

3-MINUTE
PRAYERS
FOR GIRLS

© 2019 by Barbour Publishing, Inc.

ISBN 978-1-68322-885-1

All rights reserved. No part of this publication may be reproduced or transmitted for commercial purposes, except for brief quotations in printed reviews, without written permission of the publisher.

Churches and other noncommercial interests may reproduce portions of this book without the express written permission of Barbour Publishing, provided that the text does not exceed 500 words or 5 percent of the entire book, whichever is less, and that the text is not material quoted from another publisher. When reproducing text from this book, include the following credit line: "From *3-Minute Prayers for Girls*, published by Barbour Publishing, Inc. Used by permission."

Unless otherwise indicated, all scripture quotations are taken from the New Life Version copyright © 1969 and 2003 by Barbour Publishing, Inc. All rights reserved.

Scripture quotations marked MSG are from *THE MESSAGE*. Copyright © by Eugene H. Peterson 1993, 1994, 1995, 1996, 2000, 2001, 2002. Used by permission of NavPress Publishing Group.

Published by Barbour Books, an imprint of Barbour Publishing, Inc.,
1810 Barbour Drive, Uhrichsville, Ohio 44683, www.barbourbooks.com

*Our mission is to inspire the world with the life-changing message
of the Bible.*



Printed in the United States of America.
06426 0319 SP

3-MINUTE PRAYERS FOR GIRLS

MARGOT STARBUCK

BARBOUR BOOKS

An Imprint of Barbour Publishing, Inc.



INTRODUCTION

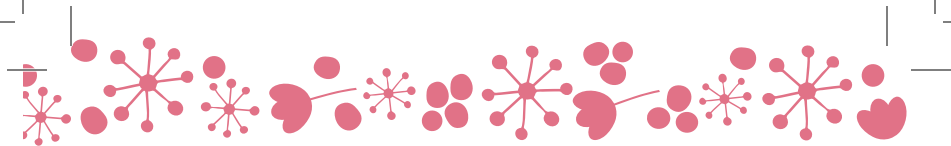
Quiet down before GOD, be prayerful before him.

PSALM 37:7 MSG

If you're like a lot of girls, you connect with God at church on Sundays, but you want to find a way to talk to God and listen to God during the week. This book can help you do that. By spending just three quiet minutes face to face with God, you can enjoy God's love for you and be strengthened to be His girl in the world.

- Minute 1: Read and reflect on God's Word.
- Minute 2: Pray, using the provided prayer to jump-start a conversation with God.
- Minute 3: Reflect on a question for further thought.

This isn't the *only* way to grow deeper with God, but what's cool is that each day's prayer helps you learn who God is and discover who God wants you to be. The prayers in this book teach you how to talk to God and how to hear God speaking to you. When you think about it, it's really pretty awesome



that your heavenly Father cares about everything that's on your mind and in your heart. So use this book to start talking to Him today. He's listening.



GOD HEARS AND ANSWERS

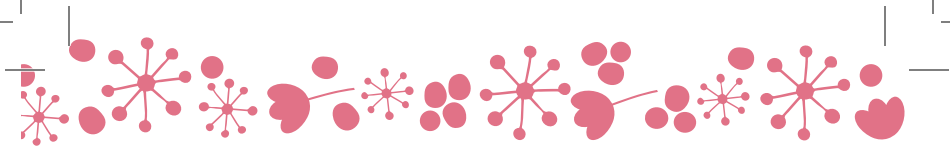
“Call to Me, and I will answer you. And I will show you great and wonderful things which you do not know.”

JEREMIAH 33:3

God, I know that You’ve invited me to talk to You and listen to You. But it’s not like talking to my mom, because I can’t see Your face with my eyes. And it’s not like talking to my friend, because I can’t hear Your voice with my ears. Father, I thank You that Your Word promises that when I speak to You, You hear me. And I thank You that You even answer my prayers, in Your own way. God, I believe that You hear me right now and that You care for me. Today, when I pray to You, help me to hear Your voice and see Your face. Amen.

Think about it:

Because God promises to hear us and answer us, what do you want to share with Him today?



FORGIVE LIKE GOD FORGIVES

Try to understand other people. Forgive each other. If you have something against someone, forgive him. That is the way the Lord forgave you.

