

Prayer Topic:

A Prayer for Living a Balanced Life

Scripture Reading:

Isaiah 12, Ecclesiastes 3:1-13

Reflections of the Heart:

Most of us are constantly on the move. Between work, family, ministry, friends and family; it seems like we never have time to stop and rest. Rest is important to God, which is why He established the Sabbath. Talk to the Holy Spirit and have Him help you to establish some rest and balance in your life.

Scriptural Prayer:

Our Father in heaven, we thank You for sending Your Son, our Savior, Jesus Christ so that we can have a rich and satisfying life. Thank You, for providing a day of rest through the Sabbath every week. Thank You for helping us to balance the many tasks that we must accomplish on a daily basis. Thank You, for giving us all things that pertain to life and godliness. Lord, with our whole hearts, we will praise Your Holy Name. Let all that we are praise You. We bless You, and will remember all of Your benefits. Lord, the majesty of Your Name fills the earth. Your glory is higher than the heavens. You are our Savior, Healer, Deliverer and Friend.

Awesome Father, Your Word instructs that faith without work is dead, so we confess that we will develop and demonstrate our Christian faith daily, by living balanced lives. Holy Spirit, we will trust You to orchestrate our schedules daily. We confess that, as we submit to Your Word, we are transformed by the renewing of our minds so that we live balanced lives. Lord, we decree that our belief systems and behavior patterns will reflect Your righteousness in our personal and professional lives. Favor surrounds us like a shield and we are blessed by You. We declare that our finances are blessed and we are lenders, not borrowers. Lord, because we realize that the food we put in our bodies can impact our mental, emotional, physical and spiritual capabilities, we commit to eating healthy foods and including exercise in our daily activities. Above all, we confess that we have victorious futures because Your plans for us are of hope; filled with good and not evil.

Holy Spirit, please instruct us in our relationships, careers, work in church ministry, community service and finances. Help us in planning our days, paying attention to our duties, staying focused on our assignments, and establishing priorities in our professional and personal lives. Show each of us how to organize our calendars and schedules so that we better manage our time. Help us to be obedient as You order our steps. Fill our homes with Your gentleness, peace, joy, and Godly order. Bless our children to mature academically, socially, emotionally and spiritually. Lord, strengthen and encourage those in the Body of Christ who feel overwhelmed.

Holy Spirit, please show me the areas of my life that are out of balance and help me to develop strategies to balance these areas:

Merciful Father, forgive us for our sins. Please forgive us for not consulting You as we plan our day. Forgive us for not making prayer and spending time with You a daily priority. Forgive those parents who do not make their children a priority. Forgive us for not taking better care of our bodies. Lord, forgive me for ***(list any sins that you have committed.)*** Holy Spirit, remind us of those we need to forgive and help us to forgive. As for me, Holy Spirit, bring to my remembrance those I need to forgive. ***(Take a moment and ask the Holy Spirit to show you names or faces of people that you may need to forgive. As He shows you, say aloud, "I forgive name of person(s)." Now, trust the Lord to heal any wounds in your soul caused by unforgiveness.)***

Holy Spirit, help us not to yield to temptation but deliver us from the evil one.

Now to You, the King eternal, immortal, invisible, the only wise God, be honor and glory forever and ever. You are worthy, Lord, to receive glory, honor and power. You are Sovereign. You created all things and for Your

pleasure they are and were created. Yours is the kingdom, power, and glory forever and ever. In Jesus' Name, Amen.

Scripture References for the Written Text: John 10:10, II Peter 1:3, Psalm 103:1-2, Psalm 8:1, James 2:17, Romans 12:2, Psalm 5:12, Deuteronomy 28:12, Jeremiah 29:11, Matthew 6:13, I Timothy 1:17, Revelation 4:11

Today, I will trust God to:

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