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Let us run with endurance the race set before us  
(Hebrews 12:1)

**STEADFAST TEENS  
PRAYING BY THE WORD  
DEVOTIONAL AND JOURNAL**

**INTRODUCTION**

Your word is a lamp to my feet and a light to my path.

Psalm 119:105

Have you ever heard someone say, “I give you my word?” That’s a promise that the person saying it will do whatever he/she has guaranteed. It is an oath of trust. Yet how many times have people broken that promise? Maybe he or she agreed to go somewhere with you on Friday night but decided later to go on a date instead. Or maybe it was the assurance that your secret would never be shared, but it was. There are times when people will go back on their word, but God never does.

The Bible assures us that God cannot lie. Numbers 23:19 says: “God is not a man; he will not lie. God is not a human being; his decisions will not change. If he says he will do something, then he will do it. If he makes a promise, then he will do what he promised.” Titus 1:2 states:

“Then they will have the hope of eternal life that God promised long ago. And God never tells a lie!” (CEV). Also, Hebrews 6:18 assures us: “God cannot tell lies! And so his promises and vows are two things that can never be changed” (CEV).

So we can trust everything that God’s Word says and His Word will equip us to handle every challenge in our lives. Life-changing power is available through His Word. The Lord promises us: “As the rain and the snow come down from the heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater, *so is my word that goes out from My mouth. It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it*” (Isaiah 55:10-11 NIV, emphasis added). What a blessed guarantee.

When we pray using Scripture we are reminding God of His Word and we can expect to receive what His Word promises. Just how powerful is His Word? “The Lord made the heavens and everything in them by his word. As soon as he spoke the world was created; at his command, the earth was formed” (Psalm 33:6, 9 CEV). This entire world was spoken into existence. The whole universe operates by the Word of God, and that power can operate in our lives.

John 6:63 says: “The words that I speak to you are spirit, and they are life.” Hebrews 4:12 states: “For the word of God is living and powerful.” The Word of God isn’t mere history stories contained in the Holy Bible, but the Word is alive and working within you. “In the beginning was the Word, and the Word was with God, and the Word was God” (John 1:1). The Word is the Lord Jesus Christ and if He lives in us, we can speak His Words with the same authority and power, and we can expect the same results.

To receive the power of God’s Word, you must believe. Believe John 3:16 which declares: “Yes, God loved the world so much that he gave his only Son, so that everyone who believes in him would not be lost but

have eternal life.” Have faith in the fact that Jesus shed His blood on the cross to cover up our sins and make us blameless before God.

Maybe you believe in Jesus but have never asked Him into your heart, or you may know God but aren’t quite sure about Jesus. The Bible says: “There is only one God, and there is only one way that people can reach God. That way is through Christ Jesus” (1 Timothy 2:5). “Jesus answered, ‘I am the way, the truth, and the life. No one comes to the Father except through Me’” (John 14:6). Your acceptance of Jesus is vital to experiencing the power of His Word. Jesus didn’t perform many miracles where there was a lack of faith (Matthew 3:53-58).

Many feel that they can’t come to Christ because of their sins, but Romans 3:23 says: “All have sinned and are not good enough to share God’s divine greatness.” However, Romans 6:23 adds: “When people sin, they earn what sin pays-death. But God gives his people a free gift-eternal life in Christ Jesus our Lord,” while Romans 5:8 proves the wonderful mercy and grace of our Lord: “But Christ died for us while we were still sinners, and by this God showed how much he loves us.”

This gift of salvation is free, yet how do we receive this gift? Just as we are learning to speak God’s power into our prayer lives, our mouths will bring the Lord Jesus into our hearts. The Bible declares: “If you openly say, ‘Jesus is Lord’ and believe in your heart that God raised him from death, you will be saved. Yes, we believe in Jesus deep in our hearts, and so we are made right with God. And we openly say that we believe in him, and so we are saved” (Romans 10:9-10). Again, Romans 10:13 explains: “All who call out to the Lord will be saved” (CEV). Let’s call out to Him now:

Lord Jesus, I admit that I am a sinner, but I believe that You died for my sins then came alive again on the third day to give me eternal life. Come into my heart, wash it clean, and help me to live a life that is pleasing to You. In Jesus’ mighty, holy name I pray, Amen.

If you have prayed that prayer of faith, congratulations, you are a child of God and the Word lives in you. Now we can release that Word to bring power into your life.

