

TONI WILLIAMS

**pray  
every  
day**

21 PRAYERS THAT  
UPSIZE THE RELATIONSHIP  
AND DOWNSIZE THE RELIGION

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TONI WILLIAMS

*for prayer warriors everywhere*

## PRAY EVERY DAY

Prayer. It can elusive. It can be emotional. It can be spirit-filled. It can be peppered with tears, fears, hopes, and dreams. It can be for peace of mind, to heal a broken heart, or fill the empty spaces of the lonely.

Whatever ever the reason, two things remain; 1. Prayer is necessary, and 2. Prayer is purposeful. It also deepens our relationship with God. Just a few years ago, I dedicated an entire afternoon to nothing but prayer and the results were astounding.

My prayer partner and I talk every day. It's a standing appointment, not quite written in stone, but understood. If we are going to be the people who God has called us to be, and serve the ways God has called us to serve our family, our friends, our co-workers, and our church, we have to do those things with intention. Our daily conversations enhance our relationship in Christ and allow us to have a game plan for tackling our lives and daily challenges...and to do so with a with a biblical foundation.

When you pray daily, you are doing the same thing with God. You are petitioning Him for advice and direction. He is telling you what you should and shouldn't do, offering correction and conviction for the things you may have already done, and backing everything up with His word.

For a long time, rote prayers characterized my time with God. My prayers were laced with "Now I lay me down to sleep, God is great, God is good, Praise God to whom all blessings flow, and Peace be unto you" prayers.

Unless I was in the midst of a crisis.

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My crisis prayers were from the heart. They weren't rehearsed. They were honest. At times they were desperate. With a lot of practice though, I've discovered that all my prayers should be honest, heartfelt, and reveal my most vulnerable self. I started praying the same prayer each morning to get my day started. I've mentioned before that 5:00 am is my jam when it comes to spending time with God, and that time is centered and focused on prayer, praise, and worship.

There is also value in intercessory prayer – a dedicated time and space for praying for others. For me, this also happens during my morning quiet time. If I feel the distinct urging of the Holy Spirit, I will then share prayers, scriptures, and notes from that time with friends and family. Even though 5:00 am is early, I've found the biggest benefit to my prayer time is to increase my capacity and ability to pray for others...and that includes you.

## For the Multitudes

*Lord today I want to pray for people all over the world. I want there to be peace in war-torn countries, covering where there's civil unrest, riches where there is poverty. Please take care of the men, women, and children who may not be able to take care of themselves Lord, and let them know that You are walking alongside them and will never leave the side.*

*Please watch over and guide the ones who defend, protect, and serve Lord, as they are often the first line of defense in protecting the freedom we take for granted.*

*In Jesus' name I pray, Amen.*

## Gratitude

*Lord, I come to you this morning simply thankful. I am thankful for the opportunity to start a fresh new day and the ministry of rest. I am thankful for the time I spend with You, especially the time that makes me not want to leave your active and engaged presence. Lord, I love You and I fervently chase You and Your Word. As I enter into a new day Lord, please remove any anxiety I may have about the things I must do from my heart, let me walk into everywhere I go with the confidence of knowing that I am going to accomplish Your will and be Your steward.*

*Let the light I have for Jesus shine for all who come in contact with me, as I may be the only bit of Jesus someone sees today. Let I continue to be the light in the darkness for my colleagues, my friends, my family and my bosses. I love You Lord and I am grateful for You.*

*In the name of Jesus I pray, Amen.*

## Reflect His Will

*Dear Lord, I am seeking Your heart. Only You know how I feel, what I feel, and how broken I am. I want to chase after You with all of my heart and seek Your guidance on even the smallest of things. I want my Love for you to show in everything I do.*

*Allow the work I do every day to showcase Your goodness, Your grace, Your mercy, and give You the glory. Make me whole, complete, and content as I face trials and seek Your heart first. Allow whatever temptations I experience to be convicted under Your word, for You know where I am weak and Your word is strong enough to grant me total and complete freedom.*

