


A Guideposts Outreach Publication by **Norman Vincent Peale**

A close-up photograph of three soldiers in military uniform, their heads bowed in prayer. They are wearing olive drab uniforms with American flag patches on their shoulders. The background is a blurred, light-colored wall.

# A Prayer For Every Need



## ***Guideposts Outreach***

*Guideposts, founded by Dr. Norman Vincent Peale and his wife, Ruth Stafford Peale, in 1945, is a nonprofit interfaith ministry dedicated to helping people from all walks of life achieve their maximum personal and spiritual potential. Its inspirational products and programs spring from two major beliefs: that true stories are a powerful way to motivate people to lead better lives and that faith in God can be strengthened by applying spiritual truths to daily life.*

*Guideposts Outreach strives to fulfill our mission by providing inspirational publications free of charge to hospitals, nursing homes, churches, military personnel, correctional facilities and other organizations that serve the public. In addition, we invite our readers to send us their prayer requests—by mail, by phone or via the Internet. Every working day, Guideposts staff and volunteers pray for those requests by name and need.*

*For additional information about Guideposts Outreach, please e-mail [outreach@guideposts.org](mailto:outreach@guideposts.org).*

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God, many hands made this meal possible. Farmers grew it. Truckers drove it. Grocers sold it. We prepared it. Bless all those hands, and help us always remember our dependence on you. Amen.

Father, we thank you for this food and ask you to be with us as we share it. Help us go forth to serve you renewed and strengthened by your bounty. Amen.

God, we thank you for your great goodness in providing this food. Make us mindful of those who have less. And help us use our many blessings to aid those in need. Amen.



# A Prayer For Every Need

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## Introduction

*A Prayer for Every Need* pays tribute to my mother, Ruth Stafford Peale, who dedicated her life to helping people find faith in God and faith in themselves. For more than 60 years, Mother was the inspiration behind one of America's great inspirers, her husband, Dr. Norman Vincent Peale, author of *The Power of Positive Thinking* and senior minister at the historic Marble Collegiate Church in New York City.

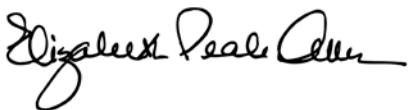
In 1932 it was mother who helped Dad, then a young minister with only a few years' experience, decide to move to New York to lead Marble Collegiate Church. In 1940 she and Dad founded the Peale Center for Christian Living, an outreach organization devoted to helping people in need. Five years later, the two founded *Guideposts* magazine, which continues to bring true stories of hope and inspiration to millions around the world.

The prayers in this booklet are some of the many Dad used in sermons he delivered at Marble Collegiate Church. We at *Guideposts* know the world's need for prayer. Our outreach division

receives more than 40,000 prayer requests per month by telephone, mail and e-mail—and we pray for every one by name and need. Mother knew that need, too. Which is why, in conjunction with the publication of this booklet, we are renaming the *Guideposts* prayer ministry *The Ruth Stafford Peale Prayer Network*. It's a fitting tribute to a woman who wanted nothing more than to ensure that God's love reaches those who need it.

“Pray without ceasing,” the apostle Paul said. In prayer, we draw close to God and provide an opening for Him to enter our lives with healing, wisdom and blessing. As we honor my mother, Ruth Stafford Peale, with this booklet, keep in mind that there is a prayer for every need. Even yours.