The Bible is full of promises for the believer, not only for those in biblical times, but for all of us right now. “Jesus Christ is the same yesterday, today, and forever” (Hebrews 13:8). His Word is unchangeable. What He states in the Bible still holds true for us today. “LORD, your word continues forever in heaven. You are loyal forever and ever” (Psalm 119:89-90).

You have authority over the demons in your life just as Jesus did. His Word is to be spoken, however, because as you speak it, you release the power of God to work in your life. When Jesus was tempted in the desert, He used scripture to defeat the devil. “But Jesus answered him [the devil], saying, ‘It is written, ‘Man shall not live by bread alone, but *by every word of God*’” (Luke 4:4 NKJV, emphasis added). Likewise, we are to use the power of His Word. “The word of God lives in you, and you have defeated the Evil One” (1 John 2:14).

The Bible tells us to put on the whole armor of God when we are under attack. “Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God” (Ephesians 6:14-17 NIV). Notice that the only offensive weapon is the Word of God.

It is extremely important to understand that we must not only believe God’s promises but to speak them, for they are the words of life. “Words can bring death or life!” (Proverbs 18:21 CEV). The Word of God is a powerful force when verbalized. Mark 4:39-41 gives us an illustration of just how powerful the Lord’s spoken Word is and what it accomplishes, when the disciples were with Jesus on a boat during a horrific storm:

Jesus got up and ordered the wind and waves to be quiet. The wind stopped, and everything was calm.

Jesus asked his disciples, “Why were you afraid? Don’t you have any faith?”

Now they were more afraid than ever and said to each other, “Who is this? Even the wind and the waves obey him!” (CEV)

Faith is a key element. Faith and His Word go hand-in-hand. As we are confessing the Word, we are confessing faith. “So then faith comes by hearing, and hearing by the word of God” (Romans 10:17 NKJV). Faith is brought out and magnified with the reading of God’s Word. This is vital to building up our faith. We must read the Bible consistently, and pray that He will increase our faith with each scripture we study. Then, when we pray God’s Word we are praying in faith.

There are several accounts in the New Testament of Jesus praying for individuals regarding healing, deliverance, and salvation. As He spoke words over the individuals, those declarations coupled with the person’s faith caused miraculous events to unfold. The Bible illustrates situations where the blind would receive sight, the dead would be raised into life, and people would be delivered from demonic powers.

The Gospel of Matthew tells the story of the overwhelming faith of a certain centurion who believed in the power of simply speaking God’s Word:

When Jesus had entered Capernaum, a centurion came to him, asking for help. “Lord,” he said, “my servant lies at home paralyzed and in terrible suffering.”

Jesus said to him, “I will go and heal him.”

The centurion replied, “Lord, I do not deserve to have you come under my roof. But *just say the word, and my servant will be healed.* For I myself am a man under

authority, with soldiers under me. I tell this one, 'Go,' and he goes; and that one, 'Come,' and he comes. I say to my servant, 'Do this,' and he does it."

When Jesus heard this, he was astonished and said to those following him, "I tell you the truth, I have not found anyone in Israel with such great faith."

Then Jesus said to the centurion, "Go! *It will be done just as you believed it would.*" And his servant was healed at that very hour (Matthew 8:5-10;13 NIV, emphasis added).

Chapter 11 in the Book of Hebrews gives insight into the meaning of faith. "Faith makes us sure of what we hope for and gives us proof of what we cannot see" (11:1 CEV). "Because of our faith, we know that the world was made at God's command." (11:3 CEV)

"Abraham had faith and obeyed God. He was told to go to the land that God had said would be his, and he left for a country he had never seen" (11:8 CEV). "Sarah was not able to have children, and Abraham was too old. But he had faith in God, trusting him to do what he promised. And so God made them able to have children" (11:11). "By faith Abraham, when God tested him, offered Isaac as a sacrifice" (11:17 NIV).

The Lord was able to work mightily in Abraham's life because Abraham "never doubted that God would do what he promised. He never stopped believing. In fact, he grew stronger in his faith and just praised God. Abraham felt sure that God was able to do what he promised" (Romans 4:20-21).

There are promises in the Bible regarding every situation you are facing. We are going to agree in prayer with what God says in His Word for as we learned earlier, the Lord is just and He cannot lie. "The LORD's word is true, and he is faithful in everything he does" (Psalm 33:4).

