

7 DYNAMIC PRAYERS AND 20 POWERFUL KEYS TO LIVE JOYFULLY IN DIFFICULT TIMES



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“Jesus did not pray that you would merely be happy or even that you would escape grief. He prayed that you would have the same joy that the Father had given Him: a divine joy, a joy that comes from a deep and unwavering relationship with the Father. It is a joy that is grounded so firmly in a relationship with God that no change in circumstances could ever shake it. This is the kind of joy that Christ is praying will be in you.” Henry Blackaby

We all face difficult times. Life is filled with all kinds of stressful conditions and challenging situations. You may be facing a long-term illness or struggling in a difficult relationship. Possibly you just had a financial setback and wonder what to do next. How will you feed your family or find a new job? You ask yourself, “*Why is it so hard?*” The times we are living in are getting more severe, and threaten our peace and well-being. We are often trapped by our unbelief and fear.

But right in the midst of difficult times, God wants us to have a deep joy that comes from our relationship with Him. He wants us to be strong and courageous. He wants us to trust and depend on His strength and His love to carry us through. We need not be discouraged and depressed.

I pray that through praying these prayers and applying these powerful keys in your life that you will experience God’s deep joy. I’ve crafted these prayers to help you walk successfully through times of difficulty. I encourage you to pray them again and again. May the Lord bless you with His deep joy and abounding hope.

“May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.”

Romans 15:13

Debbie Przybylski

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7 DYNAMIC PRAYERS TO HELP YOU LIVE JOYFULLY IN DIFFICULT TIMES



My Prayer for Trusting God in Hard Times

"Faith does the impossible because it lets God undertake for us, and nothing is impossible for God. How great - without qualification or limitation - the power of faith is! If doubt can be banished from the heart and unbelief is made a stranger there, what we ask from God will surely come to pass. Prayer throws faith on God and God on the world. Only God can move mountains, but faith and prayer move God." E. M. Bounds

Lord, I thank You that You are the God of the impossible. You can do anything. I want to trust in Your ability and not my own. Teach me to see difficulties in my life from Your perspective. Help me to focus on You and Your power. I want to be like Joshua and Caleb who believed in a good report and focused on You even in hard circumstances (Numbers 14:7-9). My responsibility is to carefully read, trust, and obey Your Word. Today I bring before You this difficulty in my life [Name a hard situation you are right now facing]. Help me not to fear but to trust You in this situation. I declare my faith in Your ability to fulfill Your promises to me. You will fight for me and win the battles in my life. You are mighty, powerful, righteous, and true.

I have nothing to fear with You on my side. I will be strong and courageous even in hard times. I will not be terrified or discouraged, for the Lord my God will be with me wherever I go (Joshua 1:9). You will never leave me or forsake me (Joshua 1:5). I do not need to figure everything out. You already know the best plan for my life. I will not try any man-made method to do only what You can do. Show me Your supernatural power. Teach me how to walk by faith and pray powerful prayers. I choose to have faith in Your ability to break through every obstacle in my life. You are the joy of my life. Just like Joshua, You will give me the land and every place where my feet step (Joshua 1:3). "Through you we push back our enemies; through your name we trample our foes. I do not trust in my bow, my sword does not bring me victory; but you give us victory over our enemies, you put our adversaries to shame. In God we make our boast all day long, and we will praise your name forever" (Psalm 44:5-8).

“Lord, you have assigned me my portion and my cup; you have made my lot secure. The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance. I will praise the Lord, who counsels me; even at night my heart instructs me. I have set the Lord always before me. Because he is at my right hand, I will not be shaken. Therefore my heart is glad and my tongue rejoices; my body also will rest secure, because you will not abandon me to the grave, nor will you let your Holy One see decay. You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand” (Psalm 16:5-11). In Jesus name, amen.



My Prayer to God When I Feel Discouraged

“Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God” (Psalm 42:11).

