

# A Prayer for Every Need

By Norman Vincent Peale

Guideposts is a nonprofit organization. We believe all things are possible with faith, hope, and prayer. Faith empowers our work to help build a positive world united in understanding, compassion, and empathy. In all we create, we are the reassuring voice of a trusted friend—a friend who makes you feel more hopeful and connected.

At Guideposts, we are here for you.  
Here to listen with open hearts,  
Here to reassure and comfort,  
Here to inspire and energize,  
Here to pray and strengthen,  
Here to bring joy and laughter.

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## Introduction

AT GUIDEPOSTS, we believe the power of prayer can transform lives, connect people and communities, and ultimately, help transform the world into a better place. With the current global health and economic crises, we know that the world needs prayer now more than ever.

But for 75 years, Guideposts has known that prayer is important not just in times of crisis, but to face everyday challenges as well. In fact, the right prayer can help you through any life situation or experience—big or small.

In 1945 Norman Vincent Peale and his wife Ruth Stafford Peale founded *Guideposts* magazine, which continues to bring true stories of hope and inspiration to millions around the world. Today, the Outreach Division of Guideposts receives more than 15,000 prayer requests a month.

Many of the prayers in this booklet were used by Dr. Peale in sermons he delivered at the historic Marble Collegiate Church in New York City decades ago. Some were written more recently. But together the collection addresses a broad range of situations and human experiences. Looking for love? There's a prayer for that. Moving? Facing retirement? Needing strength or feeling hopeless? There are specific prayers to help you cope.

“Pray without ceasing,” the Apostle Paul said. We hope these prayers will serve as a guide to help you strengthen your daily prayer practice, deepen your faith, and tap into the amazing power of prayer.

**Guideposts Outreach**

## Daily Prayers

### At the Start of the Day

The Lord has done it this very day; let us rejoice today and be glad.

**Psalm 118:24**

Dear Lord, thank You for this new day; I accept it as a precious gift from You. I will try my best to use it to do Your will—minute by minute, hour by hour. Guide me throughout the day in order that I may make the best decisions and treat everyone I encounter with kindness. Amen.

### At the End of the Day

I will both lie down in peace, and sleep; For You alone, O Lord, make me dwell in safety.

**Psalm 4:8**

Heavenly Father, I close this day with thoughts of You. Thank You for watching over me from sunrise to sunset. Forgive the sins I committed today and infuse me with insight and understanding so that I will not commit them again tomorrow. Grant me a good night's rest and surround me with Your love and peace so that I may follow Your path again tomorrow. In Jesus' Name. Amen.

## A Prayer for Every Need

### For Guidance

Trust in the Lord with all your heart and lean not on your own understanding.

**Proverbs 3:5**

God, the world can be a complicated place these days; in order to make my way I need Your guidance multiple times throughout the day. Deepen my understanding. Help me hear Your voice and heed Your advice. Keep me walking faithfully right along beside You. Amen.

### For Energy

They will soar on wings as eagles; they will run and not grow weary.

**Isaiah 40:31**

Lord, I need more energy to get through my day. Refresh my spirit and change my thoughts to be in harmony with Your heavenly power. Keep me close to You—the divine source of energy that never depletes. Amen.

### For Mealtime Blessings

When you have eaten and are satisfied, praise the Lord your God for the good land He has given you.

**Deuteronomy 8:10**

God, thank You for this meal we are about to eat and for providing bountifully for us in all areas of our lives. Season this food with Your love to make us healthy and strong. Amen.

## A Prayer for Every Need

## Prayers for Families

### For Raising Children

Start children off on the way they should go, and even when they are old they will not turn from it.

**Proverbs 22:6**

Heavenly Father, You have blessed us with the joy and care of these children: Give us strength and patient wisdom as we raise them so that we may teach them to do Your work and to lovingly follow the example of Your Son, our Savior Jesus Christ. Amen.

### For a Troubled Child

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

**James 1:5**

God of Mercy, my child has gone astray. Guide me to help them get back on the right path. Infuse me with the knowledge to know the difference between helping and enabling irresponsible behavior. Lord, I know that You are always with my child—in the dark, in the light, waking up, going to sleep—please lead them to hear and heed Your voice. Amen.

## A Prayer for Every Need

### For My Father

“...For I have chosen him, so that he will direct his children and his household after him to keep the way of the Lord by doing what is right and just, so that the Lord will bring about for Abraham what he has promised him.”