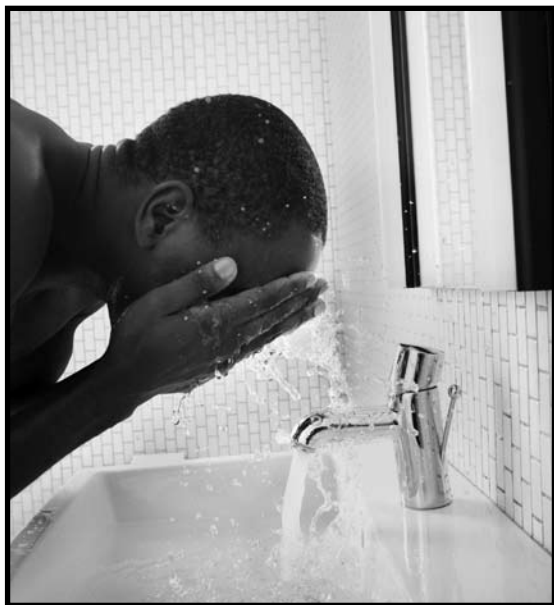
God bless and guide you always,

A handwritten signature in black ink that reads "Elizabeth Peale Allen". The signature is written in a cursive style with a large, looping initial "E".

Elizabeth Peale Allen

*Chairman of the Board*

*Guideposts*



# Prayers for the Day

## At the Start of the Day

Dear Lord, thank you for the night's rest you gave me. I am grateful for the renewed energy and enthusiasm it has brought. Accept my gratitude for bringing me to the beginning of this new day. I accept it as a precious gift from you. May I use it minute by minute to do your will. Guide me in every problem I face, every decision I make this day. Help me to treat everyone kindly, fairly and thoughtfully. If I should forget you during this day, please do not forget me. Amen.

*This is the day the Lord has made; let us rejoice and be glad in it. (Psalm 118:24)*

## For Energy

**D**ear Lord, I need more energy and strength. Change my thoughts to be in harmony with your divine power. Keep me in close contact with you, the source of energy that never runs down. I accept this great new energy now and give you thanks. Amen.

*They will soar on wings as eagles; they will run and not grow weary. (Isaiah 40:31)*

## When Worried

**H**eavenly 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.

*Thou will keep him in perfect peace, whose mind is stayed on thee. (Isaiah 26:3)*

## For Guidance

**G**od, this world's problems are so complicated that I cannot make my way without your guidance. Quicken my mind and deepen my understanding. Help me hear your voice and heed your advice. Keep me walking along the path behind you. Amen.

*Trust in the Lord with all your heart and lean not on your own understanding. (Proverbs 3:5)*

## When Making a Difficult Decision

**D**ear Lord, the decision I have to make will affect my life profoundly, and that makes me tense. Calm my mind. Show me what to do and how to do it. Help me listen for your answer and know the answer when it comes. Above all, help me know that it will come. In Jesus' name. Amen.

*God is our refuge and strength, a very present help in trouble. (Psalm 46:1)*

## For God's Power

**G**od, help me to know that nothing can defeat me if I keep myself humbly in contact with you. Grant me the greatness of soul to confront my problems intelligently and courageously. For this I thank you. Amen.

*But as many as received him, to them gave he power. (John 1:12)*

## At the End of the Day

**H**eavenly Father, I close this day with thoughts of you. All day long, you have watched over me. Forgive the sins I committed today. Give me insight and understanding so that I will not commit them again. Watch over me and give me a good night's rest. Give your angels charge over all of us this night and every night as long as our lives shall last. In Jesus' name. Amen.

*If you sit down, you will not be afraid; when you lie down, your sleep will be sweet.  
(Proverbs 3:24)*

# Prayers for Families

## When You Miss Someone

**G**od, my loved ones are far away. I miss them so much. I'm lonely. Keep them safe and help them know I am thinking of them now. Thank you for the gift of loving relationships. Bring my loved ones home and make our reunion joyous. Amen.

*I will not fail thee, nor forsake thee. Be strong and of a good courage. (Joshua 1:5-6)*

## When You Are Far From Home

**D**ear Lord, I am far from home and I miss everyone and everything. I think about my children and wish I could tuck them in at night. I miss my spouse, my family and our special times. I miss all the little things I usually take for granted. Help this time pass quickly. Bless those I love. Help them know they are always in my thoughts and prayers. And bring me home safely. Amen.