Dear Lord, I offer my body to You as a living sacrifice. I choose to make it my ambition to love You with all my heart (Matthew 22:37). I thank You that my offering is pleasing, good and acceptable to You. Today I give to You my feelings of discouragement, and I confess and renounce the lies that I have been believing [Name those lies specifically about your identity or how you see God. i.e. “I’m no good,” “Everybody rejects me,” “God won’t help me,” “God doesn’t love me,” “I’m a failure,” “God is angry with me.”]. I ask for Your forgiveness for believing these false beliefs, and I bring these lies to the feet of Jesus. I renounce all lies and pull down every stronghold about You and who I am in Christ. I thank you that your blood cleanses me from these false beliefs about [i.e. God, yourself, others] I take authority and break their power over my life in the name of Jesus and in its place, what do You want to give me? [Stop and listen quietly for anything the Lord may be saying to you that replaces the lie with His Truth. [i.e. A Scriptural verse, a picture, gentle thought, a verse]

Teach me to confess Your truth out loud and resist Satan’s lies every day. Help me to renew my mind by Your Word. Help me to no longer conform to the world system. I choose to not listen to the world’s evaluation of who I am. I choose to listen to Your evaluation of me. You love me and are the help of my countenance. I can be confident that You have a master plan for my life, and You will complete Your work in me (Philippians 1:6). Jesus, I trust Your leadership in my life. Please change how I think. Give me hope in this difficult I am

facing. I choose to trust You to carry me through and in Your timing, to bring victory in my life situation. I thank You that I am transformed by the renewing of my mind. I will meditate on Your Word every day. Meditate on Psalm 139 and pray it out loud to the Lord everyday this week.

“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. How precious also are Your thoughts to me, O God! How great is the sum of them! If I should count them, they would be more in number than the sand; When I awake, I am still with You... Search me, O God, and know my heart; try me, and know my anxieties; and see if there is any wicked way in me. And lead me in the way everlasting (Psalm 139:14-18, 23-24). In Jesus’ name, amen.”



My Prayer to Stand Strong in the Refining Fire

“God’s purpose in allowing difficulties, tribulations, calamities, infirmity, persecutions, and hardship to come our way is that we might take advantage of the opportunity and buy gold.” Bob Sorge

Lord, I thank You for Your refining fire that is preparing me for Your purposes in my life. You are producing a greater maturity and fruitfulness in my life, a faith and character that is worth gold. Help me to understand Your ways in and respond correctly to various trials in my life. I commit my soul to You and Your ways (Psalm 37:5-6). I choose to trust in You. Reveal Yourself to me, and give me new insight in my life situation. I choose to walk by faith and bow to Your will. Faith is being sure of what I hope for and certain of what I do not see (Hebrews 11:1).

Increase my faith during this difficult time. Help me to go deeper into knowing You. I wait on you in quietness and confidence. You are always faithful. I refuse to fall into a pit of despondency, despair, or depression. I choose to seek Your face, and I find joy in Your presence. I will trust in You and do good every day (Psalm 37:3a). I commit my soul to You and I trust in Your ability to complete Your purposes in my life (Psalm 37:5-6).

Give me Your heart for fasting and prayer. Teach me how to travail in intercession during this time. Help me to stand strong and learn to wrestle in prayer for Your plans to be birthed here on earth in my life and the life of others. Increase my ability to hear Your voice everyday. Give me greater discernment and stronger faith. Help me to pray for my city, nation, and for Your glory. I want to see Your Kingdom come on earth and I long for a greater fruitfulness in my life.

I pray Psalm 20:4-5 not only for my life, but for others as well. You give victory and success. [Pray this for yourself and name ten people you can pray this verse over every day this week.] "May he give you the desires of your heart and make all your plans succeed. We will shout for joy when you are victorious and will lift up our banners in the name of our God. May the Lord grant all your requests." In Jesus' name, amen.



My Prayer for Increased Faith

"Without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him." (Hebrews 11:6).

Lord, I pray as the apostles prayed, "Increase my faith" (Luke 17:5). Help me to believe You for big things. I want to magnify You rather than my problems. Teach me to take up the shield of faith every day of my life (Ephesians 6:16). Help me to push past my limitations and practice positive confession. Teach me to pray the promises in Your Word with expectancy. I want to pray with Your authority and believe in the power of Your name (John 14:13).

You are the key that opens heaven's account and brings forth Your mighty power in my daily circumstances. May Your will be done on earth as it is in heaven. I thank You that I can pray Your will upon the earth. I thank You that You come to my aid when I call upon Your name. I thank you that intercession is the great link between heaven and earth. Teach me to pray Your Word and pray Your attributes onto the earth. [Pray God's attributes with thanksgiving. "Lord you are good, holy, mighty, loving, kind, powerful..." "O Lord, our Lord, How excellent is Your name in all the earth, Who have set Your glory above the heavens... O Lord, our Lord, How excellent is Your name in all the earth! (Psalm 8:1,9).]

