



CALLED TO PRAY

THROUGH THE PRAYERS OF WOMAN, WE CAN CHANGE A NATION

WWW.WOMENATWORSHIP.COM

CONTENTS:

- What is prayer?	Page: 2
- When do we pray?	Page: 2
- What do we pray?	Page: 2
- A prayer to overcome fear	Page: 3
- A prayer to overcome a broken heart	Page: 4
- A prayer to overcome unbelief and doubt	Page: 5
- A prayer to overcome rejection	Page: 6
- A prayer to overcome spiritual witchcraft	Page: 7
- A prayer to overcome shame and guilt	Page: 8
- A prayer to overcome addiction	Page: 9
- A prayer of thanksgiving	Page: 10
- A prayer for our children	Page: 11
- A prayer for healing	Page: 12
- A prayer to overcome anxiety	Page: 13
- Praying for a breakthrough	Page: 14
- A prayer to overcome depression	Page: 15
- Prayer and Fasting	Page: 16
- A prayer for our nation	Page: 17
- A prayer to overcome insecurity	Page: 18
- A prayer for restoration	Page: 19
- A prayer of faith	Page: 20
- A prayer for blessing	Page: 21
- A prayer for salvation	Page: 22

CALLED TO PRAY

What is prayer?

Prayer is defined as spiritual communication between mankind and God. It is a two-way relationship by which we talk to God and God talks to us.

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your request to God.”

Philippians 4: 6-7.

When do we pray?

We are to pray daily. The bible says to, “pray without ceasing.”

“Rejoice always, pray without ceasing, give thanks in all circumstances, for this is the will of God in Christ Jesus for you.”

1 Thessalonians 5:16- 18.

What do we pray?

- Praying is humbling yourself before God. **“Our Father, who art in heaven, hallowed be thy name...” Matthew 6:9-13.**
- We pray God’s will to be done in every situation in our lives and in the lives of our families. **“Let Your kingdom come, let Your will be done, on earth as it is in heaven...” Matthew 6:9-13.**
- Thank your Father in heaven for all that He has done for you, thank Him for all your blessings and thank Him for His Son Jesus, who died on the cross to save you from your sins.
- Ask God to forgive you of all your sins. Forgive those that have hurt you in return, so that you do not harden your heart towards man, a hardened heart cannot receive from God.
- Ask for God’s protection over your life and the lives of your loved ones. Ask God to help you to resist the works of Satan over your life as well as over the lives of your family members. **“Deliver us from the evil one...” Matthew 6.**
- Proclaim God as, **“Lord over all the earth,”** He is Lord over your life, Lord over your children, Lord over your nation, Lord in your workplace. Declare God’s Lordship, His Lordship is, **His supreme power and rule over everything.**

AMEN

CALLED TO PRAY

A PRAYER TO OVERCOME FEAR:

**“Don’t fear, for I have redeemed you, I have called you by name, you are Mine.”
Isaiah 43:1.**

God commands us not to fear, nor to worry. Satan uses fear to weaken our faith in God and limit our victories. Fear can be described as an emotion caused by the threat of danger, pain or harm. If we allow fear to dominate our thoughts, it eventually controls the words we speak and the way we behave.

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” 2 Timothy 1:7.

To overcome the spirit of fear in your life, you will have to start by reading what God says about fear in the bible. Meditate on scriptures relating to fear. Every time you have a fearful thought or emotion, combat that fear with God’s word. God created us, spirit, soul and body. When our spirit is linked to God’s spirit, our spirit is connected to the power and love of God, and we will have a sound mind. When our mind is guarded by the word of God, our thoughts are directed by God’s word. Fear, stress and pressure can cause us to feel exhausted and can cloud our judgement and cause us to become overwhelmed with feelings of confusion and depression. God’s word defends our mind against demonic attacks from the enemy. Reading God’s word daily, will enable you to recognize the devils’ tactics and help you to combat these attacks with powerful scriptures.

“He will never leave you nor forsake you. Do not be afraid, do not be discouraged.’ Deuteronomy 31:8.

“Perfect love casts out all fear.” 1 John 4:18.

LET’S PRAY:

Father God, I come before you today and I praise your Holy Name. Lord, I thank-you for your love and grace towards me. Lord I am struggling with fear in my life, the fear of _____. Lord, your word says, “You have not given us a spirit of fear, but of power and of love and of a sound mind.” I declare this scripture over my life today, I rebuke the spirit of fear, and I command you to leave me right now, you have no power or authority over my life, in Jesus Name I pray. Amen.

CALLED TO PRAY

A PRAYER TO OVERCOME A BROKEN HEART:

“The Lord is close to the broken hearted and saves those who are crushed in spirit.” Psalm 34:18.

What causes a broken heart? Disappointment can cause a broken- heart, a failed relationship can cause a broken heart, and feelings of discouragement can cause a broken heart. Pain, loss and hurt in our lives can cause our hearts to be broken. If a broken heart is left untouched by God, this heart can become hardened towards God and man. When you are suffering and in pain, this is when God is the closest to you. The devil will fill your thoughts with lies, telling you that God has forsaken you, no one loves you. These are all lies, God is close to you, He loves you and He is forever faithful.