*I am with you and will watch over you wherever you go. (Genesis 28:15)*

## When Family Relationships Are Troubled

**G**od, help us to see the good in those who make us so unhappy. Help us to be as generous as you are. Replace hostility with love and understanding. Help us search our hearts and be honest about our faults. Give us the happiness that families are meant to know. Amen.

*Peace I leave with you, my peace I give unto you. (John 14:27)*

## When There Are Problems At Work

**L**ord, there is trouble at my work. Please give me the skill, tact and courage to fix it. Help me be an example and a resource to my boss and colleagues. Banish my fears and replace them with trust in you. Help me remember that all jobs, no matter how humble, are a calling from you, an opportunity to practice following your ways and making your presence known. Thank you for the gift of work. Help me use it wisely. Amen.

*Commit your way to the Lord; and trust also in him, and he shall bring it to pass. (Psalm 37:5)*

## When in Grief

**H**eavenly Father, you know how deep my grief is. I long for the touch of a hand, the sound of a voice that is stilled. You are merciful and kind. You will comfort my wounded heart. Wipe the tears from my eyes. Thank you for understanding so well our poor human hearts and for letting us lean on you. In Jesus' name. Amen.

*God shall wipe away all tears from their eyes.  
(Revelation 7:16-17)*

## When In Financial Trouble

**G**od, 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 finances wisely and responsibly. If our problems are beyond our repair, help us find a way, your way, to meet our obligations. We place this need before you, knowing that you will guide us to a good solution. Amen.

*But my God shall supply all your needs according to his riches in glory. (Philippians 4:19)*

## When Children Misbehave

**G**od, I love my children but they are driving me to distraction. I'm losing control. I need help. I realize I can never direct them in their young lives until I live my own life with integrity. Give me the strength and wisdom to be a good example. Replace my anger and shouting with patience, trust and a sense of humor. Help me see their restless energy as a sign of vitality and a part of their development. Even when I am tired and upset, help me find joy with them. Help me remember that children are a gift from you, an opportunity to learn wisdom, discipline and true, selfless love. Thank you for that gift. Please don't let it get me down. Amen.

*Be strong and of a good courage; be not afraid, neither be thou dismayed. (Joshua 1:9)*

## When Husband and Wife Are Fighting

**L**ord, help us to remember when we first met and the strong love that grew between us. At some point, we stopped putting you at the center of

our relationship, and our love faltered. Help us to restore our marriage by turning to you. Harmonize our misunderstandings and show us the good in one another. Make us mindful of our tongues, controlling the unkind remark and the sharp retort. Help us instead say kind and loving things and ask forgiveness of one another. We put our marriage into your hands, God. Please heal it. All this we ask in the name of your Son, Jesus. Amen.

*And the most important piece of clothing you must wear is love. Love is what binds us all together in perfect harmony. (Colossians 3:14)*





# Prayers for Relationships

## For Someone Who Doesn't Like Me

**G**od, there is a person in my life who doesn't like me. Or so it seems. If there is something I am doing to rub that person the wrong way, please help me recognize it and stop. Help me see myself as they see me, and give me the strength and humility to change the things that offend them. Establish a good spirit between us. I want a loving relationship with this person. Help me do what it takes to achieve that. Amen.

*Be devoted to one another in brotherly love.*

*Honor one another above yourselves.*

*(Romans 12:10)*

## When You Feel Resentful

God, I am feeling resentful. Maybe there are good reasons for my resentment. Maybe there aren't. Either way, take these feelings from me. Resentment is really just a desire to hurt another—but I am only hurting myself. Help me forgive. Make me bigger than my resentment. Amen.

*Let all bitterness and wrath and anger and clamor and slander be put away from you.  
(Ephesians 4:30-32)*

## For the Power to Forgive

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, help me want to forgive. Then fill my heart with generosity. Make me bigger than my little self. Help me know the incredible pleasure of reconciliation. Amen.

