

# PEACE

## PRAYER CARDS

**30**  
**DAYS**

OF POWERFUL,  
SCRIPTURE-BASED PRAYERS

BECAUSE SOMETIMES WE DON'T KNOW WHAT TO PRAY



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***Hey Friend,***

Fear, worry, and anxiety are not part of the Heavenly Father's plans for you. He desires that you live an abundant life, and Jesus purchased that freedom on the cross. Paid in full.

Fear was a constant battle for me for years. I had to get serious about receiving the promises of God and ruthless with refusing harmful thoughts. Praying this way developed over time. It may take a while to take shape for you too, but I hope to help speed up the process.

***Keep in mind that there is no power in repeating a prayer we don't mean.***

However, in years of ministry, many have told me that they don't know *what* to pray. These cards are designed to help with that. ***I encourage you to pray each card 1) out loud, 2) with your whole heart, and 3) in faith.*** Remember: the Lord is a perfect Father who attentively listens to His children.

We are cheering for you! Jesus loves you beyond comprehension, and you are more than a conqueror in Him.

Pray big. Be bold.

- Kristel -

*Kristel Ward & the Grace to Grow Team*

For more resources and  
prayer support, click here:



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## PRAYER:

“Lord, I declare sweet sleep and rest  
over my family today because You  
are keeping us safe. In Jesus’ name,  
Amen.”



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## SOURCE VERSE:

**“<sup>8</sup>In peace I will lie down and sleep,  
for you alone, O LORD,  
will keep me safe.”**

Psalm 4:8 (NLT)

## PRAYER:

“Lord, I fix my thoughts on You and  
Your goodness today. I will think truth  
and walk in Your peace. I rest in You.  
In Jesus’ name, Amen.”



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## SOURCE VERSE:

“<sup>8</sup>And now, dear brothers  
and sisters, one final thing.  
Fix your thoughts on what is true...  
<sup>9</sup>Keep putting into practice all you  
learned and received from me—  
everything you heard from me  
and saw me doing. Then the God of  
peace will be with you.”

Psalm 4:8-9 (NLT)

## PRAYER:

“Lord, I command fear to bow to You today. You have not given me a spirit of fear. I walk in Your power. I receive Your love, and I have dominion over my thoughts. In Jesus’ name, Amen.”



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## SOURCE VERSE:

**“<sup>7</sup>For God has not given us a spirit of fear, but of power and of love and of a sound mind.”**

2 Timothy 1:7 (NKJV)

## PRAYER:

“Lord Holy Spirit, You are with me  
wherever I go! I will not fear today. I  
am strong and courageous in every  
situation, because You  
are helping me.  
In Jesus’ name, Amen.”



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## SOURCE VERSE:

**“<sup>9</sup>This is my command—be strong and courageous! Do not be afraid or discouraged. For the LORD your God is with you wherever you go.”**

Joshua 1:9 (NLT)

## PRAYER:

“I thank You, Lord, that I have  
dominion over my thoughts. I  
command every one of them to obey  
You. I think truth. I believe Your Word  
and receive Your promises for me. I  
have the mind of Christ today.  
In Jesus’ Name I pray, Amen.”



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## SOURCE VERSE:

**“<sup>16</sup>For, “Who can know the LORD’s thoughts? Who knows enough to teach him?” But we understand these things, for we have the mind of Christ.”**

1 Corinthians 2:16 (NLT)

## PRAYER:

“No weapon formed against me and my family today will prosper, Lord! No plans of the enemy will come to pass. I rebuke him, Lord. Satan has no power because You defeated him on the cross. In Jesus’ name, Amen.”



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## SOURCE VERSE:

“<sup>17</sup>No weapon formed against you  
shall prosper, And every tongue  
which rises against you in judgment  
You shall condemn.

This is the heritage of the  
servants of the LORD, And their  
righteousness is from Me,”  
Says the LORD.”

Isaiah 54:17 (NKJV)

## PRAYER:

“Lord Holy Spirit, I will not fear any plans of the enemy today, because greater is Your Spirit in me than any other spirit in this world. I command every other spirit around me to bow to You, Lord.

In Jesus’ name I pray, Amen.”



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## SOURCE VERSE:

<sup>3</sup>“...But every spirit that does not acknowledge Jesus is not from God.

This is the spirit of the antichrist, which you have heard is coming and even now is already in the world.

<sup>4</sup>You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.”

1 John 4:3–4 (NIV)

## PRAYER:

“Lord, I declare that I think truth today. I trust You and live in Your perfect peace. In Jesus’ name, Amen.”



