

AB4LIFE

PRINT-READY PRAYER CARDS

100 Prayer Cards

A Prayer for Every Season of Life

4-UP · 25 SHEETS · US LETTER

Print on cardstock. Trim along the light dashed lines. Keep the cards near you — pray them one at a time.

MORNING

A Prayer for the Morning

"In the morning, Lord, you hear my voice."

— Psalm 5:3

Father, before I speak to anyone else today, I speak to You.
Order my steps, guard my thoughts, and let Your presence be
my first companion. In Jesus' name, amen.

EVENING

A Prayer for the Evening

"In peace I will lie down and sleep."

— Psalm 4:8

Lord, I release the weight of today into Your hands. Thank You
for every mercy I noticed and every one I missed. Grant me rest
that only You can give. Amen.

ANXIETY

When Anxiety Rises

"Do not be anxious about anything."

— Philippians 4:6-7

Father, my heart is racing. I trade this anxiety for Your peace.
Guard my mind with the peace that surpasses understanding. In
Jesus' name, amen.

FEAR

When Fear Grips You

"God has not given us a spirit of fear."

— 2 Timothy 1:7

Father, I refuse the spirit of fear. In its place I receive Your
power, love, and sound mind. Speak louder than my fear.
Amen.

PEACE

For God's Peace

"My peace I give you."

— John 14:27

Lord Jesus, let Your peace rule my heart today. Not as the world gives, but as only You can. I receive it now. Amen.

HEALING

For Physical Healing

"By his wounds we are healed."

— Isaiah 53:5

Father, You are the God who heals. I bring my body to You. Restore what is broken, strengthen what is weak, and let Your life flow through me. Amen.

HEALING

For Emotional Healing

"He heals the brokenhearted."

— Psalm 147:3

Lord, You see the wounds no one else has seen. Bind them up. Restore what pain has taken. Make me whole in Christ. Amen.

STRENGTH

For Strength When Weary

"Those who hope in the Lord will renew their strength."

— Isaiah 40:31

Father, I am tired. Renew me. Lift me on wings like eagles. Carry me through what I cannot walk alone. Amen.

GUIDANCE

For God's Guidance

"In all your ways submit to him."

— Proverbs 3:5-6

Lord, direct my steps today. Where I would lean on my own understanding, teach me to lean on You. Make my paths straight. Amen.

WISDOM

For Wisdom

"If any of you lacks wisdom, ask God."

— James 1:5

Father, I need Your wisdom. I ask boldly, believing You give generously. Grant me clarity for the decision before me. In Jesus' name, amen.

FAMILY

For My Family

"As for me and my household, we will serve the Lord."

— Joshua 24:15

Father, cover my family. Bind us together in love, faith, and grace. May every heart in this home belong to You. Amen.

MARRIAGE

For My Marriage

"A cord of three strands is not quickly broken."

— Ecclesiastes 4:12

Lord, weave Yourself into our marriage. Where we are worn, restore us. Where we are strong, protect us. Be the third strand. Amen.

CHILDREN

For My Children

"All your children will be taught by the Lord."

— Isaiah 54:13

Father, teach my children by Your own hand. Draw them close, guard their steps, and give them peace that runs deeper than mine. Amen.

PARENTS

For My Parents

"Honor your father and mother."

— Exodus 20:12

Lord, bless my parents. Give me a heart of honor. Where relationships are strained, bring healing; where they are strong, bring joy. Amen.

WORK

Before Work Today

"Whatever you do, work at it with all your heart, as working for the Lord."

— Colossians 3:23

Father, my work today is worship. Grant me focus, integrity, and the courage to do it well. May Christ be seen in how I labor. Amen.

FINANCES

For Financial Wisdom

"My God will meet all your needs."

— Philippians 4:19

Father, You are Jehovah Jireh, my provider. Give me wisdom with what I have and faith for what I need. I trust You. Amen.

PROVISION

For God's Provision

"Seek first his kingdom."

— Matthew 6:33

Lord, I seek You first today. I trust You for daily bread. Provide what I need and quiet the fear of scarcity. Amen.

FORGIVENESS

To Forgive Someone

"Forgive as the Lord forgave you."

— Ephesians 4:32

Father, You know how they hurt me. Today I release them by faith. Do not let bitterness make its home in me. Heal what forgiveness begins. Amen.