When you are feeling downcast and broken- hearted, draw near to God. He is waiting for you to pray to Him, to praise Him, to fellowship with Him. It is in our deepest, darkest moments that God reveals Himself to us and if we draw close to God in these moments, we allow His glory to be revealed in us. He wants to show you His miraculous works. He wants to show you, He is Lord in your situation and in your life. God uses the good and the bad things in our lives to reveal His goodness, all we must do is trust in Him. **(Romans 8:28)**

“Yet I am not alone, for my Father is with me.” John 16:32.

“For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.” Romans 8:18.

LET’S PRAY:

Father God, I praise and glorify your name. You are Lord over all the earth! Lord, I lay my broken heart before you today, I ask you to forgive me of all my sins. Lord, I forgive those who have broken my heart today, I surrender all my pain and my hurt and disappointments to you, Lord. Heal my broken heart today, renew my mind Lord, give me renewed strength and courage today. In Jesus Name I pray. Amen.

CALLED TO PRAY

A PRAYER TO OVERCOME UNBELIEF AND DOUBT:

“And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.” Hebrews 11:6.

What is unbelief? Unbelief is an absence of faith. Doubt is a feeling of uncertainty and stems from fear, fear of the unknown or even fear of failure. To fail at something is not the end of the world. My younger daughter taught me that failure is the: First, Attempt, In, Learning.

Faith is a strong belief in the word of God, which is based on a spiritual conviction rather than proof. Faith, is believing God's promises, trusting in God and knowing that God is a good God, who desires to bless us, prosper us and set us free. There are over 3000 promises from God in the bible and they are all there for us to receive, if we believe!

“Then He said to Thomas, “Put your finger here, and see my hands. Reach out your hand and put it into my side. Stop doubting and believe,”” John 20:27.

Therefore, I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.” Mark 11:24.

As Christians our faith gets tested every-day. As soon as you pray and lay your requests before God, the devil comes along to test your faith in God. Remember what the devil said to Eve in the Garden of Eden, “Did God really say ...” **Genesis 3:1.** Satan sows' doubt. As a Christian, faith is not questioning the power and ability and authority of God. Faith is believing God's word and knowing that He is faithful to perform His word. God rewards our faith, when we seek Him earnestly, He rewards us with our heart's desires and so much more! To grow in faith, read your bible daily, you will get to know God's nature and character. God's word is life!

LET'S PRAY

Father God, I come before you today and thank-you for all my blessings. Lord, set me free from all doubt and unbelief. I choose today to meditate on your word day and night, may I prosper in all I do as I believe and trust in You. Lord, you are the creator of heaven and earth, You Lord, are a God of love, thank-you for loving me. In Jesus Name I pray. Amen.

CALLED TO PRAY

A PRAYER TO OVERCOME REJECTION:

“He was despised and rejected by mankind, a man of suffering and familiar with pain. Like one from whom people hide their faces, he was despised, and we held him in low esteem.” Isaiah 53:3.

Rejection occurs when a person or a group of people exclude an individual purposefully and they refuse to acknowledge them or accept them. Being rejected can cause feelings of anger, anxiety and depression. When someone despises you, they loath or dislike you. Jesus was familiar with rejection and being despised. Jesus came first to save the Jewish people of Israel, and when the Scribes and Pharisees, the religious leaders of that day, rejected Jesus as the Son of God, Jesus was crucified on a cross. God used this rejection in the life of Jesus for our benefit, through Jesus’ death on the cross, we received the gift of salvation, if we believe!

People are often afraid of what they do not understand. They reject people because of their skin color, because of their different culture, and because of their different religion. Jesus was rejected by his own people, because they did not understand His teachings, they did not have a revelation of who He was. When you are suffering with rejection, meditate on God’s word, only His word defines who you are.

“I praise you because I am fearfully and wonderfully made.” Psalm 139:14.

You are unique, you are one of a kind, you are the apple of God’s eye, and you are beautiful!

“Whoever listens to you listens to me, whoever rejects you, rejects me, but whoever rejects me rejects him who sent me.” Luke 10:16.

**“Though my father and mother forsake me, the Lord will receive me.”
Psalm 27:10.**

LET’S PRAY

Father God, I praise You and adore You, thank-you that I am fearfully and wonderfully made. Lord, I take authority over the spirit of rejection in my life today, I command it to leave now in Jesus Name. I pray that no weapon formed against me shall prosper. Lord, only your word defines me, and I thank you that I am accepted and loved by You. In Jesus Name I pray. Amen.

CALLED TO PRAY

A PRAYER TO OVERCOME SPIRITUAL WITCHCRAFT:

“Do not turn to mediums or seek out spiritists, for you will be defiled by them. I am the Lord your God.” Leviticus 19:31.

Witchcraft starts with a heart of rebellion towards God and His commandments, it is an action or process of resisting authority. Witchcraft involves the use of evil powers to cause harm or misfortune to others. The bible warns of the dangers of witchcraft from as early as the book of Leviticus, in the Old Testament. We cannot afford to defile ourselves and our spirits by submitting to any form of witchcraft or sorcery.