**Genesis 18:19**

Dear Lord, thank You for the gift of my earthly father. My relationship with him has helped me understand my relationship with You. Like You, he is strong and loving; all of my life, he has walked with me through the good and the bad, the joys and the sorrows. Please continue to protect my father, so that he can continue to love and protect me. Amen.

### For My Mother

She is clothed with strength and dignity;  
she can laugh at the days to come.

**Proverbs 31:25**

Heavenly Father, thank You for my mother; nobody on earth could ever care for me or love me more than she has. Please bless her, Lord, and give her strength so that she can continue to do the many things that protect, help, teach and guide me and so many others. Comfort her when she is weary, and hold her in Your loving arms, so that she will always know that she is loved, too. Amen.

## A Prayer for Every Need

### To Be a Good Parent

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

**Galatians 6:9**

Jesus, I look to You for the wisdom I need in raising my children. Fill me with Your love and peace so that I may be nourished in body and spirit in order to succeed in this most important role. Sometimes I get overwhelmed with the enormous responsibility of parenthood; God, fill me with Your grace and remind me that I do not have to do this alone; You are my co-parent always. Amen.

### For My Grandchildren

May you live to see your children's children.

**Psalms 128:6**

Lord God, thank You for the precious gift of my grandchildren; they bring me so much joy. Remind me to never take the time I have with them for granted. Help me love them and guide them and create special memories that they will treasure for a lifetime. I pray that as they grow up they become kind and compassionate people who know that, through good times and bad, You walk beside them always. Amen.

## A Prayer for Every Need

### When Making a Major Decision

“...Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.”

**Deuteronomy 31:6**

Dear Lord, the decision I have to make will affect the life of me and my family profoundly; that makes me tense. Calm my mind. Help me listen for Your guidance and to know the right answer when it comes. Above all, help me know that it will come. In Jesus' Name. Amen.

### For Strength for a Caregiver

Come to me, all you who are weary and burdened, and I will give you rest.

**Matthew 11:28**

Lord, sometimes I grow weary. Embrace me with Your loving arms when I feel isolated and alone. Send me Your strength and show me what to do. Help me extend Your love to those that I care for. And mostly, Lord, remind me that day in and day out, I am doing Your work. Amen.

*“Prayer is simply a two-way conversation between you and God.”*

**Billy Graham**

## A Prayer for Every Need



### For Our Pets

For every animal of the forest is mine, and the cattle on a thousand hills. I know every bird in the mountains, and the insects in the fields are mine.

**Psalms 50:10–11**

God, You have entrusted us with the care of these beloved animals; they have become our constant companions and a precious part of our family. You created all the earth's creatures, Lord; please protect and bless our pets with good health and long life. In Jesus' Name. Amen.

## Prayers for Healing

### For Healing

Lord my God, I called to you for help, and you healed me.

**Psalm 30:2**

Heavenly Father, You are the Great Physician. I turn to You in my sickness and ask for Your healing. Put Your hand upon me and let health and wholeness flow into me. Help me remember, in this time of vulnerability, my utter dependence on You. I commit myself to Your loving arms. Amen.



### Healing for a Friend

Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security.

**Jeremiah 33:6**

God, someone I love is ill. Please put Your loving arms around them and heal them. Open them to whatever form Your potent healing power takes. And help me remember that, no matter what happens, You are the same yesterday, today and forever. You are always with us. Amen.

### For Healing Cancer

The Lord sustains them on their sickbed and restores them from their bed of illness.

**Psalm 41:3**

Father God, please heal all those who are battling cancer. Bless them with hope and the courage to get through each hour, each day and each month of treatment. Comfort them, take away their pain and surround them with loving family, friends and caregivers. In Jesus' Name. Amen.

*“If we never pray audacious, courageous prayers,  
how can He answer them?”*

**Francis Chan**

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### For Healing a Broken Heart

The Lord is close to the brokenhearted and saves those who are crushed in spirit.

**Psalm 34:18**

Lord, please heal my broken heart. During this difficult time, restore my spirit and fill me with the peace and joy that can only come from You. Help me put the bounce back in my step and the smile back on my face. Comfort me in Your loving arms and remind me that You love me—always and forever. In Jesus' Name. Amen.

### For Emotional Healing

A cheerful heart is good medicine, but a crushed spirit dries up the bones.