COLOSSIANS 3:13

I confess that sometimes I hold on to unforgiveness. I cling to the things my mom and dad have said or done that have hurt me. I keep track of stuff my siblings or friends do that bug me. I focus on others' sins instead of noticing my own. But I know that because You have forgiven me, I'm called to forgive others. Today, help me to notice the unforgiveness I hold in my heart. Help me to understand others, love them, and forgive like You forgive. Amen.

Think about it:

Who are the people in your life who have sinned against you—family, friends, teachers, coaches, neighbors, and others—who God is calling you to forgive today?



GOD'S WORD STANDS

All people are like grass. Their greatness is like the flowers. The grass dries up and the flowers fall off. But the Word of the Lord will last forever. That Word is the Good News which was preached to you.

1 PETER 1:24-25

Sometimes everything around me feels shaky, and I don't know where to turn. At times my parents are distracted or unavailable, and I don't feel like other adults notice me. Sometimes my friends say or do things I know aren't right. I see and hear things on screens and through headphones that are confusing. But because You promise that Your Word is solid and right and true, I know that You will guide me. God, when I feel confused, speak to me through Your scripture. Amen.

Think about it:

What is the best way for you to be nourished by God's Word? Are you reading through a book? Speaking scripture out loud? Listening to an audio Bible?



LITTLE WARRIORS HAVE POWER

So David won the fight against the Philistine with a sling and a stone. He hit the Philistine and killed him. There was no sword in David's hand.

1 SAMUEL 17:50

God, sometimes I feel vulnerable like David did when he was a boy. Sometimes I feel small and scared and helpless. But I know that when young David stood before a giant, You helped him! Although he had no sword, he had a little sling and stone. You gave him just what he needed to obey You, to stay safe, and to protect others. God, be my helper too. I believe that today You are my Protector, and You will give me exactly what I need. Amen.

Think about it:

What are the “giants” in your life—the challenges that seem too big for a young girl—and how is God helping you stand strong before them?



SING PRAISE TO GOD

Tell of your joy to each other by singing the Songs of David and church songs. Sing in your heart to the Lord.

EPHESIANS 5:19

God, I offer my heart, my mind, my lips, and my voice to You. Today I will hold You in my heart and my mind. And with my lips and my voice, I will praise You! Instead of speaking unkind words about others, I will sing the songs we sing in church. Instead of holding sinful thoughts in my mind or harboring ugly feelings in my heart, I will meditate on songs in my heart that only You can hear. May You be glorified as I worship You with joy today. Amen.

Think about it:

What are three songs that you love from church whose lyrics you know by heart that you can “sing” to God in your heart today?

A decorative border at the top of the page featuring various pink floral and geometric patterns, including starbursts, circles, and heart shapes.

DO IT ALL IN LOVE

Everything you do should be done in love.

1 CORINTHIANS 16:14

God, today I want to love like You love. When I relate to my family members, I want to do it in love. When I care for my pets, I want to do it in love. When I speak to others outside my home, I want to do it in love. When I'm hanging out with my friends, I want to do it in love. When I pass people I don't know, I want to do it in love. When I eat and sleep, when I read and play, when I learn and serve, I want to do everything in love. Be my helper today. Show me how to love others the way You love them. Amen.

Think about it:

What will be different about your life today—at home, at school, at church, or in your neighborhood—if you plan to do everything in love?



TEACH ME YOUR WAY

Teach me Your way, O Lord. I will walk in Your truth. May my heart fear Your name. O Lord my God, I will give thanks to You with all my heart. I will bring honor to Your name forever.

PSALM 86:11-12

Father, I am hungry to learn more about who You are and who You've made me to be. And I thank You that I can learn to walk in Your ways through Your scriptures. God, as I read my Bible today, fill me with Your wisdom. Teach me Your ways. And give me the courage and boldness to walk with You. God, I want to be the girl You created me to be. I offer You my heart and commit myself to honor You with my life today. Amen.

Think about it:

Are you hungry to grow in your faith? How can your conversation with God today communicate that you want to honor God with your life?



WE LOVE BECAUSE HE LOVED

We love Him because He loved us first.

1 JOHN 4:19

Sometimes I don't *feel* like loving. I don't feel like putting others before myself. I'd rather seek my own good than that of others. God, forgive me. I know that You have called me to show others Your love, and because I am Your child, that love lives in me. Because You loved me first, I can love others with Your love that's inside me. Today, show me one person who needs to experience Your love. Help me to notice the one who needs to know You today, and equip me to love that person—in my home, at my school, at my church, in my neighborhood—with the love You've given me. Amen.

