

LINDA EVANS SHEPHERD

*Praying through
Every Emotion*

BONUS PRAYERS



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The prayers in *Praying Through Every Emotion BONUS PRAYERS* exists because I wrote an overabundance of prayers in: *Praying Through Every Emotion* from Baker Revel.

So if you enjoy BONUS PRAYERS, you will certainly enjoy *Praying Through Every Emotion* which includes almost 70 more prayers and is available wherever books are sold.

ABOUT THE AUTHOR:

Linda Evans Shepherd is a speaker and bestselling author of over 36 books including *Praying Through Every Emotion*, *Praying God's Promises*, and *When You Need to Move a Mountain*.

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Amazed



Dear Lord,

You take my breath away—my awe-inspiring Creator. You've given me amazing grace, extravagant love, and intimate friendship through Your very presence.

How can I contain the joy I feel when I think of all You have done for me? I praise You. I adore You. I lavish You with all my gratitude because You are so amazing. You are holy, perfect, and powerful.

How can I not be astonished at Your wisdom and knowledge? You are with me and above me. How can I explain Your thoughts or understand Your genius? And why should I dare give You advice when You know and understand all things?

I can never repay You for all You have done for me. You are glorious.

So, I thank You. I thank You for Your miraculous works, so wonderful that my soul rejoices.

You knew me even when I was a secret in my mother's womb. Thank You for creating me in such wonder. Thank You, Lord, for all You are—now and forever more.

You are my awesome God. I love and worship You. In the name of Jesus, amen.

Now, with breathtaking wonder, let everyone worship Yahweh, this awe-inspiring Creator.

—Psalm 33:8 TPT

The amazing grace of the Master, Jesus Christ, the extravagant love of God, the intimate friendship of the Holy Spirit, be with all of you.

—2 Corinthians 13:14 MSG

Let them express praise and gratitude to Your amazing and awesome name—because He is holy, perfect and exalted in His power.

—Psalm 99:3 VOICE

Frankly, I stand amazed at the unfathomable complexity of God's wisdom and God's knowledge. How could man ever understand his reasons for action, or explain his methods of working? For: "Who has known the mind of the Lord? Or who has become his counselor?" "Or who has first given to him and it shall be repaid to him?" For of him, and through him, and to him, are all things. To him be the glory for ever, amen.

—Romans 11:35–36

PHILLIPS

For you created my inmost being; you knit me together in my mother's womb.

—Psalm 139:13 NIV

Challenged



Dear Lord,

I have a few challenges, and just when I think those challenges are greater than me, I remember that I belong to You. So why should I be afraid? No challenge is greater than You.

For this reason, when the world brings me down, I will not be crushed. When I don't understand what is happening, I will not sink into despair. When I feel like the enemy is breathing down my neck, I will not be afraid because I know You are with me. When I am on the run, I will know I am running in and with You. When I feel the hard knocks of life and stumble, I will get back to my feet, all because I am Yours and You supply me with both strength and power.

Because I follow You, You surround me with kindness. Thank You! You restore and strengthen and support me in times of suffering. I will be happy in my trials and stay true to You because I know that in Your strength, I will pass every test and receive my reward. I know the reward is mine because I love You and because You love me.

I will not be afraid or intimidated by my challenges because You are my God. Please strengthen and help me and hold me up in Your hand of victory. Help me to defeat every challenge in and through You.

In the name of Jesus, amen.

We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed.

—2 Corinthians 4:8–9 NLT

God, who shows you his kindness and who has called you through Christ Jesus to his eternal glory, will restore you, strengthen you, make you strong, and support you as you suffer for a little while.

—1 Peter 5:10 GW

Happy are those who remain faithful under trials, because when they succeed in passing such a test, they will receive as their reward the life which God has promised to those who love him.

—James 1:12 GNT

Don't be afraid, because I am with you. Don't be intimidated; I am your God. I will strengthen you. I will help you.

I will support you with my victorious right hand.

—Isaiah 41:10 GW

Committed



Dear Lord,

I commit myself to You and ask You to forgive my sins and to come into my life. I repent of the wrongs of my past and want to move into the future to live with and through You.

I commit all of my work to You, not because I need to earn my salvation but because I love and trust You. What a joy to know that You will turn my work into purpose, mission, and meaning! That's why I give You all—my worship, life, chores, job, home, family, church, pastimes, and well-being. I dedicate the kingdom assignments You've given me to You. When I commit all I am and all that I have to You, You establish my plans for success.

I commit my walk to You now and move forward with all the energy of Christ, who powerfully works in me. I declare that I will not move from the foundation of my faith, and I recognize that nothing I do for You is pointless.