**Proverbs 17:22**

Dear Lord, I need Your divine comfort. My soul is weary. Give me courage to face tomorrow and the wisdom to appreciate the blessings of friends and loved ones who care about me. Most of all, thank You for Your healing love which strengthens me and gives me peace. Amen.

## A Prayer for Every Need

## Prayers for Relationships

### To Find a Romantic Relationship

And let us consider how we may spur one another on toward love and good deeds.

**Hebrews 10:24**

Heavenly Father, please guide me toward my future partner: someone who will cherish and love me unconditionally and will accept me just the way You made me. God, please grant me the ability to look at love through Your lens and to understand what I need to do to find the relationship I long for. I ask this in Jesus' Name. Amen.

### The Power to Forgive

For if you forgive other people when they sin against you, your heavenly Father will also forgive you.

**Matthew 6:14**

God, You told us to forgive those who hurt us. And yet, I find this hard to do. Deliver me from the hateful pleasure of nursing a grudge; it brings only misery. Instead, fill my heart with generosity. Make me bigger than my little self. Help me know the incredible pleasure of reconciliation. Amen.



## A Prayer for Every Need

### To Strengthen a Marriage

Be completely humble and gentle; be patient, bearing with one another in love.

**Ephesians 4:2**

Father, You commanded us to love You and to love each other. But sometimes it is hard; resentments creep in and weaken our bond. Remind us to take time in our busy lives to reconnect with each other—and with You. Show us how to follow Your example and set aside our selfishness to serve each other and look out for each other. Lord, bless our marriage and make our love fruitful. We ask this in Jesus' Name. Amen.

### Grief Over the Loss of a Loved One

Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy.

**John 16:22**

Merciful Father, You know the depth of my grief. Please comfort my wounded heart and wipe the tears from my eyes as I find it unbearable to acknowledge that I will never again touch, hold or see my loved one on this earth. Thank You for letting me lean on You until the day that I can be gloriously reunited with my beloved in Your Heavenly Kingdom. In Jesus' Name. Amen.

## A Prayer for Every Need

### Prayers for Finances

#### For a Financial Breakthrough

And my God will meet all your needs according to the riches of his glory in Christ Jesus.

**Philippians 4:19**

Dear Lord, I surrender my financial worries to Your love and care. Guide me with Your wisdom and help me make the changes necessary to live within my means. Help me remember my needs are met according to Your riches in glory. In Jesus' Name. Amen.

#### For Managing Money

The rich rule over the poor, and the borrower is slave to the lender.

**Proverbs 22:7**

God, help us straighten out our financial problems. We haven't been good stewards of our money. Give us a new attitude and a new commitment to managing our money wisely and responsibly. If our problems are beyond our repair, help us find a way—Your way—to meet our obligations. Amen.

## A Prayer for Every Need

### For Surviving Unemployment

The Lord is a refuge for the oppressed, a stronghold in times of trouble.

#### Psalm 9:9

Dear Father, during this difficult time of job loss, please remind me of all the wonderful gifts and skills You've freely given to me, as well as my many other blessings. Strengthen my spirit and increase my confidence so that I may avoid despair and can focus on landing the perfect job to care for my family. Amen.



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### A Prayer for Protection

#### Psalm 91

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.

I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."

Surely he will save you from the fowler's snare and from the deadly pestilence.

He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.

You will not fear the terror of night, nor the arrow that flies by day,

nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.

A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.

You will only observe with your eyes and see the punishment of the wicked.

If you say, "The Lord is my refuge," and you make the Most High your dwelling,

no harm will overtake you, no disaster will come near your tent.

For he will command his angels concerning you to guard you in all your ways;

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they will lift you up in their hands, so that you will not strike your foot against a stone.

You will tread on the lion and the cobra; you will trample the great lion and the serpent.

“Because he loves me,” says the Lord, “I will rescue him; I will protect him, for he acknowledges my name.

He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him.

With long life I will satisfy him and show him my salvation.”



## A Prayer for Every Need

### Prayers for Anxiety, Worry, and Depression

#### For Anxiety

The Lord is with me; I will not be afraid.  
What can mere mortals do to me?

**Psalm 118:6**

Dear Lord, when I think of the possibilities in this my situation, I feel afraid. Help me think less about these possibilities—and more about Your powerful Word. Amen.

#### For Worry

You will keep in perfect peace those whose minds are steadfast, because they trust in you.

**Isaiah 26:3**

Heavenly Father, I'm worried and full of fear. I have tried to reassure myself, but it doesn't help. Touch me with Your peace and help my disturbed mind know that, with You, I need fear no evil. Amen.