I worship and thank You, Lord, right in the midst of my present circumstances [Name your present difficulty]. I know that You will answer and help me. I choose to praise You today, and I know that thanksgiving and praise prepares the way for Your victory (Psalm 50:23). Thank You for building character in my life through the obstacles I face. I choose to count it all joy because this test of faith develops perseverance and maturity in my life (James 1:2-4). Because I trust in You, I can cross the Red Sea of my circumstances. You will provide a way through. You are the God of my breakthrough.

"I will exalt you, my God the King; I will praise your name for ever and ever. Every day I will praise you and extol your name forever and ever. Great is the Lord and most worthy of praise; his greatness no one can fathom. One generation will commend your works to another; they will tell of your mighty acts. They will speak of the glorious splendor of your majesty, and I will meditate on your wonderful works..." [Pray all of Psalm 145]. In Jesus' name, amen.

"Have faith in God, for assuredly, I say to you, whoever says to this mountain, be removed and be cast into the sea, and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says. Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them" (Mark 11:22-24).



My Prayer to Trust God with a Steadfast Spirit

"In warfare and seasons of trouble, there is a quality of suffering and perseverance that actually births in us a greater anointing to work the works of God. God actually trusts us because He trusts what He sees of suffering inside our heart and life. We cannot build anything without suffering... Good leadership knows how to suffer; they know about patience and perseverance to stand their ground."

Lord, I thank you that You are my Prince of Peace. I can trust You with every fearful experience that I encounter in life. Your government will last forever (Isaiah 9:6-7). Teach me to put my hand in Yours and steadfastly live fully dependent on You for everything. Help me learn to live, abide, and dwell in Your everlasting arms on a daily basis. Your perfect peace transcends all understanding (Philippians 4: 7) and rules in my heart (Colossians 3:15). Help me to cultivate intimacy with You and learn to be still in steadfast trust. Teach me to

reflect on Your nature and take every thought captive. I choose not to believe the lies of the enemy, but I want to stay grounded in Your love (Romans 8:31-39). I pray for patience and perseverance to stand my ground.

I thank You that this hardship and suffering that I am experiencing will birth a greater anointing in me to work Your works. Help me to have a fixed heart in prayer and strengthen me from within to receive Your power moment-by-moment and day-by-day. I resolve to be steadfast in spirit and faithful in prayer. I choose to be thankful. I pray like King David, "Create in me a pure heart, O God, and renew a steadfast spirit in me" (Psalm 51:10).

Lord, help me to be steadfast during times of warfare and difficulty. I want to be like Daniel in character. Make me into a person of devotion, humility, integrity, courage, self-control, intercession, and authority. Help me to pray passionately, sincerely, scripturally, powerfully, and with great steadfastness as Daniel did [Read Daniel 9:3-19 out loud]. I want to believe You for breakthrough. Teach me to fast and pray and to use Your Word in prayer. Help me to stand for justice and steadfastly trust You. I thank you for the molding process You are doing in my life. I choose to be pliable and I trust Your hands. I ask for Your deep abiding joy regardless of my circumstances. In Jesus name, amen.

"And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast" (1 Peter 5:10).



My Prayer When in a Dark Trial

Lord, I thank You that You want to teach me so many important life-changing things in this dark trial I am facing. I pray that you will give me wisdom in the secret place and faith to behold you at all times. Hide me in the secret place of Your presence. Your hand is on my life when I face a dark trial. You are always with me, and Your Holy Spirit helps me. I ask for peace in Your presence at this time. Change me internally to become more like You. Help me to respond in the right way during this time. Give me a deeper revelation of You, and show me new strategies for my life.

I thank You for the dark night of the soul. I thank You for these seasons in my life where You strip me of myself and teach me dependence on You. Help me to

trust and rely on You. Teach me to cling to You and Your Word as I learn to wait on You. Help me not to complain but to worship You when I go through difficulty. I want to understand what is going on in my heart during the hard times in my life. Teach me to offer You the hard things as a sacrifice.