Thank You, Lord, for testing me, because Your tests make me stronger, helping me to endure the race You have set before me.

And where am I running? I am running through this life to You. One day You will tell me, "Good job! You have been faithful! Come and share my happiness." What a day that will be!

In the name of Jesus, amen.

Commit to the Lord whatever you do, and he will establish your plans.
—Proverbs 16:3 NIV

To this end I strenuously contend with all the energy Christ so powerfully works in me. —Colossians 1:29 NIV

So, then, brothers and sisters, don't let anyone move you off the foundation of your faith. Always excel in the work you do for the Lord. You know that the hard work you do for the Lord is not pointless.

—1 Corinthians 15:58 GW

My brothers and sisters, be very happy when you are tested in different ways. You know that such testing of your faith produces endurance.

—James 1:2-3 GW

His master replied, "Good job! You're a good and faithful servant! You proved that you could be trusted with a small amount. I will put you in charge of a large amount. Come and share your master's happiness."

—Matthew 25:21 GW

Contemplative



Dear Lord,

At last I have a quiet moment to sit in the awareness of Your presence.

Now that I am here, I ask You to open the eyes of my heart and to let the light of Your truth and hope flood into my being. You ask me to allow Your love to go even deeper into my heart, like a heavenly embrace. I say, “Yes!”

As I contemplate You, show me all You have for me now and in the kingdom to come. Let me see the full extent of Your power at work in me.

Lord, as I contemplate all of this, I am amazed not only by who You are but also by what You do. It is a delight to ponder Your greatness.

I invite Your Holy Spirit to touch my soul so that Your very presence is in my heart. I ask that You forgive all my sins in the mighty name of Jesus. How amazing that You take away my sins and that Your Spirit rests on me. What loving-kindness You have given to me.

I love to ponder Your Word. When I sit quietly, reading the Psalms or other treasured books of the Bible, I know that Your light will shine on me all day long.

Thank You for this moment to be still and know that You are God. My soul smiles as it basks in Your love.

In the name of Jesus, amen.

Open the eyes of their hearts, and let the light of Your truth flood in. Shine Your light on the hope You are calling them to embrace. Reveal to them the glorious riches You are preparing as their inheritance. Let them see the full extent of Your power that is at work in those of us who believe, and may it be done according to Your might and power. —Ephesians 1:18–19
VOICE

How amazing are the deeds of the Lord! All who delight in him should ponder them. —Psalm 111:2 NLT

Let the wise man think about these things. And may he think about the loving-kindness of the Lord. —Psalm 107:43 NLV

O how I love and treasure the revelation of your word; throughout the day I fill my heart with its light! —Psalm 119:97 TPT

Be still, and know that I am God! —Psalm 46:10 NLT

Defeated



Dear Lord,

My difficulties are not a measuring stick of Your lack of love for me but a measurement of the wonderful victories to come.

You've promised me I will not be put to shame, and You give me amazing hope through the power of Your Holy Spirit. Pour more of Your Spirit into me so that my hope will not be shaken and I can overcome all my troubles with joy.

Help others to see my peace and gentleness. I can carry such peace because You are my defender and protector and You are coming soon.

I give all my worries to You and ask that You turn every one of them into a miracle. I give thanks to You as I ask You to provide for my every need.

When I pray this way, I do not need to live in worry, fear, or defeat. How can my worries compete with the peace You offer me? I ask that You open my spirit to receive even more of Your peace, peace that fills my heart and mind through Jesus Christ.

I am ready to move forward, not in defeat but in Your plans for me. Your plans are for good, not disaster, to give me a future and a hope.

In the name of Jesus, amen.

The one who loves us gives us an overwhelming victory in all these difficulties.

—Romans 8:37 GW

Hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.—Romans 5:5 ESV

Be full of joy always because you belong to the Lord. Again I say, be full of joy! Let all people see how gentle you are. The Lord is coming again soon. Do not worry. Learn to pray about everything. Give thanks to God as you ask Him for what you need. The peace of God is much greater than the human mind can understand. This peace will keep your hearts and minds through Christ Jesus.

—Philippians 4:4-7 NLV

"For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope."

—Jeremiah 29:11 NLT

Grateful



Dear Lord,

I call out to You, the Lord of all the earth. I am so glad to serve You.

I come before You with songs of joy. I know that You, Lord, are God. You made me; I did not make myself.

