

# **7-Day Prayer Guide: Praying God's Promises Over Your Worries**

## **SUNDAY: Financial & Provision Promises** Prayer

Focus: "Heavenly Father, You are Yahweh Jireh, my Provider. I trust You with every financial need."

Scripture Promises:

- "And my God will meet all your needs according to the riches of his glory in Christ Jesus." (Philippians 4:19)
- "Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?" (Matthew 6:26)
- "The LORD is my shepherd, I lack nothing." (Psalm 23:1)

Specific Prayer Points:

- Monthly bills and expenses
- Debt reduction/elimination
- Wisdom in financial decisions
- Job security/income
- Generous giving opportunities
- Emergency fund provision
- Future financial stability

**MONDAY: Health & Healing Promises** Prayer Focus:

"Lord, You are Yahweh Rapha, my Healer. I entrust all health concerns to Your capable hands."

Scripture Promises:

- "Surely he took up our pain and bore our suffering." (Isaiah 53:4)
- "LORD my God, I called to you for help, and you healed me." (Psalm 30:2)
- "Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." (3 John 1:2)

Specific Prayer Points:

- Current health challenges
- Chronic conditions
- Mental/emotional wellbeing
- Family health needs
- Upcoming medical decisions
- Strength and energy
- Healthy lifestyle choices

**TUESDAY: Future & Direction Promises** Prayer Focus:  
"Father, You hold my future. I trust Your perfect plans and seek Your wisdom."

Scripture Promises:

- "'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)
- "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)
- "Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus." (Philippians 1:6)

Specific Prayer Points:

- Major life decisions
- Career direction
- Educational choices
- Living situation
- Long-term goals
- God's timing
- Open/closed doors

## **WEDNESDAY: Family & Relationship Promises** Prayer

Focus: "Lord, I lift up my family and relationships to You, the perfect Father and relationship-healer."

Scripture Promises:

- "Start children off on the way they should go, and even when they are old they will not turn from it." (Proverbs 22:6)
- "He will turn the hearts of the parents to their children, and the hearts of the children to their parents." (Malachi 4:6)
- "Love bears all things, believes all things, hopes all things, endures all things." (1 Corinthians 13:7)

Specific Prayer Points:

- Marriage/significant relationships
- Children's spiritual growth
- Family unity
- Broken relationships
- Parenting wisdom
- Godly friendships
- Church unity

## **THURSDAY: Protection & Safety Promises** Prayer

Focus: "God, You are my fortress and shield. I rest in Your protection today."

Scripture Promises:

- "The LORD is my light and my salvation—whom shall I fear?" (Psalm 27:1)
- "Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty." (Psalm 91:1)
- "When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you." (Isaiah 43:2)

Specific Prayer Points:

- Physical safety
- Spiritual protection
- Home security
- Travel mercies
- Children's safety
- Protection from evil
- Digital/online safety

**FRIDAY: Work & Purpose Promises** Prayer Focus:

"Father, I dedicate my work to You. Help me serve faithfully and trust Your provision."

Scripture Promises:

- "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters." (Colossians 3:23)
- "Commit to the LORD whatever you do, and he will establish your plans." (Proverbs 16:3)
- "But as for you, be strong and do not give up, for your work will be rewarded." (2 Chronicles 15:7)

Specific Prayer Points:

- Work relationships
- Job performance
- Career advancement
- Work-life balance
- Ministry opportunities
- Workplace witness
- Professional development

## **SATURDAY: Peace & Rest Promises** Prayer Focus:

"Lord, I receive Your perfect peace and rest in Your faithfulness."

### Scripture Promises:

- "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." (Philippians 4:6-7)
- "Come to me, all you who are weary and burdened, and I will give you rest." (Matthew 11:28)
- "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." (John 14:27)

### Specific Prayer Points:

- Mental peace
- Emotional stability
- Quality rest/sleep
- Release of anxiety
- Trust in God's control
- Sabbath rest
- Inner tranquility