*A man's wisdom gives him patience; it is to his glory to overlook an offense. (Proverbs 19:11)*

## For a Competitor

**H**eavenly Father, I live in a society that values competition highly, a dog-eat-dog world that encourages people to win at all costs. But that's not how you are at all. You are humble and kind and encourage us to love even our enemies. God, help me love those who compete against me. Help me do the right thing. And if someone who competes with me treats me badly, help me remember what you say: "Justice is mine; I will repay, saith the Lord." I commit this competitive situation into your hands and ask for your guidance. Help me behave with integrity and seek your blessing even for those who treat me poorly. Help me love them as you love me. In Jesus' name. Amen.

*Many are the afflictions of the righteous; but the Lord delivers him out of them all.  
(Psalm 34:19)*

# Prayers When Traveling

## On the Street

**D**ear Lord, keep all members of my family in your watchful care as they make their way on the streets. Keep them safely in your sheltering arms. In Jesus' name. Amen.

*Cast all your anxiety on him because he cares for you. (1 Peter 5:7)*

## In the Car

**G**od, I commit this car and everyone in it to your protection. The streets are busy and the way can be confusing. 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.

*How priceless is your unfailing love! Both high and low among men find refuge in the shadow of your wings. (Psalm 36:7)*

## In a Plane

God, sometimes flying makes me nervous. I know airplanes are safe, but still I worry. Give me your peace, God, and help me remember that you are watching over this plane every moment it is aloft. Bless the men and women in the cockpit. Bless the flight attendants and all the passengers. Keep your hands on the intricate workings of the engines and all other parts of this plane. 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 place myself confidently in your care, knowing that, just as you guide me on the ground, so your loving arms protect me in the air. Amen.

*Fear not, for I am with you. Be not dismayed, for I am your God. I will strengthen you, I will help you, I will uphold you with my victorious right hand. (Isaiah 41:10)*

# Prayer for Protection

*Those who go to God for safety will be  
protected by him.*

*I will say to the Lord, "You are my place  
of safety and protection.*

*You are my God, and I trust you."*

*God will save you from hidden traps and  
from deadly diseases.*

*He will protect you like a bird.*

*His truth will be like your armor and shield.*

*You will not be afraid of diseases that come in  
the dark or sickness that strikes at noon.*

*At your side 1,000 people may die, or even  
10,000 right beside you.*

*But you will not be hurt.*

*You will only watch what happens.*

*You will see the wicked punished.*

*The Lord is your protection,*

*You have made God most high your place  
of safety.*

*Nothing bad will happen to you.  
No disaster will come to your home.  
He has put his angels in charge of you.  
They will watch over you wherever you go.  
They will catch you with their hands.  
And you will not hit your foot on a rock.  
You will walk on lions and cobras.  
You will step on strong lions and snakes.  
The Lord says, "If someone loves me, I will  
save him.  
I will protect those who know me.  
They will call to me, and I will answer them.  
I will be with them in trouble.  
I will rescue them and honor them.  
I will give them a long, full life.  
They will see how I can save." Amen.*

*(Psalm 91)*



# Prayers for Healing

## When a Loved One is Ill

God, my loved one is ill. I ask for your healing power to come upon them. You give us life and you have the power to renew life. I believe in your power to heal. Open my loved one to whatever form your 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.

*With God all things are possible. (Matthew 19:26)*

## For My Doctor

Thank you, God, for my doctor. Thank you for her skills and training. Give her the insight she needs to diagnose my illness and determine the right treatment. Steady her hand and give her the power to heal in your name. Amen.

*And all who touched him were healed. (Mark 6:56)*

## When You are Ill

**H**eavenly 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.

*Bless the Lord, O my soul . . . and forget not all his benefits: who forgiveth all thine iniquities; who healeth all thy diseases. (Psalm 103:2-3)*

## When Entering the Hospital

**G**od, I am going into the hospital, and I am nervous about it. Help me find, in this strange world of sickness, much love and many new insights. Above all, help me hear your footsteps along the corridors and feel your presence when I am most frightened. With you at my side, I am confident and assured. Amen.