*Steadfast Teens Praying by the Word Devotional and Journal* is



designed to help you pray with authority. When believers speak God's Word, we are operating in the power of Jesus. As you come to understand that the same authority Jesus operates under is the same power a believer has access to, your prayers will become increasingly effective.

Praying God's Word may seem like mere recital at first, but as you allow scripture to penetrate you will begin to feel His presence. As the Word of God fills your heart, you will pray with a fresh anointing and a confidence that cannot be denied. "If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you" (John 15:7). The Lord honors His Word.

This prayer journal will guide you in praying the way Jesus taught the disciples when they asked Him, "Lord, teach us to pray" (Luke 11:1 NKJV). Using the Lord's Prayer as a guideline, scripture is used to fulfill each element.

To get the most from this devotional and journal it is important to understand that if time is an issue, you don't have to read through it in its entirety every day. Use each section to choose select verses for that day and be sure to record your prayers on the blank pages. Daily journaling is a valuable tool for boosting your faith as you keep track of how frequently the Lord really does answer your prayers.

While reading through the various sections don't just believe the scriptures, but speak them. Mark 11:23 says: "The truth is, you can say to this mountain, 'Go, mountain, fall into the sea.' And if you have no doubts in your mind and believe that *what you say* will happen, then God will do it for you" (emphasis added). Your mountain may be addiction, bullying, eating disorders, self-injury, abuse, depression, peer pressure, or a number of other problems that rise and block your path. Yet we have the promise that we can remove those mountains. This promise is conditional upon our believing, but it also emphasizes our saying it. Our faith is called into action.

Respectfully remind God of His promises. Believe God's Word in

your heart and speak them out of your mouth because Mark 11:24 promises: “So I tell you to ask for what you want in prayer. And if you believe that you have received those things, then they will be yours.” In Jeremiah 1:12, “the Lord said, ‘I am ready to perform my Word’” (NKJV). Claim that pledge. Know that God will do what He says. Activate that guarantee.

One page in this journal is filled with wonderful names for our Lord. As you pray, choose specific qualities you need the Lord to accomplish that day. If you require strength, call Him “My Strength” and “My Stronghold in the Day of Trouble.” What you confess is what He will give. Use words to motivate that power.

Some topics may not apply to you, but they may apply to people you know. Insert their names into the prayers and act as an intercessor. Be a prayer warrior for others.

There are numerous pages of praises to our King. As you speak select verses, a sense of worship for the Lord will fill your soul. A sacred romance will begin to develop, for “in [His] presence is fullness of joy” (Psalm 16:11 NKJ).

The Bible promises us: “We can come to God with no doubts. This means that when we ask God for things (and those things agree with what God wants for us), God cares about what we say. He listens to us every time we ask him. So we know that he gives us whatever we ask from him” (1 John 5:14-15). The safest way for us to know that the Lord is answering our prayers is to pray in His will.

How do we know His will? Search His Word. Use the scriptures in this journal and others found in the Bible to pray according to His will. If it’s courage to deal with bullies, declare: “You, Lord, are the light that keeps me safe. I am not afraid of anyone. You protect me, and I have no fears” (Psalm 27:1 CEV).

Is it strength to overcome addictions that you require? “I look up to the hills, but where will my help really come from? My help will come

from the LORD, the Creator of heaven and earth” (Psalm 121:1-2). Want direction? “Show me your faithful love this morning. I trust you. Show me what I should do. I put my life in your hands!” (Psalm 143:8). His Word is His will.

Confess the Word of God in your prayer time, and trust the Lord when He said: “For every creature of God is good, and nothing is to be refused if it is received with thanksgiving; for it is sanctified by the word of God and prayer” (1 Timothy 4:4-5 NKJV).

## PRAYERS AGAINST BULLYING

The Lord is my light and the one who saves me. I fear no one. The Lord protects my life; I am afraid of no one. If an army surrounds me, I will not be afraid. If war breaks out, I will trust the Lord (Psalm 27:1,3 NCV).

I will call upon the Lord, who is worthy to be praised. So shall I be saved from my enemies (2 Samuel 22:4 NKJV).

All you who put your hope in the Lord be strong and brave (Psalm 31:24 NCV).