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## SOURCE VERSE:

**“<sup>3</sup>You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! <sup>4</sup>Trust in the LORD always, for the LORD GOD is the eternal Rock.”**

Isaiah 26:3–4 (NLT)

## PRAYER:

“Lord, I actively resist the devil today, in the name of Jesus. I bind him, and I command him to flee from me according to Your Word. He knows he has to obey. In Jesus’ name, Amen.”



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## SOURCE VERSE:

**“<sup>7</sup>So humble yourselves before God.  
Resist the devil, and he will  
flee from you.”**

James 4:7 (NLT)

## PRAYER:

**“Father, I thank You that You have good plans and good thoughts towards me. I am not a mistake or a failure, and I am moving forward in my future with You.**

**In Jesus’ name I pray, Amen.”**

(If you feel like a mistake or failure, take a minute to allow the Holy Spirit to minister His love to you.)



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## SOURCE VERSE:

“<sup>11</sup>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)

## PRAYER:

“Heavenly Father, I surrender to You today. You can have my heart and my whole life. Please forgive me of all of my sins. Wash me, Lord. I want to be close to You. I ask You to heal me of every wound. In Jesus’ name I pray, Amen.”



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## SOURCE VERSE:

“<sup>14</sup>Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land.”

2 Chronicles 7:14 (NLT)

## PRAYER:

“Lord, I praise You today! You are good and You only do good. Thank You for all You’ve done for me and my family! I rejoice in You!  
In Jesus’ name I pray, Amen.”



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## SOURCE VERSE:

**“<sup>4</sup>Always be full of joy in the Lord.  
I say it again—rejoice!”**

Philippians 4:4 (NLT)

## PRAYER:

**“Thank You, my Lord, that You hear me when I pray. You know all the needs and struggles we’re facing.**

(Take a minute to share your concerns with the Lord.

Ask for help from your heavenly Dad.)

**I give them all to You, Lord. I choose not to worry because You are helping us. In Jesus’ name, Amen.”**



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## SOURCE VERSE:

“<sup>6</sup>Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. <sup>7</sup>Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

Philippians 4:6–7 (NLT)

## PRAYER:

“Lord, You are my perfect shepherd. You lead me to peaceful streams. You restore my soul. I won’t be afraid today because You protect me, and I trust You. In Jesus’ name, Amen.”



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## SOURCE VERSE:

“<sup>4</sup>Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me. <sup>5</sup>...My cup overflows with blessings. <sup>6</sup>Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the LORD forever.”

Psalm 23:4–6 (NLT)

## PRAYER:

“Lord, Your Word is powerful! Fill me with it, and write it all over my heart. Give me understanding of Scripture. It brings life and healing to my bones. In Jesus’ name I pray, Amen.”



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## SOURCE VERSE:

**“<sup>12</sup>For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.”**

Hebrews 4:12 (NLT)

## PRAYER:

Heavenly Father, I boldly approach  
Your throne today. I ask You for help. I  
declare Your perfect will over my life.  
I walk hand-in-hand with You.  
In Jesus' name I pray, Amen."



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## SOURCE VERSE:

“<sup>16</sup>So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.”

Hebrews 4:16 (NLT)

## PRAYER:

“Lord, You come through on Your promises. You always perform Your Word. It does what You set out for it to do. Your Word is accomplishing its purpose in me.

In Jesus’ name, Amen.”



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## SOURCE VERSE:

**“<sup>12</sup>Then the LORD said to me, “You have seen well, for I am watching over my word to perform it.”**

Jeremiah 1:12 (ESV)

## PRAYER:

“Lord, I thank You for causing everything to work for my good today. Every problem, every blessing, every challenge will all be for my good. You always cause me to triumph! In Jesus’ name I pray, Amen.”



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## SOURCE VERSE:

**“<sup>28</sup>And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.”**

Romans 8:26–28 (NLT)

## PRAYER:

“Father, You are providing for our every need today. I speak Your provision over every circumstance. You never fail us or abandon us. We silence every voice and lie that is contrary to Your Word. In Jesus’ name, Amen.”



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## SOURCE VERSE:

<sup>31</sup>What shall we say about such wonderful things as these? If God is for us, who can ever be against us?  
<sup>32</sup>Since he did not spare even his own Son but gave him up for us all, won't he also give us everything else?"

Romans 8:31–32 (NLT)

## PRAYER:

“Lord, You are supplying our every need today. Every other thought that says otherwise is a lie, and I shut those ideas down. You take care of Your children. You are a perfect, loving Father who could never fail me. In Jesus’ name I pray, Amen.”



