

MOUNTAIN BROOK COMMUNITY CHURCH



# RENEW



WOMEN'S MINISTRY  
2025 PRAYER GUIDE



Dear Friends,

It is truly a privilege to pray. In prayer, we have the incredible opportunity to connect with God... to bring our praises, concerns, and hopes before the One who knows us fully. The challenge for some of us is we don't always know where or how to begin. Sometimes our hearts are full but the words seem distant, or we may feel unsure of what to say in the quiet moments.

This booklet has been created to offer some helpful tips and daily focus points to guide us through the seven days of prayer leading up to our annual Renew gathering. Whether you're new to prayer or simply looking for fresh inspiration, we hope these daily reflections and Scriptures will help shape your conversations with the Lord. Each day brings a new opportunity to deepen our trust, listen for His voice, and grow in our relationship with Him.

May this time of prayer be a meaningful and transformative way to start the year.

In faith,  
MBCC Women's Ministry



*"What wings are to a  
bird, and sails to a ship,  
prayer is to the soul."*

Corrie Ten Boom



The apostle Paul encouraged believers to “pray without ceasing.” This means to maintain awareness of God (as opposed to compartmentalizing Him to Sunday mornings or Bible studies) and to be inclined to pray often. We can talk with God anytime and anywhere.

It can also be helpful to have more focused and intentional times of prayer when we’re able to set aside any distractions and devote our full attention to the Lord. Here are some ideas and suggestions to make these focused times meaningful and fruitful.

## A FRAMEWORK FOR PRAYER

Having a framework for our prayer time can help us stay focused. Here are a few examples of approaches to prayer:

**ACTS** Adoration, Confession, Thanksgiving, Supplication

**PRAY** Praise, Repent, Ask, Yield

**THREE R’S** Rejoice, Repent, Request

## DAILY FOCUS

Devote a day to a particular topic such as forgiveness, wisdom, peace, healing, spiritual growth, or relationships. Or focus on a particular person or people group such as family, friends, your neighborhood or city, your church, the country, other nations, etc.

## HELPFUL TIPS

- Identify a time and place to pray
- Journal your prayers; highlight ones that have been answered
- Take a walk while praying
- Pray God’s Word







## WHY PRAY?

- **Communication with God:** Prayer is our way of talking to God, building a relationship with Him.
- **Access to God:** It's not just about asking for things but connecting with His presence, comfort, and wisdom.
- **Aligning with God's Will:** Prayer helps align our hearts with God's will, not just seeking our own desires.
- **Trust Over Outcomes:** The purpose of prayer is to trust in God's plans, even when we don't receive immediate answers.
- **Growth in Relationship:** Ultimately, prayer deepens our relationship with God and strengthens our faith.

*"Prayer was never meant to be all about answers. Prayer is taking God up on the miracle of access."*

Beth Moore

## HOW TO USE THIS PRAYER GUIDE

For each day of our seven-day prayer journey, we will use the inspired words of the Psalms to focus our prayers on a particular topic. In the Psalms, we find common human experiences and emotions articulated in words that resonate in our souls. The psalmists offer adequate words to help us express praise and thanksgiving to the Lord, as well as attributes that characterize our Lord and Savior. As you read through and meditate on the psalms highlighted in this guide, personalize them for your specific circumstances and relationships. Together we will be praying the eternal Word of God to our eternal gracious God.

# Day 1

## Prayer Focus: Awe and Amazement of Who God Is

Reflect on His attributes—His love, faithfulness, mercy, holiness, omnipotence, and wisdom. Intentionally praise God for who He is. As you lift your voice in praise, let it transform your perspective, filling you with joy and reverence for the Creator who knows and loves you deeply.

### PRAYING PSALM 97

Lord, we start this week by intentionally focusing on You today. You reign in heaven and on earth. The mountains melt like wax at Your awesome presence. Fire goes before You and burns up Your adversaries, for You are Almighty God. You are Lord Most High and exalted above all. In Your righteousness You have rescued us from our weakness and sin. Your glorious Son has delivered us; You preserve our souls. We lift our eyes to You today and meditate on who You are, giving thanks to Your holy name! May we see Your glory all around us. In Jesus' name, Amen.



### ADDITIONAL PSALMS SIMILAR IN FOCUS:

Psalm 18 , Psalm 47, Psalm 104

# Day 2

## Prayer Focus: Confession, Repentance, and Forgiveness

Reflect on areas of your life where you need forgiveness and ask God for His mercy. Pray He would also give you the grace to extend forgiveness to others.

### PRAYING PSALM 32

Father, I humbly acknowledge my sin and confess my transgressions to You. Help me remember that joy and blessings are all mine because Your only begotten, perfect Son took on my sin at the cross. Because Jesus paid my penalty by dying in my place, my sin is covered! I rejoice and thank You for this forgiveness! I love You more and more as I meditate on the forgiveness You extend to me. Thank You for cleansing me of my sin. Lord, I trust in You and Your lovingkindness. I desire to live free of the burden of sin and live in step with Your counsel. Instruct me and teach me in the way I should go, that I might not sin against You. In Jesus' name, Amen.



### ADDITIONAL PSALMS SIMILAR IN FOCUS:

Psalm 15, Psalm 25, Psalm 103, Psalm 139

# Day 3

## Prayer Focus: Gratitude and Thanksgiving

Focus on thanking God for His blessings, both big and small, and recognizing His goodness in your life.