“When someone tells you to consult mediums and spiritists, who whisper and mutter, should not a people inquire of their God? Why consult the dead, on behalf of the living?” Isaiah 8:19.

The above scripture says it quite plainly, why would a people consult the dead, on behalf of the living? There is a reason why we do not know what the future holds. If we knew what was going to happen tomorrow, or next week or next month, we would not have to exercise our faith in God for anything. When we need direction or an answer in a complex situation, that is the time to pray and ask God for His divine intervention. God is alive and living, He has all the answers we will ever need.

“For we wrestle not against flesh and blood, but against principalities, against powers, against rulers of the darkness of this world, against spiritual wickedness in high places.” Ephesians 6:12.

The devil is real, and he wants to destroy and devour you! He is your enemy. Most of his attacks against you will occur in your mind. That is why it is so important that you read your bible daily, so that your thoughts and mind are guarded by God's word.

Satan will also use people who are subject to him for his evil purposes, he uses them to rob you of your hope, destroy your relationships and kill your faith. **(John 10:10)**

LET'S PRAY

Father God, thank - you for your grace and mercy towards me. Lord, I come before you today and I ask you for forgiveness of my sins. Lord, I plead the blood of Jesus over my life today, over the lives of my children and over the lives of my family. I rebuke the spirit of witchcraft over my life today, it has no power in my life. I thank you Lord, that I am your child, and I am covered by the blood of the Lamb. In Jesus Name I pray. Amen.

CALLED TO PRAY

A PRAYER TO OVERCOME SHAME AND GUILT:

“The Lord is merciful and gracious, slow to anger and abounding in steadfast love. He will not always chide, nor will He keep His anger forever. He does not deal with us according to our iniquities. For as high as the heavens are above the earth, so great is His steadfast love toward those who fear Him, as far as the east is from the west, so far does He remove our transgressions from us.” Psalm 103: 8-12.

Shame is a feeling of humiliation and distress caused by wrong or foolish behavior, either on our part or inflicted on us by someone else. Guilt occurs when we knowingly commit wrong - doing, such as a criminal offence, lying or cheating.

Shame and guilt are two negative emotions that make people feel bad about themselves, these bad feelings left unchecked can have negative consequences. Shame can leave a person feeling worthless, embarrassed, humiliated and unclean. Feelings of guilt can cause a person to feel on-edge, defensive, irritable, sorrowful and depressed.

The Lord is merciful and gracious to all of us, especially those of us that are suffering with any shame or guilt in our lives. All it takes to be set free from any shame and guilt in your life is to ask for God's forgiveness. He is gracious towards us, and He does not deal with us according to the severity of our sins. It is not a coincidence that the bible says our sins are removed from us as far as the east is from the west. North and South can be measured at the poles, the direction of east and west are infinite and endless. The Lord forgives our sins once we confess them, His forgiveness towards us is endless. No sin is too great or too unpleasant, that God will not forgive you! His forgiveness is always available, and He is a God of restoration.

“My little children, I am writing these things to you so that you may not sin. But if anyone does sin, we have an advocate with the Father, Jesus Christ the righteous.” 1 John 2:1.

LET'S PRAY

Father God, I praise and glorify your Holy Name. Thank – you for your Son, Jesus. Lord, I come before you today and I ask for forgiveness of all my sins, I forgive those that have caused me any pain and harm. Lord set me free from any shame, guilt and condemnation caused by _____. Thank – you Lord, that there is no condemnation for those that are in Christ. In Jesus Name I pray. Amen.

CALLED TO PRAY

A PRAYER TO OVERCOME ADDICTION:

“No temptation has overtaken you except what is common to mankind. And God is faithful, He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can endure it. Therefore, my dear friends, flee from idolatry.” 1 Corinthians 10:13 -14.

Addiction can be defined as a psychological and physical inability to stop consuming a chemical (drugs), or a substance, even though this behavior is causing an individual psychological and physical harm. People suffering with behavioral addictions are addicted to activities such as gambling, overeating or overworking.

A person's environment and environmental factors such as toxic early childhood beliefs and dysfunctional family behaviors and peer group pressure can also lead to drug addiction. Emotional disorders are often linked to toxic and abusive relationships and can result in eating disorders such as, anorexia and bulimia.

The bible teaches in **1 Corinthians 10:13**, that no temptation has overtaken mankind that God has not provided a way out for. The only way out of any temptation you may be facing today is to re- direct your life towards the cross of Jesus. At the cross, there is freedom, at the cross there is salvation, at the cross there is forgiveness and at the cross all your addictions have been overcome by the blood of Jesus. Sin and death have no power over your life, at the cross.

**“Do not be misled: “Bad company corrupts good character.””
1 Corinthians 15:33.**

**“Submit yourselves, then, to God. Resist the devil, and he will flee from you.”
James 4:7.**

If you are struggling with sin and addiction, it is time to re-evaluate your life. Change your group of friends, hang around with people who have a positive influence over your life. Say, **“NO”** to drugs and the devil! When you resist the devil, he **will** flee from you. The power lies in your choices.