I belong to You, for You are my shepherd and I am a sheep of Your pasture. I go into Your gates with thankfulness and into Your house of worship with praise. I give thanks to You and honor Your name, for You are good and Your loving-kindness lasts forever. You are faithful to all, and You are faithful to my children, now and forever.

How wonderful You are! I will give thanks to You with all my heart, and I will tell of every one of Your wonderful deeds.

Even when life takes a turn I don't want, I will still give thanks to You. It is Your will in Christ Jesus that I honor You no matter what happens in life. And when I don't understand Your plan, I will thank You because I trust You.

I do not have to worry about anything because I can bring every situation, every difficulty to You, and You will turn it all into good. As I pray, I will thank You, for You are good and You give me good things. I love You and worship You, now and forever. Thank You for being the Lord of my life. Thank You for everything.

In the name of Jesus, amen.

Call out with joy to the Lord, all the earth. Be glad as you serve the Lord. Come before Him with songs of joy. Know that the Lord is God. It is He Who made us, and not we ourselves. We are His people and the sheep of His field. Go into His gates giving thanks and into His holy place with praise. Give thanks to Him. Honor His name. For the Lord is good. His loving-kindness lasts forever. And He is faithful to all people and to all their children-to-come.

—Psalm 100 NLV

I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds.

—Psalm 9:1 NIV

Whatever happens, give thanks, because it is God's will in Christ Jesus that you do this.—1 Thessalonians 5:18 GW

Never worry about anything. But in every situation let God know what you need in prayers and requests while giving thanks.

—Philippians 4:6 GW

Inspired



Dear Lord,

I praise You, my God and King! As I look at Your glorious creation, as I think about Your amazing grace given through Your Son Jesus and Your overwhelming love for me, I am inspired. You are the great God who emerges from Your holy temple. You give me power and strength to face my days as well as my battles.

I can do all You have called me to do, face all You have called me to face through Christ Jesus, who strengthens me.

You pour Your very presence into me. Your Holy Spirit is my helper and teaches me everything I need to know. I cannot forget to whom I belong, or Your great love for me, or even the secrets of Your kingdom, because Your Spirit reminds me of all You have told me.

The fact that You are who You are is why I can be strong and brave. I don't have to tremble in fear because You, my eternal God, go with me. You will never let me fall. You will never abandon me.

I will not be afraid or dismayed, for You are my God. You will strengthen me and help me today and always. You are holding my hand, holding me up as I move forward. Because of You, I am inspired to answer Your call to fulfill my purpose, powered in Your love. I am inspired to be all You created me to be.

In the name of Jesus, amen.

You are awe-inspiring, O God, as you emerge from your holy temple. It is the God of Israel who gives the people power and strength. God deserves praise! —Psalm 68:35 NET

I can do all things through Christ who strengthens me. —Philippians 4:13 NKJV

However, the helper, the Holy Spirit, whom the Father will send in my name, will teach you everything. He will remind you of everything that I have ever told you. —John 14:26 GW

Be strong and brave, and don't tremble in fear of them, because the Eternal your God is going with you. He'll never fail you or abandon you! —Deuteronomy 31:6 VOICE

So don't be afraid. I am here, with you; don't be dismayed, for I am your God. I will strengthen you, help you.

I am here with My right hand to make right and to hold you up.—Isaiah 41:10 VOICE

Panic



Dear Lord,

Panic never comes from You because You are gentle and You know how to give me peace. Your Holy Spirit gives me peace of mind and self-control and touches my troubled heart. I receive Your mighty power so I can experience your peace.

You have also promised that I am never alone, and that means I don't have to face my fears without You by my side.

So instead of letting my mind spin, searching for solutions that won't come, I ask You to bring the solutions I need. I trust that You will. Knowing I can trust You for answers makes it easier for me to calm down. Think of it! You've got my problems and issues covered!

You are with me always. You will never loosen Your grip on my life. When I pass through stormy seas, I can count on You to be there with me. When I pass through raging rivers, You will not let me drown. When I walk through persecution like fiery flames, You will not let the flames burn or harm me.

Because of Your great love, I am not destroyed. Your compassion for me never ends. It's fresh every morning because You are so faithful.

The sufferings I endure are not even worth comparing to Your coming glory, which You will soon reveal.

In the name of Jesus, amen.

For God will never give you the spirit of fear, but the Holy Spirit who gives you mighty power, love, and self-control.

—2 Timothy 1:7 TPT

I will never leave you alone, never! And I will not loosen my grip on your life!

—Hebrews 13:5 TPT

When you pass through the deep, stormy sea, you can count on me to be there with you. When you pass through raging rivers, You will not drown. When you walk through persecution like fiery flames, you will not be burned; the flames will not harm you.

