

Storybook

Reflections on an Honest Night of Storytelling

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THE GOSPEL + YOUR STORY

The word gospel, put simply, is *Good News*. The *Good News* of Jesus Christ is the story of God's redemption plan for humanity. God created the world good and made humanity in His image to live in loving relationship with Him and to reflect His glory. Humanity fell into sin by rejecting God's way, breaking the sacred relationship and bringing sin, death, and brokenness into the world. God redeemed us through Jesus Christ, who lived without sin and died on the cross for our sins. He was raised to life by the power of the Holy Spirit to restore us to God. Now, as restored people, believers are sent on mission to live under Jesus' lordship, proclaim His kingdom, and invite others to be reconciled to God.

Did you catch that? Because God loves you, he sent His Son to die on the cross and be raised to life to make you right with God. Jesus defeated sin and death so that you can have resurrection life. It's a free gift of salvation through grace by faith. Maybe you've grown up in church and have heard this before. Maybe this is a new concept for you. The *Good News* of Jesus is something you need to be reminded of every day. You can't earn your own salvation. You can't win against sin on your own. Jesus is True hope because he offers you True freedom.

As you walk more with Jesus, the Spirit transforms your life in ways you didn't expect. You start saying yes more to the Kingdom and no more to your worldly desires. You learn what it means to deny yourself, take up your cross and follow Jesus (Matthew 16:24). God wants more for our life than you could ever ask or imagine (Ephesians 3:20), and He made a way so that you could experience life—life to the full (John 10:10).

After hearing the story of God and the testimonies of all the story-sharers tonight, the question remains...*what's your story?*

Reflect on the following question to help you write your own story on the insert in your book:

What's your Dirty Laundry? How has God met you in this or how do you still need God to show up?

WHAT NOW?

Step 1: On Your Own

Use the insert in your book to write out your Dirty Laundry. After writing it out, ask yourself, is there anything I need to confess? If you need some help in this area, refer to the 4 C's to Freedom on page 4.

Step 2: Small Group

Circle up with a few people around you and share what the Lord is stirring in you tonight. Take some time to pray for each other. Not sure what to pray? Consult the prayers and scriptures in the index of this book.

Step 3: Receive Prayer

We would love to pray with you. If you would like to pray, find a prayer team member around the room to pray with you as you take your next steps toward freedom. Our prayer team members have been trained and equipped to pray with you through the Dirty Laundry you may have confessed tonight. Feel free to bring a friend along with you!

THE 4 C's TO FREEDOM

Our stories frequently encounter sin. Sin, simply put, is “missing the mark” or anything that might separate us from God. When we do encounter sin, the following prayer can help us renounce the sin and move into more life with God.

CONFESS YOUR SIN

Sin on my part: whether it's disobedience or admitting where you “missed the mark”. Confess your sin, name it, be as specific as you can and ask Jesus, according to 1 John 1:9, to forgive and cleanse you. Then, receive His forgiveness.

- *Prayer:* God please forgive me for _____.
Thank you for your forgiveness. I am forgiven.

Sin of offense or hurt from/towards someone:

Acknowledge how or what this person did that hurt you and name how it made you feel.

- *Prayer:* God I choose to forgive _____ for _____.
What he/she did made me feel _____.

CANCEL THE GROUND

Cancel the ground that sin gave permission for the enemy to occupy in your heart, soul, mind, emotions and relationship.

- *Prayer:* In Jesus name I cancel any ground (emotional, relational, physical and spiritual ground) the enemy has had because of my sin [or this hurt/offense].

COMMAND THE ENEMY TO LEAVE

Command—in the name and authority of Jesus—the enemy to leave that ground you gave him and send him to the feet of Jesus to be dealt with by Christ.

- *Prayer:* In Jesus name and His authority, I command the enemy to leave this ground now and go to the feet of Jesus and away from me.

COME, HOLY SPIRIT

Ask the Holy Spirit to come and fill that ground. Ask him to speak a word of truth in love over you.