Think about it:

*Who is one person you will encounter
today whom you can shower with
the love God has given to you?*



THE ONE WHO DOES NOT SLEEP

*He will not let your feet go out from under you.
He Who watches over you will not sleep. Listen, He
Who watches over Israel will not close his eyes or sleep.*

PSALM 121:3-4

Lord, sometimes when I'm alone—in my bed or in my head—I worry. My mind fills with so many thoughts that it's hard to be at peace, and sometimes it's even hard to sleep. I wrestle in my spirit, but I still feel stuck. But Your Word assures me that I can rest because You are on duty! And because You are vigilant as You watch over me, never closing Your eyes, I don't need to be. Father, thank You for this reassurance that because my life is in Your care, I can rest—in You. Amen.

Think about it:

*Is there a concern that you want
to release to God today?*



MANAGING MY TONGUE

If a person thinks he is religious, but does not keep his tongue from speaking bad things, he is fooling himself. His religion is worth nothing.

JAMES 1:26

God, You have said that my tongue is powerful, and I believe that it is. So today I commit every one of the words I will speak to You. Help me to speak generously of those who are imperfect. Help me to speak kindly to those who aren't easy to love. Help me to speak Your truth boldly to those who need to hear Your voice. Help me speak encouragement to those who are feeling low. Help me speak wisely to those who need Your guidance. Let every word from my lips glorify You today. Amen.

Think about it:

*As you think about the rhythm of your day,
in what circumstance will it be most
difficult to honor God with your words?*



REMEMBERING GOD'S GOODNESS

*I did not give up waiting for the Lord. And He turned
to me and heard my cry. He brought me up out
of the hole of danger, out of the mud and clay.
He set my feet on a rock, making my feet sure.*

PSALM 40:1-2

God, I'm stuck, and I need You to be my helper. As I wait for You to help me, I remember that You have always been faithful in the past. You have listened to every word I have spoken and every prayer I have prayed. You have protected me and kept me safe. You've placed my feet on solid ground. Because you've been my helper in the past, I have confidence that You have got me today.

Think about it:

*When—during the times that you felt stuck
or scared or in danger—has God been the
faithful helper that you needed?*



THE ONE WHO FEEDS ME

"I am the Living Bread that came down from heaven. If anyone eats this Bread, he will live forever. The Bread which I will give is My flesh. I will give this for the life of the world."

JOHN 6:51

God, thank You for taking care of me. You put food in my bowl at breakfast, pack good things for me at lunch, and You offer dinner on my plate in the evening. I thank You that You have given me all that I need. You are a faithful Provider. And just like You feed my body, You have also nourished my spirit. Thank You for giving Your body so that I might live. Strengthen me today so that I can live for You. Amen.

Think about it:

What are the ways that God strengthens you during the day? How does God come to you?



WHAT FRIENDSHIP LOOKS LIKE

*A friend loves at all times.
A brother is born to share troubles.*

PROVERBS 17:17

Teach me to love the way that You love. Specifically, show me how to be the best friend I can be to my friends today. If my friend is happy, let me share her joy. If my friend is sad, show me how to lighten her sorrow. If she is afraid, help me to comfort her. If she is carrying burdens, teach me how to shoulder those with her. God, help me to show my friends the steadfast faithful love that You have shown to me. Equip me to love like You love, right where I am.

Think about it:

What does it look like this week for you to be a faithful companion to the friends God has given you? How will you show one friend the kind of love that God has given to you?

A decorative border at the top of the page featuring various pink floral and geometric shapes, including circles, stars, and clusters of dots.

SAYING YES TO GOD

*Then Mary said, "I am willing to be used of the
Lord. Let it happen to me as you have said."
Then the angel went away from her.*

LUKE 1:38

When Mary said yes to You, when she agreed to be a part of Your mission in the world, she wasn't much older than me! But because she loved You, because she trusted You, she said yes. She was willing to be Your servant. God, today I want to be used by You. I want to be a part of whatever plan You have for me today. God, today I say yes. Guide my feet, guide my hands, guide my lips that I might be Your faithful servant in my home, my school, my church, and my world. Amen.

