

EVERYDAY
PRAYERS

— FOR —

PATIENCE

Giving Yourself and Your Kids the Grace to Grow

BROOKE MCGLOTHLIN



WHITAKER
HOUSE

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THE THINK, PRAY, PRAISE METHOD OF DAILY PRAYER

When I first started praying for my own children, I was inspired by two important truths about God’s Word:

1. *For the word of God is living and effective and sharper than any double-edged sword, penetrating as far as the separation of soul and spirit, joints and marrow. It is able to judge the thoughts and intentions of the heart.* (Hebrews 4:12)
2. *God declares, “So my word that comes from my mouth will not return to me empty, but it will accomplish what I please and will prosper in what I send it to do”* (Isaiah 55:11).

If those two verses were true—and I believed they were—then it seemed to me that there could be no better thing to pray than God’s Word itself! Because this experience was so deeply profound for me, it’s the same one I’ve used to teach other women to pray. I call it my “Think, Pray, Praise” method. It isn’t really rocket science, just a practical, biblical way to pray the Word of God over yourself or the people you love. It’s also the method we use in *Million Praying Moms’ Everyday Prayers* journal library. Let me walk you through it step by step.

THINK

On each daily page, we give you a verse to pray to make it easy for you to follow this prayer method. However, you can always search the Scriptures for yourself to find a verse you’d like to pray instead. After you’ve chosen it, reflect on, process, and meditate over your verse. If

you have time, read a few verses that come before and after your verse, or even the entire chapter of the Bible so you can have the proper context from which to understand it. Consider what God is speaking to your heart through His Word and through this verse. Dream about the future and what it might look like to see the message of this verse come to fruition in your life, or in your children's lives. In a small way, analyze the verse and figure out what you're inspired to pray.

PRAY

For almost ten years, my desire has been to allow my prayers to be inspired by God's Word. I try very hard not to take verses out of context, or use them for a purpose or meaning other than that which God intended for them. Reading the verse in context, as I just suggested, really helps with this. Once I've selected a verse, I craft it into a prayer. I usually stay as word-for-word as I can and then pray that verse back to God. You can see an example of a "Verse of the Day" and the prayer we craft from it for you on the daily pages of this journal.

Once you have your verse and prayer, use your thoughts about them as a jumping-off point to allow God's Word to move you and shape your prayers.

PRAISE

Praise is my favorite part of this method of prayer! Praising God is like putting on a pair of rose-colored glasses; it literally changes the way you see the world around you.

When we pause to deliberately reflect on the good things God is doing in our lives right now, it changes everything. (This can be even the tiniest of things we have to look hard to see, like having to clean for a Bible study group in your home. You might not want to clean, but at least you have people coming over to discuss the Word of God with you!) Instead of focusing on all we don't have or don't like (such as cleaning), gratitude for what we do have (being with brothers and sisters in Christ) blossoms in our hearts, truly making us joyful. Each

day, I try to write down just a few things I'm grateful for, praising God for His continuous work of grace in my life.

BONUS

You might notice the lines for a to-do list on the daily pages. I love that little block because I find that when I sit down to pray, my mind gets flooded by all the things I need to do that day. Every. Single. Time. I feel the urgency of my schedule begin to take over, distracting me from the time I so desperately need in God's Word and prayer. Taking a minute to jot down my to-do list before I get started is kind of like doing a brain dump each day. If my list is written down, I won't forget what I have to do that day. This frees me up to spend the time I've allocated in prayer without worry stealing it from me.

PRAYER REQUESTS

Part of being a woman of prayer is interceding on behalf of others. My life literally changed the day a good friend held my hands in hers and said, "Let's pray about this now," instead of telling me, "I'll pray for you." You won't always be able to pray for others in person, but keeping track of their needs on a prayer list like the one at the bottom left of the daily pages is a great way to make sure you're being faithful to cover them in prayer.

GO!

I am so excited about the journey of prayer you hold in your hands. Each day begins with a devotion written specifically for you, and concludes with extra verses and questions for reflection that are a perfect way to take your study of patience to the next level or use with a group. We now consider you part of our Million Praying Moms family!

Connect with us at www.millionprayingmoms.com and keep us posted about the things God is doing in your life as you pray.



