



# 30 DAYS OF INTENTIONAL PRAYER

**Personal Prayers**

**Dr. Randy Carlson**

A Ministry of Family Life Communications Incorporated



# 30 DAYS OF INTENTIONAL PRAYER

Dr. Randy Carlson

© 2011 Dr. Randy Carlson  
Published by Family Life Communications Incorporated  
PO Box 35300  
Tucson, AZ 85740

TheIntentionalLife.com  
myFLR.org

Scripture marked *NLT* are taken from the *Holy Bible, New Living Translation*, copyright 1996, 2004. Used by permission of Tyndale House Publishers, Inc., Wheaton, Illinois 60189. All rights reserved.

Scripture marked *NIV* are taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION®. Copyright © 1973, 1978, 1984 by International Bible Society. Used by permission of Zondervan Publishing House. All rights reserved.

Scripture quotations marked *NKJV* are taken from the *New King James Version*. Copyright © 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved.

Scripture quotations marked *MSG* are taken from the *The Message*. Copyright © 1993, 1994, 1995, 1996, 2000, 2001, 2001. Used by permission of NavPress Publishing Group.

Printed in the United States of America.

## *Introduction*

Prayer is simply communication with God. It helps you become whole and complete as you get to know God personally.

Bible teacher, Charles Stanley, once said, "The power of prayer can never be overestimated because of the omnipotent God who hears and answers." I trust *30 Days of Intentional Prayer* will help you grow in your faith and build confidence and trust in God.

As prayer becomes a daily, vibrant facet of your existence, you will discover His plans, purposes and the path to best navigate your own life.

A handwritten signature in black ink that reads "Dr. Randy Carlson". The signature is fluid and cursive, with the first letters of "Dr.", "Randy", and "Carlson" being capitalized and prominent.

Dr. Randy Carlson  
President

*Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

**Philippians 4:6-7** NLT

## To Grow in Relationship with God

God, thank you for loving me so much that you gave your only Son so that I might know you personally. Thank you for creating me for an intimate relationship with you. Help me to know you as I pray, spend time in Your Word and get to know others who share my faith. I want to know you like I know my close friends. You created me so you understand me. Help me to learn your ways and understand your love and your will for my life.

*For God so loved the world that he gave his only Son, so that everyone who believes in him will not perish but have eternal life. **John 3:16** NLT*



## To Pray

Sometimes I don't know how to talk to you, Lord. I don't know what to say. Help me to talk to you like I would a close friend. Teach me to pray for the things that you desire to see in my life. Search my heart and mind and reveal to me the truth of who I am, and who you have created me to become. Give me the words to say and an understanding of how to hear your voice.

*Once when Jesus had been out praying, one of his disciples came to him as he finished and said, "Lord, teach us to pray, just as John taught his disciples."*

**Luke 11:1** NLT

## When Facing Discouragement

Lord, help me to overcome the discouragement cycle. I was committed, excited and trying to be intentional in my life. I felt I was moving forward and then discouragement, resistance, defeat and a sense of failure set in. As I walk along and face this dip I didn't expect, help me to see it as an opportunity to recognize You are my light, my salvation and my strength. You have given me all I need to rise above this circumstance. Give me peace as I move forward in your name!

*The Lord is my light and my salvation; Whom shall I fear? The Lord is the strength of my life; Of whom shall I be afraid?* **Psalm 27:1** NKJV

## To Take Action

Lord, I want to give prayer a vital place in my life, but sometimes it's easier just to pray about something and never take action. Please give me the strength to be proactive with my faith and hear your instruction clearly. Help me to know when it's time to take action and the courage to boldly step out.

*By faith Abraham obeyed when he was called to go out to the place which he would receive as an inheritance. And he went out, not knowing where he was going. **Hebrews 11:8 NKJV***



## To Know and Understand the Bible

God, thank you for the Bible. It is a powerful manual inspired by you. It is Your Word for my life. Help me to understand Your word and apply it personally to each and every part of my day. Help me to use it to safeguard me against false teaching and guide me in the way I should go. Help me to discern Your truth at all times.

*All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.* **2 Timothy 3:16-17 NIV**

## To Break Bad Habits

Jesus, you have given me new life. My spirit has been born again and you have made me new. My old life and old habits sometimes still trouble me. Today I put off the old me and pick up my life in Christ. Teach me to desire your will and your ways. Help me to give my old ways to you as you strip away the old habits and give me a fresh, new start. I am determined to grow in faith and become all that you created me to be. Give me strength to live the life of the new person you have created in me.

