

Daughters Of Zion
August, 2009
Focused Prayer – Guard Your Heart

Week 1 – Heart Conditions

In The Name Of Jesus Christ We Pray . . .

- Fill our hearts with righteous thoughts.
- Instill the truths of Your Word within us day by day.
- Keep wicked thoughts and deeds far from us.
- Help us to be genuine women of God.
- Set us free from hypocrisy and flattery.
- Prepare us to be a sanctuary, tried and true.
- Renew us daily as we bind Your Word in our hearts.
- Our hope and our lives are in You, Lord.
- We give thanks that we can cast every care upon You.
- Drive foolishness far from us, as we continually seek Your face.
- Rescue us when the temporal carnal “stuff” of this life overwhelms us.
- Let our priorities be pleasing to You.
- Make us strong, compassionate women of God.
- When troubles come our way, fill our hearts with peace.
- Though we are sometimes perplexed, You will never leave us or forsake us.
- Let the power of prayer sustain us when confronted with skepticism and unbelief.
- Deliver us from any heart condition that hinders victorious living.
- May Your Word be forever bound in our hearts and lives.

Week 2 – Healthy Hearts

In The Name Of Jesus Christ We Pray . . .

- Grant us a spirit of rejoicing regardless of the circumstances of life.
- Deliver us from negative thinking.
- Let sincere worship abound in our hearts and lives.
- Help us to be honest with ourselves as we search our hearts.
- Convict our hearts when we act unwisely.
- Teach us the value of quality time spent in meditation.
- Let every word we speak edify You, O God.
- Reveal to us the value of a pure heart.
- Save us from living a life of vanity.
- Our confidence is in You, our light and our salvation.
- When our hearts are overwhelmed, lead us to the Rock!
- Thank You, Lord, that we can trust in You at all times.
- We will greatly rejoice, having hope in You.
- Skepticism has no place in our hearts when we are renewed daily.
- You are the strength of our lives, a very present help in trouble.
- Though discouragement comes our way, You are there to deliver us.
- We are made strong through prayer and the Word of God.
- Help us to follow the path towards healthy spiritual hearts.



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Week 3 – Safeguards For The Heart

In The Name Of Jesus Christ We Pray . . .

- Help us to forgive one another, as You continually forgive us.
- Let our lifestyle portray kindness to everyone we meet.
- Remind us that emotional healing is available to all of us.
- Set us free from wrath and bitterness.
- Heal our anxieties as we cast every care upon You.
- Teach us to do justly, love mercy & walk humbly with You.
- The cares of life will not overtake us as we pursue Godly living.
- Daily we will diligently strive to maintain a healthy heart.
- Make us conscientious and intentional in our Christian walk.
- Forgive us when we become careless about spiritual matters.
- Grant each of us a “merry heart that doeth good like a medicine”.
- Help us to heed Your word that says, “a broken spirit dries the bones”.
- Inspire us to be women who possess a spirit of generosity.
- May our priorities in helping others be pleasing to You.
- Instill faithfulness in our hearts to tithe and give offerings
- Help us to always put You first and trust You for every need to be supplied.
- “By the obedience of one shall many be made righteous.” Let me be the one.
- Continually remind us of the safeguards that will make us strong women of God.

Week 4 – What Does Your Heart Portray?

In The Name Of Jesus Christ We Pray . . .

- Make us women of integrity.
- Renew us daily as we open our hearts to You.
- Keep lying and deceit far from us.
- Grant us greater understanding of Your Word.
- Cast confusion and doubt from our minds.
- Instill the importance of compassion deep within our hearts.
- Let us become pursuers of peace in our relationships.
- Remove strife and discord from our hearts.
- Give us peace that passes all understanding.
- May we be doers of the Word and not hearers only.
- Motivate us to be women of action.
- We seek Your face for wisdom in family situations.
- Teach us to be “wise as serpents and harmless as doves”.
- Help us to mature spiritually and take responsibility for our actions & deeds.
- Drive foolishness far from us.
- Establish our hearts to be rooted in sound doctrine.
- Forgive us when we neglect personal times of devotion.
- Allow Your strength to invigorate us, so we don’t become weary in well doing.

Week 5 – Renewed Heart



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In The Name Of Jesus Christ We Pray . . .

- By Your Grace, we can have true compassion & concern for others.
- Deliver us from bearing grudges or seeking revenge.
- Help us to genuinely love our neighbors as ourselves.
- Grant us willingness to give out of the abundance of our hearts.
- Guard our hearts from greed and selfish desires.
- Make us willing to give, to go, and do Your bidding.
- Stir up the gifts of God within each of us.
- Set us free from the spirit of complacency.
- Cause us to hunger and thirst for righteousness.
- Teach us be wise as serpents and harmless as doves.
- Bind any spirit of carelessness that tries to creep into our hearts.
- Allow consideration and discretion to direct our actions.
- Cleanse our hearts from wickedness and deceit.
- Circumcise our hearts and make us anew.
- Mold us and make us into women of integrity.
- Rekindle the desire within us to daily seek Your face.
- Help us not to faint, but to be renewed in You day by day.
- Let the times of refreshing be abundant in our daily lives.