Even if I walk through a very dark valley, I will not be afraid, because you are with me. Your rod and your walking stick comfort me. You prepare a meal for me in front of my enemies. You pour oil on my head; you fill my cup to overflowing (Psalm 23:4-5 NCV).

I trust in God. I will not be afraid. What can people do to me? (Psalm 56:11 NCV)

But in all these things [I] have full victory through God who showed his love for [me] (Romans 8:37 NCV).

I will not be afraid because the Lord is my help. People can't do anything to me (Hebrews 13:6 NCV).

Lord, even when I have trouble all around me, you will keep me alive. When my enemies are angry, you will reach down and save me by your power (Psalm 138:7 NCV).

We are persecuted, but God does not leave us. We are hurt sometimes, but we are not destroyed (2 Corinthians 4:9).

But, Lord, you are my shield, my wonderful God who gives me courage (Psalm 3:3 NCV).

## PRAYERS FOR ABUSE

*Thank You, Lord, that you are close to the brokenhearted and saves those who are crushed in spirit (Psalm 34:18 NIV); and that the wicked shall be destroyed, but those who trust the Lord shall be given every blessing (Psalm 37:9 TLB).*

Yes, God even knows how many hairs [I] have on [my] head. [I won't] be afraid. [I am] worth much more than birds (Luke 12:7).

You protected me from violent enemies and made me much greater than all of them (Psalm 37:9 CEV).

You, Lord, give true peace to those who depend on you, because they trust you (Isaiah 26:3 NCV).

I go to bed and sleep in peace, because, Lord, only you keep me safe (Psalm 4:8 NCV).

You have been my protection, like a strong tower against my enemies (Psalm 61:3 NCV).

The everlasting God is [my] place of safety, and his arms will hold [me] up forever. He will force [my] enemy out ahead of you, saying, "Destroy the enemy!" (Deuteronomy 3:27 NCV)

Surely your goodness and love will be with me all my life, and I will live in the house of the Lord forever (Psalm 33:6 NCV).

Praise the Lord, God our Savior, who helps us every day (Psalm 68:19 NCV).

We have troubles all around us, but we are not defeated. We do not know what to do, but we do not give up the hope of living. We are persecuted, but God does not leave us. We are hurt sometimes, but we are not destroyed (2 Corinthians 4:8-9 NCV). *Amen!*

## PRAYERS FOR DEPRESSION/SUICIDE

I will be humble under God's powerful hand so he will lift [me] up when the right time comes, and I will give all [my] worries to him, because he cares about [me] (1 Peter 5:6-7).

When [I] pass through the waters, [You] will be with [me]. When [I] cross rivers, [I] will not drown. When [I] walk through fire, [I] will not be burned, nor will the flames hurt [me] (Isaiah 43:2).

*Thank You, Lord, that Your anger lasts only a moment, but [Your] kindness lasts for a lifetime. Crying may last for a night, but joy comes in the morning (Psalm 30:5). Help me to focus on the joy.*

[You], Lord, hear good people when they cry out to [You], and [You] saves them from all their troubles (Psalm 34:17). *I am trusting You to save me, Lord.*

[I] don't [need to] be afraid, for [You] are with [me]. [I] don't [need to] be discouraged, for [You] are [my] God. [You] will strengthen [me] and help [me]. [You] will hold [me] up with [Your] victorious right hand (Isaiah 41:10 NLT).

*Lord, help me to look beyond my pain to my future for You said, "I will bless you with a future filled with hope-a future of success, not of suffering (Jeremiah 29:11 CEV).*

I pray that the God who gives hope will fill [me] with much joy and peace while [I] trust in him. Then [my] hope will overflow by the power of the Holy Spirit (Romans 15:13 NCV).

I am waiting for you to save me, Lord. I will obey your commands. I obey your rules, and I love them very much. I obey your orders and rules, because you know everything I do. Hear my cry to you, Lord. Let your word help me understand (Psalm 119:165-169).

# PRAYER FOR ANSWERS

Please hurry, LORD, and answer my prayer.

I feel hopeless. ...

Each morning let me learn more about your love

because I trust you.

I come to you in prayer,  
asking for your guidance.

You are my God.

Show me what you want me to do,

and let your gentle Spirit

lead me in the right path (Psalm 143:7-8; 10 CEV).

LORD, hear my voice. Be kind and answer me (Psalm 27:7).

| DATE | ANSWERS TO PRAYERS |
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