

## Introduction:

As a saved woman, you have a vital role in the spiritual life of the church and your family. Prayer is your weapon and your strength. This guide will help you pray effectively to grow spiritually and fulfill your God-given role. Use it alone or with other women in your prayer group.

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### 1. Pray for Strength to Be a Gospel Warrior

The New Testament calls believers to be soldiers of Christ, standing firm for the gospel (Ephesians 6:10-18). Women like Priscilla were active in teaching and defending the faith (Acts 18:18, 26).

#### Scripture:

Psalm 68:11 — *“The Lord announces the word, and the women who proclaim it are a mighty throng.”*

Pray to join this mighty throng with courage and passion.

2. Pray to Pass Faith to Future Generations

Spiritual heritage and discipleship are foundational. Faithful women like Lois and Eunice nurtured Timothy's faith (2 Timothy 1:5). Passing faith is a sacred responsibility.

Scripture:

2 Timothy 1:5 — *"I am reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also."*

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3. Pray for a Spirit of Compassionate Mourning

God calls His people to mourn over sin and brokenness, leading to repentance and restoration (2 Corinthians 7:10). Women who intercede in mourning display deep spiritual sensitivity.

Scripture:

Jeremiah 9:17-19 — *“Thus says the Lord of hosts: ‘Consider and call for the mourning women...’”*

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4. Pray for a Hunger to Learn God’s Word

Jesus commended Mary for choosing “the better part” by sitting at His feet and learning (Luke 10:39-42). A hunger for God’s Word is essential for spiritual growth.

Scripture:

Luke 10:39 — *“She had a sister called Mary, who sat at the Lord’s feet listening to what he said.”*

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5. Pray for a Spirit of Gentleness and Calmness

Christian womanhood involves a gentle and quiet spirit, which is precious before God (1 Peter 3:3-4). Gentleness is strength under

control.

Scripture:

1 Peter 3:4 — *“Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God’s sight.”*

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6. Pray for a Spirit of Obedience

Obedience honors God and promotes peace. Sarah’s obedience is an example of reverence and submission (1 Peter 3:6).

Scripture:

1 Peter 3:6 — *“...like Sarah, who obeyed Abraham and called him her lord.”*

7. Pray for Modesty and Purity

Modesty reflects respect for oneself and God, avoiding vanity and pride (1 Timothy 2:9-10). Purity of heart influences outward behavior.

Scripture:

1 Timothy 2:9 — *“I also want the women to dress modestly, with decency and propriety...”*

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8. Pray for a Spirit of Generosity and Service

Christian generosity mirrors God’s grace and serves the community (Acts 20:35). Women like Mary Magdalene supported Jesus’ ministry generously (Luke 8:3).

Scripture:

Luke 8:3 — *“...and also some women who had been cured of*

*evil spirits and diseases: Mary (called Magdalene)... who gave freely to them all."*

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9. Pray for the Gift of Helpfulness

God created woman as a helper suitable for man (Genesis 2:18). Serving others is a gift and ministry.

Scripture:

*Genesis 2:18 — "It is not good for the man to be alone. I will make a helper suitable for him."*

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10. Pray for Faithfulness in All Circumstances

Faithfulness honors God regardless of reward (Luke 16:10). Zechariah and Elizabeth remained faithful in prayer despite long years of waiting (Luke 1:6).

Scripture:

Luke 1:6 — *“Both of them were righteous in the sight of God, observing all the Lord’s commands and decrees blamelessly.”*

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11. Pray to Worship God with Joy and Passion

Worship is a vital expression of faith and victory. Women led praise after God’s deliverance (Exodus 15:20-21).

Scripture:

Exodus 15:20-21— *“Then Miriam... took a timbrel... and sang the women’s song of praise to the Lord.”*

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12. Pray for Perseverance in Prayer

Persistent prayer pleases God (Luke 18:1-8). Rizpah’s long

mourning is an example of faithful intercession.

Scripture:

2 Samuel 21:10 — *“Rizpah... stayed out in the field... from the beginning of the harvest until the rain.”*

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13. Pray for Unity and Openness Among Women in the Church

Unity strengthens the body of Christ (Ephesians 4:3).  
Transparency fosters trust and growth.

Scripture:

Luke 24:22-23 — *“Some of our women amazed us. They went to the tomb early this morning but didn’t find his body.”*

### Additional Prayer Requests

- Raising Godly Children: *2 John 1:1* — Children are gifts from God and should be nurtured in the faith.
- Protection of Life: *Exodus 1:15-19* — Honoring life as sacred.
- Humility and Loyalty: *Ruth 1:16-17* — Faithfulness reflects God's covenant love.
- Diligence in Service: *Acts 12:13* — Faithful service honors God.
- Devotion to Worship: *Luke 2:36-37* — Constant prayer reflects a heart after God.
- Meditation on God's Word: *Luke 2:51* — Internalizing Scripture is essential.
- Wisdom in Service: *Luke 10:40* — Balance worship and service.
- Leadership Courage: *Judges 4:4-5* — God raises women leaders.
- Faithful Stewardship: *Luke 15:8-9* — Cherishing God's gifts.
- Contentment: *2 Timothy 3:6* — Avoiding worldly pride.
- Generosity: *Mark 12:42* — Sacrificial giving honors God.

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### Prayers Against Negative Spirits:

### Pray boldly to resist spirits of:

- Rebellion, pride, bitterness, unforgiveness (Ephesians 4:31-32)
- Sexual immorality (1 Corinthians 6:18)
- Deception and witchcraft (Galatians 5:19-21)
- Division and strife (1 Corinthians 1:10)
- Laziness (Proverbs 31:27)
- Falsehood (John 8:44)

- Harm to God's work (Matthew 16:18)

“Be on your guard; stand firm in the faith; be courageous; be strong.”

— *1 Corinthians 16:13*

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