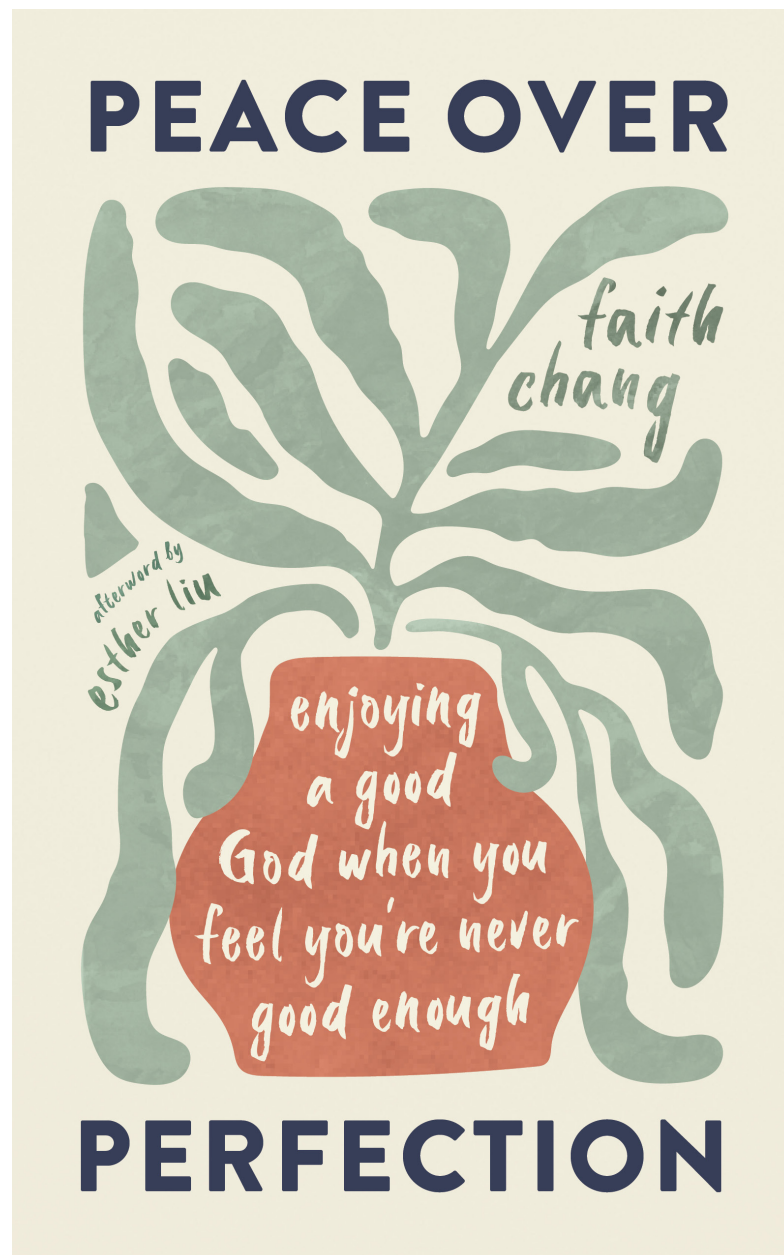


A PERFECTIONIST'S PRAYER COLLECTION

From Peace over Perfection by Faith Chang



A PRAYER FOR REST

God,

I am tired.

You have placed in me a burning desire to live for you. I want to walk worthy of the gospel and in step with the Spirit. I want to love others as Jesus loved me. I want to be perfect as my heavenly Father is perfect. But daily I fall short of your glory in thought, word, and deed.

I remember my past failures
and am filled with regret.

I see my present sinfulness
and am overcome with discouragement.

I imagine my future disobedience
and am overwhelmed with dread.

How can I live a life that pleases
you when I am so sinful?

How can I keep pursuing you when I am so
burdened with fear, guilt, and shame?

O God, my soul cries out for relief. If
there's a better way to walk this road of
faith, please lead me. If there is a way
to lay down this burden without laying
down your perfect standards, please
show me. Gentle and humble Savior,
you call the weak, burnt-out, anxious,
discouraged, and despairing to yourself.

Here I am.

Weary and heavy laden,
I come to you.

Amen

*Scripture references: Philippians 1:27; John 13:34;
Matthew 5:48*

A PRAYER FOR WHEN YOU FEAR YOU'RE A FAKE

God of all, who knows all,

I feel like a fraud. My sins are so great that I'm
not sure my pursuit of you is genuine. I'm
afraid that others think more highly of me
than I deserve. I dread the next revelation
of my hidden faults and willful sins.

According to your great compassion,
look upon me!

Rescue me, O God who sees me.

