



Especially for

From

Date



My Prayer
JOURNAL

Bible Encouragement for
Hope & Healing

BARBOUR BOOKS

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Introduction

Whatever the need of the moment, the answer can be found in scripture—if we take the time to seek it out. Whatever we're feeling, whatever we're suffering, whatever we're hoping, the Bible has something to say to us.

This collection of prayers, Bible verses, and devotional thoughts is meant for use as an inspiration for your daily prayer needs—especially when you need encouragement on a particular problem in your life.

If, for example, you are struggling with depression or loneliness, shame or worry, some of the Bible's promises are available to you in these pages. You'll find carefully selected verses for fifty topics dealing with hope and healing, arranged alphabetically for ease of use.

We hope it will be an encouragement to you as you record your heartfelt prayers to God, who promises to hear every word.



*And this is the confidence that we have in him,
that, if we ask any thing according
to his will, he heareth us.*

1 JOHN 5:14

Abuse

Abuse, in whatever form it takes, is completely against God's just and loving nature. His Word speaks out repeatedly against the wickedness of oppression—harming others with violent actions and words. An abuse survivor has a long, difficult road to walk, but your God will go with you—no amount of pain you carry is too difficult for Him. He invites you to pour out your heart; He can fill you with His truth and peace to answer the shame and guilt you might feel. These Bible promises show that the almighty God is powerful to defend and restore you.



*The LORD also will be a refuge for the oppressed,
a refuge in times of trouble. And they that know
thy name will put their trust in thee: for thou,
LORD, hast not forsaken them that seek thee.*

PSALM 9:9–10

Father, You know the pain I carry in my heart, in my body, in my memories. My soul cries out for justice. Help me cling to You, for You are the only one who is truly just. Fill me with the deep-down assurance that You will work what is right.

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*Strengthen ye the weak hands, and confirm the feeble knees.
Say to them that are of a fearful heart, Be strong, fear not:
behold, your God will come with vengeance, even God
with a recompence; he will come and save you.*

ISAIAH 35:3-4

*For he hath not despised nor abhorred the affliction
of the afflicted; neither hath he hid his face from him;
but when he cried unto him, he heard.*

PSALM 22:24

It feels like so much has been stolen from me—
peace, safety, loving relationships without fear. But You,
Faithful God, promise to heal and restore me. Your everlasting
love is a safe haven, a tower of strength. Please lead me to
friendships and relationships that reflect Your love for me.

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*A father of the fatherless, and a judge of the widows,
is God in his holy habitation. God setteth the solitary in families:
he bringeth out those which are bound with chains:
but the rebellious dwell in a dry land.*

PSALM 68:5–6

*And I will restore to you the years that the locust hath eaten,
the cankerworm, and the caterpillar, and the palmerworm, my great
army which I sent among you. And ye shall eat in plenty, and be
satisfied, and praise the name of the LORD your God, that hath dealt
wondrously with you: and my people shall never be ashamed.*

JOEL 2:25–26

Father, how could my abuser treat me like that and claim they cared for me? I don't know how to forgive them. Bring Your perfect justice; protect my heart from bitterness, and bind up its deep wounds. Holy Spirit, thank You for praying on my behalf when I have no words left.

*When my father and my mother forsake me,
then the LORD will take me up.*

PSALM 27:10

Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered. And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God.

ROMANS 8:26–27

Addiction

For those who struggle with overcoming addiction, take heart in these truths. Our God is stronger than anything that holds power over us. No matter how far we fall, God can always reach down to us and lift us up. His grace and forgiveness are greater than any amount of temptation or relapses we might experience. The Almighty is near and ready to help. These Bible promises show that Jesus has already won the victory over anything that entangles us. Moving forward in His freedom, we can learn to love and worship Him with all our hearts and our strength.



*If the Son therefore shall make you free,
ye shall be free indeed.*

JOHN 8:36

Jesus, temptations surround me, whispering promises to satisfy my wants and needs—but after coming this far, I know they will only leave me in misery. I run to You for help; deliver me from them! I lean my whole self on Your faithfulness, Your strength, for You will never fail me.

There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

1 CORINTHIANS 10:13

But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members. O wretched man that I am! who shall deliver me from the body of this death? I thank God through Jesus Christ our Lord.

ROMANS 7:23–25

Lord Jesus, when I trusted in Your gift of salvation, You broke sin's power over me. But temptation is still present. Proclaim Your liberty to me again, as many times as I need. Strengthen my heart to walk in the Spirit, for I choose to follow You.

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The Spirit of the Lord GOD is upon me; because the LORD hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound.

ISAIAH 61:1

This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would. . . . And they that are Christ's have crucified the flesh with the affections and lusts.

GALATIANS 5:16-17, 24

Anger

On our healing journey, we might have a million reasons to be angry. We're furious at people who have hurt us deeply. We grow frustrated at our bodies' slow healing or the onslaught of bad news from our doctors. While anger burns bright, its heat cannot heal. Anger can quickly reduce our hearts to ashes and cultivate a rich growing place for bitterness. God can help us with the anger we feel. He is gracious to listen, to forgive, and to work peace within us. These Bible promises show that though anger is powerful, God's healing can overcome its harm.



Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: for the wrath of man worketh not the righteousness of God.

JAMES 1:19-20

Your Word is clear, Father—the words I speak come from what is within my heart. I know this anger does not please You, and though it feels good now, it will only harm me in the long run. Cleanse and renew my heart so my mouth can glorify You.

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Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from thy presence; and take not thy holy spirit from me. Restore unto me the joy of thy salvation; and uphold me with thy free spirit.

PSALM 51:10–12

A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh.

LUKE 6:45

Father, You know about the anger I feel deep inside. I never want it to see the light of day, but it's still there. Help me to put it away: to forgive those who need it, to ask forgiveness when I need it. Help me to extend grace to all, as You do.

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What man is he that desireth life, and loveth many days, that he may see good? Keep thy tongue from evil, and thy lips from speaking guile.

PSALM 34:12-13

Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: and be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

EPHESIANS 4:31-32

*T*remble at the brokenness of this world, Holy Creator.
Sin's presence brings about all this pain, and I can't help
but feel frustrated, furious. Teach me to wait on You, laying
these feelings at Your feet. You will make all things new;
You will sustain me now and forever.

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*Be ye angry, and sin not: let not the sun go down
upon your wrath: neither give place to the devil.*

EPHESIANS 4:26-27

*Cease from anger, and forsake wrath: fret not thyself in any
wise to do evil. For evildoers shall be cut off: but those
that wait upon the LORD, they shall inherit the earth.*

PSALM 37:8-9

Anxiety

Anxiety can show up in our bodies in many ways, from sweaty palms to full-blown panic attacks. Whatever its cause—fear, stress, bodily imbalances—we aren't at the mercy of our anxiety. Jesus is near to us in our distress, and in His Word He promises that He knows what we need from Him before we even ask. We can learn to recognize the situations and thoughts that trigger our anxiety or fear and practice bringing those things before our strong Protector. These Bible promises affirm that when we call to Him, He answers our cries with power and peace.



He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler. Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day; nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday.

PSALM 91:4–6

Father, no matter the situation I must walk through today, I trust Your Word when You tell me I am safe in Your care and love. When the fears in my heart are racing ahead, remind me that You are near, You are strong, and You promise to help me.

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*For I the LORD thy God will hold thy right hand,
saying unto thee, Fear not; I will help thee.*

ISAIAH 41:13

Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, for thy sake we are killed all the day long; we are accounted as sheep for the slaughter. Nay, in all these things we are more than conquerors through him that loved us.

ROMANS 8:35-37

I'm ashamed of my anxieties, Father. It's a daily struggle to do things others find easy. Help me cling to Your promise—You give flourishing life to all who trust You, no matter their struggles. Thank You that I can rest in Your protective shadow and seek refuge in You.

Blessed is the man that trusteth in the LORD, and whose hope the LORD is. For he shall be as a tree planted by the waters, and that spreadeth out her roots by the river, and shall not see when heat cometh, but her leaf shall be green; and shall not be careful in the year of drought, neither shall cease from yielding fruit.

JEREMIAH 17:7–8

He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. I will say of the LORD, He is my refuge and my fortress: my God; in him will I trust.

PSALM 91:1–2

Blessings



When we're waiting for God to answer the prayers closest to our hearts, we can lose sight of how He shows us love through His daily blessings. He sends us friends who pray for us, the beauty of creation, and faithful reminders in His Word of how we can never be taken out of His hands. It can be hard, but look around you. Find the people and activities that continually breathe life and joy into you in the midst of this difficult time. Meditate on these Bible promises that show how God gives good gifts to His children!



*Blessed be the Lord, who daily loadeth us with benefits,
even the God of our salvation. Selah.*

PSALM 68:19

God of abundance, thank You that You are not stingy with Your blessings, Your love, or Your presence. When I feel too broken or needy to even ask for help, give me eyes to see Your good gifts that come showering from heaven; fill my heart with peace in You.

Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.

JAMES 1:17

And I will make them and the places round about my hill a blessing; and I will cause the shower to come down in his season; there shall be showers of blessing. And the tree of the field shall yield her fruit, and the earth shall yield her increase, and they shall be safe in their land, and shall know that I am the LORD, when I have broken the bands of their yoke, and delivered them out of the hand of those that served themselves of them.

EZEKIEL 34:26-27

The earth and I have this in common—You care for our needs. Despite how we struggle in our pain—me counting the minutes to help them pass, and the earth groaning for redemption—even so, encircle us with Your goodness and help us meditate on the blessings You give.

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My soul shall be satisfied as with marrow and fatness; and my mouth shall praise thee with joyful lips: when I remember thee upon my bed, and meditate on thee in the night watches.

PSALM 63:5–6

For the earth which drinketh in the rain that cometh oft upon it, and bringeth forth herbs meet for them by whom it is dressed, receiveth blessing from God.

HEBREWS 6:7