FORGIVENESS

To Receive Forgiveness

"He is faithful and just to forgive."

— 1 John 1:9

Father, I confess my sin to You. Wash me. Restore me. Silence the accuser and let me walk in the freedom Jesus bought. Amen.

SALVATION

For a Loved One's Salvation

"The Lord is patient... not wanting anyone to perish."

— 2 Peter 3:9

Father, I lift up ____ to You. Draw them by Your Spirit. Soften every hardened place, and let them meet Jesus. Amen.

GRIEF

In Grief

"Blessed are those who mourn."

— Matthew 5:4

Lord, You are close to the brokenhearted. I feel the weight. Do not let me numb this pain — carry me through it. Comfort me in ways only You can. Amen.

LOSS

After a Loss

"The Lord is close to the brokenhearted."

— Psalm 34:18

Father, come near. I do not have words. Meet me in this silence and hold what I cannot carry. Amen.

HOPE

When Hope is Fading

"May the God of hope fill you."

— Romans 15:13

God of hope, fill me. Where despair has whispered louder than Your promises, silence it. Fill me with joy and peace as I trust. Amen.

FAITH

For Greater Faith

"I do believe; help my unbelief."

— Mark 9:24

Father, increase my faith. Where I have believed too small, expand my vision. Where I have doubted, replace it with trust. Amen.

PATIENCE

For Patience

"Let perseverance finish its work."

— James 1:4

Lord, teach me patience. Not shortcuts, but endurance. Grow in me a soul that waits well and trusts You in every delay. Amen.

HUMILITY

For a Humble Heart

"God opposes the proud but gives grace to the humble."

— James 4:6

Father, humble me. Expose pride's quiet places. Grant me a teachable heart that lives lower than others and higher in You. Amen.

CONFESSION

Prayer of Confession

"Create in me a pure heart."

— Psalm 51:10

Father, search me. Show me what I've hidden. I bring it into the light. Wash me. Renew a right spirit within me. Amen.

REPENTANCE

Prayer of Repentance

"Repent, then, and turn to God."

— Acts 3:19

Lord, I turn from what has taken Your place in my life. Set me facing You again. Restore what my wandering has cost. Amen.

SURRENDER

A Prayer of Surrender

"Not my will, but yours."

— Luke 22:42

Father, not my will, but Yours. I release every plan, every fear, every outcome into Your hands. Have Your way. Amen.

TRUST

When Trust Is Hard

"Trust in the Lord with all your heart."

— Proverbs 3:5

Lord, I choose to trust You today. I do not understand — and I do not need to. You are trustworthy even when the path is not clear. Amen.

GRATITUDE

A Prayer of Gratitude

"Enter his gates with thanksgiving."

— Psalm 100:4

Father, thank You. For breath. For grace. For the mercies I noticed and the ones I missed. My heart runs over. Amen.

PRAISE

A Prayer of Praise

"Let everything that has breath praise the Lord."

— Psalm 150:6

Lord, You are worthy. You are good. You are faithful. Every part of me lifts You up today. Amen.

WORSHIP

A Prayer Before Worship

"Come, let us bow down in worship."

— Psalm 95:6

Father, I come to worship. Not because I feel like it, but because You are worthy. Meet me here. Amen.

SPIRIT

For the Holy Spirit

"Your Father in heaven will give the Holy Spirit."

— Luke 11:13

Father, fill me afresh with Your Spirit. Empower me for what I face today. Make me sensitive to Your voice. Amen.

SPIRIT

To Hear God

"My sheep listen to my voice."

— John 10:27

Lord, quiet the noise. Sharpen my hearing. Speak — and give me the courage to obey what You say. Amen.

PURPOSE

For My Purpose

"I know the plans I have for you."

— Jeremiah 29:11

Father, You know my future. Order my steps into the purpose You prepared. Let me not miss what You have for me. Amen.

CALLING

To Discern God's Calling

"We are God's handiwork, created... to do good works."

— Ephesians 2:10

Lord, show me the good works You prepared for me. Give me eyes to see them and courage to walk in them today. Amen.

WAITING

When You're Waiting

"Wait for the Lord; be strong and take heart."

— Psalm 27:14

Father, I trust Your timing. Where I am tempted to force, teach me to wait well. Strengthen my heart in the meantime. Amen.