LET'S PRAY

Father God, I come before you today and thank – you for your Son, Jesus. Lord, I ask for You to set me free from the addiction to _____. Forgive me of this sin today. I plead the blood of Jesus over my life. Jesus' blood sets me free, delivers me and saves me. Heal me today, Lord, emotionally, physically and mentally. I can do all things through Christ who strengthens me. In Jesus Name, I pray. Amen.

CALLED TO PRAY

A PRAYER OF THANKSGIVING:

“I will give thanks to you, LORD, with all my heart, I will tell of all your wonderful deeds.” Psalm 9:1.

The bible teaches us to give thanks to God in all circumstances. Not just when we are feeling happy or grateful. An attitude of gratitude towards God has many benefits for our wellbeing. When we testify of God's greatness and goodness in our lives, we overcome the works of the enemy. **(Revelation 12:11)** Our victory over Satan is owed to the blood of Jesus and the word of our testimony. When we testify of God's goodness, hope, rises and faith rises. An attitude of gratitude towards God, show- cases our faith in God in any situation.

**“Give thanks to the LORD, for He is good, His love endures forever.”
1 Chronicles 16:34.**

“Enter His gates with thanksgiving and his courts with praise, give thanks to him and praise his name.” Psalm 100:4.

Our praise is a gift offering that we bring before God, before we enter, into His presence. In some culture's it is customary for a guest to bring the host a gift when visiting. When we meet and visit with God in prayer, we give Him the gift of thanksgiving and praise. We honor Him with thanksgiving and praise because He is a good God and worthy of our praise and adoration. When you are feeling depressed or struggling with your faith in a certain situation, spend time in prayer with God, and in His word. Thank Him for all He has done in your life. An attitude of thanksgiving automatically leads into praise and praise releases hope into your situation. There is fulness of joy in the presence of God.

LET'S PRAY

Father God, I thank-you for all the blessings in my life. My family, my job, my home and thank you for my health. Lord, I thank-you that you are always faithful, you are a God of love, and every good thing comes from You above. Most of all Lord, thank-you for your Son, Jesus. I bless your Holy Name; in Jesus Name I pray. Amen.

CALLED TO PRAY

A PRAYER FOR OUR CHILDREN:

**“Children are a heritage from the Lord, offspring a reward from Him.”
Psalm 127:3.**

One of our greatest inheritances from the Lord are our children. Our children are only loaned to us for a season. God entrusts us with them and as parents we are responsible to God for our children’s spiritual growth, education and overall development and well-being.

“Train up a child in the way he should go, even when he is old, he will not depart from it.” Proverbs 22:6.

Children need parents that are positive role models. Parents need to teach and train their children how to behave correctly in society. Children need parents who are present in their daily lives and parents who read the bible to them before they go to bed at night. When we train up our children with the Word of God, they will know the difference between right and wrong behavior and their moral compass will be directed towards God’s word and they will not depart from it when they are older, or when their faith is tested.

“Discipline your children, and they will give you peace, they will bring you the delights you desire.” Proverbs 29:17.

Parents who discipline their children show love towards their children. Correcting bad or wrong behavior is of vital importance in a child’s development. Always discipline your children out of love, not anger. Children respond to love, they rebel and harden their hearts towards harsh, angry words and sarcastic remarks. Dysfunctional families lead to dysfunctional societies. It is our responsibility as parents to raise God fearing children who have a respect for God’s laws and man’s laws in society.

“And He took the children in his arms, placed his hands on them and blessed them.” Mark 10:16.

Jesus took time to bless children. He saw their value and importance. Children are a blessing from the Lord. Lift your children up in prayer before God each day and pray for their protection, their provision and pray for wisdom on how to raise them.

LET’S PRAY

Father God, I come before you today with a thankful heart. Thank-you Lord for my children. Help me to be a positive role model to my children. Give me the wisdom and understanding to train and teach them according to your Word. Bless my children today. Lord, protect them and may they be a blessing unto others. Use my children for the extension of your kingdom. In Jesus Name I pray. Amen.

CALLED TO PRAY

A PRAYER FOR HEALING:

“But He was wounded for our transgressions, He was bruised for our iniquities, the chastisement of our peace was upon Him, and with His stripes we are healed.” Isaiah 53:4-6.

When Jesus died on the cross, His death covered our sins as well as making available to us, healing for our bodies, mind and soul. God is a good God, and it is His will to heal mankind. God does not put sickness and disease on us, and He does not use sickness or disease to test our faith either. God is faithful and His desire is for us to put our faith and trust in Him.

“I am the Lord who heals you.” Exodus 15:26.

“The prayer offered in faith will make the sick person well. The Lord will raise them up.” James 5:15.

When Jesus walked the earth, His ministry involved healing the sick, raising the dead, giving sight to the blind, casting out demons and feeding the multitudes. No matter how small a person's faith was or how great their faith was, Jesus healed them. When we come before Jesus in faith, He will honor our prayer of faith and bring healing. Faith is choosing to believe in God and the truth of His word. Even if your healing is not instant, keep thanking God for your healing daily and you will receive your healing.

When we pray for healing for ourselves or someone else, we are exercising our faith in God and His word. God is true to His word. We are the vessel God uses to heal the sick. God does the healing. Take a step-in faith today and let's pray.