*For we died and were buried with Christ by baptism. And just as Christ was raised from the dead by the glorious power of the Father, now we also may live new lives.* **Romans 6:4 NLT**

## To Be Sure in My Faith

God, no matter what rejection I face in my life, I have an assurance that you have saved me and accepted me. I receive your unconditional love. Help me to remember that nothing I do, or is done to me, can remove me from your hand. I have been bought with a price and redeemed to you. I am eternally a part of your family.

*And you, being dead in your trespasses and the uncircumcision of your flesh, He has made alive together with Him, having forgiven you all trespasses, having wiped out the handwriting of requirements that was against us, which was contrary to us. And He has taken it out of the way, having nailed it to the cross. **Colossians 2:13-14** NKJV*

## For My Finances

Lord, you know my financial situation. You know what my needs are before I bring them up to you in prayer. You have promised in Your Word to supply all my needs according to your riches in glory by Christ. I am trusting you to fulfill that promise. Help me to know the difference between needs and wants. Give me Your wisdom concerning the best use of my finances. I stand in faith believing that I am blessed and equipped for every good work and every charitable donation. Help me to reflect on what I have instead of what I don't have. Help me to have a thankful heart.

*And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work.*

**2 Corinthians 9:8** NKJV

## For My Future

Lord, I cannot see the future You have planned for me. Sometimes the journey is difficult and long. There are days when I can't see what's ahead and it's hard to understand. Thank You for reaching out to me and showing me the way to go. Remind me that your promises are always good. Give me strength to follow You and grace to trust You every step of the way.

*Your beginnings will seem humble, so prosperous will your future be.* **Job 8:7** NIV

## To Avoid Hijacked Emotions

Lord, I hate it when I become stressed out and overwhelmed. I am experiencing feelings that I really don't want to feel. I don't feel good about myself when I let my emotions get the best of me. Help me to understand the genesis of my emotion and use my emotions in a positive way. Give me wisdom to recognize when the fire of my emotion is beginning to burn hot so that I can turn that emotion in the right direction and do things Your way.

*Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God. **Philippians 4:6 NKJV***

## For a Willingness to Forgive

Honestly, Lord, sometimes it is really difficult to let go of hurt feelings. By your grace and love, I choose today to let go of resentment, anger, injustice and any wrong that \_\_\_\_\_ has done to me. I want to forgive \_\_\_\_\_, and I ask you to help me let go of that pain right now. Create in me a clean heart. I choose to walk in the love you have poured out into my heart. By faith, I let it go.

*And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us. **Romans 5:5 NIV***

## To Say the Right Words

Father, my words can get me into trouble so easily—especially when I allow my emotions to take control. Help me to say the right words—words of encouragement, peace, and faith. Give me words that build people up instead of tearing them down. Help me to stay silent when I have nothing good to say. I want to be Your light to those around me with the words I say.

*A word out of your mouth may seem of no account, but it can accomplish nearly anything - or destroy it! A careless or wrongly placed word out of your mouth can do that. By our speech we can ruin the world, turn harmony to chaos, throw mud on a reputation, send the whole world up in smoke and go up in smoke with it, smoke right from the pit of hell. **James 3:5-6 MSG***

## To Worry Less

Heavenly Father, thank you for caring for me affectionately and watchfully. Remind me that You perfect those things that concern me. You are a God of peace and I ask you to help me rest in Your peace today. Help me not to waste my time worrying about things that may never happen or that I have no control over. I will trust you to finish the things you started in me—the things that You show me are most important. I will leave my anxiety and worry with you and choose to think on good things.

*Finish what you started in me, God. Your love is eternal - don't quit on me now. **Psalm 138:8 MSG***



## While in the Workplace

Thank you, God, for my job. I pray that I will be a blessing to my employer and an encouragement to those I work with. Thank you for your favor on my life. Give me ideas that will help my company excel like you gave Joseph to keep his family and his people through famine while he served Pharaoh.<sup>1</sup> Let me be your light in the workplace. Give me strength to face the many obstacles that come with working with people by your grace. Position me where you would have me to bring the most glory to You and impact Your kingdom for Your good!

*I know your deeds. See, I have placed before you an open door that no one can shut. I know that you have little strength, yet you have kept my word and have not denied my name.* **Revelation 3:8 NIV**

## To Please Christ

Lord, I desire more than anything to please you. I am learning to love you and love people. Give me a head of understanding, a heart of caring and a hand of compassion to do what pleases you. Help me to be balanced in all three of these areas as I walk out my journey of knowing and pleasing you.