CONFUSION

When Confused

"God is not a God of disorder but of peace."

— 1 Corinthians 14:33

Lord, clear the confusion. Cut through the noise. Bring order where there is chaos and light where there is fog. Amen.

REGRET

When Regret Weighs

"Forget the former things."

— Isaiah 43:18

Father, I lay down my regret. I cannot rewrite yesterday, but You can redeem it. Free me to walk forward. Amen.

SHAME

When Shame Speaks

"There is now no condemnation."

— Romans 8:1

Lord Jesus, I refuse the voice of shame. I stand in the freedom of the cross. Nothing you have covered defines me. Amen.

IDENTITY

To Remember Who I Am

"See what great love the Father has lavished on us."

— 1 John 3:1

Father, remind me who I am. Beloved. Chosen. Yours. Let this identity shout every other voice today. Amen.

STRESS

When Stress Rises

"Come to me, all who are weary."

— Matthew 11:28

Jesus, I come. I am carrying too much. Take my yoke and give me Yours — the one that is easy, the burden that is light. Amen.

BURNOUT

When Burnout Looms

"Come with me... and get some rest."

— Mark 6:31

Father, teach me the discipline of rest. I am not the Savior — You are. Let me stop long enough to hear You again. Amen.

REST

For True Rest

"There remains, then, a Sabbath-rest."

— Hebrews 4:9

Lord, lead me into real rest — of body, mind, and soul. Free me from the need to always produce. Amen.

SLEEP

For Restful Sleep

"He grants sleep to those he loves."

— Psalm 127:2

Father, quiet my thoughts. Loosen the grip of tomorrow. Give me sleep that heals and mornings that rise refreshed. Amen.

PROTECTION

For Protection

"He will command his angels concerning you."

— Psalm 91:11

Lord, cover me and those I love. Guard our coming and going. Send Your angels ahead of us and behind us. Amen.

SPIRITUAL

For Spiritual Warfare

"Put on the full armor of God."

— Ephesians 6:11

Father, I put on the full armor today. Truth, righteousness, peace, faith, salvation, and Your Word. The battle is Yours. Amen.

DELIVERANCE

For Deliverance

"The Lord hears them; he delivers."

— Psalm 34:17

Lord, deliver me from what has been holding me. Break every chain. I choose freedom in Christ. Amen.

ADDICTION

For Freedom From Addiction

"If the Son sets you free."

— John 8:36

Jesus, You are stronger than what has held me. Break this cycle. Fill the empty place only You were meant to fill. Amen.

TEMPTATION

When Tempted

"God is faithful... He will also provide a way out."

— 1 Corinthians 10:13

Father, provide the way out. Give me strength to take it. Guard my eyes, my mind, and my steps. Amen.

DISCIPLINE

For Self-Discipline

"The fruit of the Spirit is... self-control."

— Galatians 5:23

Lord, grow self-control in me — not by willpower alone, but by Your Spirit. One small yes at a time. Amen.

HABITS

For New Habits

"The old has gone, the new is here!"

— 2 Corinthians 5:17

Father, break the patterns of the old life. Build in me habits that lead to life. Small daily steps toward You. Amen.

GROWTH

For Spiritual Growth

"Grow in the grace and knowledge of our Lord."

— 2 Peter 3:18

Lord, grow me. Not comfort me — grow me. Deeper roots, greater fruit, closer walk. Amen.

HUNGER

For Hunger for God

"As the deer pants for streams of water,"

— Psalm 42:1

Father, awaken hunger in me. Not for what is beneath me, but for You. Nothing else satisfies. Amen.

SCRIPTURE

Before Reading Scripture

"Open my eyes that I may see wonderful things."

— Psalm 119:18

Lord, open my eyes. Speak through Your Word. Do not let me read past what You want me to see today. Amen.

CHURCH

For My Church

"I will build my church."

— Matthew 16:18

Father, bless my church. Protect our pastors, unify our people, and let Your Spirit move powerfully among us. Amen.

LEADERS

For Church Leaders

"They keep watch over you."

— Hebrews 13:17

Lord, strengthen our leaders. Guard their families. Give them wisdom, humility, and joy in the work. Amen.

PASTORS

For My Pastor

"Elders who direct the affairs of the church well."