*Please take my insecurities my troubles and my causes of despair and use them to show others that You are marvelous and I am now blessed, and no longer stressed. Remind me that fear is not of You and please help me remove any fear I may have about my present and future.*

*Remind me to study, encourage my walk in faith for I know that even when you are invisible, you are working behind the scenes for my good.*

*Convict me when I have false idols and strongholds. I know that when I do not have the power to change my own heart. But “what is impossible with people is possible with God.”*

*So I am turning to You and in Jesus’ name and asking for help. I am praying “create in me a clean heart, oh God, and renew a right spirit within me.” Amen.*

## Dollars and Cents

*Dear Heavenly Father, I come to you with a heart full of thanksgiving recognizing that every good gift and every perfect present comes from You.*

*I come to You humbly on behalf of my finances, my credit, my ability to pay bills, and by using Your plan for managing money.*

*Lord, I thank You for all that You've done and all that You're going to do. Father, I ask that You place Your hand on my finances. Father, in Proverbs 12:14 it is decreed that "From the fruit of his lips a man is filled with good things as surely as the work of his hands rewards him."*

*Father grab hold of my life and teach me to prosper and be responsible with Your money in this season. Holy Spirit bless the fruit of my hands, heart, and mind that I will be able to find opportunities to prosper in this season.*

*In Jesus' name, Amen.*

## Parenting

*Heavenly Father, I come to You today in prayer and thanksgiving for parents everywhere. I want to thank You for placing them at the helm of their families and for the benefit of Your Kingdom.*

*In Deuteronomy, Chapter 4, verses 9-10, Moses stressed the importance of parenting. We pray that all parents take their calling as mothers and fathers very seriously, and are thankful that they are committed to growing through their trials in order to make life better for their sons and daughters. I pray that they are committed to Your word and teaching their children about You, I also rejoice in knowing they will continue to be blessed as a kingdom men and woman.*

*I ask for Your hedge of protection over all families with good health and a strong support system. Only You can balance home and work for these parents with their time to seek You. Meet them where they need to be met, provide for her all they need to have, and let their hearts not become cold as they fight on the front lines of their families.*

*For in Ezekiel 36:26 it is written, "I will give you a new heart and put a new spirit in you. I will remove from you your heart of stone and give you a heart of flesh." The woes of parenting can be strong and caused hearts to harden. May Moms and Dads always know that You are walking alongside them every day and every night and You will never leave their sides.*

*In Jesus' name I pray, Amen.*

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## Safe Travels

*Lord, I come to you today with an open heart and open mind in love, peace, thanksgiving for who you are, what you've done, and what I know you will do.*

*Thank you for your support of my rest and relaxation calling of parenthood, your issuance of family togetherness, and your commands as they relate to financial security. It is because of these three things that I can and will travel and embark on journeys that create memories, facilitate family bonding, and grant the opportunity for rest.*

*I ask for your covering and protection for all who are traveling and for the gift of this time they have with the people they love the most.*

*Let the highways be accident and traffic-free, the airports full of on-time flights, seamless walks through security, short lines, and most definitely without danger and threat as they celebrate this time together.*

*Lord watch over them and allow them to feel your presence and covering on anything they encounter, and even give them the opportunity for quiet and individual time to abide in you.*

*In the name of your son Jesus, I pray, Amen.*

## Sexual Purity

*Dear Lord, In your infinite wisdom and forgiving ways, I approach your throne of grace with humility, transparency, and a heart of confession.*

*Knowing that You know everything and see everything I don't want to even think I can hide this from You any longer.*

*I am here to confess my sin of lust and ask your strength is achieving and maintaining my sexual purity.*

*Lord it is embarrassing. I feel ashamed. It exposes me for who I am – a sinner. Thank you for being the kind of God who can love me regardless of my thoughts and actions and thank you for drawing nearer to me despite what I do to satisfy my flesh.*

*Thank you for keeping me safe, giving me righteous and sexually pure friends, and redeeming me through your son Jesus Christ. I know that in Your Word grace abounds and this confession does not cure me, but it does put my total reliance in You.*