LET'S PRAY

Father God, I come before you today and thank – you for your love and grace towards me. Lord, I ask for healing in my body today. I thank – you Lord that by the stripes of Jesus I am healed. I rebuke this sickness/disease, that has me bound and I say, ‘be loosed from my body in Jesus Name,’ I plead the blood of Jesus over my life today and thank – you Lord for my healing. In Jesus Name I pray. Amen.

CALLED TO PRAY

A PRAYER TO OVERCOME ANXIETY:

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” Philippians 4:6.

Anxiety can be caused by stress at work, stress at school, financial stress, emotional trauma or stress from an illness. Anxiety can lead to excessive feelings of worry, fear, negative thoughts and fatigue. The bible teaches us not to be anxious about anything, when we feel anxious about any situation in our lives, we need to go before God in prayer and present our request to God. Give all your anxious thoughts and worries over to God in prayer and thanksgiving and then there will be an exchange between you and God. God will take your anxiety away and replace it with His peace and hope and understanding, this process takes trust on your part. Trust in God.

“Therefore, I tell you, do not be anxious about your life, what you will eat or what you will drink, not about your body, what you will put on.”

Matthew 6:25-27.

“Therefore, do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.” Matthew 6:34.

God's word teaches us that we need to present our anxious thoughts and worries over to God in prayer each day. Tomorrow, we will have a whole new set of troubles to face. If you are carrying yesterdays' troubles with you today, you will not be able to cope emotionally and you will begin to feel anxious, depressed, overwhelmed and suffer with fatigue. Trust in God, He is willing and able to help you achieve and accomplish anything. Put your faith in His word and He will provide fresh manna for you each new day.

LET'S PRAY

“Father God, I come before you today and I thank-you for my many blessings. Lord, I am feeling very anxious about _____. I give this situation over to you Lord, your word teaches us, “not to be anxious about tomorrow.” I thank you Lord, for your provision, in every area that is lacking in my life today, I rebuke the spirit of doubt and fear, you have no place in my life. Thank-you Lord for your peace to rule and reign in my life today. In Jesus Name I pray. Amen.

CALLED TO PRAY

PRAYING FOR A BREAKTHROUGH:

“For though we walk in the flesh, we do not war according to the flesh, for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses.” 2 Corinthians 10:3 – 4.

The Good New Translation of the above scripture says, **“The weapons we use in our fight are not the world’s weapons but God’s powerful weapons, which we use to destroy strongholds. We destroy false arguments,”**

A fortress can be described as a military stronghold, a stronghold is a defensive structure, that defends someone or something from its enemies. When you are praying for a breakthrough in your life, whether it be in your job situation your marriage or for your children, you are engaging in a spiritual battle with the devil and the fortresses and strongholds he has placed around these people and situations in your life. Satan uses the stronghold of offence, hurt and lies to destroy relationships in our lives.

How do you know when you need to pray for a breakthrough in your life? Any time you feel that you are going around the same mountain with no change or growth, you need to fast and pray for a breakthrough. Bearing fruit in your life is a command from God, if you are not growing spiritually or if there is no physical increase or growth in your life, begin to fast and pray to God for a breakthrough.

“For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against spiritual forces of wickedness in heavenly places.” Ephesians 6:12.

Satan is at war with God and with God’s creation, mankind. Satan seeks to destroy you and your family. God has given us powerful spiritual weapons.

- 1) The Bible is filled with powerful scriptures we can use to destroy the enemies work over our lives.
- 2) The blood of Jesus, protects us, saves us and sets us free from any stronghold the enemy places over our lives.

LET’S PRAY

Father God, I come before you today and thank-you for your son, Jesus. Lord, I pray for a breakthrough in this difficult situation in my life, _____. I pray for wisdom, discernment and understanding in this situation. Lord may your word be a lamp unto my feet. I rebuke the devil’s work over my life today and I pray against any demonic strongholds over my life. I plead the blood of Jesus over my life and over the lives of my family members. I thank-you Father God for my breakthrough today, in Jesus Name, I pray. Amen.

CALLED TO PRAY

A PRAYER TO OVERCOME DEPRESSION:

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things.” Philippians 4:8.

Depression can be classified as a mood disorder. Depression is associated with feelings of sadness, loss, or anger. These negative feelings begin to interfere with a person's everyday activities. Depression can affect relationships in a negative way and are a cause of chronic mental health disorders.

Depression starts with believing a lie. Once you start to meditate on this lie you begin to believe this lie as truth. Believing this lie begins to affect the way you behave and view the world around you. **John 8:44**, tells us that Satan is the father of lies. The word of God encourages us to think on what is true, noble, right, pure and lovely. When you focus your thoughts on God's word and His goodness and His truth, you will give no place to the devil's lies. The lie of the enemy says that you are weak, the truth of God says that in Jesus, you are strong!

“Put on the garment of praise for the spirit of heaviness.” Isaiah 61:3.

When we choose to put on the garment of praise, we are saying to the enemy that we know the truth, that we are strong in Christ. Praise is not only our garment, but our weapon against the lies of the enemy. Praise God for His attributes, which is His power, love, grace and favor. Praise God for His acts, which is His goodness towards you and His blessings towards you. Go ahead, put on the garment of praise and see victory in your life today.