— 1 Timothy 5:17

Father, cover my pastor. Refill their soul. Let them lead from a full well, not a dry one. Amen.

MISSIONS

For Missionaries

"Go and make disciples of all nations."

— Matthew 28:19

Lord, send workers into Your harvest. Protect and provide for those who serve far from home. Amen.

NATION

For My Nation

"If my people... will humble themselves and pray."

— 2 Chronicles 7:14

Father, we humble ourselves. Heal our land. Turn our hearts back to You. Raise up righteous leaders. Amen.

LEADERS2

For Government Leaders

"I urge... prayers... be made for all people — for kings."

— 1 Timothy 2:1-2

Lord, grant our leaders wisdom, integrity, and the fear of God. Guide their decisions for good. Amen.

WORLD

For the World

"For God so loved the world."

— John 3:16

Father, You love this world. So do I. Send Your Kingdom, Your will, on earth as in heaven. Amen.

ENEMIES

For My Enemies

"Love your enemies and pray for those who persecute you."

— Matthew 5:44

Lord, bless the ones who have hurt me. Change their hearts. Change mine too. Break the cycle in me. Amen.

RECONCILIATION

For Reconciliation

"He has committed to us the message of reconciliation."

— 2 Corinthians 5:18

Father, restore what is broken. Grant humility, courage, and grace on all sides. Let peace begin with me. Amen.

FRIENDSHIP

For a True Friend

"As iron sharpens iron."

— Proverbs 27:17

Lord, send me true friends and make me a true friend. Sharpen us. Encourage us. Root us in You. Amen.

LONELINESS

When Lonely

"Never will I leave you."

— Hebrews 13:5

Father, You have promised never to leave me. Make Your presence tangible today. Send people, and be closer than they can be. Amen.

SINGLENES

For This Season of Singleness

"An unmarried person is concerned about the Lord's affairs."

— 1 Corinthians 7:32

Lord, use this season fully for Your glory. Guard my heart. Grow me. Trust Your timing over my longing. Amen.

DATING

For Wisdom in Dating

"Do not be yoked together with unbelievers."

— 2 Corinthians 6:14

Father, guard my heart. Reveal character over charm. Lead me only where Your peace already is. Amen.

PREGNANCY

During Pregnancy

"You knit me together in my mother's womb."

— Psalm 139:13

Lord, thank You for this child You are knitting together. Protect this pregnancy. Prepare this heart for parenthood. Amen.

INFERTILITY

In Infertility

"I prayed for this child."

— 1 Samuel 1:27

Father, You see the longing. Meet me here. Grant miracles or grant comfort — I trust You either way. Amen.

PARENTING

For Parenting Wisdom

"Start children off on the way they should go."

— Proverbs 22:6

Lord, I need wisdom I do not have. Speak through me, guide with me, and love through me. Amen.

TEENS

For Teenage Children

"Fathers, do not exasperate your children."

— Ephesians 6:4

Father, help me lead with grace. Guard their hearts, their friendships, and their futures. Draw them close to You. Amen.

ELDERLY

For Aging Parents

"Even to your old age... I am he who will sustain you."

— Isaiah 46:4

Lord, sustain them. Give me patience, tenderness, and wisdom to care well. Cover them in Your peace. Amen.

SICKNESS

For Someone Sick

"Is anyone among you sick? Let them call the elders to pray."

— James 5:14

Father, I lift up ____ to You. Heal their body. Strengthen their spirit. Comfort those who care for them. Amen.

DOCTORS

Before a Medical Appointment

"I am fearfully and wonderfully made."

— Psalm 139:14

Lord, guide the hands and minds of the professionals I see. Grant clarity, wisdom, and Your peace over every result. Amen.

SURGERY

Before Surgery

"Even though I walk through the darkest valley, I will fear no evil."

— Psalm 23:4

Father, I am in Your hands. Steady the surgeons. Protect my body. Wake me to Your goodness. Amen.

MENTAL

For Mental Health

"We take captive every thought."

— 2 Corinthians 10:5

Lord, guard my mind. Take captive every anxious thought. Renew me in truth. Bring the help I need — inner and outer. Amen.

DEPRESSION

In Depression

"Why, my soul, are you downcast? Put your hope in God."