*I know that what the temporary feeling I am searching for is not with You. For in You and You alone resides the true love I am looking for with the man you have created specifically for me. Until You reveal the person and the purpose, I will wait in Your arms and rest in Your purity.*

*Please Help me Lord when I'm weak, tired, and overwhelmed for we know that the enemy strikes me the most then and I want to overcome his evil with Your good in my life.*

*In Jesus' name I pray, Amen.*

## A Busy Day

*Dear Lord,*

*Today I turn my schedule over to you. My calendar, my planner, and my to-do list come with it Lord. I'm asking You to order my steps, count my ways, and grant me the discernment to know what's important and what's not, what's necessary and what's not, and finally Lord, help me be intentional with the seconds, minutes, and hours in this day so I can focus on the things of You.*

*I need to program my mind to focus on the things that You want me to focus on Lord, the tasks You want me to complete Lord, and execute the ideas only You want me to execute.*

*Lord, it's all for You. Everything I do today is for You. In this I give You all of the glory, all of the honor, and all of the power.*

*In Jesus' name I pray, Amen.*

## Speaking My Voice

*Dear Lord,*

*Thank You for the voice I have that showcases the thoughts and feeling You have placed within my heart. Allow me to use them for good and to honestly express the way You want me to express myself to others.*

*Let others know that I follow You because of my speech, my words, and my tone. Let my voice be seasoned with grace, kindness, joy, friendship, love, and patience. Please let me apologize when my speech is unruly, bite my tongue when it's necessary, and speak respectfully to all who can hear me. And especially Lord, let my speech reflect who You are within me.*

*In Jesus' name I pray, Amen.*

## Let Your Light Shine

*I am called to talk to people and go places throughout the day where I can't shout your name and sing your praises from the rooftops. I know that in these instances, I must allow Your light to shine from within me. I want it to be visible through my actions, my facial expressions, and my speech that I follow You and am committed to Your work.*

*Give me the right responses to questions and comments about anything. Let me be a divine example of you, letting there be no questions whatsoever about shoes light shines within me.*

*In Jesus name I pray, Amen.*

## Conflict Resolution

*Dear Lord,*

*I come to you admitting my pain and brokenness today, Lord. I'm broken because of the past, present, and future conflicts in my life. While I know where this started in history, I also know why it exists today and Lord I need you.*

*I need you to help me think appropriately, speak appropriately, and act appropriately at all times, like the child of God that I am. I need patience and Your discerning Spirit so I don't respond to my brothers and sisters in Christ emotionally, unfairly, and without the facts.*

*In all of this, help me to seek a resolution to any conflict in my life so I may give you more even more glory and honor.*

*In Jesus' name I pray, Amen.*

## Contentment

*Dear Lord,*

*Thank you for the difference between contentment and happiness. Thank you for an eternally-focused peace that allows me to rise above the things I see that might make me uncomfortable and instead embrace the things I know that can happen within you.*

*I love you Lord, and I know that You can teach me how to be content in all situations. I will be content when I have plenty, content when I have nothing, content when the answer is right in front of me, and content when I have to seek You even more to find the answer.*

*For I know Lord, that the ultimate peace, understanding, and contentment comes from knowing who You are and trusting Your sovereignty.*

*In Jesus' name I pray, Amen.*

## Being Set Apart

*Lord, I have to admit that one of the hardest parts about following You is being set apart. I want everything I do give you all the glory and the honor, and I know that one of the biggest steps I have to make is to be willing to be set apart.*

*Please give me the strength and continue to guide me in Your ways, Oh Lord. Help me to stand firm and represent the things that are of You, negating peer pressure, a fear of missing out, and idolatry. Let my thoughts, words, and actions be different from those around me – even my family and friends.*

*In the mighty name of Jesus, I pray.*

*Amen*

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## All the Children

*Dear Lord,*

*I know that every good and perfect gift comes from above. I like to think that babies and children give us a glimpse into the wonders of heaven here on earth. Lord, thank you for all the children of the world because their wonderment showcases a love of life and a faith in You and You alone.*

