



ONE MINUTE
With God

A PRAYER BOOK FROM BELIEFNET

 beliefnet

1: Make God Your Rock

What better word than “rock” to represent God’s permanence, protection, and enduring faithfulness? When you pray to the Lord your Rock, you are praying to the God who can always be counted on.

SCRIPTURE

“Fear not, for I am with you; be not dismayed, for I am Your God; I will strengthen you, I will help you, I will uphold you with My righteous right hand” *Isaiah 41:10*

P R A Y E R

Dear Lord, this morning, I pray that You give me strength today, to be strong for You in this world full of temptations. You know that there are struggles that I will go through today. I pray that You be with me as I go through them. Carry me when I am too weak. **Amen.**

NOTES:

[illegible]

2: *Thanksgiving Power*

God gives us so much to be thankful for. In order to have a heart of gratitude, we must acknowledge God.

SCRIPTURE

“I will give thanks to the Lord because of his righteousness; I will sing the praises of the name of the Lord Most High.” *Psalms 7:17*

P R A Y E R

Dear God, I thank you for waking me up today. You have given me another sunrise to enjoy. Thank you for the wonderful sounds of nature and the cool breeze brushing through the trees making the birds sing beautiful melodies. I praise You, Father, for allowing me to live another beautiful day in Your Kingdom. **Amen.**

NOTES:

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3: *The Comforter*

Perhaps you have had some life circumstance that has caused such hurt that you do not know where to turn. Do not fear; you can have comfort which comes from the Holy Spirit — He is called the Comforter and He gives peace and healing to your hurting heart.

SCRIPTURE

“Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.” *John 14:27*

P R A Y E R

Dear God, some days feel too hard. I'm hurting, struggling, fighting fear and worry at every turn. But in the midst of it all, you haven't left me to fend for myself. You are Lord over every situation no matter how difficult it may seem. You are Healer and will never waste the grief I carry today. I ask for Your comfort to surround those who weep. I pray for the peace of Your presence to cover our minds and thoughts, as you remind us, the enemy can never steal us out of Your hands.

Amen.

NOTES:

[illegible]

1. Introduction



SCRIPTURE

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” *Jeremiah 29:11*

P R A Y E R

Heavenly Father, I pray that You will work on my life. I know that victory and breakthrough are possible when I relinquish control. I pray that Your Holy Spirit will direct me into the wonderful things you have in store for me, in Jesus' name. **Amen.**

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5: *Surrender to God*

God is on your side and He is worthy of our trust. That means giving Him full control of our lives, because He knows exactly what He is doing. He has proven Himself and He wants to guide you on the right path, but can only do so if you let Him.

SCRIPTURE

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.” *Proverbs 3:5-6*

P R A Y E R

Heavenly Father, I surrender every area of my mind, will and emotions to You. I choose to dwell in Your goodness and faithfulness so that the good seeds You've planted in my life will take root. Keep me close to You and direct my steps down the good path You have prepared for me. In Jesus' name. **Amen.**

NOTES:

[illegible]

6: *Miracle Worker*

Some people doubt that God wants to work a miracle for them today. They believe that there were miracles when Jesus walked the earth, but they think that the days of miracles are over. But God wants us to know that He is still the God of miracles.

SCRIPTURE

“But if I were you, I would appeal to God; I would lay my cause before him. He performs wonders that cannot be fathomed, miracles that cannot be counted.” *Job 5:8-9*

PRAYER

Heavenly Father, I open my heart wide to receive the love of God. As I receive God's love as universal supply, all my affairs are healed. I realize and accept the healing power of the Universe as love, and I allow the healing power that is love to penetrate my life. I readily accept the healing power of love in my life and I know that as love, God is my limitless and abundant supply made manifest. I feel the outpouring of God's love in my body and mind. I feel God's love in my affairs, and I know all is well. **Amen.**

NOTES:

7: Your Shield

The world isn't always a perfect place, but you can ask God to help protect you and your family.

SCRIPTURE

"The Lord is my protector; he is my strong fortress. My God is my protection, and with him I am safe. He protects me like a shield; he defends me and keeps me safe."

Psalm 18:2

PRAYER

Father, You are my helper and my shield. You insulate me from pain in the world. I take You on as my shield. Help me to be mindful of praying this on a daily basis, for I know that Your involvement in my life depends on my invitation through prayer. Come and be my shield, Father. Then help me risk in life without fear. Help me to banish evil for I know you are always with me! Use Your shield to cover those I love and protect them as You protect me. I speak to my soul, "Soul, trust the Lord! He is your helper and your shield!" Let me be an example for my family and friends, so that they also ask for Your protection and love. **Amen.**

NOTES:

8: *Seek Forgiveness*

The Apostle Paul reminds us, “He who began a good work in you, will bring it to completion on the day of Jesus Christ.” Trust God’s Grace by receiving forgiveness.