LET'S PRAY

Father God, I come before you today and I praise your Holy Name. I rebuke the lies of the devil over my life today and I rebuke the spirit of depression. I choose to believe in the power, love and grace of God. Lord, I thank-you for my many blessings and I thank-you that in Jesus I am strong, I am your child, and I am loved. I praise you Lord and thank you for the victory in my life today. In Jesus Name. Amen.

CALLED TO PRAY

PRAYER AND FASTING:

“Where for forty days He was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry. The devil said to Him, “If you are the Son of God, tell this stone to become bread.” Jesus answered, “It is written: “Man shall not live on bread alone.” Luke 4: 2 – 4.

Fasting and praying were common practice in both the Old and New Testament in the bible. Jesus fasted and prayed forty days before His ministry began. Jesus performed many signs and wonders, healing the sick, raising the dead, feeding the multitudes and casting out demons. These miracles were all possible because of Jesus' intimate relationship with God, the Father.

If you need a breakthrough in your spiritual walk with God, start to fast and pray. Fasting and praying breaks the yoke of bondage and brings about a release of God's presence, power and provision. If you need a miraculous release in your finances, or if you are seeking God for direction in your life or in your relationship with a loved one or in your job situation, lay these burdens before God in prayer and fasting.

“Moses was there with the Lord forty days and forty nights without eating bread or drinking water. And he wrote on the tablets the words of the covenant – the Ten Commandments.” Exodus 34:28.

Moses fasted forty days and nights and God used him mightily in the lives of the Israelites and in composing the divine text of the Ten Commandments, which are just as relevant today in our Christian lives to bless and prosper us, as they were in the Old Testament days.

How do you begin to fast? Start with a one day fast from 6am to 6pm. Substitute all your meals with prayer and lay your request before God during this fast. Then move on to fasting once a month for one day, then fasting one day every two weeks. Then fast one day every week. Then you are ready to try a three - day fast, then a seven-day fast and eventually a forty day fast. I have personally fasted for forty days, it was difficult, but the spiritual rewards were worth it. Fasting does not change God; it changes us and aligns us with God's true plans and purposes for our lives.

LET'S PRAY

Father God, I come before you this day and thank – you for your love and grace towards me. Lord, I bring my fast before you and I give you _____ and ask for a breakthrough in my life in this area. I thank you I will hear your voice during this fast and that you will direct my steps and show me your plan and purpose in this situation. I pray & fast for wisdom, discernment & understanding. Lord Jesus be glorified in my life today I pray, in Jesus Name. Amen.

CALLED TO PRAY

A PRAYER FOR OUR NATION:

“Let everyone be subject to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God.” Romans 13:1.

The bible instructs us to be subject to our governing authorities as they are appointed by God and serve a purpose in His plan for a nation. God appoints a nation's leaders, not always to bless the people, some leaders are appointed to judge the people or to ripen a nation for judgement.

Jesus suffered under Pontius Pilate, one of the worst Roman governors Judea had ever had. Jesus submitted to the authority of Pontius Pilot. God used this wicked leader as part of His plan and purpose for the salvation and redemption of mankind, when Jesus was sentenced to death and hung on a cross.

Governments have authority from God, and we are bound to obey them, unless a government orders you to do something that contradicts God's laws. We are then commanded to obey God, before we obey man. **(Acts 4:19)** God uses governing authorities to keep man's sinful desires and tendencies in check, a godly government can be an effective tool in resisting the effects of man's fallenness.

Government officials are God's ministers. They have a ministry in God's plan and purpose for a nation, just as church leaders and ministers do for a church. A minister is a servant, a servant to the people, they are not gods themselves.

“Therefore, you kings, be wise, be warned, you rulers of the earth. Serve the Lord with fear and celebrate His rule with trembling.” Psalm 2:10-11

“For lack of guidance a nation falls, but victory is won through many advisors.” Proverbs 11:14.

Those who rule over nations will be accountable to God for their actions. To be appointed by God as a ruler of a nation is an honorable task and government leaders can look to King Solomon as an inspirational biblical leader. King Solomon was one of the richest and wisest leaders of all time. Solomon asked God for wisdom and discernment in administering justice to his people, he did not ask for wealth or fame, or long life and God was pleased with Solomon's request and blessed him abundantly. **(1 Kings 3:1 – 15)**

LET'S PRAY

Father God, thank – you for your love and grace towards me. Lord, I come before you today and I bring my nation, South Africa before you. Lord, I pray for spirit filled, God fearing men and women to be raised up as leaders over our nation. Lord, grant our leaders wisdom on how to rule over our nation. Bless our leaders Lord. Raise up leaders who will serve You Lord, may these leaders serve our nation with justice, honor and peace. In Jesus Name I pray. Amen.

CALLED TO PRAY

A PRAYER TO OVERCOME INSECURITY:

“Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – His good, pleasing and perfect will.” Romans 12:2.

Insecurity is a feeling of uncertainty or anxiety about oneself and leads to a lack of confidence. When we are exposed to danger or threat, or we don’t feel protected, we will also suffer from insecurity. Failing relationships, financial troubles, job insecurities, health problems and recession in a country can leave a person feeling extremely vulnerable and insecure.

