

**Prayer Topic #10:**

**A Prayer for People Who Feel Defeated, Fatigued or Sad**

**Scripture Reading:**

Psalm 30, Psalm 42

**Reflections of the Heart:**

The cares and concerns of this life can sometimes seem overwhelming, but remember that we have a High Priest who is waiting to exchange our burdens for His joy. Take your concerns to the Father and expect Him to give you comfort, peace, rest and restoration.

**Scriptural Prayer:**

Abba Father, we are grateful that when we, the righteous, cry out, You hear and deliver us out of our troubles. Thank You for giving us Your peace and joy. Thank You for providing a life of hope, abundance, and destiny. Thank You for being our strong tower. You are great and most worthy of praise. You are to be feared above all gods. The earth is Yours and everything in it. You laid the earth's foundation on the seas and built it on the ocean depths. Rise up O Lord, in all Your power. With music and singing we celebrate Your mighty acts. You have performed many wonders for us; Your plans for us are too numerous to list.

Comforting Father, You promised to give rest to all who are weary and carry heavy burdens. Your yoke is easy and the burdens You give are light. We are supposed to trust in You with all of our hearts and not depend on our own understanding so that You can direct our paths. You are the God who brings rest to our souls. Today, we declare that we trust in Your Word and believe that it is operative in the hearts and souls of our members who feel defeated, weary or sad. We confess that though they are surrounded by troubles, You, our Father, preserve them, and save them with Your power. Father, we expect You to give them peace of mind and we declare that their hearts will no longer be afraid. Although they may be pressed on every side by troubles, they will not be crushed or broken. They may feel perplexed, but they will not give up and quit. They may be pursued, but they will not be abandoned. They may be knocked down; but, they will get up again and keep going. Father, we declare that they will sleep without fear and enjoy pleasant dreams. There remains a rest for the people of God and we declare that those who feel defeated, weary or sad will obtain and dwell in this rest.

Holy Spirit, we ask You to replace sadness with joy, defeat with victory, and weariness with praise. Help those who feel defeated, weary or sad to focus on Your blessings in their lives rather than on their circumstances. Remind them to praise the Father at all times so they may obtain life and hope. We ask that You bring all things to their remembrance that concern You and Your plans for their lives. Holy Spirit, please increase their hope as they meditate on God's Word. Help them to not be conformed to this world, but transformed by the renewing of their minds. Strengthen and renew them in their innermost being. Destroy the fiery darts of the enemy that attempt to permeate their souls. May they always hear Your voice and obey Your will. Show them strategies for victory over every circumstance that is trying to weigh them down.

***Holy Spirit, show me how to pray for those around me who are overburdened, weary or sad:***

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Loving Father, forgive them for any sinful behavior. Forgive them for worry and fear. Forgive them for being anxious. Forgive them for not giving You their cares. Forgive them for not trusting You at all times. Lord, forgive me for **(list any sins that you have committed)**. Holy Spirit, remind those who are defeated, fatigued or sad of those they need to forgive and help them 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 reveal names or faces of people that you may need to forgive. As He reveals them, say, "I forgive name of person(s)." Now, trust the Lord to heal any wounds in your soul caused by unforgiveness.)***

Holy Spirit, help those who are defeated, fatigued or sad not to yield to temptation but deliver them from the evil one.

Holy, Holy, Holy are You, the Lord of hosts the whole earth is full of Your glory. You are the Alpha and Omega, the beginning and the end. You are the God who is, who was, and who is to come. You are the Almighty. In Jesus' Name, Amen.

**Scripture References for the Written Text:** Psalm 34:17, Psalm 96:4, Psalm 24:1-2, Psalm 21:13, Psalm 40:5, Matthew 11:28-30, Proverbs 3:5, Psalm 138:7, John 14:27, II Corinthians 4:8-9, Proverbs 3:24, Hebrews 4:9, Psalm 34:1, Romans 12:2, Matthew 6:13, Isaiah 6:3, Revelation 1:8,

***Today, I will trust God to:***

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