SCRIPTURE

“If we confess our sins, he is faithful and will forgive us our sins and purify us from all unrighteousness.” *1 John 1:9*

P R A Y E R

Forgive me my sins, O Lord; forgive me the sins of my youth and the sins of mine age, the sins of my soul and the sins of my body, my secret and my whispering sins, the sins I have done to please myself and the sins I have done to please others. Forgive those sins which I know, and the sins which I know not; forgive them, O Lord, forgive them all of Thy great goodness. **Amen.**

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9: Salvation Through Trust

We are saved by believing and placing our faith in Jesus.

SCRIPTURE

“Sovereign Lord, you are God! Your covenant is trustworthy, and you have promised these good things to your servant.” *2 Samuel 7:28*

PRAYER

O Christ Jesus, when all is darkness and we feel our weakness and helplessness, give us the sense of Your presence, Your love, and Your strength. Help us to have perfect trust in Your protecting love and strengthening power, so that nothing may frighten or worry us, for, living close to You, we shall see Your hand, Your purpose, Your will through all things. *-Saint Ignatius of Loyola*

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10: God as Your Guide

You were not created to carve out your path through this life alone. Your heavenly Father longs to be a guide throughout all the twists and turns of life.

SCRIPTURE

“Nevertheless I am continually with You – You have taken hold of my right hand.
With your counsel, You will guide me, and afterward receive me to glory.”

Psalm 73:23-24

P R A Y E R

Dear Lord, I don't know who or what will cross my path today. But I do know that You are my rock and my fortress. You are my shield and my strong tower. Help me to anchor myself to You today. Teach me how to stand strong in You and choose only Your way today. Help me walk by Your truth and not my feelings. Help me to embrace anything that comes my way as an opportunity to see You at work and as opportunity to point others to You. **Amen.**

NOTES:

[illegible]

11: Look Deeply

If God does not open our eyes, we will not see the wonder of the word. We are not naturally able to see spiritual beauty. When we read the Bible without the help of God, the glory of God in the teachings and events of the Bible is like the sun shining in the face of a blind man.

SCRIPTURE

“Open my eyes to see wonderful things in your Word.” *Psalms 119:18*

P R A Y E R

Dear God, open my eyes to the beauty of this day. The yellow of an egg yolk in a blue bowl. The scent of bacon frying in the pan. The soft caress of the morning breeze. The sound of children at play. Awaken my senses. Let me see, hear, and feel the beauty around me. And be aware of the presence of the Great Artist in my everyday world.

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12: A New Heart

People want a new car, new house, new clothes, new neighbors, new hair color, and a new spouse, but few people are seeking a new heart. God is offering it! It's available for the taking. Anyone?

SCRIPTURE

“And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart.” *Ezekiel 36:26*

P R A Y E R

Father, I am grateful for your gracious offer to give me a new heart, one that loves you, one that is tender and responsive to your voice and one that reflects your love back to everyone in my life, friend and foe alike. Praise you! I receive a new me!

Amen.

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13: He Dies For Us

“In human experience, it is a rare thing for one man to give his life for another, even if the latter be a good man, though there have been a few who have had the courage to do it. Yet the proof of God’s amazing love is this: that it was ‘while we were sinners Christ died for us.’” *-Billy Graham*

SCRIPTURE

“But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.” *Romans 5:8*

P R A Y E R

O God, who for our redemption gave your only-begotten Son to the death of the cross, and by his glorious resurrection delivered us from the power of our enemy: Grant us so to die daily to sin, that we may evermore live with him in the joy of his resurrection; who lives and reigns now and forever. **Amen.**

NOTES:

[illegible]

14: Love Is Action

Love is action. No one showed the depths of true love more than our Lord Jesus Christ. He set the example for believers to show love to each other and to the world by what He did.

SCRIPTURE

“Be Full of love for others; following the example of Christ.” *Ephesians 5:2*

P R A Y E R

Dear God, If I cannot be brilliant, let me be kind. If I cannot change the world, let me inspire just one other to do so. If I cannot give away riches, let me be loving. Let me be known for kindness, for it is the greatest glory. **Amen.**

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15: Growing as a Christian

You will not be completely mature until you are in the presence of Christ, but you should be growing everyday as a Christian.