## A Prayer for Every Need

### For Depression

I have told you these things, so that in me you may have peace. In this world you will have trouble.

But take heart! I have overcome the world.

**John 16:33**

God, I do not like it when I'm depressed. It slows me down and makes me feel things I don't want to feel: immense sadness for myself, others and our world. Sustain me in this time and hold me close. Amen.



## A Prayer for Every Need

## Prayers for Combating Loneliness

### When You Miss Loved Ones

No one will be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you.

**Joshua 1:5**

God, my loved ones are far away. I miss them so much; I'm lonely. Keep them safe and help them know I am thinking about them and am eagerly awaiting our joyful reunion. Thank You for the gift of these loving relationships. Amen.

### When You Are Homesick

I am with you and will watch over you wherever you go, and I will bring you back to this land. I will not leave you until I have done what I have promised you.

**Genesis 28:15**

Dear Lord, I am far from home and I miss everyone and everything. I miss my spouse, my kids, my friends, my pets—and all the little things I usually take for granted. Help this time pass quickly. Bless those I love and bring me safely home to them soon. Amen.

## A Prayer for Every Need

### When You Feel Lonely

The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.

**Isaiah 58:11**

Heavenly Father, I feel so alone. Sometimes it feels like nobody cares; I long for companionship and close relationships. But Lord, remind me that You care and that You will never leave me. Comfort me and surround me with Your love and understanding. Guide me to see that Your grace is sufficient, for deep down I know that Your power is greatest when I feel the weakest. Amen.

*“The bigger your problems,  
the bigger your prayer should be.  
Prayer is more than words.”*

**Norman Vincent Peale**

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### A Prayer for a Time of Crisis

The Lord is good, a refuge in times of trouble.  
He cares for those who trust in him.

**Nahum 1:7**

God, I feel lost and overwhelmed; the world seems out of control. Please help me remember that You made this world and declared it good. Give me the comfort of Your presence and the confidence to trust You even when nothing seems to change. Calm my mind, bring peace to my heart and strengthen my spirit to carry on in the midst of loss. Lay a path for me, and help me follow Your way as I move forward. Amen.



## Prayers for Addiction

### To Conquer Addiction

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear.

**1 Corinthians 10:13**

Dear God, help me turn my spirit toward You so that I can find the strength to overcome my problems. Forgive my many doubts and fears, and fill me with Your love and strength. In Jesus' Name. Amen.

### For a Loved One Battling Addiction

Humble yourselves before the Lord,  
and he will lift you up.

**James 4:10**

Heavenly Father, please protect my loved one who is battling an addiction; their life is full of torment and trouble. Surround them with Your peace and guide them to make the right choices that will ultimately lead to their recovery. Amen.

*“To keep God at the center of one’s life requires frequent renewal of power through prayer.”*

**Georgia Harkness**

## Prayers for Spiritual Needs

### To Strengthen Your Faith

I will bind up the injured and strengthen the weak.

**Ezekiel 34:16**

Lord, my faith feels weak. Sometimes I doubt You and do things I regret. But in weakness there is strength, and I know that You are guiding me in every area of my life, even if I can't always feel Your presence. God, help me to trust what I cannot see; help me to always trust in You. Amen.

### To Follow God's Will

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

**Jeremiah 29:11**

Dear Lord, You know me so well—my fears, my hurts and my desires. But now, God, I want to know You and hear Your will for my life. Help me to walk in spirit and truth so that I can follow the path that You have laid out, not the one that I may want right now. Help me to trust You always and infuse me with Your grace, wisdom and kindness. Remind me, Almighty One, that Your way is the perfect way; in fact, it's the only way. Amen.

## A Prayer for Every Need

### For Spiritual Renewal

Create in me a pure heart, O God, and renew a steadfast spirit within me.

**Psalm 51:10**

Heavenly Father, today I pray for a fresh new perspective. Sometimes my worship becomes routine and I lose the fire of my convictions. Breathe new life into my faith; help me open myself to Your Word once again so that I can follow You and honor You with a renewed and deeper love. I ask this in Jesus' Name. Amen.



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### Prayers for Travel

#### For Car Travel

Cast all your anxiety on him because he cares for you.

**1 Peter 5:7**

Heavenly Father, please protect us while we travel. The streets are busy and the trip is long. Keep us safe from the dangers of the road. Give us courtesy and patience with other drivers. And help us reach our destination swiftly and easily, always knowing that You are with us. Amen.