*Figure out what will please Christ, and then do it.*  
**Ephesians 5:10 MSG**

<sup>1</sup>You can read Joseph's story in Genesis 37

## For Protection

Today I choose to live in your shelter, Lord, and rest in your shadow. You are my refuge and my fortress, my God in whom I trust. Remind me that I have nothing to fear as long as I stay close to you. Thank you for giving Your angels charge over me to guard me each day. When I leave in the morning and return in the evening, I am held in your hands. Remind me that you are with me every step of my day. Thank you Lord for your protection in all that I do.

*You will be blessed when you come in and blessed when you go out. Deuteronomy 8:6 NIV*



## To Think Straight

God, I want to do your will. I want to make the right decision for my life. Give me a good understanding of what you would have me to do in this situation. I ask that you help me to make my thoughts agree with your plans for my life. Direct my path and guide me with your eye. Give me strength for the journey and the desire to know and do your will completely. Help me to see your truth in this decision and act accordingly.

*Fix your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise.* **Philippians 4:8 NLT**

## For the Right Friendships

Lord, you desire that I have friendships that encourage and build my faith. Give me wisdom to discern which relationships you want me to have and which relationships can become toxic to my spiritual health. Help me to choose relationships wisely and be respectful to others when a relationship is not right. Bring people into my life that will mentor and correct me with your love, and show me how to be that type of person to others.

*Do not be deceived: Evil company corrupts good habits. Awake to righteousness, and do not sin; for some do not have the knowledge of God.*

**1 Corinthians 15:33-34 NKJV**

## When I'm Tired

Father, I am tired. I push myself too hard and I have such high expectations that I am often disappointed. Thank you that although people may fail me, you will never fail. You are my strength. Help me to stop and rest when I feel myself becoming tired and weak. Help me to know how far I should go and when to rest in you. Forgive me when I am impatient, and help me to wait for your timing in the things that I have asked of you. I refuse to give up—so I am holding tight to you.

*But as for you, brethren, do not grow weary in doing good.* **2 Thessalonians 3:13** NKJV

## To Do the Next Right One Thing

Lord, sometimes my life seems to be more about putting out fires than a deliberate, proactive pursuit of the next right one thing. Help me to intentionally take the time to zero in on that *one thing*. Teach me to separate the trivial from the absolutely essential. I want to know that my “one thing” is worthy of the energy I pour into it. Help me to become others-motivated and not self-seeking. Clearly direct me to the next right one thing you have for my life.

*But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.* **Philippians 3:13-14 NIV**

## To Make the Right Decisions

Father, You ask piercing questions in Scripture. Throughout the Bible I am challenged by questions that demand answers. Help me to ask better questions in order to learn and grow so that I have the knowledge and understanding I need from you to make the right decisions for my life. Give me wisdom and discernment to know your will. Help me to choose to go the direction you have for my life. Let me live my life following your peace, knowing that I have chosen correctly.

*“Father, remove this cup from me. But please, not what I want. What do you want?”* **Luke 22:42 MSG**

## To Find the Right Church

God, I want to find the right church where I can be ministered to and where my gifts can be used. Help me to know where you would have me to go or if I am already in the right place. Teach me to become a disciple and also to disciple others when I am ready. Plant me in a spiritual environment where I can grow strong in my faith and in relationship with others who share my faith.

*When he came to the village of Nazareth, his boyhood home, he went as usual to the synagogue on the Sabbath and stood up to read the Scriptures.*

**Luke 4:16** NLT

## When Facing Loss

Lord, I have such grief over what I have lost. You promised to comfort me as I mourn. Comfort me during this time and give me strength to navigate life through this time. Give me courage to do the difficult things that are ahead. Help me to remember that Your mercy is new every morning. Help me to take the time I need to step back and allow you to put the pieces of my heart back together again.

*Is anyone crying for help? God is listening, ready to rescue you. If your heart is broken, you'll find God right there; if you're kicked in the gut, he'll help you catch your breath. Psalm 34:17-18 MSG*

## For My Health

God, you created me and know all my needs before I even ask. I want to be in good health. My body is the temple of the Holy Spirit and I desire to live a life that is pleasing to you. Provide me with wisdom in what is good for me to eat. Give me strength and desire to exercise. Help me to make good choices about my health. Place the right doctors in my path so that I receive wise and godly counsel about the decisions I must make for my health. Heal me and make me whole in my spirit, mind and body.