- *Prayer:* Holy Spirit please come now and fill my heart with your presence and truth and love. Amen.

CONTINUING THE STORY

A 5-Day Journey Toward Lasting Freedom

DAY 1: BE KNOWN

Read **Psalm 139** once to absorb the information of the Scripture, then read it again and ask God, ***what is the word, phrase, or verse that seems to be addressed to me?***

After a night of honest storytelling, there are a lot of ways that it can feel like you're too far gone or like your story isn't as interesting as someone else's. This couldn't be further from the truth! Psalm 139, though commonly quoted in the church, rings true if you feel like you're far from God or super close. You are fearfully and wonderfully made.

There are definitely many words, phrases, or verses that stuck out to each person reading, but for today, let's focus in on the last two verses:

“Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.” –Psalm 139:23-24

God knows our hearts better than we know it ourselves. Take a moment to ask God what's in your heart. Then refer to page 6 and walk through the 4 C's to Freedom with whatever “offensive way” the Lord might bring up. It could feel super small or life-altering. The goal is to offer our story up to God and be able to say the same thing David says at the beginning of Psalm 139: “You have searched me, Lord, and you know me.” Journal your response on the next page.

DAY 2: FORGIVENESS

Many people go a lifetime holding unforgiveness in their hearts because they simply don't have the vocabulary to realize it's there. They think, *I have been betrayed, therefore, I will hold this against that person so I don't get hurt again.* But in all actuality, this thought process is a poison called unforgiveness.

Unforgiveness comes into play when we choose to seek repayment against the one who harmed us. It is a convoluted way of saying we do not want to voluntarily suffer.

Forgiveness *always* has a cost and it often plays out in ways we never could have predicted. When Jesus paid our debt on the cross, He volunteered to suffer on our behalf for our forgiveness. When we refuse to forgive someone, we reject suffering the pain or wound against us and instead hold it inside and store up bitterness. On top of the bitterness, we convince ourselves it is the best way forward because it repays our offender the offense they committed against us.

The issue is, holding this bitterness inside of ourselves actually eats away at our souls from the inside out. Jesus paid for much more than just our sin, but for the sins of others who wounded us as well. Sometimes voluntarily suffering through the wound and giving it to Jesus gives us freedom—regardless of if the offender asks for forgiveness.

Jesus tells us in his greatest sermon he ever preached called the Sermon on the Mount, *"If you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins"* (Matthew 6:14-15). What Jesus explains in many ways throughout his sermon is that the way things run in the world are often the opposite of how it works in the spiritual reality of the kingdom of heaven. Jesus

coming to earth to teach, live, suffer, die, and be raised was for a purpose: to set us free from the captivity of shame, guilt, and death. His willingness to take on suffering on our behalf is therefore the road map for what it looks like to bring the kingdom of heaven to earth. And this is good news!

When we have been forgiven of our sins, we begin to release our rights to hold onto judgment of others. Corrie ten Boom was a Christian during the second World War. She lived in the Netherlands and she and her family housed Jews and hid them from the Nazis which eventually landed them in a concentration camp. In her autobiography, she explains how she came to think of forgiveness when it came to forgiving the Nazis of their wrongs:

“Forgiveness is letting go of a bell rope. If you have ever seen a country church with a bell in the steeple, you will remember that to get the bell ringing you have to tug awhile. Once it has begun to ring, you merely maintain the momentum. As long as you keep pulling, the bell keeps ringing. Forgiveness is letting go of the rope. It is just that simple. But when you do so, the bell keeps ringing. Momentum is still at work. However, if you keep your hands off the rope, the bell will begin to slow and eventually stop.”

Take a moment today and ask, “God, is there anyone I need to forgive?” This could be anyone—including yourself. Allow the Lord to reveal any bitterness or unforgiveness that may be hidden and then release it back to Jesus, journaling your response on the next few pages. This most likely will not be a one-time experience. It is always tempting to grab the rope and start pulling again, but every time you do, let go of the rope, release it back to Jesus, and allow the bell to stop ringing over and over and over again.

