

Prayers
for a
Woman's
Heart

Elizabeth George



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Contents

Praise	8	Spiritual Discipline	44
Help!	10	Generosity	46
Energy	12	Fear of Others	48
Endurance	14	Wisdom	50
Confidence	16	Worldliness	52
Anger	18	Gossip	54
Contentment	20	Godly Change	56
Assurance	22	Fulfilling Your Potential	58
Your Heart	24	Growing	60
Helping or Hindering?	26	God's Will	62
Envy	28	Marriage	64
Complaining	30	Praying—God's Way	66
Frustration	32	Friendships	68
God's Leading	34	Forgiveness	70
Fear	36	Commitment	72
Godliness	38	Compassion	74
Security	40	Faithfulness	76
Steadfast Spirit	42		

Courage	78	Patience	118
Creativity	80	Reputation	120
Dealing with Loss	82	Thankfulness	122
Devotion to God	84	Worship	124
Doubt	86	Fulfillment	126
Discernment	88	Time Management	128
Temptation	90	Regret	130
Kindness	92	Trusting God	132
Consistency	94	The Future	134
Health	96	Suffering	136
Devotion	98	Daily Walk	138
Questioning God	100	Speech	140
Making Good Decisions	102	Worry	142
Spiritual Maturity	104	Facing Your Fears	144
Joyfulness	106	Parenting	146
Trials	108	Character	148
Forgiving Others	110	Family	150
Work	112	Comfort	152
Complacency	114	Success	154
Peace	116	Inner Strength	156

Hurting	158	Blessings	196
Time with God	160	Open My Eyes	198
Confession	162	Answered Prayer	200
Obedience	164	Change	202
Ministry	166	Praying for Your Children	204
Thinking on the Truth	168	Hope	206
Spiritual Gifts	170		
Attitude	172		
Love	174		
Sharing the Good News!	176		
Serving Others	178		
Fear of Death	180		
Guidance	182		
Perseverance	184		
Money	186		
Bitterness	188		
Dealing with Sin	190		
Priorities	192		
Decision Making	194		

Introduction

*I have called upon You,
for You will hear me, O God;
Incline Your ear to me, and hear my speech.*

PSALM 17:6

If you stop and really think about it, prayer is a phenomenal privilege you have to communicate with the all-powerful God of the universe—who hears your prayers! Prayer is also an opportunity to bare your heart and pour out your soul to your loving heavenly Father—who cares deeply for you.

As you begin this book of prayers and inspiration to encourage you to keep coming before God, remember that in the Bible we are told countless times that we are to pray—to pray frequently, fervently, always, without ceasing, constantly, in and about everything. We are also told to pray purposefully—to pray according to the will of God because if we ask anything according to His will, He hears us” (1 John 5:14).

This book is not meant to teach you mechanics of prayer—the hows, the whens, the whys, and the whats—although I am praying it will be helpful to you as you draw closer to God. Instead it is meant to be used more like a devotional—a tool or a prompt for your own personal and private times of prayer.


God already knows your heart and your needs, and He wants to hear your prayers. He is available to listen to you for as long as you want to talk with Him, and as often as you desire to approach Him. And on those occasions when you want to pray but aren't sure what to say, His Holy Spirit will intercede on your behalf (Romans 8:26-27).

As a child of God, knowing Him and being able to talk with Him through prayer is your great privilege. Take advantage of this blessing often, and may this devotional book of prayers be a guide and a friend on your journey toward a life of prayer.

In His everlasting love,

A handwritten signature in black ink, reading "Elizabeth George". The signature is written in a cursive, flowing style. The first name "Elizabeth" is written in a larger, more prominent script, and the last name "George" is written in a slightly smaller, similar script. The signature is centered on the page.

Praise



*God, before I place my feet on the floor
this morning—and every morning—
may I dedicate my day and myself to You.
Today I commit to bless and serve my family
and others You bring across my path.
And I will count it joy—all joy—to rely on
Your strength when trials come my way.
Praise Your holy name!*

Amen.



If today is “one of those days” you would rather forget, remember that God is available to you every moment of it, no matter what you are facing. Choose not to focus on your problems, but to focus on God. Begin by praising Him for the gift of your salvation. A mere “Thank You” is hardly a sufficient response for the gifts of salvation and eternal life, but expressing continual praise to God will go a long way in showing your thankfulness.