*And [Jesus] came down with them and stood on a level place with a crowd of His disciples and a great multitude of people from all Judea and Jerusalem, and from the seacoast of Tyre and Sidon, who came to hear Him and be healed of their diseases. Luke 6:17 NKJV*

## To Know God's Will

Heavenly Father, you have a plan and a purpose for my life. I desire to do your will and not my own. Help me to willfully submit to your will for my life. Direct my path and give me courage to trust you when I don't fully understand the big picture. Faith requires action so help me to know your timing in when to act and when to wait. Thank you for giving me direction and peace in the decisions that I need to make. Help me to know the way I should go according to your plan.

*For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a hope. **Jeremiah 29:11** NLT*

## To Live Less Stressed

Heavenly Father, I know that everything I set out to do brings a certain degree of stress. I have good intentions and just being your child means going against the flow of the world. Help me to rest in my decisions to do those things you've called me to do. I don't want to be so busy doing that I miss your heart and your purpose for the right things in my life. Help me to count the cost before I make a commitment. Help me to know that sometimes there are just things I cannot control—only you can control. Help me to accept the challenge of the things you desire for me to do, knowing that I don't have to do it alone—you are always with me.

*From the ends of the earth, I will cry to you for help, for my heart is overwhelmed. Lead me to the towering rock of safety. Psalm 61:2 NLT*

## To Be a Good Steward

Lord, all I have is yours. Everything I possess you have given to me. My gifts, my talents, my children and my finances belonged to you first. Help me to be a good steward of all that you have given me. Show me where you would have me invest my money, my time and my talents. Help me to see others in need. Give me wisdom to know how you would have me to respond to each opportunity that comes my way. Give me open hands to both give and receive.

*The earth is the LORD's, and everything in it. The world and all its people belong to him. Psalm 24:1 NLT*

## To Be an Intentional Parent

Thank You, God, for my child(ren). They are a gift from you. Help me to live a life that speaks Your love to them. I accept my responsibility to raise them in the knowledge and reverence of You, both by example and through teaching. Help me to love and respect them enough to hold them accountable for their behavior using natural and logical consequences. When they challenge me, help me not to become frustrated. Help me to remain steady and calm when things get emotional. Help me to be an intentional parent to them, just as you are the most intentional parent to me.

*These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. **Deuteronomy 6:6-7 NIV***



## For Confidence

Thank you Lord for creating me for a relationship with You. You knew me before I was ever born. You knew all about my life and what it would become. You have been with me even when I did not know You were there. Sometimes I feel inadequate and lack the confidence that I need. Help me to feel worthy and valued. Thank you for making me your treasure. Help me to shine in You.

*For You formed my inward parts; You covered me in my mother's womb. I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well. My frame was not hidden from You, When I was made in secret, And skillfully wrought in the lowest parts of the earth. Your eyes saw my substance, being yet unformed. And in Your book they all were written, The days fashioned for me, When as yet there were none of them.*

**Psalm 139:13-16 NKJV**

## To Intentionally Live What I Believe

God, I want to live my life with faith and action. I pray that my actions are an extension of what I believe. Help me to see when what I do contradicts what I say I believe. Help me to be intentional with Your Word, to plant it deep within my heart so that I say and do those things that bring glory and honor to You.

*Christ in you, the hope of glory. **Colossians 1:27 NKJV***

*A prayer of David.*

*O LORD, hear my plea for justice.*

*Listen to my cry for help.*

*Pay attention to my prayer,  
for it comes from an honest heart.*

**Psalm 17:1 NLT**



## How can we pray for you?

Praying for you is our privilege. Whether it's a relationship, an obstacle, a major decision, praise and thanksgiving or another concern, we appreciate the opportunity to pray for you specifically.

To submit your prayer requests, simply go online to [TheIntentionalLife.com](http://TheIntentionalLife.com) or [myFLR.org](http://myFLR.org) or call our prayer line at **888-907-7729**.

## How is God working in your life?

Let us know how God is working in your life through your prayer time. Share the hope you have in Christ as well as new insights God shows you and the promises He keeps to you. Go online to [TheIntentionalLife.com](http://TheIntentionalLife.com) or [myFLR.org](http://myFLR.org) and share your story.

