

PRAYER FOR WHEN YOU FEEL DISCOURAGED

Key Scripture: “Let not your heart be troubled: ye believe in God, believe also in me” (John 14:1).

Key Thought: “He [God] has appointed seasons of refreshment, and you shall find He does not forget you. Above all, keep close to the throne of grace. If we seem to get no good by attempting to draw near him, we may be sure we shall get none by keeping away from him” (John Newton).

Prayer: Thank You, Father, for the trial of my faith that I recognize to be more precious than that of gold.¹ Through prayer I know I am able to rise out of my discouragement. Therefore, in everything (including these troubling circumstances), by prayer and supplication with thanksgiving, I will let my requests be made unto you. Father, I seek Your peace and encouragement because I know Your peace surpasses all understanding, and it will keep my heart and mind through Christ Jesus. ² Thank You, Father.

Though I walk in the midst of trouble and discouragement, I know You will revive me, Lord. I humbly beseech You to stretch forth Your hand against the wrath of my enemies, and I know Your right hand will save me. ³ Thank You, Lord.

Through Your grace, I refuse to cast away the confidence You’ve imparted to me, Father. ⁴ I know that You will continue Your workmanship in my life until Jesus returns.⁵ In place of my discouragement, as I pray, I sense You are giving me courage. I receive Your strength, Lord, as I continue to hope in You. ⁶

Teach me Your way, O Lord, and lead me in a plain path. I wait upon You with the good courage You’re imparting to me. Thank You for strengthening my heart. ⁷

You, Lord, are the lifter of my head. ⁸ You give your holy angels charge over me, to keep me in all my ways. ⁹ I will say of you, O God, You are my refuge and my fortress, my God in whom I will trust. ¹⁰

I rejoice in the encouragement Your Word brings to me, Father.

References: (1) *1 Peter 1:7*; (2) *Philippians 4:6-8*; (3) *Psalm 138:7*; (4) *Hebrews 10:35*; (5) *Philippians 1:6*; (6) *Psalm 31:24*; (7) *Psalm 27:11*; (8) *Psalm 3:3*; (9) *Psalm 91:11*; (10) *Psalm 91:2*.

Adapted from *Bible Prayers for All Your Needs*, Victory House Publishers, Tulsa, Oklahoma.