#### For Flying

He will command his angels concerning you to guard you carefully.

**Luke 4:10**

God, I know airplanes are safe, but sometimes flying still makes me nervous. Grant me Your peace, God, and remind me that You are watching over this plane every moment it is aloft. Bless the pilots, the flight attendants and all the passengers. Remind me that flight is a miraculous gift from You, and that when this plane speeds through the air it is obeying the physical laws of the world You created. As I look at the sky above and the earth below, I praise You for the beauty of Your creation. I know that, just as You guide me on the ground, so Your loving arms protect me in the air. Amen.

## A Prayer for Every Need

### For a Family Trip

The Lord will watch over your coming and going both now and forevermore.

**Psalm 121:8**

Dear Jesus, please protect us on the journey we are about to take. Support us with Your strength and grace when we are weary. Help us to be mindful of Your presence and love in times of stress and guide us to make our time together both meaningful and memorable. Amen.



## A Prayer for Every Need

### Prayers for Life's Major Milestones

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

**2 Corinthians 5:17**

#### Birth of a Child

Merciful Father, thank You for the gift of my beautiful child. May strong arms hold them, caring hearts tend to them, and may love await them at every step, all the days of their life. Amen.

#### Starting School/Kindergarten

Dear Lord, thank You for bringing my precious child to this pivotal point. With Your grace and guidance, I have loved and cared for this child day in and day out since their birth. Now, as they step out on their own to start school, please be with them in the classroom, and Lord, be with me as I begin the long process of letting go. Amen.

#### Graduating High School/College

Loving God, bless this student's future with success, wisdom and love as they embark on the next chapter of their life. Challenge them to use their education to make the world a better place. And while everything in their life will be changing, remind them that You are the same today, tomorrow and always. Amen.



## A Prayer for Every Need

### Starting First Job

Father, thank You for the blessing of this new job. Calm my nerves and give me confidence so that I may quickly and efficiently learn everything that is required of me. Empower and inspire me to use the unique gifts that You have bestowed on me so that I may be a productive team member. Amen.

### Getting Married

Gracious God, we ask You to bless this bride and groom and let Your joy and peace reign in their new life together. Fill them with patience and kindness and help them to identify any problems early on so that they may remain as a unified team all the days of their lives. In Jesus' Name. Amen.

### Buying a House

Almighty One, thank You for the ability to purchase this house; please help me transform it into a peaceful dwelling place for my family. Fill these walls with Your love and Your perfect peace. In Jesus' Name. Amen.

### Moving

Dear Lord, our lives are packed up in boxes. We ask that You walk beside us as we leave one home behind and transition to another. Guide us to pick the best movers to handle our possessions. Help us to say goodbye—to neighbors, furniture and more—and give us wisdom to successfully transform this new house into a home. Amen.

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### Retirement

Lord God, as I come to this important crossroads in my life, please help me to view it not as the end, but as an exciting new beginning. Help me to seize new opportunities and to use my hard-earned wisdom and skills to pay it forward to the next generation. Amen.

### Death of a Parent

Merciful Father, the death of a parent is one of life's saddest milestones; my heart is breaking as I say goodbye to my mother (father) who has supported me and accompanied me on this earthly journey all of my life. I have learned so many valuable lessons from my mom (dad); now please let me lean on You as I struggle to cope with this loss. Amen.

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### Prayers of Gratitude

I will give thanks to the Lord because of his righteousness; I will sing the praises of the name of the Lord Most High.

#### Psalm 7:17

Thanks be to You, our Lord Jesus Christ, for all the benefits which You have given us and for all the pains and insults which You have borne for us. Merciful Redeemer, may we know You more clearly, love You more dearly, and follow You more nearly, day by day. Amen.

#### The Prayer of St. Richard of Chichester

Lord, thank You for my body in all its amazing and miraculous workings. Father, thank You for my will and my spirit; let me turn them increasingly toward You. Lord, thank You for the voice with which I can and must praise You. Jesus, thank You for providing me with Your perfect example. Amen.

Gracious God, thank You for the many blessings in my life. You have surrounded me with people who love me and endless opportunities to follow Your will; I am grateful for the gift of life. I thank You, too, for the challenges and difficulties I sometimes face; I know that when my heart aches or troubles overwhelm me, You stand beside me always. Amen.



**We inspire the world to believe  
that all things are possible with  
faith, hope, and prayer.**

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