—Isaiah 43:2 TPT

Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.

—Lamentations 3:22–23 NIV

Now I'm sure of this: the sufferings we endure now are not even worth comparing to the glory that is coming and will be revealed in us. —Romans 8:18 VOICE

Poor in Spirit



Dear Lord,

I am blessed when I realize that I'm lost without You, when I recognize my emptiness and turn to You, for when I am poor in spirit, You make me rich in You.

You, Jesus, died in my place. You were sent from God to save me from my sins. I ask You for forgiveness and to come into my life. I commit to follow You, free and forgiven!

Because I am in You, I am a new creation. My old way of living has disappeared, and my new way of living has arrived.

Let my roots grow deep into You so that my life may be built on You. Because I am in You, my life will no longer be built on shifting sands but on You, the mighty rock.

I want even more of You, Lord. I want more of You in my life. I continue to seek You, and as I do, my faith grows strong and You fortify me with Your truth.

I want to thank You for all that You've done for me. My heart overflows with gratitude and praise.

Help me to walk with You in integrity, knowledge, self-control, endurance, godliness, and affection for my brothers and sisters. These qualities contribute to my transformation into a new creation in You as my faith becomes alive and productive.

In the name of Jesus, amen.

God blesses those who are poor and realize their need for him, for the Kingdom of Heaven is theirs.

—Matthew 5:3 NLT

Whoever is a believer in Christ is a new creation. The old way of living has disappeared. A new way of living has come into existence.—2 Corinthians 5:17 GW

Just as you accepted Christ Jesus as your Lord, you must continue to follow him. Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness.

—Colossians 2:6–7 NLT

Make every effort to add integrity to your faith; and to integrity add knowledge; to knowledge add self-control; to self-control add endurance; to endurance add godliness; to godliness add Christian affection; and to Christian affection add love. If you have these qualities and they are increasing, it demonstrates that your knowledge about our Lord Jesus Christ is living and productive.

—2 Peter 1:5–8 GW

Rage



Dear Lord,

Why am I so enraged?

I need Your help to calm down because when I let my rage loose, I stir up fights and I sin with my words and actions. I even find myself withholding love and acceptance from those You've called me to befriend.

You do not approve of these behaviors. So, I'm asking You for a heart transplant.

As You shine Your spotlight on my heart, I see that my conflicts and quarrels stem from a battle I wage in an effort to fulfill my own desires. I'm jealous of what others have because I believe I'm better than they are. I scheme to push people aside and to get my way and to selfishly get what I crave.

Help me to stop acting this way! Help me to see that I need to love others and that I need to stop fighting them for what I want. I only need to come to You in prayer and ask You for the things I hope to have.

So, with Your power, I let go of anger and walk away from my rage. I receive Your power to break free of my angry thoughts, which lead to evil.

Lord, I ask that You help me love my enemies. I pray for those I've harmed or wronged or have been jealous of. I pray for those who have tried to harm me. Show me how to be a better friend who loves without envy. Make me a better person in You.

In the name of Jesus, amen.

An angry person stirs up a fight and a hothead does much wrong.

—Proverbs 29:22 GW

An angry person doesn't do what God approves of.

—James 1:20 GW

What is the cause of your conflicts and quarrels with each other? Doesn't the battle begin inside of you as you fight to have your own way and fulfill your own desires? You jealously want what others have so you begin to see yourself as better than others. You scheme with envy and harm others to selfishly obtain what you crave—that's why you quarrel and fight. And all the time you don't obtain what you want because you won't ask God for it!

—James 4:1-2 TPT

Let go of anger, and leave rage behind. Do not be preoccupied. It only leads to evil.

—Psalm 37:8 GW

But I tell you this: Love your enemies, and pray for those who persecute you.

—Matthew 5:44 GW

Submissive



Dear Lord,

Submitting to others is not always at the top of my to-do list. But to submit means to humble myself, which is exactly what You want me to do as I stand under Your powerful hand. And when I submit, You lift me up, all in Your timing.

I submit to You, Lord, in love, loving You with all my heart, soul, and mind.

Sometimes I feel like my prayer requests are a call for You to serve me. But that is wrong. I am Your servant; You are not mine. You answer my cries for help through Your mighty power because You love me.

Your love and care make me want to submit to and serve You even more. You are my God, and I belong to You.

As I submit to You, You call me to fight against the devil and his schemes, which I do under Your authority. That combination causes the devil to lose every battle every time. He cannot face me when I am fighting through You.

I am grateful that I am empowered by Your Spirit, who helps me to submit to my brothers and sisters and even my spouse out of love and respect for You.