So praise the Lord! Praise Him for the wonders that are at work in your life and in the lives of your loved ones. Proclaim His praise to the people you meet. Praising God is a wonderful way to testify to the reality of the living God. Praise Him for the true joy you find in Him and in His promises. Ask Him for grace—and thank and praise Him for it. Ask God to help you


remember to go to Him for His comfort and guidance in your times of need.

Until you are with the Lord forevermore, there will always be suffering, disappointment, dashed dreams, and even ridicule and persecution. It is at these times you may not feel like praising God, but let your suffering cause you to offer to Him a sacrifice of praise. James 1:2-3 reminds you to “count it all joy when you fall into various trials, knowing that the testing of your faith produces patience.” Praise God and His blessed Son with every step and every breath you take today.

*By Him let us continually offer
the sacrifice of praise to God,
that is, the fruit of our lips,
giving thanks to His name.*

HEBREWS 13:15

Help!



*Lord, I lay before You my worries, my sorrows,
my disappointments, and my failures.
I place before You my mountainous workload.
I am looking to You for a portion of Your strength
for today—and for joy in my work.
I am rejoicing in You, Lord—in my relationship
with You, Abba Father. I am presenting myself to You and
purposing, by Your grace, to set aside my thoughts of
hopelessness and helplessness—and panic—
and replace them with sure faith and trust in Your
presence and Your power. As I rise to take on the tasks
ahead of me, I give thanks as I remember that
“My help comes from the LORD.”*

Amen.



Psalm 121 is one of the “Pilgrim Psalms” or “Songs of Ascent.” Each year God’s people were required to attend the annual festivals in Jerusalem. Fulfilling this law called for a commitment to a long and strenuous journey—an uphill climb every step of the way up to the mountaintop where the temple, the seat of worship, was located. These devoted worshippers trekked through desert lands where bandits often robbed the pilgrims along the way. Families banded together and traveled in caravans

to provide safety for all family members, from babes to the aged. And they sang these songs as they ascended the terrain to the temple!


Many of our days are uphill climbs. Our climbs at home and at work often involve stress, weariness, and the challenge of managing heavy burdens and workloads. It's hard some days to find any joy as we labor on. Yet these pilgrims sang! They sang songs like Psalm 121 to praise God as they pushed themselves and their gear uphill. On their way to worship God, they worshipped Him with songs of praise. Through music they rehearsed God's promises as they struggled onward and upward. They recounted His character. And they recalled His faithfulness.

As you step into your day and step up to take on your responsibilities, with every step you take, lift up your eyes to the Lord. Lift up your songs of praise when you are worn out and weary. Lift up your heartfelt worship as you labor. Your help comes from the Lord.

*I will lift up my eyes to the hills—
from whence comes my help?
My help comes from the LORD,
who made heaven and earth.
He will not allow your foot to be moved;
He who keeps you will not slumber...
neither slumber nor sleep.*

PSALM 121:1-4

Energy



Father, today it feels as though there's not much left of me. This morning my energy level hit a wall, and in my own strength I can go no further. But I praise You, God of all strength, for when I am weak, You are strong. Thank You, Father, that when my energy wanes, You quiet my heart and bring comfort and peace of mind to my weary soul. I love You, Lord. And I love the work I do—the work that blesses my family and the people You bring my way. Today I want to follow Jesus' advice and "seek first the kingdom of God and His righteousness" and all these things shall be added to me (Matthew 6:33).

Amen!




You have probably heard the saying, “A woman’s work is never done,” and you probably agree! It’s as Solomon mused: “That which has been is what will be...there is nothing new under the sun” (Ecclesiastes 1:9). Day after day we are presented with another day of work. Work is definitely here to stay, but there are some practices and principles that can turn your workload into a wonder and your drudgery into something delightful.

- Meet with the Lord first thing every morning. As you pray, give Him your life, your heart, your day, and your work. Spend some time in His Word and absorb the most powerful energy available in the entire world—the energy only the Lord God can give you.
- Create a to-do list and a schedule for the day. What must be done...and when? Who needs what, and where, and when? Doing what matters gives you energy because it is rewarding. You know you are doing what's most important, so you have no guilt, no remorse, no dread.
- Learn and apply effective time management principles. Operate on a schedule. Use your calendar or phone app to keep track of appointments, events, commitments, lists, deadlines, and due dates.
- A little exercise makes a big difference. A walk or jog and a few exercises will rev you up right away and build you up for greater endurance.

