

PRAYER GUIDE 1

Praying Through Your Identity in Christ

"You are precious and honored in my sight, and I love you." — Isaiah 43:4

How to Use This Guide

Find a quiet place. Read each prayer slowly. Pause after each section and sit in silence for a moment before moving on. This is not a race — it is a conversation with God.

Opening Prayer

Lord, I come to You today as I am — not as I think I should be. I bring my doubts, my insecurities, and my questions. Help me to hear Your voice above every other voice. Speak to me about who I truly am in Your eyes. Amen.

Praying Through Who God Says You Are

When you feel like you are not enough:

Father, the world tells me I need to do more, be more, achieve more. But Your Word says I am fearfully and wonderfully made (Psalm 139:14). Help me believe that today. Replace the lie that I am not enough with the truth that I am Yours.

When you feel forgotten or invisible:

God, there are moments when I feel unseen. But You know my name. You knew me before I was born (Jeremiah 1:5). Remind me that I am never invisible to You. You see every part of me and You still love me completely.

When past mistakes define how you see yourself:

Jesus, I have made mistakes I am ashamed of. Sometimes I let those mistakes become my identity. But Your Word says there is no condemnation for those who are in You (Romans 8:1). Help me receive Your forgiveness and let go of the shame I have been carrying.

A Prayer of Declaration

Speak this out loud if you are able:

I am not defined by my failures. I am not defined by what others think of me. I am not defined by my past. I am a child of God. I am loved. I am chosen. I am enough — because He says I am.

Closing Prayer

Lord, as I go into this day, let me carry the truth of who You say I am. When the lies come — and they will — bring this moment back to my mind. You are the author of my identity, and I trust You with it. Amen.

Reflection Question

What is one lie about yourself you want to surrender to God today? Write it below and then cross it out as an act of faith.

You are seen. You are known. You are loved.