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## SOURCE VERSE:

**“<sup>19</sup>And my God shall supply all your  
need according to His riches  
in glory by Christ Jesus.”**

Philippians 4:19 (NKJV)

## PRAYER:

“Lord, the same power that raised Christ Jesus from the dead, lives in me. I can face anything in front of me today with Your help. I will not fear. I will not retreat. I will move forward in what You have for me.  
In Jesus’ name, Amen.”



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## SOURCE VERSE:

“<sup>19</sup>I also pray that you will understand the incredible greatness of God’s power for us who believe him. This is the same mighty power <sup>20</sup>that raised Christ from the dead and seated him in the place of honor at God’s right hand in the heavenly realms.”

Ephesians 1:19–20 (NLT)

## PRAYER:

**“Lord, I draw near to You today. Every blessing in Scripture is held in heavenly places with You. I release (fill with what you need today) over myself/my family. Teach me to receive every promise. Help me cling to Your Word. In Jesus’ name I pray, Amen.”**



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## SOURCE VERSE:

**“<sup>3</sup>All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ.”**

Ephesians 1:3 (NLT)

## PRAYER:

**“Heavenly Father, every promise in Your Word is *yes* and *amen* to those who believe. They are for me and available to me today! I receive every blessing. In Jesus’ name, Amen.”**

(Consider Googling “Scriptures on \_\_\_\_\_” and fill in your need(s). Then take some time to pray those promises over yourself.)



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## SOURCE VERSE:

**“<sup>20</sup>For all the promises of God in Him  
are *Yes*, and in Him *Amen*, to the  
glory of God through us.”**

2 Corinthians 1:20 (NKJV)

## PRAYER:

“Lord Jesus, I can face every situation in front of me today, because You are my strength. I don’t have to operate in my own power. I don’t have to do it by myself. You are with me and helping me. In Jesus’ name I pray, Amen.”



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## SOURCE VERSE:

**“<sup>12</sup>I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. <sup>13</sup>For I can do everything through Christ, who gives me strength.”**

Philippians 4:12–13 (NLT)

## PRAYER:

“Lord, the same Spirit that raised Christ Jesus from the dead, lives in me. You are giving life to my mortal body today, God. You are healing me, helping me, and giving me strength. In Jesus’ name I pray, Amen.



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## SOURCE VERSE:

**“<sup>11</sup>The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you.”**

Romans 8:11 (NLT)

## PRAYER:

“Lord, I am a new creation in Christ. Your mercies are new for me every morning. Great is Your faithfulness. I will be who You made me to be today. I will not allow the past to hold me back because You washed it away. I am moving forward with You. In Jesus’ name, Amen.”



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## SOURCE VERSE:

**“<sup>17</sup>Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.”**

2 Corinthians 5:17 (ESV)

## PRAYER:

“Father, I refuse condemnation, in Jesus’ name. If God is for me, who can be against me? Condemnation has no legal right because Jesus gave His life for me. I rebuke every lie that says otherwise.  
In Jesus’ name, Amen.”



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## SOURCE VERSE:

**“<sup>1</sup>There is therefore now no condemnation for those who are in Christ Jesus. <sup>2</sup>For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death.”**

Romans 8:1–2 (ESV)

## PRAYER:

“Lord, I am more than a conqueror in  
You today! I can face everything  
before me with Your strength. Your  
power is on me. Your grace is helping  
me. I refuse fear because  
You cannot fail.  
In Jesus’ name I pray, Amen.”



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## SOURCE VERSE:

**“<sup>35</sup>Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword?...  
<sup>37</sup>No, in all these things we are more than conquerors through him who loved us.”**

Romans 8:35, 37 (ESV)

## PRAYER:

“Father, I rest in Your love today. I can relax because You are taking care of me and my family. Problems don’t belong to me. I take them off my shoulders and put them on Yours, Lord. Thank You for Your perfect love. In Jesus’ name I pray, Amen.”



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## SOURCE VERSE:

**“<sup>38</sup>For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, <sup>39</sup>nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.”**

Romans 8:38–39 (ESV)

## PRAYER:

“Lord, thank You for hearing me when I pray! Thank You for always listening to me. Help me draw closer to You. I want to know You, Lord. In Jesus’ name, Amen.”



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## SOURCE VERSE:

**“<sup>12</sup>In those days when you pray, I will listen. <sup>13</sup>If you look for me wholeheartedly, you will find me.”**

Jeremiah 29:12–13 (NLT)