So I submit to others in humility. When I see Your love for others, I can serve and extend Your love to them as well.

In the name of Jesus, amen.

So, put away all pride from yourselves. You are standing under the powerful hand of God. At the right time He will lift you up.

—1 Peter 5:6 NLV

Jesus answered him, “Love the Lord your God with all your heart, with all your soul, and with all your mind.”

—Matthew 22:37 GW

So, submit yourselves to the one true God and fight against the devil and his schemes. If you do, he will run away in failure.

—James 4:7 VOICE

And the Spirit makes it possible to submit humbly to one another out of respect for the Anointed.

—Ephesians 5:21 VOICE

Don't let selfishness and prideful agendas take over. Embrace true humility, and lift your heads to extend love to others.—Philippians 2:3

VOICE

Transformed



Dear Lord,

Help me to stop conforming to the pattern of this world and instead be transformed by the power of the Holy Spirit and through Your Word. This is how You will renew my mind so that it will be easy for me to see Your will and to do it. And that's what I seek, Your good, pleasing, and perfect will, which is impossible to find outside of You.

I surrender myself to You as a living sacrifice. I ask for Your power to help me live a life of holiness that will delight Your heart. Living a life that pleases You is my expression of worship. It's the way I tell You how much I love You.

I should not imitate the culture. Instead, I need to imitate You. When I allow the Spirit to move in my life, You change the way I think and empower me to discern Your will. Then I am able to follow You, without fear of failure or confusion. I will have the power to live a beautiful life in You.

Lord, help me to reflect Your glory with a life that glows in Your love. This will not be difficult to accomplish, for I am being changed into Your image every day with Your ever-increasing glory.

In the name of Jesus, amen.

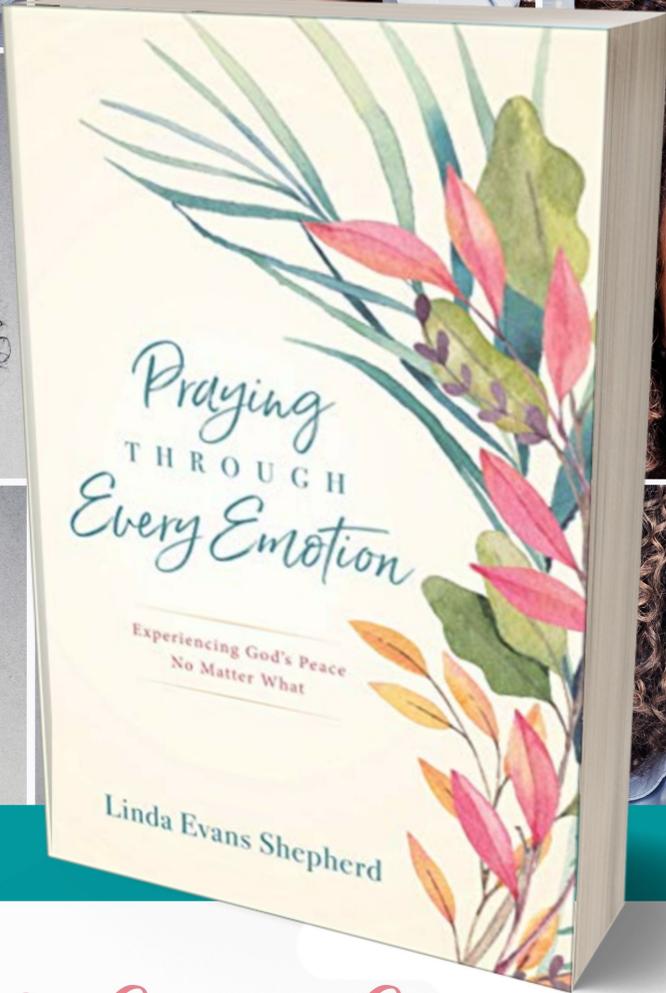
Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.
—Romans 12:2 NIV

I encourage you to surrender yourselves to God to be his sacred, living sacrifices. And live in holiness, experiencing all that delights his heart. For this becomes your genuine expression of worship. Stop imitating the ideals and opinions of the culture around you, but be inwardly transformed by the Holy Spirit through a total reformation of how you think. This will empower you to discern God's will as you live a beautiful life, satisfying and perfect in his eyes.
—Romans 12:1–2 TPT

As all of us reflect the Lord's glory with faces that are not covered with veils, we are being changed into his image with ever-increasing glory. This comes from the Lord, who is the Spirit.
—2 Corinthians 3:18 GW



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