DAY 3: A WAY OUT

Read both **James 1:14-15** and **1 Corinthians 10:13** once to absorb the information of the Scripture, then read it again and ask God, ***what is the word, phrase, or verse that seems to be addressed to me?***

You might have heard the phrase, “Hate the sin, not the sinner.” While this phrase has come to mean a lot of things that maybe twist the truth in unhelpful ways, it’s catchy and it has a truth to it. Sin can be defined as anything that separates us from God. God doesn’t hate the world, He hates the sin that separates us from Him. He actually loves His people so much that he gave his one and only Son so that those who believe in him would not perish, but have eternal life (John 3:16). And on top of that promise of eternal life, God made a way for heaven to come to earth through his Son, Jesus, who knew no sin. This kind of love makes a way for us to be able to resist temptation.

Sin is a disease. James writes that evil desire “gives birth to sin; and sin, when it is full-grown, gives birth to death.” Sin doesn’t just separate us from God, it literally leads us to death. But Paul writes that there is another way, freedom from death and sin. He says that God will always provide a way out of every temptation we face. **We may not always be taken out of the circumstance at hand, but He creates endurance within us to resist and walk forward every time we contemplate an evil desire.** He loves us *that* much.

Think of a moment where you’ve been tempted by an evil desire. If God says in Scripture that he will provide a way to endure any temptation, take the next page to journal your response: **God where were you in this moment? How do you want to provide a way out?**

DAY 4: NOTHING CAN SEPARATE US

Read Romans 8:31-39 once to absorb the information of the Scripture, then read it again and ask God, ***what is the word, phrase, or verse that seems to be addressed to me?***

There are moments when we experience the love of God in small ways, but there are also moments when we experience Him in powerful ways. Oftentimes, we try to make sense of these moments and we ask ourselves, *what did I do to deserve this kind of love?* We might even be tempted to figure out the magic formula of how we got God to show up for us in that way. Was it how much I prayed? Was it how much I read Scripture? Maybe it was because I went out of my way to pick up my roommate from class when it was raining. But the issue with this thinking is thinking that we're able to earn the love of God at all.

So, what happens when we slip up? Paul tells us that “Christ Jesus is at the right hand of God and is also interceding for us” and then he explains all the ways that nothing will ever be able to separate us from the love of God. God’s love. It’s an inescapable force and presence that disarms the enemy, breaks our chains, and sets us free—and we have such a small part to play in all of it. You may have experienced this love at Dirty Laundry, or if you’re still working through this devotional, you might be yearning to experience the love of God in a powerful way. Either way, take a moment on the next page to ask the Lord if there’s anything that might be “in the way” of you experiencing his love. As anything comes up, release that thing to Jesus as he intercedes on your behalf and receive the love that nothing can separate you from.

DAY 5: ARMOR UP

Read **Ephesians 6:12-20** once to absorb the information of the Scripture, then read it again and ask God, ***what is the word, phrase, or verse that seems to be addressed to me?***

C. S. Lewis explains spiritual warfare just that: warfare. He writes, *“Enemy-occupied territory---that is what this world is. Christianity is the story of how the rightful king has landed, you might say landed in disguise, and is calling us to take part in a great campaign of sabotage.”* Jesus didn’t want us to experience the consequences of sin, so he came to earth, died, and rose so that we could be more than conquerors (Romans 8:37). We are children of God (Romans 8:16). As children, we are able to take up the full authority of our King Jesus and stand against the schemes of the enemy.

Today, we’ll be creating our own armor so that we can stand firm and fight against any sin that may try to threaten us. We can use Scripture to ensure we stay close to God instead of experiencing the separation of sin. Walking through the armor of God could be a one-time experience, but we encourage you to use this in your everyday life. One of our staff members has used this way of praying over temptation for years and has found so much fruit in their life with God.