*Thank you for the questions, the intrigue, the commitment to causes, the desire to make connections, and the genuine faith that the world will be a better place because of them. Continue to help them see the difference between right and wrong, understand the consequences of their choices, and express the desire to do better in order to give God the glory.*

*In the name of your Son Jesus I pray, Amen*

## Wise Counsel

*Lord,*

*I come to You today with a bowed head and open heart ready to seek wise counsel. Lord, I realize that You are the ultimate counselor and I am asking that You place the right people in my life to offer assistance, advice, and counsel. Let my friends and acquaintances be Christ followers who will filter their own words and actions through Your word, not giving me their opinions based on emotions and fear; but rather on truth and grace.*

*In Jesus name I pray, Amen.*

## Healthy Relationships

*Dear Lord,*

*Thank you for all You have done, continue to do and will do in the future. Father God, I love you for who You are, and not just what you have done. I am grateful for the people You have placed in my life, the family by which I share DNA, those who I work with, and the people I love the most.*

*Thank you for the people I know, the places I've seen, and the things I do. I love You Lord, and it's my job to maximize the time, experiences, and relationships so they can give you the ultimate glory.*

*Let them all be filled with effective communication, valuable shared experiences, laughter, honesty, and comfort in times of grief. May you enter all of my relationships so we can ultimately give You the glory with the best representation of ourselves.*

*In Jesus' name I pray, Amen.*

## Blended

*I pray today for all blended families. When a man and woman marry, they not only join their immediate families, they join their extended families as well. Lead them, guide them, and direct them Father on fairness, love, sacrifice, compromise, and peace.*

*Lord, please let all of those who are members of a family realize they are all blended – with a variety in age, interests and personalities –not just biological parentage.*

*May the blending of individuals into a larger unit be a reflection of your kingdom as a whole.*

*In Jesus' name I pray, Amen.*

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## His Will Be Done

*Heavenly Father, please help me to operate in Your will and Your will only. Let me learn how to trust You, heed the guidance of the Holy Spirit, and seek Your word when I am unsure. On the days that I'm so confused and flustered, remind me of the basic things that I do know and confirm through discernment what it is that I should and should not be doing*

*May I continuously read your word so that I can be immersed in Your thoughts, commands, and actions. . Let Your will be done through me here on earth.*

*In Jesus name I pray, Amen.*

## Calling

*Dear Lord,*

*I know that when You call me to something, you will equip me for it. I come to You today asking for Your complete and total covering of my calling. Empower me to walk in faith and impact the lives of others through the things you have called me to do. There are not enough words to fully describe Your greatness, but with this time I'm here on earth, please let me glorify Your name, sing Your praises, and allow others to see You in the work I am doing daily.*

*In Jesus name I pray, amen.*

## Act Like Jesus

*Dear Lord,*

*Help me to see others as you see them and love others as you love them.  
Let me learn to use the fruit of the spirit when I encounter them for I  
know that I could be the only ounce of you that someone encounters  
today.*

*Allow me to soften my heart, soothe my speech, and reflect who You are  
as I perform acts of kindness, grace, mercy, and love to those around me,  
regardless of how I am treated. Give me an open mind and open heart  
Dear Lord, as I live today.*

*In Jesus name, Amen.*

## Everyone, Everywhere

*Lord today I want to pray for people all over the world. May everyone who knows You feel Your presence, and those who don't be open to learning more.*

*Lord, I want there to be peace in war-torn countries, covering where there's civil unrest, riches where there is poverty. Please take care of the men, women, and children who may not be able to take care of themselves throughout the winter, spring, summer and fall.*

*Please also watch over and guide the ones who defend, protect, and serve Lord, as they are often the first line of defense in protecting the freedom we take for granted.*

*In Jesus' name I pray, Amen.*

## **About the Author**

Toni Williams is a native Chicagoan, transplanted Texan, and heartfelt Mississippian. Several years ago, she made the decision to stop living the life she planned for herself and embrace the one God planned. She writes regularly at the Hey Twilli blog, which highlights her life as a mom of three busy teenagers.

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