

CARE RESOURCES @ ROCK BRIDGE

I'M PRAYING FOR YOU

PRAYING THE BIBLE FOR
SOMEONE WHO IS SUFFERING

When someone we care about is going through something difficult, we are quick to say, "I'm praying for you!" But then what? Do we really pray? And if so, what do we pray? This resource will help you faithfully pray for the person you care about who is in need of care. Let's allow the Bible to give shape and substance to your prayers. Let's pray to our Father who invites us to bring all of our needs and concerns to Him. He delights in and hears our prayers! Each section contains a topical statement and a short prayer that you can text, say, or write in a card to someone you're praying for! Feel free to personalize these and/or use similar Scripture passages to encourage people!

→ THAT THE WORK OF GOD WILL BE DISPLAYED IN YOUR LIFE

I'm praying John 9:3 for you today, praying that you will sense that your suffering is not meaningless, but purposeful. I'm praying that people around you will see that God is at work in your life so that his glory will be on display for the world to see.

→ THAT THE LORD WILL TAKE AWAY YOUR PAIN

I'm praying 2 Corinthians 12:7-9 for you today, begging God to take away your pain. How I pray he will bring you relief! But I'm also thanking him for the grace he has promised to provide so that you can endure the pain that he does not take away.

→ THAT THIS TRIAL WILL DEVELOP YOUR ENDURANCE

I'm praying Romans 5:2-5 for you today, asking God to develop in you everything that he intends in the midst of the problem and trials today brings. I'm asking him to give you what you need to keep going and to fill you with confidence that you will never regret putting all of your hope in him.

→ THAT THE LORD WILL KEEP YOU

I'm praying Numbers 6:22-26 for you today, asking the Lord to be true to his promised intention to bless you and keep you. I'm asking him to make his presence known to you, be full of grace toward you, and to give you supernatural peace. I'm praying you will have the grace to live this day like you are blessed—because you are.

→ THAT YOU WILL NOT FEAR BAD NEWS

I'm praying Psalm 112 for you today, praising the Lord for the joy he gives to those who fear him so that they don't have to fear bad news. I'm asking him to give you that joy.

→ THAT GOD WILL MAKE YOU STRONG AND IMMOVABLE

I'm praying 1 Corinthians 15 for you today, asking God to so work the hope of resurrection in you that you will be strong and unmovable in your affection and allegiance to him. I pray that you'll serve him gladly, believing that your love and obedience will matter into eternity.

→ THAT YOU WILL FIND FELLOWSHIP WITH JESUS AS YOU SHARE IN HIS SUFFERINGS

I'm praying Philippians 3:10-11 for you today, asking that you would experience sweet fellowship with Jesus as you share in his sufferings, and that it will fill you with assurance that you will also share in his resurrection!

→ THAT GOD WILL MAKE YOU FRUITFUL

I'm praying John 15:1-1 for you today, asking God to keep you securely connected to Jesus, the true vine, even as the pruning he is doing in your life is painful. I'm asking him to take great care in the cutting so that your life will bear bountiful fruit for him.

→ THAT GOD WILL CAUSE EVERYTHING TO WORK TOGETHER FOR YOUR GOOD

I'm praying Romans 8:28-29 for you today, asking God in his sovereignty, to cause all things in your life—even and especially the hard and bad things—to work together for your good. May he accomplish his good purpose of conforming you more closely to the image of his Son, Jesus.

→ FOR YOU TO BE HEALTHY IN BODY AND STRONG IN SPIRIT

I'm praying 3 John 1-4 for you today, asking God to give you health in body and soul. May you experience strength of spirit that comes from living out the truth of the gospel.

→ THAT YOU WILL NOT WORRY ABOUT YOUR LIFE

I'm praying Luke 12:25-31 for you today, asking the Father to keep you from worry and give you a restful confidence that he knows your needs and will provide everything you need.

→ THAT YOU WILL CONSIDER THIS TRIAL AS AN OPPORTUNITY FOR JOY

I'm praying James 1:2-4 for you today, asking God to help you to consider the troubles in your life as an opportunity for joy. I know that sounds strange. But I'm praying that you'll have joy that comes from believing and sensing that this trial is developing your endurance and making you into the mature believer he intends for you to be.