Pray each piece of the armor of God over yourself:

Stand Firm: we are able to Stand Firm because of the armor we are given

Belt of Truth: God's truth is the thing that holds everything together

Breastplate of Righteousness: received through faith in Jesus - "Abraham believed God and it was credited to him as righteousness" (Gen. 15:6, Rom. 4:3)

Feet Fitted with the Readiness that comes from the Gospel of Peace: the gospel is the footing for everything we do, it encapsulates us, and pushes us out to others

Shield of Faith which extinguishes the flaming darts of the evil one: gives us the ability to extinguish the lies, fears, and thoughts that the enemy are hurling at us.

Helmet of Salvation: knowing I am saved by Jesus safeguards my mind

Sword of the Spirit which is the Word of God: our only offensive weapon, all Scripture is God-breathed (2 Tim 3:16-17) and Holy Spirit makes it alive to us

Next, find your own Scriptures:

Some people find it helpful to use Mark 12:30 as a guide to find other scriptures to fight: "Love the Lord your God with all your **heart** and with all your **soul** and with all your **mind** and with all your **strength**." Find a Scripture that safeguards each or find 4 other Scriptures that speak to the season you're in to finish out your armor on the next page.

Read your armor over yourself daily.

Scripture isn't just some dead book written hundreds of years ago, it's "alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart" (Hebrews 4:12). It may not sink in until you've done it for a few days, but be encouraged: the Word will shape your mind and help you walk into freedom.

SCRIPTURE INDEX

REDEMPTION, HEALING, & HOPE

2 Corinthians 5:17

Therefore, if anyone is in Christ, the new creation has come: the old has gone, the new is here!

Ephesians 5:8

For you were once darkness, but now you are light in the Lord. Live as children of light!

Psalm 130:7

Put your hope in the Lord for with the Lord is unfailing love, and with him is full redemption.

Psalm 51:10

Create in me a pure heart, O God, and renew a steadfast spirit within me.

Psalm 46:1-2

God is our refuge and our strength, an ever-present help in trouble. Therefore we will not fear.

1 John 3:1

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!

Matthew 11:28

Then Jesus said, "Come to me, all of you who are weary and burdened, and I will give you rest.

Psalm 107:13-14

They cried to the Lord in their trouble, and he saved them from their distress. He brought them out of darkness, the utter darkness, and broke away their chains.

Galatians 5:1

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

1 Peter 5:10

And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.

Psalm 116:8-9

For you, Lord, have delivered me from death, my eyes from tears, my feet from stumbling, that I may walk before the Lord in the land of the living.

SEXUAL SIN / PORNOGRAPHY

(Accountability partner/groups, accountability software, etc)

1 Corinthians 6:12 (1 Corinthians 6:12-20 is all great)

'I have the right to do anything,' you say—but not everything is beneficial. 'I have the right to do anything'—but I will not be mastered by anything."

1 Corinthians 6:19-20

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

James 5:16

Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.

Psalm 119:37

Turn my eyes away from worthless things; preserve my life according to your word.

1 Peter 2:11

Dear friends, I warn you as “temporary residents and foreigners” to keep away from worldly desires that wage war against your very souls.

2 Timothy 2:22

Flee the evil desires of youth and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.

1 Corinthians 10:13

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

1 John 2:16

For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world.

FEAR

1 John 4:18

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

Psalm 46:1-2

God is our refuge and our strength, an ever-present help in trouble. Therefore we will not fear.

John 14:27

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.

Psalm 91:14-16

“Because he loves me,” says the Lord, “I will rescue him; I will protect him, for he acknowledges my name. He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. With long life I will satisfy him and show him my salvation.”

PRACTICAL TIPS

1. Because our fears tend to grab at us in the night, pray through all of Psalm 91 every night before you go to bed. Replace the pronouns in it with personal pronouns (ex: Because I love you, Lord, you will rescue me; you will protect me, for I know your name. I will call on you and you will answer me...).
2. As an exercise, allow yourself to work out the worst case scenarios of your fears in your head. Ask yourself the question of where Jesus is in those situations and picture him walking with you through the worst.