SCRIPTURE

“Dear Brothers, I have been talking to you as though you were still just babies in the Christian life...” *1 Corinthians 3:1*

P R A Y E R

Father, I'm praying for myself to become increasingly mature in Christ. Help me to be willing to grow, to become more mature in my walk, my understanding, and my application of Your Word. Grant me perseverance so I'll not only begin but continue to grow in Christ, so one day I'll be complete and not lack anything. In Jesus' name, **Amen.**

NOTES:

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16: *Jesus Never Changes*

One of the most beautiful words in the Bible is the Hebrew word *chesed*. It is often translated, “unfailing love,” which can be defined as a love that is constant, everlasting, inexhaustible, sure, and faithful.

SCRIPTURE

“Jesus Christ is the same yesterday, and today, and forever.” *Hebrews 13:8*

P R A Y E R

Lord, give me Your unfailing love, the salvation You promised me. Now let Your unfailing love comfort me, just as you promised Your servant. Let me hear of Your unfailing love each morning, for I am trusting in You. **Amen.**

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17: The Light of the World

The shining light ready to save this is our Lord Jesus Christ, and He wants to shine his light onto you. If you believe and trust in Him, Christ will come to you and show you His love.

SCRIPTURE

“The Lord is my light and my salvation...” *Psalms 27:1*

P R A Y E R

Father, You are everlasting; You are a light for the nations. Arise and shine in and through me, for the night grows long. Give me patience and strength to be faithful until the light of Your kingdom fills the sky. Give me boldness to proclaim the light I have found in You in the darkest places. **Amen.**

NOTES:

[illegible]

18: No Other Name

There is no one like Jesus Christ. We are so blessed to have a Father that loves us so much that he would send his Son down from heaven to save us from our sins. Jesus reigns supreme!

SCRIPTURE

“There is none like you, O Lord; you are great, and your name is great in might.”

Jeremiah 10:6

P R A Y E R

Father, thank You for the Name of Jesus. Jesus, there is no other name like Yours. You humbly came and laid Your life down. Now You are exalted to the highest place of all. I bend my knees to You today. Your Name alone sets me free. I want my life and breath to make much of the Name that is greater than all others. **Amen.**

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SCRIPTURE

P R A Y E R

P R A Y E R

NOTES:

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20: *Jesus Sets You Free*

Jesus is the only one who can set you free from your sins. Reach out to Jesus and let Him take your hand. He has come not to take something from you, but to do something for you that no one else on earth can do.

SCRIPTURE

“So if the Son sets you free, you will be free indeed.” *John 8:36*

P R A Y E R

Father, when I was left for dead, discarded and trampled by my own foolish choices, You arrived just in time to save my life. Thank you. Jesus, I believe that you along set me free. Give me the grace to rest in Your freedom today and proclaim that same freedom to all those who are still bound. **Amen.**

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21: What is Your Oath to the Lord?

What is your oath to the Lord? What have you sworn to do in the name of God? Your hand, like your word, is to be used for good. Genesis 14:22 is a prayer of promise. Follow through on all that you swear by and give endless praise to the great Creator.

SCRIPTURE

“With raised hand I have sworn an oath to the Lord, God Most High, Creator
of heaven and earth.” *Genesis 14:22*

PRAYER

Dear God, Into Your hands, I place my own. It belongs there, as natural as rain falling. I trust You to keep a tight grip. **Amen.**

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22: *An Abundant Life*

God's a giver. He gave you life and He gives you abundance. Measure your blessings through the eyes of appreciation. The good times appear more plentiful, your possessions greater than what you need. John 10:10 speaks through the lips of a generous God. Praise Him for life and abundance, the gift that keeps on giving.

SCRIPTURE

“I came so you may have life and have it more abundantly.” *John 10:10*

P R A Y E R

Dear God, I look in the mirror and see a jumble of flaws. Please, help me see myself as You see me: Perfect. Whole. Capable. Help me to view my defects as potential, my awkwardness as a different beauty. Prevent me from self-harm, and from habits that bring me shame. Help me to accept myself as I am, just as You do, with limitless kindness and forgiveness. **Amen.**

NOTES:

[illegible]

23: The Kingdom of God

You want it badly, but do you really need it? When you stop to think about all the things you crave, add an extra pause for thought. It's just possible you don't need it at all. Matthew 6:33 is a favorite verse for many. It's a "satisfaction" statement to help you realize that God gives you everything you need when your priorities are in place. Live righteously in God's kingdom and enjoy the "everything" you've always needed.