→ THAT GOD WILL GIVE YOU A "BUT EVEN IF HE DOESN'T" FAITH

I'm praying Daniel 3:16-18 for you today, asking God to give you such a solid confidence in the security of his kingdom and the certainty of his ultimate rescue from death that you'll be able to face the uncertainty of his rescue in your current circumstances.

→ THAT GOD WILL GIVE YOU THE GRACE TO WAIT

I'm praying Psalm 6 for you today, which gives us words to express how hard it is to wait for God to do his work of healing and restoration. I'm praying that God will give you the grace to wait on him and to keep asking him to heal you in body and soul.

→ FOR YOU TO BE ABLE TO FOCUS ON RUNNING TOWARD THE HEAVENLY PRIZE

I'm praying Philippians 3:12-14 for you today, asking God, by his Spirit, to give you the energy and clear focus you need to press on toward the heavenly reward awaiting you at the end of your race.

→ FOR YOU TO LIVE IN A WAY THAT PLEASES THE LORD

I'm praying Colossians 1:9-12 for you today, asking God to give you complete knowledge of his will. I'm asking him to give you the kind of spiritual wisdom and understanding that will enable you to orient your life towards pleasing and honoring him.

→ THAT THERE WILL BE A HARVEST OF RIGHTEOUSNESS IN YOUR LIFE

I'm praying Hebrews 12 for you today, asking your Heavenly Father to be gentle with you as he works in and through your suffering in your life to discipline you toward increasingly sharing in his holiness.

→ THAT GOD WILL GIVE YOU THE FAITH TO TRUST HIM

I'm praying Psalm 20:7 for you today, asking God to give you the faith you need to trust in him for everything. I pray that you will refuse to trust in anything or anyone else in this world for the ultimate security and salvation only God can provide.

→ THAT YOU WILL REMAIN FAITHFUL

I'm praying 2 Timothy 4:6-8 for you today, asking God to provide what you need to keep up the fight of faith, to keep running the race of faith, to remain full of faith in Christ and his promised reward. I'm asking him to increase your eagerness for his return.

→ THAT YOU WILL RELY ON GOD AND NOT YOURSELF

I'm praying 2 Corinthians 1:8-9 for you today, asking that when you feel overwhelmed beyond your ability to keep going, you'll experience what it means to rely more fully on God rather than yourself.

→ THAT YOU WILL LOVE AND FORGIVE OTHERS THE WAY GOD LOVES AND FORGIVES YOU

I'm praying Colossians 3:12-15 for you today, asking God to allow the flood of mercy, kindness, gentleness, and patience that he has shown to you to overflow through you toward those who hurt or offend you with their words or actions. I'm asking that his peace would rule in your heart today and every day.

→ THAT YOU WILL NOT GIVE IN TO DISCOURAGEMENT

I'm praying Psalm 42 for you today, asking God to dispel any discouragement with genuine hope. I'm praying that you will not simply listen to your own desperate thoughts but will talk back to them, reminding yourself to hope in God.

→ THAT THE INHERITANCE IN HEAVEN FOR YOU WILL MAKE YOU SMILE

I'm praying 1 Peter 1:3-5 for you today, asking God to give you a restful sense of your security in him. I'm praying that it will make you smile as you think about all you stand to gain in his presence when you leave this life for the next.

→ THAT YOU WILL SENSE THE HOLY SPIRIT PRAYING FOR YOU

I'm praying Romans 8:26-27 for you today, thanking God for the Holy Spirit who indwells you, for his readiness to help you, and for his groaning in prayer for you when you don't have the words to pray for yourself.

→ FOR YOU TO BRING HONOR TO THE NAME OF JESUS

I'm praying 2 Thessalonians 1:11-12 for you today, asking God to give you the grace to live a life that is worthy of him and the power to accomplish all of the good things faith prompts you to do. may the name of Jesus be honored by the way you live.

→ FOR THE POWER OF CHRIST TO REST ON YOU

I'm praying 2 Corinthians 12:9-10 for you today, asking God to supply you with his promised sufficient grace that will enable you to endure faithfully. I'm asking that the power of Christ will rest on you, giving you the strength to be content in your challenging circumstances.

