this is God's will for you in Christ Jesus."

***1 Thessalonians 5:16-18***

"I will bless the LORD at all times; His praise shall continually be in my mouth. My soul will make its boast in the LORD; The humble will hear it and rejoice. O magnify the LORD with me, And let us exalt His name together. I sought the LORD, and He answered me, And delivered me from all my fears."

***Psalms 34:1-4***

"Glory in his holy name; let the hearts of those who seek the LORD rejoice! Seek the LORD and his strength; seek his presence continually! Remember the wondrous works that he has done, his miracles and the judgments he uttered,"

***1 Chronicles 16:10-12***

"Enter his gates with thanksgiving and his courts with praise! Give thanks to him; bless his name!"

***Psalms 100:4***

"Worthy are you, our Lord and God, to receive glory and honor and power, for you created all things, and by your will, they existed and were created."

***Revelation 4:11***

"May my prayer be counted as incense before You; The lifting up of my hands as the evening offering."

***Psalms 141:2***

"But this I call to mind, and therefore I have hope: The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. 'The LORD is my portion,' says my soul, 'therefore I will hope in him.'"

***Lamentations 3:21-24***

"The heavens declare the glory of God, and the sky above proclaims his handiwork."

***Psalms 63:3-4***

"But I will sing of your strength; I will sing aloud of your steadfast love in the morning. For you have been to me a fortress and a refuge in the day of my distress."

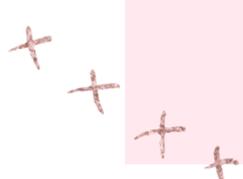
***Psalms 59:16***

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# About Roses and Thorns

ROSES *and*  
THORNS

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Over 20 years ago, I sat with a girlfriend; dreaming. We were energetic, ambitious young women who loved God and sisterhood. We determined that we were going to develop an organization to uplift women. We planned to call it The Total Woman because it was our goal to discuss the broad range of issues women face. We were going to write books, host conferences and provide resources. Well, that was the plan anyway, but life happened. The plans for establishing the organization took up residence in my rear view mirror. There it sat; taunting me, reminding me of all of the commitments and promises that I had made to God to be obedient to His plan for my life. There were so many things that I allowed to take priority over my purpose.

Over the years, I would revisit the thought of The Total Woman organization and would develop outlines and put to paper ideas and plans, but I never seemed to make it out of the draft phase. It seemed as if The Total Woman was not to be. In 2006, I moved to Texas through a job transfer. Fortunately, moving to Texas was one of the best decisions I've made in my life. My daughter thrived, and we were able to develop friendships that grew into a community of support; our Texas family. In 2015, I was feeling inspired to establish The Total Woman organization. I was ready to define and document what God had given me so that I could communicate a clear vision, so I prayed for direction.

I was a different woman than that 22-year old who received the vision. I had experienced things that the 22-year old me wouldn't have imagined. As a result, I was inspired to change the name. This organization would not be called The Total Woman. The organization should be called Roses and Thorns. So why Roses and Thorns? When my daughter was in grade school, we shared our days with one another by speaking of the "roses" and "thorns" of our day. The "roses" were the parts of our day that were good or exciting. We would share the things that went well rather it was getting an "A" on an unexpected quiz or having a productive meeting at work. We would also report the "thorns" that occurred; sharing the parts of our day that were challenging and hurtful. This communication tool was an effective method for me to peek into the day of my daughter and to hear her heart. I was able to learn the things that were important to her and recognize the triggers that made her hurt, upset, excited and happy.

These experiences; roses and thorns, well describe the state of existence of the lives of most women. We have the rose petal experiences of life that are beautiful, fragrant, and glorious to behold. In contrast, there also exists the painful, hurtful, conflicting experience in life. It is my prayer that you gain strength and sisterhood as you connect with other women of faith.

*Connect with Us:*



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