

# APPENDIX 1

## Prayers from Scripture

**Sometimes our words feel empty, but God's Word always encourages, strengthens, and accomplishes His purpose. Below are prayers from Scripture you can pray for yourself and others. They can be shared via text, email, or a notecard.**

**Psalms 30:10-12.** Hear, O Lord, and have mercy on me; Lord, be my helper! You have turned for me my mourning into dancing; You have put off my sackcloth and clothed me with gladness, to the end that my glory may sing praise to You and not be silent. O Lord my God, I will give thanks to You forever.

**Psalms 31:7-8.** I will rejoice and be glad and rejoice in Your steadfast love, for You have considered my trouble; You have known my soul in adversities, and have not shut me up into the hand of the enemy; You have set my feet in a wide place. (NKJV)

**Psalms 32:7.** You are my hiding place; You shall preserve me from trouble; You shall surround me with songs of deliverance. (NKJV)

**Psalms 86:11.** Teach me Your way, O Lord; that I may live according to Your Truth! Grant me purity of heart, so that I may honor You. (NLT)

**Psalms 86:12-13.** With my whole heart I will praise You, O Lord my God. I will give glory to Your Name forever; for Your love for me is very great. You have rescued me from the depths of death. (NLT)

**Psalms 77:11-15.** But then, I recall all You have done, O Lord; I remember Your wonderful deeds of long ago. They are constantly in my thoughts. I cannot stop thinking about Your mighty works. O God, Your ways are holy. Is there any god as mighty as You? You are the God of great wonders! You demonstrate Your awesome power among the nations. By Your strong arm, You redeemed Your people, the descendants of Jacob and Joseph. (NLT)

**Psalms 119:**

**10.** With my whole heart I seek You, let me not wander from Your commandments!

**16.** Open my eyes, that I may behold wondrous things out of Your law.

**25.** My soul clings to the dust, give me life according to Your word!

**27.** Make me understand the way of Your precepts, and I will meditate on Your wondrous works.

**28-29.** My soul melts away for sorrow; strengthen me according to Your word! Put false ways far from me and graciously teach me Your law!

**36-37.** Incline my heart to Your testimonies and not to selfish gain! Turn my eyes from looking at worthless things; and give me life in Your ways.

**66.** Teach me good judgment and knowledge, for I believe in Your commandments.

**73.** Your hands have made and fashioned me; give me understanding that I may learn Your commandments.

**76-77.** Let Your steadfast love comfort me according to Your promise to Your servant. Let Your mercy come to me, that I may live; for Your law is my delight.

**103-104.** How sweet are Your words to my taste, sweeter than honey to my mouth! Through Your precepts I get understanding; therefore I hate every false way.

**107.** I am severely afflicted; give me life, O Lord, according to Your word!

**114.** You are my hiding place and my shield; I hope in Your word.

**133.** Keep steady my steps according to Your promise, and let no iniquity get dominion over me.

**135.** Make Your face shine upon Your servant, and teach me Your statutes.

**165.** Great peace have those who love Your law; nothing can make them stumble.

**169-176.** Let my cry come before You, O Lord; give me understanding according to Your word! Let my plea come before You; deliver me according to Your word. My lips will pour forth praise, for You teach me Your statutes. My tongue will sing of Your word, for all Your commandments are right. Let Your hand be ready to help me, for I have chosen Your precepts. I long for Your salvation, O Lord, and Your law is my delight. Let my soul live and praise You, and let Your rules help me. I have gone astray like a lost sheep; seek Your servant, for I do not forget Your commandments.

**Matthew 6:9b-13.** Our Father in heaven, hallowed be Your name.

Your kingdom come, Your will be done, on earth as it is in heaven.

Give us this day our daily bread,

and forgive us our debts, as we also have forgiven our debtors.

And lead us not into temptation, but deliver us from evil.

For Yours is the kingdom, and the power, and the glory forever and ever. Amen. (NASB)

**Ephesians 3:14-21.** For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of His glory He may grant you to be strengthened with power through His Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ, that surpasses knowledge, that you may be filled with all the fullness of God. Now to Him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to Him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.