→ FOR YOU TO TRUST THE LORD FOR YOUR SECURITY

I'm praying Psalm 125 for you today, praising God for the complete security that is yours because you trust in him. I'm asking him to surround you and protect you from discouragement, alienation, and resentment.

→ THAT THE GENUINENESS OF YOUR FAITH WILL RESULT IN GLORY TO JESUS

I'm praying 1 Peter 1:6-7 for you today, asking God to fill you with anticipatory joy as you think about the day when Jesus returns and receives praise, glory, and honor because of the genuineness of your faith in him in the midst of challenging circumstances.

→ THAT YOU'LL BE ABLE TO SAY, "I WANT YOUR WILL TO BE DONE, NOT MINE"

I'm praying Matthew 26:39 for you today, thanking God for the example of Jesus in freely pouring out his wants to his father as well as his example of submission to his Father's will.

→ THAT YOU WILL KNOW THE LORD IS WATCHING OVER YOU

I'm praying Psalm 121 for you today, asking God to give you confidence in his promised help, his protection, and his watchful care over you.

→ THAT GOD WILL GIVE YOU AN ETERNAL PERSPECTIVE ON YOUR PAIN

I'm praying 1 Peter 5:10-11 for you today, asking God to give you such a tangible sense of how long eternity will be and how great the glory is that he intends to share with you. I pray that reality will shape your perspective regarding the trials of this life that seem to last so long.

→ FOR YOU TO GRASP HOW DEEPLY YOU ARE LOVED BY GOD

I'm on my knees, praying Ephesians 3:14-19 for you today. I'm asking God to give you inner strength and the power to understand how expansive God's love is for you and how secure you are in it.

→ THAT YOU WILL KNOW GOD'S PRESENCE WITH YOU IN THE DARKNESS

I'm praying through Psalm 88 for you today, asking the God of your salvation to save you from alienation from him, save you from despair save you from giving up. I'm asking him to illumine the darkness in your life with the radiant light of his presence.

→ THAT YOU WILL FIX YOUR GAZE ON THINGS THAT CANNOT BE SEEN

I'm praying 2 Corinthians 4:16-18 for you today, asking God to give you spiritual eyes to see the glory he intends to share with you into eternity. I'm asking him to make his promises regarding the glory to come loom so large in your thinking and feeling that today's troubles will seem small and insignificant.

→ FOR GOD TO WORK OUT HIS PLANS FOR YOUR LIFE

I'm praying Psalm 138 for you today, asking God to use the power of his right hand to protect you, save you, and lead you into the good plans he has for your life. Rest in knowing that he will be faithful to you and will not abandon you.

→ THAT YOU'LL CAST ALL YOUR ANXIETIES ON GOD

I'm praying 1 Peter 5:6-7 for you today, asking God to give you a sense of safety to be found by humbling yourself under his mighty hand, and the rest to be found in casting all of your anxieties in him.

→ THAT YOU WILL LEARN THE SECRET OF BEING CONTENT

I'm praying Philippians 4:11-13 for you today, praying that strength that is yours because you are joined to Christ will enable you to be deeply and genuinely content in every situation that arises today.

→ THAT YOU WILL WAIT WITH EAGER HOPE FOR CHRIST'S RETURN

I'm praying Romans 8:20-23 for you today, asking God to meet you in your groaning and longing, and to fill you with perspective about what he has done and is doing to eradicate the curse that sin brought upon this world. I'm praying that he will give you a greater longing for the great resurrection day to come, when all of creation will be made new.

→ THAT YOU WILL NEVER FORGET THE LORD'S FAITHFULNESS TO YOU IN THESE DAYS

I'm praying Lamentations 3:20-24 for you today, praying that in this difficult time you will experience the mercies of God, the love of God, and the faithfulness of God like never before. I pray that knowing everything you need you have in Christ forever will fill you with hope and joy.

→ THAT YOU WILL SING FOR JOY ALL YOUR DAYS

I'm praying Psalm 90 for you today, asking our eternal God to fill you with the kind of wisdom that will enable you to reckon with the brevity of life so that you can sing for joy every day that he gives to you.

This resource was adapted from "I'm Praying For you", by Nancy Guthrie. Please read the book for a more thorough and helpful understanding of how Scripture aids us in offering prayers that God delights to answer.