Father, though I fear what lies in the depths
of me, you've already seen it all. You love
me with full knowledge of all I've ever done
and will do, who I've been and who I will
be. Remind me that because I am fully
known, I am and will always be truly loved.

Jesus, I rejoice in your finished work upon
the cross. Thank you that there is no
stain your blood cannot cleanse, not
even the sin of hypocrisy. Let me rest in
your perfect knowledge, which assures
me that your forgiveness is complete.

Holy Spirit, you who test the hearts of all
and know me better than I know myself:

Search me and know my heart,

Test me and know my anxious thoughts,
See if there's any offensive way in me,
And lead me in your everlasting way.

Do this all for your name's sake, O Lord.

In Jesus' name,
Amen

Scripture references: 1 John 1:7; Psalm 139:23-24 (NIV)

**A PRAYER FOR WHEN YOU HEAR
THE VOICE OF CONDEMNATION**

God of mercy and grace,

The voices of accusation are loud right now.

I want to be righteous in your sight. But today, I'm reminded of the many ways in which I have failed to love and obey you. My sins outnumber the hairs on my head, and my heart fails within me.

God, it's hard to know which thoughts are from you, which are from me, and which are from the enemy. Quiet any thoughts that aren't from you and help me hear your voice. Deliver me from false accusations. Protect me from the evil one, who makes me feel as if I am not forgiven and will never change.

Where my conscience and the devil accuse me of sins already forgiven, let your perfect love cast out fear. You have nailed my record of debt to the cross and hurled my sins into the depths of the sea. Once for all, you have made me clean, and there is no condemnation left for me. Restore to me the joy of your salvation.

Where I am being shown ways in which I need to change, remind me that you only discipline those you love. You patiently correct me, not in judgment but for a harvest of righteousness and peace. Help me not to lose heart. Empower me to walk the way of repentance that leads to life and leaves no regret.

Where there is no basis for these feelings of guilt, cut through the noise and speak truth over me. Give me grace to endure these inward trials.

Whether I am being falsely accused or lovingly disciplined, turn my eyes to Christ.

In him I stand,
Clothed in righteousness
Unmerited yet forever mine.
For this I worship you,
now and all the days of my life.

In Jesus' name,
Amen

*Scripture references: Psalm 40:12; Micah 7:19; Romans 8:1;
Hebrews 12:7-11; 2 Corinthians 7:10*

**A PRAYER FOR WHEN YOU FEEL
LIKE YOU'RE ALWAYS DOING
SOMETHING WRONG**

God, who speaks,

I praise you for speaking words of rescue and of life over me. You have made me a new creation and filled me with passion to walk in your ways. Yet I live with the constant sense that I'm doing or about to do something wrong.

You have said that if I abide in your word, I will know the truth that sets me free. For the ways in which I have disobeyed your word, God, I repent.

In all else, help me walk in your freedom. Father, help me believe that the Scriptures carry more than rebuke for me. Let me perceive your care, kindness, and mercy in them—even in your commands. You don't stand afar just waiting for me to mess up. Your laws are proof that you want me to flourish and that you are rooting for my obedience.

Jesus, when you were on this earth, you fiercely opposed manmade religious regulations, which burdened your people. Fight for me now. I want to learn to walk your holy way: to neither reject your difficult commands nor add to them. Teach me to lay aside the sin that so easily entangles. Teach me also to lay down the burdensome rules I carry, which aren't from you.

Holy Spirit, my soul cries out for the freedom that is found where you are. Shape my conscience and surround me with wise counselors. Guide me into all truth so that I may live in your peace.

Rescue me because you delight in me. Even now, lead me to a spacious place and Set my heart free, that I may run in the path of your commands.

Amen

*Scripture references: John 8:31-32; Hebrews 12:1;
2 Corinthians 3:17*

A PRAYER FOR WHEN YOU'RE AFRAID TO PRAY

King of kings, Lord of lords,
I give you honor and praise. For though
you dwell in a high and holy place,
you are close to the brokenhearted and
save those who are crushed in spirit.
I confess that I sometimes still feel like a
prodigal, even though I've come home. I
doubt your goodness, wander from your
ways, and don't feel worthy to be called your
child. So I try my best to obey you with my
head down. In fear of your disapproval, I keep
my distance. But you are not far from me.
Father, with compassion, you sought me
in a distant land and brought me near
by the blood of Christ. Thank you for
not being ashamed to run after me.
Jesus, you are the elder brother who welcomed
me back with great joy. Even now, you watch
over me with care, and I belong to you.
Holy Spirit, continue to assure
me of this belonging.
Lifter of my head, you have given me a better
story than one where I am merely tolerated.
Teach me what it means to belong to
this household where I am always
wanted and always welcome.
Reassure me day by day of my place
here at peace with you.
Whether in praise, thanksgiving, or
intercession, let me be quick to
run to your throne of grace.
Remind me that there, I will find
abounding mercy and loving welcome
in the presence of my Father.
In Jesus' name,
Amen