SCRIPTURE

"Seek the kingdom of God above all else, and live righteously; He will give you everything you need." *Matthew 6:33*

PRAYER

Dear God, I focus on my blessings with an attitude of gratitude. Content I have food to share; grateful my friends care; happy to have a roof over my head. For I am alive and secure in the knowledge that I love and I am loved. Thank You for the gift of understanding, and the knack of empathy. I am grateful. I am blessed. I have all I need. **Amen.**

NOTES:

24: *He Can Use Anyone*

God's not looking for perfect people to accomplish His goals. In fact, He doesn't need our help at all. Instead He gives us the privilege of being used by Him.

SCRIPTURE

"I can do all things through him who strengthens me." *Philippians 4:13*

P R A Y E R

Dear Lord, I pray today that I will yield my spirit completely to You, that You may use me as You please. I pray that You will provide me opportunities to show people how much You mean to me. Give me discretion to know what to say and how to say it. Make me bold enough that I may proclaim salvation cheerfully and joyfully. I pray that the seeds You allow me to plant will grow and mature. I am forever grateful for the cross; may I proclaim it in a contagious way today. **Amen.**

NOTES:

[illegible]

25: *Angels Around Us*

Angels have been cited all throughout the bible for their amazing ability to protect those in harm. These angels can give us protection and peace so we can focus on knowing there is a bigger plan that God has chosen us for.

SCRIPTURE

“For it is written, ‘He will command His angels concerning you to guard you carefully.’” *Luke: 4:10*

P R A Y E R

Lord, I thank you for the angels that are sent to answer prayer, minister peace and encouragement, remind God's people of his love, deliver warnings, reap the end-time harvest, minister to children, inform believers, rejoice when souls are saved, and strengthen believers. **Amen.**

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26: Spread the Word

Several verses in Scripture tell us clearly that God expects us to spread His Word to everyone in the world. From the joyous hymns of Psalms to the accounts of the disciples in Matthew and Mark, there can be no doubt that we as Christians have an essential duty to fulfill on earth.

SCRIPTURE

“I will declare thy name unto my brethren.” *Psalms 22:22*

P R A Y E R

Lord give me a heart to share the Word of God boldly and in the power of Your Holy Spirit. Let me not be cowardly, or cling to things that really don't matter. Give me a holy boldness to speak the truth when called up to do so! There is no ONE more worthy of our allegiance, than you Jesus! Let Your Spirit move upon each of us that call you Savior and Lord to be bold and obedient, regardless of the circumstances we may face! In the beautiful name of Jesus, **Amen.**

NOTES:

[illegible]

27: *Power Over Sin*

The strength for our conquering and our victory is drawn continually from Christ.

SCRIPTURE

“Those who belong to Christ have nailed their natural evil desires to his cross and crucified them there.” *Galatians 5:24*

P R A Y E R

Almighty and most Merciful God, graciously hearken unto my prayers; and free my heart from the temptations of evil thoughts; that I may worthily become a fit habitation for Thy Holy Spirit. **Amen.**

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28: *Life is Eternal*

Life is a glorious opportunity, if it is used to condition us for eternity. There is a future life with God for those who put their trust in His Son, Jesus Christ.

SCRIPTURE

“In hope of eternal life, which God, that cannot lie, promised before the world began.” *Ephesians 5:2*

P R A Y E R

God, I recognize that I have not lived my life for You up until now. I have been living for myself and that is wrong. I need You in my life; I want You in my life. I acknowledge the completed work of Your Son Jesus Christ in giving His life for me on the cross at Calvary, and I long to receive the forgiveness you have made freely available to me through this sacrifice. Come into my life now, Lord. Take up residence in my heart and be my king, my Lord, and my Savior. **Amen.**

NOTES:

[illegible]

29: *He Hears You*

It's crucial for us to remember that even when we don't hear, see or feel God's response, He is there. God has said, "If my people...pray...then I will hear from heaven."

SCRIPTURE

"If we ask any thing according to his will, he heareth us." *1 John 5:14*

P R A Y E R

Dear God, You never said it was going to be easy. You simply said, "Trust me." My faith is strong and I give myself to You. I will live this life with gratitude. Appreciating every little thing; its difficulties and pleasures. For all this and more, I am grateful. Amen. **Amen.**

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30: *The Secret of Real Living*

Some Christians have learned little of a daily devotional life. Christ is calling Christians today to cleansing, to dedication, to consecration, and to full surrender. It will make the difference between success and failure in your spiritual life.

SCRIPTURE

“O God, thou art my God; early will I seek thee, my soul thirsteth for thee...”

Psalm 63:1

P R A Y E R

Lord, I long for a deeper devotional life. May I consecrate myself completely to you. **Amen.**

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