GUILT / SHAME

2 Corinthians 7:10

Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

Romans 3:23

For all have sinned and fall short of the glory of God.

Romans 5:20-21

...but where sin increased, grace abounded all the more, so that, as sin reigned in death, grace also might reign through righteousness leading to eternal life through Jesus Christ our Lord.

Romans 8:1

There is therefore now no condemnation for those who are in Christ Jesus.

Galatians 4:7

So you are no longer a slave, but a son, and if a son, then an heir through God.

Galatians 5:1

For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery.

IDENTITY / BEING LOVED BY GOD

1 John 3:1

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.

Psalm 68:5

Father to the fatherless, defender of widows—this is God, whose dwelling is holy.

Psalm 119:41

May your unfailing love come to me, Lord, your salvation, according to your promise

Genesis 1:27, 31

So God created mankind in his own image, in the image of God he created them; male and female he created them...God saw all that he had made, and it was very good.

Romans 8:37-38

No, despite all these things, overwhelming victory is ours through Christ, who loved us. And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love.

BODY IMAGE

(On top of the Scriptures below, seek help (counseling), talk with a friend, take a break from social media, or write out these verses and pray over them while you meditate line by line on the verse)

1 Samuel 16:7

The Lord doesn't see things the way you see them. People judge by outward appearance, but the Lord looks at the heart.

Psalm 139:13-14

For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made.

Ephesians 2:10

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.

Romans 12:4-6

For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others. We have different gifts, according to the grace given to each of us.

REDEEMING SUFFERING

God does not desire suffering for us. We're His children whom he loves (see identity section), and He desires good things for us. But

He can and will redeem the bad things and work them out for good - whether in this life or in the next.

Romans 8:28

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

**notice that it says God will work in all things for the good of those who love him - NOT that he *causes* bad things to happen so that good can come from it.

2 Corinthians 4:17

“For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.”

Isaiah 25:8-9

He will swallow up death forever; and the Lord God will wipe away tears from all faces, and the reproach of his people he will take away from all the earth, for the Lord has spoken. It will be said on that day, “Behold, this is our God; we have waited for him, that he might save us. This is the Lord; we have waited for him; let us be glad and rejoice in his salvation.”

Revelation 21:4

He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.

PRESSURE

(of success, parents, body image, etc.)

Matthew 11:28-30

Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.”

Romans 12:2

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing, and perfect will.

POWER OF CONFESSION

1 John 1:9

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Romans 3:22

We are made right with God by placing our faith in Jesus Christ. And this is true for everyone who believes, no matter who we are.

Psalms 32:5

I acknowledged my sin to you, and I did not cover my iniquity. I said, “I will confess my transgressions to the LORD,” and you forgave the iniquity of my sin.

FREEDOM

(from sin, addiction, etc.)

Galatians 4:7

So you are no longer a slave, but God's child; and since you are his child, God has made you also an heir.

Galatians 5:1

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

Psalms 107:13-14

Then they cried to the LORD in their trouble, and he saved them from their distress. He brought them out of darkness, the utter darkness, and broke away their chains.

1 Corinthians 6:12

I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but I will not be mastered by anything.

2 Corinthians 5:17

Therefore, if anyone is in Christ, the creation has come: The old has gone, the new is here!

2 Corinthians 12:9

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness."

PRACTICAL TIPS FOR FREEDOM

1. Find an accountability partner. Ask a trustworthy friend or mentor to walk alongside you in the process of healing. Be honest with them on how you're doing.
2. Spend time fasting. Whether it's food, social media, etc., set apart time and space to fill your mind, body, and soul with things of the Lord. Memorize His Word and meditate on it.

CONFIDENCE

2 Timothy 1:7

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

HOPE

Romans 15:13

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

GOD WILL USE OUR PAST

2 Corinthians 1:4

He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.

DOUBT

Mark 9:24

Immediately the boy's father exclaimed, "I do believe; help me overcome my unbelief!"