My soul will find rest because You are my rock and my salvation. Because You are my fortress, I will not be shaken. You are my mighty rock, my refuge (Psalm 62:5-7). "Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, yet I will rejoice in the LORD, I will be joyful in God my Savior" (Habakkuk 3:17-18). In Jesus' name, amen.



20 POWERFUL KEYS TO HELP YOU LIVE VICTORIOUSLY IN DIFFICULT TIMES

"I will allure her and bring her into the wilderness and speak comfortably to her, and she shall sing there" (Hosea 2:14).

In times of darkness we must learn to sing. Our natural tendency is to give up and slump down with a gloomy outlook, but this is exactly when we need to learn to sing with all our heart. These powerful keys will help you through any difficult times you may be facing. Practice these keys diligently and in due season, God will lift you up into a new place.

When in difficulty, how can you get the most out of your dark experience? Here are 20 powerful keys:

- 1. Fix your eyes on God, and walk by faith** - This may not be an easy time, but trust Him to carry you through. It's you and God alone, and this is most valuable to Him. We must know God intimately and abide in that place in order to see answers to our prayers (John 15:7).
- 2. Resist the enemy** - If the enemy is telling you that there is no way out of your circumstances or that your situation is hopeless, resist him and stand firm in your faith. This is often the time when the enemy comes in with his relentless lies. He did this with Jesus in the desert (Matthew 4).

3. **Get a journal and write down what God is saying to you** - He is always speaking about our life and what we are facing. You want to take time to be still, listen, and hear His voice. By faith believe that He wants to share His secrets with you during this time.
4. **Embrace the difficulty and thank God for how He is going to use it in your life** - Embrace it wholeheartedly by the grace of God. See with the eyes of faith the tremendous value of this difficulty in your life. Ask Him for His deep joy right now in the midst of it, and cultivate a thankful heart.
5. **Examine your heart, and invite God's purifying fire** - During this time God will show you areas that need change. Cooperate with His Spirit and invite Him to change you deeply on the inside. Ask Him to remove every barrier that keeps you from Him and His purposes in your life.
6. **Pray God's Word out loud back to Him** - God wants to speak to you through His Word. Personalize the Bible. Take a phrase and pray it out loud. For example, pray the Psalms back to God and make them your own. David often wrote Psalms when he was in great difficulty.
7. **Learn to sing with all your heart in difficulty** - Sing praises to God instead of complaining. Become an extravagant worshipper. We must come to the place where all that is within us gives praise to God. Worshipping God will encourage your heart.
8. **Sing and speak positively** - We must not only sing with our voice, but we must sing with our words, our eyes, our attitudes, our prayers, our writing, our praise, and everything else. Watch your tongue carefully, and keep from negativity. This is not easy when you are in a trial but vital.
9. **Study the attributes of God daily** - Write them down in your journal, together with Bible verses. Dwell and meditate on His attributes. Worship God for who He is, not just for what He gives you. Jesus is exalted to the highest place and His name is above every name (Philippians 2:9-10).
10. **Know in your heart the sovereignty and greatness of God** - Speak out, worship, and sing His attributes to Him, and praise Him daily. [*“Lord, You are beautiful, You are all-knowing, You are truthful, righteous, just, kind, sinless, omniscient, mighty...”*] Worship is a powerful form of warfare.