Think about it:

*What are some of the ways that God can
use you to love and serve others today?*



WHAT TO DO WITH MY ANGER

If you are angry, do not let it become sin. Get over your anger before the day is finished. Do not let the devil start working in your life.

EPHESIANS 4:26-27

God, I know that my anger can be twisted into something sinful. Sometimes when I'm angry, I say things I shouldn't say. Sometimes when I'm angry, I think thoughts I shouldn't think. Sometimes I'll even do things I know are wrong. God, forgive me and help me. I don't want to make room in my heart for the devil to twist my anger into something that hurts You, hurts me, or hurts others. So today I offer my anger to You and leave it at Your feet because I trust You. Thank You for receiving it and setting me free. Amen.

Think about it:

What are some practical ways that you can let go of your anger and offer it to God—speaking your prayer aloud, writing it on paper, telling a friend?



GOD IS MY STRONG PLACE

My soul is quiet and waits for God alone. He is the One Who saves me. He alone is my rock and the One Who saves me. He is my strong place. I will not be shaken.

PSALM 62:1-2

When I'm in need, I don't need to turn anywhere but toward You, God. I know I can trust You with anything. When I am shaky, I put my trust in You. When I feel anxious about my family or my home, I trust You. When I feel afraid at school or out in the world, I trust You. When I need to be rescued, I trust You. Throughout my life You've been my Safe Place and my Solid Ground. I know that I will not be shaken because You are with me. Amen.

Think about it:

How do you experience God's steadfast solid presence in the midst of your day?



A WORK IN PROGRESS

I am sure that God Who began the good work in you will keep on working in you until the day Jesus Christ comes again.

PHILIPPIANS 1:6

I know that You are working in me and through me, God. And even though I'm a work in progress, I'm confident that You are transforming my heart, my mind, my body, and my spirit. You're shaping me into the person You created me to become. You're whispering Your love to my heart. You're speaking Your truth to my mind. You're strengthening my body as I grow. You're nurturing my love for You. Lord, I want to keep becoming the girl and young woman You want me to be. Today, help me to become someone who knows You and loves You. Amen.

Think about it:

What are the ways that God is growing you emotionally, mentally, physically, and spiritually?



BEING STILL

*Be quiet and know that I am God. I will be honored
among the nations. I will be honored in the earth.*

PSALM 46:10

God, some days feel more full than I can handle. The busyness of school, homework, chores, church, sports, lessons, clubs, friends, and family can feel like more than I can manage. God, show me how to find my safe, quiet, still place in You. Teach me to be silent before You. Whether I'm on the bus, in the car, walking to school, or hiding out in my room, remind me to turn my heart toward You. As I shut my mouth, close my eyes, and breathe deeply, I invite Your peaceful presence to fill my heart. In the silence, I look for Your face and listen for Your voice. You are my solid place.

Think about it:

*Where will you make space in your day to
spend a few moments in silence with God?*



LIVING THE SERVANT LIFE

Then He put water into a wash pan and began to wash the feet of His followers. He dried their feet with the cloth He had put around Himself.

JOHN 13:5

Jesus, when I look at Your life, I see that You humbled Yourself and became a servant to those around You, even stooping to wash the dusty, dirty feet of Your friends. Teach me to love and serve others the way that You did. Show me what it looks like to humbly serve the people who live in my home. Equip me to love the people I go to school with and attend church with. And embolden me to find ways to love those who are strangers to me but not strangers to You. Even when it's dirty, even when it's uncomfortable, make me more like You. Amen.

Think about it:

Who will you encounter today whom you can humbly serve in Jesus' name?



PRaising GOD WITH ALL I AM

*Praise Him with the sound of a horn.
Praise Him with harps. Praise Him with
timbrels and dancing. Praise Him with strings
and horns. Praise Him with loud sounds. Praise
Him with loud and clear sounds. Let everything
that has breath praise the Lord. Praise the Lord!*

PSALM 150:3–6

God, the Psalms make worshipping You sound like a big party: horns, harps, dancing, and loud sounds! Although I don't know how to strum a harp, I do want to worship and praise You with all that I am. I will sing worship songs of praise to You. I will use my creativity—painting, cooking, knitting, or sewing—to worship You. I'll even worship You with my body as I dance, run, swim, and jump! God, You are the One who put breath in my body, and with everything that I have, I worship You. You are worth being praised. Amen.

Think about it:

*Can you think of one creative way to praise and
celebrate God that you've never done before?*