PATIENCE IS GETTING TO KNOW JESUS

But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity.
—2 Peter 3:18

I gave birth to my first son when I was twenty-seven years old. My second son, who came along just twenty-three months later, was born when I was twenty-nine. I remember my sister-in-law, who has known me since I was a little girl and is about ten years older, saying, “Brooke, I can’t even believe you’re old enough to have a baby.” But I was. My husband and I had been married for just over two years when we found out we were expecting and gave birth just before our third anniversary. I had completed college and graduate school. I had even taken a few classes toward a Ph.D. (That program got dropped because said baby made mama so sick she couldn’t finish her coursework.) I was working full time in pregnancy care ministry, and together, we made an okay living...certainly enough with the support of friends and family. On paper, I was ready to have children.

My maturity as a Christian is a slightly different story. To be clear, I made a decision to follow Jesus when I was just nine years old, and I chose to start walking very closely with Him when I was twenty-one. By the time my sons came along, I had developed and matured significantly as a believer, but I had a huge gap when it came to the spiritual skillset needed to fend off the lies the enemy threw at me when motherhood was much harder than I expected.

No, parenting did not come easily for me. Honestly, it still doesn't. I was a compliant child, one who liked to please her parents. I disciplined myself to get good grades without being told. Don't get me wrong, I wasn't an angel. I'm sure if you asked my mom, in particular, she could tell you some stories about my general mouthiness, laziness, or disobedience. But overall, I was a pretty good kid.

God, however, did not give me *compliant kids*. Both of my boys are good boys, and they love their family, but neither one of them is what I would call compliant. When they were little, they were downright difficult.

SOMETHING TO THINK ABOUT

In my book *Unraveled*, I described my experience during my children's early years this way:

My boys often made me feel worn out, weary, and little bit like a failure sometimes, and my inner voice, the one that likes to show up and show me all my ugly, had a field day telling me I would never measure up as a mom.¹

More often than not, I went to bed in those days feeling like I hadn't been the kind of mom I wanted to be. Admittedly, I didn't know much about being a mother to start with, but I did know one piece of information that would serve me well and help grow me into the mom I wanted to be: if I had any hope of bridging the gap, it would be accomplished by getting to know Jesus better. The answers to all my questions came through Him.

- ✦ How do I survive the insane amount of noise in my home when I'm a raging introvert? Get to know Jesus better and allow Him to change me from the inside out.
- ✦ How do I teach my children to respect me and respect the people they interact with?
- ✦ Get to know Jesus better and allow Him to change me from the inside out.

1. Stacey Thacker and Brooke McGlothlin, *Unraveled: Hope for the Mom at the End of Her Rope* (Eugene, OR: Harvest House Publishers, 2022), 15.

- ✦ How do I help my children get along?
- ✦ Get to know Jesus better and allow Him to change me from the inside out.
- ✦ How can I show my children compassion when they mess up instead of getting mad at them?
- ✦ Get to know Jesus better and allow Him to change me from the inside out.
- ✦ How can I learn to set aside my own needs, so that I can more effectively meet theirs?
- ✦ Get to know Jesus better and allow Him to change me from the inside out.
- ✦ How can I make one more meal, wash one more load of laundry, or clean the floor one more time?
- ✦ Get to know Jesus better and allow Him to change me from the inside out.

I'm not trying to say that you can open your Bible and find the exact formula for controlling the noise in your home or a recipe for dinner when you are completely out of ideas. What I am saying is that the patience you need to survive and thrive in the moments of motherhood comes from your desire to “*grow in the grace and knowledge of our Lord and Savior Jesus Christ*” (2 Peter 3:18). Start there. Seriously, don't go anywhere else to get what you need. Just grow in your relationship with Jesus. It'll be enough.

EXTRA VERSES FOR STUDY OR PRAYER

Second Peter 1:3, 1:8

VERSE OF THE DAY

But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity.
—2 Peter 3:18

PRAYER

Father, I confess that I wish You had left us a roadmap for raising godly children. Sometimes I wish You'd audibly tell me how to have what I need for them every day, especially on the hard days when I feel like my patience has run right out. I feel like I need so much more than I have, but ultimately, what I need—who I need—is You. More of You. Give me the desire to know You more and grow me in grace. In Jesus's name, amen.

THINK

PRAY

PRAISE

TO-DO

PRAYER LIST

QUESTIONS FOR DEEPER REFLECTION

1. Do you really believe that Jesus has all the answers you need? If so, when did you make that decision? Do you remember when it happened?

2. If you aren't convinced Jesus holds all the answers, take some time to figure it out. Settle the answer today, before you move on. It's one of the most important decisions you'll ever make.