### PRAYING PSALM 111

Lord, I give thanks to You with all my heart! How great and awesome are Your works; splendid and majestic! I praise You and thank You for Your compassion and graciousness. Today, I specifically thank You for \_\_\_\_\_. I am so grateful for Your eternal covenant of love and redemption. I cannot imagine my life without Your saving grace. You delight in revealing Yourself to Your own. Open my eyes to see Your hand at work. I praise Your Holy and awesome name! Your praise endures forever. In Jesus' name I pray, Amen.



### ADDITIONAL PSALMS SIMILAR IN FOCUS:

Psalm 100, Psalm 118, Psalm 136

# Day 4

## Prayer Focus: God's Presence and Provision

Praying for God's presence is an invitation to draw near to Him, seeking His guidance, comfort, and peace in every moment of life. Asking for His provision reflects trust in His ability to meet our needs, both physical and spiritual, according to His perfect will.

### PRAYING PSALM 145

Heavenly Father, I praise You for Your greatness and majesty, for Your kingdom is everlasting. Each day, I will extol Your name and proclaim Your mighty acts. You are gracious and compassionate, slow to anger and rich in love. Lord, You uphold those who fall and lift up the weary. You provide for every living thing, opening Your hand to satisfy our needs. Your faithfulness is my foundation, and Your kindness knows no bounds. Let my words and my life declare Your glory, so that all people may see Your goodness and call on Your name. Thank You for being near to those who call on You in truth. In Jesus' name, Amen.



**ADDITIONAL PSALMS SIMILAR IN FOCUS:**  
Psalm 3, Psalm 23, Psalm 73:23-28, Psalm 84

# Day 5

## Prayer Focus: Surrender and Trust

Focus on surrendering control of your life to God, trusting His plans and timing, even when they are unclear.

### PRAYING PSALM 71:1-8

Lord, sometimes the circumstances of life seem so overwhelming. I remind myself that You are my hope and my confidence. You alone are the Rescuer. In You, O Lord, I take refuge. You see the difficulties that I face in life and in these circumstances: \_\_\_\_\_ [list them specifically]. I'm reminded that You are a solid rock that I can continually come to; a solid and mighty fortress to protect me in these times of trouble. As I reflect over my life, I can see that You have sustained me and been my refuge all the days of my life. How I praise You for this faithfulness! Because You are my refuge, my protection, my provider and all of my hope, my heart is full of Your praise and Your glory. Thank You Lord! I pray all of this in Jesus' name, Amen.



### ADDITIONAL PSALMS SIMILAR IN FOCUS:

Psalm 31 , Psalm 63, Psalm 86

# Day 6

## Prayer Focus: Hunger and Thirst for His Word

As we pray, we seek to grow in our understanding and love for Scripture, allowing it to shape our hearts and guide our lives. Pray about cultivating a deeper hunger for God and His Word, desiring His presence and truth above all else.

### PRAYING PSALM 19:7-14

Lord God, Your law is perfect, reviving my soul; Your statutes are trustworthy, making me wise. Your precepts bring joy to my heart, and Your commands are pure, giving light to my eyes. May I treasure Your Word more than gold and savor it like sweet honey. Keep me from willful sins and hidden faults; cleanse me and make me blameless in Your sight. Let the words of my mouth and the meditation of my heart be pleasing to You, O Lord, my Rock and my Redeemer. Guide me to live each day in Your truth and grace. I pray this in Jesus' name, Amen.



### ADDITIONAL PSALMS SIMILAR IN FOCUS:

Psalm 1, Psalm 18:30, Psalm 119



# Day 7

## Prayer Focus: Renewal and Hope

End the week by praying for personal renewal and hope for the future, trusting in God's promises for what is to come. Ask Him to refresh your spirit and restore your strength through His unfailing love.

### PRAYING PSALM 42

Heavenly Father, as the deer longs for streams of water, my soul thirsts for You. When I feel overwhelmed or distant, remind me that my hope is in You. Even in the storm, Your love surrounds me, and Your song comforts me. Renew my spirit, Lord, and restore the joy of Your presence. Why, my soul, are you downcast? I will yet praise You, my Savior and my God. Draw near to me as I place my trust in You again. In Jesus' name, Amen.



### ADDITIONAL PSALMS SIMILAR IN FOCUS:

Psalm 27, Psalm 130, Psalm 139

# Notes

## SOME RECOMMENDED BOOKS TO INVIGORATE YOUR PRAYER LIFE:



### *The Hour that Changes the World: A Practical Plan for Personal Prayer*

By Dick Eastman, this book is full of practical suggestions. It challenges readers to spend an hour each day in prayer by dividing the hour into twelve five-minute slots to pray about different topics. The system is helpful even if you spend less than an hour in prayer.



### *Every Moment Holy (Volumes I, II, and III)*

By Douglas McKelvey, these books provide liturgies for daily moments across all walks of life.



### *A Praying Life*

By Paul Miller, this book emphasizes that prayer is an essential part of the Christian life, not an add-on.



### *I'm Praying for You*

By Nancy Guthrie, this book provides prayers for those who are suffering, and includes a QR code for each prayer so you can send it to them.



### *Prayer: Experiencing Awe and Intimacy with God*

By Tim Keller, this book explores the history of Christianity to develop a theology and practice of prayer.



### *The Prayer of the Lord*

By R.C. Sproul, this book uses The Lord's Prayer as a model.

*"Do not be anxious about anything,  
but in everything by prayer and  
supplication with thanksgiving let your  
requests be made known to God."*



Philippians 4:6





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