— Psalm 42:11

Father, my soul is heavy. Lift my eyes. I will hope in You — even now, even here. Amen.

JOY

For Joy Restored

"Restore to me the joy of your salvation."

— Psalm 51:12

Lord, return the joy. Not circumstance-joy — the deeper joy of knowing You. Make my heart sing again. Amen.

CONTENTMENT

For Contentment

"Godliness with contentment is great gain."

— 1 Timothy 6:6

Father, teach me to be content today. In what I have. In who I am. Because You are enough. Amen.

GENEROSITY

For a Generous Heart

"God loves a cheerful giver."

— 2 Corinthians 9:7

Lord, loosen my grip. Grow generosity in me. Let me give as freely as I have received. Amen.

SERVICE

Before Serving

"The Son of Man did not come to be served, but to serve."

— Mark 10:45

Father, serve through me today. No spotlight, no résumé. Just Your love flowing through my hands. Amen.

EVANGELISM

To Share the Gospel

"I am not ashamed of the gospel."

— Romans 1:16

Lord, open a door for the gospel today. Give me words seasoned with grace, and courage to speak them. Amen.

BOLDNESS

For Boldness

"Enable your servants to speak your word with great boldness."

— Acts 4:29

Father, fill me with holy boldness. Not brashness — Spirit-led courage to stand and speak when it matters. Amen.

MEEKNESS

For Gentle Strength

"Blessed are the meek."

— Matthew 5:5

Lord, teach me strength under Your control. Meek, not weak. Gentle, not passive. Christlike in every response. Amen.

KINDNESS

For Kindness

"Be kind and compassionate to one another."

— Ephesians 4:32

Father, make me kind today — in tone, in patience, in the small things nobody notices but You. Amen.

LOVE

To Love Well

"We love because he first loved us."

— 1 John 4:19

Lord, teach me to love the way You love — patient, kind, undeserved, unshakeable. Amen.

MERCY

To Show Mercy

"Blessed are the merciful."

— Matthew 5:7

Father, extend mercy through me today. Remind me how much I have received. Let mercy be my default. Amen.

GRACE

For Grace to Extend

"Let your conversation be always full of grace."

— Colossians 4:6

Lord, season my words with grace today. Where I would react, let me respond in the Spirit. Amen.

HUMOR

For a Light Heart

"A cheerful heart is good medicine."

— Proverbs 17:22

Father, restore lightness to my heart. Laughter is a gift. Free me from taking myself too seriously. Amen.

CREATIVITY

For Creativity

"He has filled them with skill."

— Exodus 35:35

Lord, You are the Creator. Fill me with fresh ideas, holy vision, and skill for the work of my hands. Amen.

STUDENT

For a Student

"If any of you lacks wisdom, ask God."

— James 1:5

Father, grant clarity, focus, and endurance. Turn study into stewardship and effort into character. Amen.

EXAMS

Before an Exam

"I can do all this through him who gives me strength."

— Philippians 4:13

Lord, calm my nerves. Bring to mind what I have learned. Do Your part where I have done mine. Amen.

CAREER

For Career Direction

"I will instruct you and teach you in the way you should go."

— Psalm 32:8

Father, direct my next steps. Open the doors You have prepared. Close the ones that would harm. Amen.

INTERVIEW

Before an Interview

"Commit to the Lord whatever you do."

— Proverbs 16:3

Lord, I commit this to You. Give me favor, clarity, and calm. Whatever the outcome, You are still my portion. Amen.

TRAVEL

Before Travel

"The Lord will watch over your coming and going."

— Psalm 121:8

Father, watch over this journey. Bring us there and back in safety. Cover every road, every mile, every moment. Amen.

MOVING

During a Move

"Go from your country... to the land I will show you."

— Genesis 12:1

Lord, You called us to this new place. Steady us in the transition. Root us in You before we root anywhere else. Amen.

NEW SEASON

In a New Season

"See, I am doing a new thing!"

— Isaiah 43:19

Father, I welcome the new. Give me eyes to see what You are doing and courage to walk in it. Amen.

LEGACY

For the Legacy I Leave

"We will tell the next generation the praiseworthy deeds of the Lord."

— Psalm 78:4

Lord, let my life tell of Your faithfulness. Shape a legacy of love, faith, and truth long after I am gone. Amen.