*Scripture references: Isaiah 57:15; Psalm 34:18; Ephesians 2:13;
Hebrews 4:16*

A PRAYER FOR WHEN ALL YOU CAN SEE ARE YOUR FAILURES

God of hope,
You have brought me out of darkness
to declare your praises, yet I am
struggling to walk in your light.
It feels like every step I take toward
you, I stumble ten steps back. My
growth in love and holiness has
been so slow. I am losing hope.
Hear my cry, O God.
Listen to my prayer.
When my heart is overwhelmed, lead me
to the rock that is higher than I.
Father, if you kept a record of sins, who could
stand? But with you there is forgiveness.
Because you are perfect in all your ways,
you deal patiently with me. Thank you for
standing ever ready to receive and forgive me.
Jesus, in your perfection, you have never
despised sinners. Because of your death and
resurrection, my old self has died, and I am
a new creation. You call me one of your holy
ones. Help me remember who you say I am.
Holy Spirit, I praise you for the good work
you are doing in me. Because you dwell
in me, I resist sin, obey your commands,
and love others in ways I never would
have before. Fill me with joy and peace
that I might overflow with hope.
Eternal God, a thousand years are but a watch
in the night for you. You are not panicking
as you accomplish your will on earth or in
me. Your ways and thoughts are higher than
mine. So if it brings you glory for me to
live as a work in progress, I submit to your
purposes. Make me a testimony of your
perfect patience for others who need hope.
In Jesus' name,
Amen

*Scripture references: 1 Peter 2:9; Psalm 61:1; Psalm 130:4;
2 Corinthians 5:17; Romans 15:13; Psalm 90:4; Isaiah 55:8-9*

**A PRAYER FOR WHEN YOU FEAR
MISSING THE WAY (AND FOR
ALL THAT'S LEFT UNDONE)**

Sovereign God,

I want to do your will, but the road before me isn't clear. I want to choose the path that is best, but I'm afraid of missing the way.

Maker of heaven and earth, you keep watch over my coming and going. Keep me close to you now. Grant me clarity to see the choices before me with discerning eyes. Give me godly wisdom to know the way of faith and love. Fill me with courage amid uncertainty and trust in your shepherd's heart.

Whatever you call me to, give me strength to obey. If you're calling me to walk without absolute certainty that I've chosen what is best, remind me of your gracious providence especially then. You have led me this far. You are not going to leave me behind now.

[You can pray about any specific decision you need to make here.]

In all I do, may your will be done.

In all that is left undone, may your grace be sufficient.

Most of all, I entrust to you those who will be affected by my actions. When I fear my failures and inadequacies will bring them harm, remind me of your grace and power to accomplish your good purposes in their lives in spite of and even through me.

You love these dear ones more than I do.

By this, my heart is comforted, and

In your love for both them and me,

I rest.

In Jesus' name,

Amen

Scripture reference: Psalm 121:7-8

**A PRAYER FOR WHEN YOUR BEST
DOESN'T FEEL GOOD ENOUGH**

Gracious God,

My soul blesses your name. Thank you for forgiving all my sins and healing me, for redeeming my life from the pit and crowning me with love and compassion. You satisfy my desires with good things and renew me day by day. From every possible view of my life, I see grace upon grace.

Lord, you have been so good to me that I wish I had an offering worthy of you. Yet when I consider what I have, none of it seems enough. Still, in view of your mercy, I am compelled to bring what I have—to offer myself as a living sacrifice.

I offer you my worship.

Fill my days with thanksgiving and my mouth with your praise.

I offer my strength in service to your kingdom.

In my workplace, at home, at church, in my community, and in the world, help me love others with all that I am and have. Increase my love that it may abound more and more.

I offer you my weaknesses.

In my insufficiencies, may your grace and strength be made perfect and put on display.

I offer you... *[Here you can pray about any specific gifts, weaknesses, etc. that God brings to mind.]*

God, I don't have much, but everything I have, I give to you. Thank you for stooping down to receive me and my gifts so graciously. Though my heart feels the smallness of my offering, I offer even that to you too—the sadness that I don't have more to give.

My broken and contrite heart,

O God, you will not despise.

Be pleased to make it yours.

In Jesus' name,

Amen

Scripture references: Psalm 103:1-5; Romans 12:1; 2 Corinthians 12:9; Psalm 51:16-17