When we are feeling insecure this is the time to take our eyes off social media, to stop listening to the news and not to conform to the pattern of this world. Spend time meditating on God’s word, day and night, renew your mind and guard your mind and heart with the word of God. When insecurities come your way, test them with the standard of God’s word, and His word will always direct your steps according to His good, pleasing and perfect will for your life. **(Psalm 1)**

“But seek first His kingdom and His righteousness, and all these things will be given to you as well. Therefore, do not worry about tomorrow, for tomorrow will worry about itself.” Matthew 6: 33 – 34.

Spend time seeking what God would want you to do for others. Start in your workplace, look for people who have a need in their lives, do you have a talent or gift from God that can bless someone? If you can sew, sew them a dress, if you can knit, knit a jersey for their children. If you have extra cash or second-hand clothing, give it to someone in need. Use your God given gifts to bless others. When you start seeking His kingdom, in and around your environment, God will begin to give you your hearts desires and reward you in ways you could never have imagined! **(Hebrews 11:6)**

LET’S PRAY

Father God, thank-you for your word which is life and truth. Lord, I give you all my insecurities today, I give you _____ and _____. These insecurities are a lie from the devil, and I pray now for the mind of Christ in this situation. I am fearfully and wonderfully made, and I thank you Lord you have a plan and purpose for my life and only Your word defines who I am. In Jesus Name I pray. Amen.

CALLED TO PRAY

A PRAYER FOR RESTORATION:

“And the Lord restored the fortunes of Job, when he had prayed for his friends. And the Lord gave Job twice as much as he had before.” Job 42:10.

When the enemy comes to rob from you, whether it be your finances, peace, joy, your children or a job, kneel before God in prayer and ask God to restore to you what the enemy has taken. Job, in the bible, lost his children, his wealth and even his health, yet he did not curse God. He continued to pray and worship God and pray for his friend's souls and God restored everything Job had lost, double portion.

When trouble comes, it's an opportunity for a double portion of God's blessing to be released into your life. The release of this blessing all depends on your attitude and your faith in God. God is good, He is a God of blessing and increase. When Satan robs from you, his goal is to destroy your relationship and faith in God. Satan wants you to doubt the goodness of God, Satan wants you to be offended and not trust in God. Once Satan breaks your trust and faith in God, you begin to believe Satan's lies over your life and you begin to lose faith in God.

“For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world – our faith.” 1 John 5:4.

Our faith pleases God! **(Hebrews 11:6)** When you are born-again, and have received Jesus as your Lord and Savior, you are able to overcome this world and have victory through your faith in Jesus. Jesus overcame death, sin and the works of Satan when He died on the cross and rose from the dead on the third day. Jesus has paid the price for your salvation and freedom from sin and Jesus' sacrifice has restored your relationship with God your Father. God truly is a God of restoration.

LET'S PRAY

Father God, thank-you for your Son Jesus, who saves, delivers and restores everything broken in my life. Lord, I pray for the restoration of _____ in my life today. I rebuke the work and lies of Satan over my life, and I plead the blood of Jesus over my finances, children, family and job and I thank-you Lord for a double portion of blessing in these areas of my life today! In Jesus Name I pray. Amen.

CALLED TO PRAY

A PRAYER OF FAITH:

**“So, then faith comes by hearing, and hearing by the word of God.”
Romans 10:17.**

What is faith? Faith to a Christian is choosing to believe, to believe in the Bible, which is God’s word to mankind and choosing to believe in God and His love for mankind. Faith is a choice. As a Christian you choose to believe in God’s word and you choose to believe that God exists and that He sent His Son, Jesus to die for your sins. As Christians we believe in a God we cannot see, yet when you begin to exercise your faith in God, by trusting in Him and praying to Him, and praising Him, you begin to **see God** working in everything in your life! That is the power of your faith.

How do we grow in faith? Faith comes by hearing, and hearing by the word of God. Your faith will grow stronger and stronger when you read the Bible. Read the Bible out aloud, so that you can **hear** God’s words. When you read the Bible daily, you will learn more about God and His character and nature. You will begin to understand how He works in different situations and circumstances and that He is a God of love.

“But without faith it is impossible to please Him, for he who comes to God must believe that He is, and the He is a rewarder of those who diligently seek Him.” Hebrews 11:6

Our faith in God pleases Him. You cannot exercise your faith in God, if you do not believe that God exists and when you believe in Him and His word and seek Him diligently, He will reward your faith. Your prayers will be answered, your children will be blessed, your husband will get a promotion. No matter how small your faith is or how big it is, your faith is pleasing to God!

LET’S PRAY

Father God, thank-you for all my blessings, and thank-you for your word, which is truth and life. Lord, I come before you today in faith and I pray for _____. Lord, I give this situation/person over to You and I thank-you that you are a God who hears my prayers and sees my faith in You. May Your kingdom come, and Your will be done in this situation in my life today. In Jesus Name I pray. Amen.

CALLED TO PRAY

A PRAYER FOR BLESSING:

“Take delight in the Lord, and He will give you the desires of your heart.” Psalm 37:4.