Proverbs 3:5-7

Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Be not wise in your own eyes; fear the Lord, and turn away from evil.

OTHER BIG TOPICS...

- **Suicide** – see pressure, identity, fear
- **Abortion** – see guilt/shame, identity, redemption, pressure
- **Addiction** – see freedom, redemption
- **Abuse** – see fear, redemption, identity
- **Divorce** – see redemption, identity, pressure, guilt/shame

PRAYERS

PRAYER OF REDEMPTION AND HEALING

Lord Jesus, I come to you seeking redemption. Forgive me of my sins and wash me clean by your blood. Thank you for dying on the cross to redeem me. I turn away from my old life and embrace the new life you offer. Help me to live as healed—set free from sin—by your grace. May my life be a testimony of your redeeming power. Amen.

PRAYER OF HOPE

At times Jesus, I have gotten caught up in the darkness and the sadness of this world. I'm sorry for forgetting your hope, and getting caught up in the brokenness of the world. Sometimes, I don't see the hope you offer. Help me renew my mind with the hope You offer. Help me to trust you so that I know and have hope that only You provide. May I find my hope in what you have done for me and for everyone, and may I share that hope with others. Amen.

PRAYER OVER SEXUAL SIN

Father, I come before you today burdened. You say that you know everything about me. You know my struggles. Father, I confess to the sexual sin I struggle with. I acknowledge that I can't overcome this without you. I ask for forgiveness of this sin. You say my body is a temple of the Holy Spirit. I'm sorry that I have rejected this. You say in Romans to offer myself to God, as an instrument of righteousness. I offer myself to your service and repent of the ways I have not done this. I ask you to cleanse me of my sexual sins. Heal me and restore me to see sex and sexuality the way you created it. Thank you for the forgiveness you offer. May I rely on your Spirit to overcome. Amen.

PRAYER AGAINST FEAR

Gracious Lord, I come to you fearful, anxious, and worried. It feels like there is so much to be anxious about in my own life, in my family's life, and in the world. Teach me to know what it means to cast my anxieties upon you. I lay these fears and anxieties at your feet. Teach me more of you so I can stand against these fears. Teach me to know that you are more powerful than any of my fears. May I rest in your peace now. Amen.

PRAYER ABOUT SUFFERING

Christ, thank you for the suffering you endured on my behalf. Today, I come to you in a season where I myself am suffering. You tell me that I will face troubles on the earth. Help me to endure them O Lord. I pray for endurance to persevere and rejoice in the midst of my troubles. Let me sit in your promise that you will be with me in times of suffering. Make your peace known to me. Use my suffering for your glory. Thank you Lord. Amen.

PRAYER OF CONFESSION

Lord, you know everything about me. Every good and bad thing that I've done. You see my struggle and my brokenness. I'm sorry that I continue to fall short. Right now, I confess my sins to you because I know that you are my only hope against what I carry. I choose to receive the forgiveness you've given me through Jesus Christ. I delight in that forgiveness and thank you for taking the weight of my sins. Help me to live into your promises. Amen.

PRAYER OF FREEDOM

Lord, I come before you knowing that you are guiding my path and leading me toward a life of freedom. Your scripture says that where the Spirit of the Lord is, there is freedom. So I invite your Spirit to fill me afresh this very day. Help me to overcome any struggle that may come my way today. Give me strength to give up anything holding me back from freedom. May I focus on your promises today, knowing that I already have victory in you. Thank you that freedom comes from knowing you. Amen.

PRAYER ABOUT DOUBT

Lord Jesus draw near. Lord, I long for the days when I will have perfect faith and trust and will no longer fear or doubt. Today, I wrestle with the faithfulness of what you say. I wrestle with your sovereignty as I walk through tough circumstances. I wrestle with your goodness as I see suffering in this world. Help my unbelief. Lord, I believe in you. I believe you are good. Help me to know and fully accept you and your love. Replace my doubt with the truth of your unwavering presence. Remind me you are in control and to trust in you when I cannot see forward. Amen.