*Family Life Communications Incorporated is a 501(c)(3) nonprofit ministry. Family Life Radio and Parent Talk, Inc. [DBA Intentional Living] are separately incorporated nonprofit ministries under the umbrella of Family Life Communications Incorporated. The ministries are charter members of the Evangelical Council for Financial Accountability.*

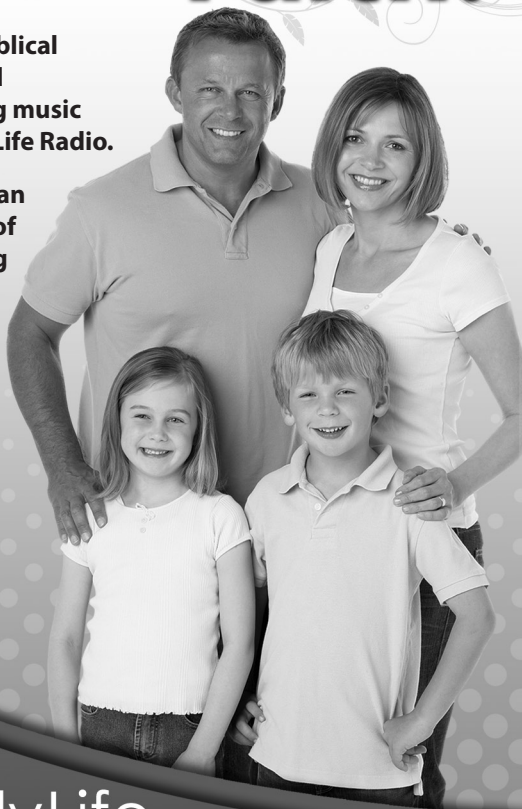


*A higher standard.  
A higher purpose.*

# Ignite *Your* Faith!

**You'll find biblical  
teaching and  
life-changing music  
with Family Life Radio.**

**Make Christian  
radio a part of  
your growing  
faith!**



**FamilyLife**  
*Radio*

# Bringing you the hope of Christ on 38 radio stations from coast to coast.

## ARIZONA

Flagstaff	89.9
Payson	106.7
Phoenix	90.3
Prescott	93.5
Tucson	88.5 & AM 830

## CALIFORNIA

Santa Maria	90.5
-------------	------

## COLORADO

Alamosa	89.5
Lamar	91.3
San Antonio	89.7

## FLORIDA

Panama City	89.9
-------------	------

## GEORGIA

Macon	91.3
-------	------

## KANSAS

Topeka/Kansas City	88.1
--------------------	------

## MICHIGAN

Albion	96.7
Battle Creek	AM 1400
Detroit	AM 1030
Kalamazoo	95.1
Lansing	99.9
Mason	AM 1110
Midland	99.7

## NEW MEXICO

Alamogordo	90.3
Albuquerque	91.5
Artesia	89.7
Carlsbad	90.9
Clovis	88.9
Deming	89.5
Las Vegas	89.5
Portales	100.7
Roswell	99.3
Ruidoso	107.3
Tucumcari	90.1

## TENNESSEE

Chattanooga	91.5
-------------	------

## TEXAS

Amarillo	102.9
Big Spring	107.3
Lubbock	90.1
Midland	88.1
Odessa	101.7 & AM 920

## WISCONSIN

Lancaster	88.1
-----------	------

FamilyLife  
*Radio*

Listen online  
at **myflr.org**

## ***Intentional Living***

You can find hope for a better life in Christ with *Intentional Living*. If you would like to discover more about this unique world view, we are here to serve you with resources to help you live intentionally. You can listen to our nationally syndicated radio program and learn about our marriage and parenting conferences to grow your family. You'll also find articles and resources online at our web site [TheIntentionalLife.com](http://TheIntentionalLife.com).

To make the most impact in your personal life and your family, you can turn your good intentions to reality. You'll learn to find out what pleases Christ and do it in the five essential areas of life: faith, family, health, finances and work.



### **About Dr. Randy Carlson**

Dr. Randy has a passion to help people achieve their dreams by doing "One Thing" intentionally over time. In his newly-released book *The Power of One Thing*, he teaches that the only way to truly live a balanced, intentional life is to submit to Christ.

People are turning to Dr. Randy, a best-selling author, counselor and radio personality. He oversees *Intentional Living* and Family Life Radio, ministries of Family Life Communications Incorporated.

Dr. Randy has a doctorate in counseling psychology with over 25 years of experience helping people live an intentional life. He wants to serve you too.



FamilyLife  
*Radio*  
intentional  
*Living*

We'd love to hear from you any time, whether it's a prayer need or a question about our ministry.

PO Box 35300  
Tucson, AZ 85740

contact us at  
**800-776-1070**

prayer line at  
**888-907-7729**

[myFLR.org](http://myFLR.org) or [TheIntentionalLife.com](http://TheIntentionalLife.com)