



15 PRAYERS TO SHARE NOTE STARTERS

These prayers are an invitation to settle in with God — and they provide an opportunity to love one another. Pull out a Chronic Joy flat card and share a meaningful prayer with a friend or loved one. It's always the right time to #PrayItForward.

PRAYER FOR A NEW DAY

Lord, as this new day dawns, may Your hope rise in me anew. May worship swell in my heart as birdsong greets the morning. May Your love surround me, hold me securely, and flow right on through me into others. Amen.

REFRESH ME, LORD

Lord, things are a mess. Please flood me with Your peace and anchor me securely in Your love. Refresh me with joy after sorrow, hope during loss, and Your mercy, new every morning. In Your Son's name, Amen.

WITH EYES OF COMPASSION

God, how I long to be tender and gentle, patient and kind, to walk through this world with eyes of compassion, to look beyond people's words and actions to the heart of who You created them to be, to learn to see them through Your eyes. In Jesus' name, Amen.

MORE THAN I DESERVE

Lord, thank you for loving me more than I deserve, for never giving up on me, and for graciously forgiving me as often as I ask. Thank you for grace upon grace upon grace. Amen.

SET ME FREE, LORD

Father, how I long to release the fear nipping at my heels, the anxiety I feel about tomorrow. Set me free, Lord, and draw me ever closer to You. Amen.

DRAW ME DEEPER

Lord, I don't want to thank you for the pain tonight, but I will, for through it You draw me into deeper relationship with You. Amen.

Visit chronic-joy.org for more resources.



TO BE GENUINELY THANKFUL

Father, I long to be genuinely thankful at all times, in all places, and in every circumstance. Amen. (1 Thessalonians 5:18)

A HEART LIKE YOURS

Father, how I long for a heart like Yours — kind, tender, compassionate, and caring — a servant's heart, a heart that beats for Your glory, marvels at Your beauty, radiates Your goodness, and overflows with Your deep joy. Amen.

GRANT ME A GENEROUS HEART

Lord, grant me a generous heart, unattached to the things of this world, spending all that I am and all that I have, to love and serve Your precious people here on earth. Amen.

GRACE WITHOUT JUDGEMENT

How I long to stand in the gap for the people in my life, to offer grace without judgment, mercy rich in compassion, rife with joy, and marinated in Your perfect peace. How I long to be a conduit of Your love, Lord! Amen.

HOW I LONG TO HEAR YOU WHISPER MY NAME!

Lord, capture my heart, teach me Your ways, and breath by breath, draw me closer to You, so that I will hear Your voice each time You whisper my name. Amen.

PRAYER FOR ALL NATIONS

Lord, I pray my heart and my home become "houses of prayer for all nations." In Your Son's name, Amen. (Mark 11:17)

A DESPERATE REVERENCE

Lord, saturate me with a desperate reverence for You, for Your Word, and for Your holy name. In Jesus' name, Amen.

STILLNESS & SILENCE

Father, teach me to be still and silent, to recognize Your presence, and to experience Your perfect peace wherever I am and however I am, breath by breath and day by day. Amen.

TEACH ME TO FORGIVE

Lord, teach me to forgive from deep in my heart, to seek reconciliation instead of simply avoiding the pain of conflict. Teach me to be more flexible than rigid, more consoling than controlling, quicker to listen and slower to speak. Amen.

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