The real key to easing your daily burdens is found in Isaiah 40:31. It begins with this focused principle for all believers:

*Those who wait on the LORD shall renew their strength;
they shall mount up with wings like eagles,
they shall run and not be weary,
they shall walk and not faint.*

Endurance



*Dear God of all patience, You are longsuffering in
Your dealings with mankind...and with me.
You are not willing that any should perish,
and You patiently postpone Your judgment
so others may be brought to salvation.
Gracious Father, through Your dear Son, Jesus,
You have brought me Your priceless salvation
through His death on the cross.
Throughout the ages Your people have been
hated and persecuted. Grant me the strength
I need today and every day to persevere
as I count on the fulfillment of Your promise that
eternal salvation is awaiting me
at the end of my days on earth.*

Amen.



It's amazing that people—including you and me—can endure just about anything if we believe it is for something worthwhile. Knowing that His disciples would be hated, arrested, and killed for following Him, Jesus made this promise: “He who endures to the end will be saved” (Matthew 10:22). Jesus’ words and His promise still apply today. He promised salvation for all those who endure. Jesus was not saying that enduring suffering

is a *way* to be saved, because endurance is not a means to earn salvation. No, endurance is the *evidence* that we are truly saved by Christ's death on our behalf.


You can praise God that He has not left you without His support as you faithfully persist through hard times. God has put His Spirit in you to help you endure whatever comes your way. He has made this promise to all believers: "I will make an everlasting covenant with them, that I will not turn away from doing them good" (Jeremiah 32:40).

When you are struggling, remember that the secret to endurance comes from your relationship with Jesus Christ, your Lord. As you trust in Him and are obedient to Him, the Holy Spirit who abides in you will empower you to stand firm against any and all trials and tribulation. Look to God daily and trust Him to give you His patience to endure every small or large test you face. Be patient and press on! Eternal life and peace in the presence of your Savior is your coming reward.

*Perseverance is more than endurance.
It is endurance combined with
absolute assurance and certainty
that what we are looking for is going to happen.*

OSWALD CHAMBERS

Confidence



Dear God, Your very name Elohim conveys that You stand for might, power, and omnipotence as seen in the creation of the universe and all that is in it, including me! No one can stand before You in defiance. Every knee shall ultimately bow before Your throne in utter submission. And yet, that incredible power dwells in me through the presence of Your Holy Spirit. Help me draw on Your strength and power so I can run and not be weary, and I can walk and not faint as I tap into Your empowering Spirit. By Your grace, today I will confidently live for You with strength and resolve, and by Your grace, I will not shrink from fulfilling Your will, for I can do all things through Christ who strengthens me!

Amen.



Self-confidence, self-reliance, and self-sufficiency are traits that are admired and desired by many women. Yet such self-sufficiency is an enemy to your soul, causing you to think you can always do what needs to be done in your own strength and with your own abilities. The man Gideon in the Old Testament could have possessed this kind of self-confidence when he prepared

to meet his enemy with 32,000 men! But to prevent this kind of “self” attitude and “self” sufficiency God reduced Gideon’s army down to a mere 300 men. With a force this small, there could be no doubt that any victory would be from God (see Judges 7:1-25). God wanted Gideon’s confidence to be in Him—in Elohim and His might and power—and not his own abilities and resources.

Nothing has changed these thousands of years later. Like Gideon, you too must recognize the danger of trying to fight your battles in your own strength. God wants you to be victorious, but He wants you to know that any and all victory comes from Him, and He has given you the Holy Spirit to help you be victorious. Like Gideon, the apostle Paul recognized where his power came from: “My speech and my preaching were not with persuasive words of human wisdom, but in demonstration of the Spirit and of power” (1 Corinthians 2:4). God never sends you out to battle alone. He goes before you, as well as beside you and behind you. Whatever your situation, be confident. God, the mighty Elohim, is with you.

*The angel of the LORD encamps
all around those who fear Him,
and delivers them.*

PSALM 34:7