11. **Depend on God's wisdom and not your own** - Understand the ways of God, and rely on His sufficiency. Pray for a spirit of wisdom and revelation (Ephesians 1:17-18).
12. **Know your identity in Christ** - Your identity in Christ is the enemy's strategy of attack against you. Know in your heart God's incredible love for you. You are the beloved of God, a royal priest, the apple of God's eye, etc. Remind yourself of these things daily. Study Psalm 139.
13. **Know God's Word as your weapons against the enemy's lies** - The Bible is your main defensive, for it is the truth that sets you free. Pick up your shield of faith and speak out His truth by faith. Strongholds come in through the mind, and God's Word is a mighty weapon against them. See John 8:32.
14. **Grow in holiness and humility** - Trials are a good time for us to humble ourselves before God and when we do, He will lift us up (James 4:10). Humility enables you to receive the grace of God. It is opposite of the enemy. When you are submitted to God, the enemy flees. Present your body as a living sacrifice to Him (Romans 12:1).
15. **Guard your relationships, and practice peace and love** - Know the power of words, and speak life words of peace and love rather than death words. Watch all criticism. Practice affirming others for what they mean to you even when it's hard. See Romans 12:9-10.
16. **Forgive quickly, and walk in unity** - Learn the power of forgiveness, and bless others. We can have no authority when we have unforgiveness in our hearts. Release forgiveness and blessings to all (Colossians 3:13-14).
17. **Grow in the area of prayer and fasting** - Learn to exercise the authority you have in Christ. Extended times of prayer and fasting increase spiritual authority. You are seated with Christ in heavenly places (Ephesians 2:6).
18. **Schedule in extra time to be in God's presence** - Pour out your heart to Him. Tell Him your problems, and thank Him for His help. He cares about all your concerns and wants to comfort you. See 2 Corinthians 1:3-5.
19. **If you still have a heavy heart of discouragement after practicing these keys, and there is no known sin in your life, you can pray against it** - The

enemy often attacks us with the stronghold of hopelessness where we feel there is no way out. Pray that it is broken in the name of Jesus.

20. Ask God to fill you with His joy and peace - God does not want you to be disheartened, but He longs to fill you with His joy. He has anointed you to help others who are going through difficulty, and to actually bestow the oil of gladness, joy, and praise on those who have a spirit of despair. This is the job description of Jesus, and we are to be like Him. Your difficulty will give you a greater authority to help others in similar situations, especially when you handle it right.

“The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to preach good news to the poor. He has sent me to bind up the broken-hearted, to proclaim freedom to the captives and release from darkness for the prisoners... to comfort all who mourn, and provide for those who grieve in Zion - to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair” (Isaiah 61:1, 2b-3).



Joy in the Secret Place of Prayer

During those seasons when you are going through a difficult time, you may feel like everything has shut down for you. You may not sense favor where you once did. You may feel that your relationships are more distant and that even feel God has abandoned you. But I want to say to you:

“Do not fear. God is with you, and He is developing you internally.”

Sometimes God brings us into these difficult times in our life, often not because we are doing something wrong, but because He wants more of us. He wants our undivided attention. He may even take us out of a busy and a fruitful time, and this may seem so inconvenient to us. But always know this: your Father knows exactly what He is doing.

What are you leaning on for your support? Is it ministry, popularity, or money? God wants you to lean solely on Him. He will make you strong in days when everything else is shaking. He is always strategic and purposeful in all that He does. He has set you apart for Himself at this time for a purpose.

There is joy in the secret place of prayer. There is joy as we choose to center our life in God and knowing Him. There is joy and breakthrough even in the darkest of circumstances when we choose to make Jesus our highest ambition, our deepest desire, and our greatest goal. Then He breaks through for us with transcending peace, abiding joy, and supernatural understanding.

“We are called to this same thriving quality of life, that no matter our circumstances, we live in the promise of God’s joy. It is impossible to keep God from being happy, and because of that, His Church cannot be denied joy either. Sadness and grief can only overlay our joy; it cannot prevent a breakthrough into it. We may have to look hard on days for that cheerfulness, but it is always present in the heart of God. Sadness must be infiltrated by joy.” Graham Cooke



Conclusion

A Prayer for a Joyful Life

Lord, give me joy in the secret place. I pray for a joyful heart even in hardship. Free me from all of those things that steal my joy and from an ineffective prayer life. Give me new insight, confidence, and faith in my prayers. Help me to walk in purity and humility. You are my righteousness and peace. Teach me contentment in the difficult circumstances that I face. I long for Your attitude of selfless giving and choose not to complain about anything. Help me to think only on that which is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy (Philippians 4:8). I desire to walk in Your joy and to rejoice in You always in both good and difficult times. Help me to joyfully abide in the secret place with You. In Jesus’ name, amen.

“Don’t deny yourself that which is your birthright as a child of God. Don’t be satisfied with a joyless life. There ought to be in every Christian a deep, settled fullness of the joy of Christ that no circumstance of life can dispel. This comes as you allow the Holy Spirit to express himself in your life. One of the fruits of the Spirit is joy (Galatians 5:22). This joy is unlike any happiness that is produced by the world. It fills you and permeates everything you do.” Henry and Richard Blackaby

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