It is the will of God for His people to be blessed and to be successful in this life. When we delight ourselves in the Lord, we are pleasing to God and He then gives us the desires of our heart. To delight yourself in the Lord, is to obey His commands, live by faith and live a life of trusting in God. A life that glorifies God. Some people choose to take delight in that which is foolish or evil, some people take delight in that which is sinful.

God points out His delight in His Son Jesus, at Jesus' baptism and transfiguration. **(Matthew 3:17; 17:5)** When we choose to delight ourselves in the Lord and His word and ways, God is pleased with us, and He pours out His blessing upon our lives. Jesus had the favor of God on His life. Jesus was blessed by God here on earth and Jesus demonstrated God's plan and purpose for mankind in all that He said and did.

When we delight ourselves in the Lord, we attract God's favor over our lives, God's favor is His approval, when you have approval from God, you will automatically have favor and approval from man. The life of Joseph, in the Old Testament, is a perfect example of how the favor of God upon your life will bring promotion in your life and bring you before great men. **(Genesis 39)**

“and observe what the Lord your God requires: Walk in obedience to Him, and keep his decrees and commands, His laws and regulations, as written in the Law of Moses. Do this so that you may prosper in all you do and wherever you go.” 1 Kings 2:3.

The key to success is obeying God. He knows what is best for you, and His desire is to bless and prosper you. Seek Him, worship Him and delight yourself in Him and His word. He will direct your paths and bless you mightily, so that you may be a blessing to others.

LET'S PRAY

Father God, I thank-you for your favor over my life today. Lord, speak to me through your word and guide me in all I say and do, may my life bring glory to Your name. Thank you for Your hand upon my life today, and may my soul prosper. Lord, may I be a blessing unto others, for the extension of Your kingdom. In Jesus Name, I pray. Amen.

CALLED TO PRAY

A PRAYER OF SALVATION:

“Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through Me.”” John 14:6.

In this passage of scripture, Jesus was talking to His disciples the night before His crucifixion. Jesus was reminding His disciples that even when He was gone, they were to continue to follow Him, because **He is the way**, they were to continue to spread the gospel of Jesus, because **He is the truth** and through His death on the cross, He would make a way for us to have **eternal life**. Jesus sacrificed His Holy life and took on the sin of the world, so that we could once again be restored to God and have fellowship with God our Father.

In the Garden of Eden, Adam and Eve disobeyed the commandment of God, by eating fruit from the tree of the Knowledge of Good and Evil and they brought sin into the world. God already had a redemptive plan for mankind in **Genesis 3:15**. God would send His only Son to die on a cross as the ultimate sacrifice to restore mankind to God once again. Sin separates us from God, but repentance brings us back into fellowship with God our Father.

“I came that they may have life and have it abundantly.” John 10:10.

In Jesus we can live a full and abundant life. Abundance of joy, peace, love and blessing. Jesus died to save us from our sins, and He died so that we could have eternal life. (**John 3:16**.) Our life here on earth is temporary, once we die, our spirits live on forever and we either end up in heaven with God or in hell, which was created for Satan and his demons. Satan hates mankind and he is determined to take as many souls as possible to hell with him at the end of this age. Judgement has been passed by God on Satan. Satan will end up in the Lake of Fire for eternity.

(**Revelation 19:20**) Hell was not created for mankind. God created man in His image and for His pleasure and God created man to have dominion over the earth and to be fruitful and multiply. God created us out of love. I believe most of all, God created man to have fellowship with Him and He created us with a free-will, we have a choice to choose to have a relationship with God or to go our own way.

If you would like to receive Jesus as your Lord and Savior today, pray this prayer out aloud:

Father God, I come before you today. Lord, I ask you to forgive me for all my sins. Lord, I believe that Jesus is your Son and that He died on the cross to save me from my sins and that He rose from the dead on the third day.

Lord Jesus, I ask you to come into my heart today, save me, heal me and deliver me. I give my life to You today. In Jesus Name I pray. Amen.

WELCOME TO GOD’S KINGDOM!

CALLED TO PRAY

Women at Worship was founded by Chantal R. Nielsen in July 2017. Living in South Africa, where crime is rife and the economy is extremely volatile, reaching new levels of “junk status” each year and the corruption at Government level is epidemic, Chantal R. Nielsen began to seek God and pray earnestly for her nation, South Africa.

The Lord began to reveal to her the corrupt state of many nations around the world and the need for Christian women around the world to rise- up and pray and be a pillar of spiritual strength for leaders in government, parents & children, teachers in schools and pastors in churches.

Chantal R. Nielsen was a praise and worship leader for many years in her home church and is a published author of “Divine Spiritual Laws” published by Creation House in 2011 & “The Story of Jesus” published by Reach Publishers in 2022. Chantal is passionate about teaching God’s word and spreading the Gospel of Jesus Christ.

Women at Worship donations are used to support widows and orphans in the local community. Donations are also used to support single mothers who are struggling to feed, clothe and educate their children.

**To donate to Women at Worship go to:
www.womenatworship.com**

E- mail: c.r.nielsen8@gmail.com