*I will restore you to health and heal your wounds, declares the Lord. (Jeremiah 30:17)*

# Prayer In Crisis

**G**od, I feel lost and overwhelmed. The world seems out of control, full of evil. Life has become a nightmare. 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.

*The Lord is good, a refuge in times of trouble.  
He cares for those who trust in him.  
(Nahum 1:7)*

# Prayers for Spiritual Needs

## For a Stronger Faith

**L**ord, my faith feels weak. I sometimes doubt you and do things I wish I hadn't done. But in weakness there is strength, and I thank you for the wonderful truth of what you do for human lives. You give us life, vibrant, exciting, unending life with an enthusiasm that never runs down. Help me to believe that with all my heart. For this I give you thanks. In Jesus' name. Amen.

*I will strengthen the weak. (Ezekiel 34:16)*

## For Salvation

**G**od, you created us for fellowship with you. We are designed to walk with you and delight in your ways. But every day, we choose not to do that. We choose to go our own way. We put up a sign on our heart: Keep Out. You could just let us wander off. You could see that sign and walk away. But you don't. You seek after each one of us, and

you sent your Son, Jesus, among us to call us back. Back to a full, open and loving relationship with you. Back home. Help us respond to that call. Help us turn away from ourselves and toward you. We are awestruck at this amazing gift you offer—life with you, forever. It is hard to comprehend such a gift. All we can do is touch it at the edges. But where knowledge fails, faith and love succeed. Give me faith in your saving power. And thank you for the love that rescues me. In the name of your Son, my redeemer, Jesus Christ. Amen.

*Behold, I have put before you an open door,  
which no one can shut. (Revelation 3:8)*



# Flash Prayers

When someone on the street looks tired or sorrowful:

God, put your hand on that poor person and lift their spirit. Comfort them in whatever makes them sad.

When unexpected bad news hits:

Lord, help me to take this. Help me to meet it with dignity and courage. Don't let my faith sag. Lord, I need you now. Be with me.

When you're feeling stressed:

God, don't let me get too frazzled. Keep me calm and doing one thing at a time. I feel your presence. Thank you.

When someone is bothering you:

God, give me self-control. Don't let me say anything I will regret later. Also, keep me from looking like I am fighting for control. Help me to say the right thing now.

When you read about a family that has suffered a tragedy:

God, with your great love bring comfort and peace to that sad family.

When you see a couple fighting:

Father, underneath it all they love each other.  
Help them remember that and be kind,  
thoughtful and peaceful.

When you're making dinner:

God, season this food with love so that my family may be healthy and strong.

When you're about to give a speech:

Lord, help me to help these people. Speak through me. Stay close beside me.

When you're about to meet a client:

God, help me be at ease with this person.  
Help me be my best self. Help me to help them. Amen.



# Grace At Meals

God, thank you for all the good things in our life—food, loved ones, our home and the little things we take for granted. We owe it all to you. Thank you. Amen.

God, we give you thanks for the delicious food on our table, for the loved ones gathered around, and for you, who make it all possible. We are humbly grateful. Amen.

Heavenly Father, for food and drink and health and strength and love and salvation we give you thanks. Amen.

God, grant that everyone gathered around our table may be strengthened by the food you have given us. Inspire us by fellowship with one another and with you. Amen.

Lord, bless this food to our use and us to your service. Amen.

# Tell Us *Your* Story



**Guideposts Outreach** would like to hear about how our booklets have made a positive impact in your life. Your story will be considered for publication in one of Guideposts' inspirational media. Please send us your story or you may e-mail us at [outreach@guideposts.org](mailto:outreach@guideposts.org)

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