Prayer Guide for the Single Woman

For your Maker is your husband- the Lord Almighty is His name... Isaiah 54:5a

I. Elements of Prayer

A. Acknowledging His Presence

You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand. Psalm 16:11

➢ Your prayer time should be focused on God and not on your needs.

➢ Beginning your prayer time with praise allows you to focus on God while acknowledging His presence through Scripture and/or song.

B. Confession

The sacrifices of God are a broken spirit; a broken and contrite heart, O God you will not despise. Psalm 51:17

➢ Sin is a barrier between you and God. Confession gives you an opportunity to deal with your sin BEFORE you present your petitions.

C. Petition

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. Philippians 4:6

D. Praise

Through Jesus, therefore, let us continually offer to God a sacrifice of praise— the fruit of lips that confess his name. Hebrews 13:15

II. Prayer Techniques

A. Praying the Scriptures

➢ When you speak and pray the Scriptures, you are agreeing with God.

➢ Make it personal – Put “I” and “me” into the Scripture.
1. Spiritual Needs of the Single Woman
   a) Her Salvation

   For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. John 3:16

   b) Her Past

   Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death. Romans 8:1-2

   No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. Romans 8:37-39

   c) Her Ministry

   “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

   Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus. Philippians 1:6

2. Physical Needs of the Single Woman
   a) Her Health

   Praise the LORD, O my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle’s. Psalm 103:2-5

   Surely he took up our infirmities and carried our sorrows, yet we considered him stricken by God, smitten by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed. Isaiah 53:4-5

   b) Her Sexuality

   Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Philippians 4:8
c) Her Finances

Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. Life is more than food, and the body more than clothes. Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by worrying can add a single hour to his life? Since you cannot do this very little thing, why do you worry about the rest? Consider how the lilies grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you, O you of little faith! And do not set your heart on what you will eat or drink; do not worry about it. For the pagan world runs after all such things, and your Father knows that you need them. But seek his kingdom, and these things will be given to you as well. Do not be afraid, little flock, for your Father has been pleased to give you the kingdom. Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will not be exhausted, where no thief comes near and no moth destroys. For where your treasure is, there your heart will be also.” Luke 12:22-34

3. Emotional Needs of the Single Woman

a) Her Grief

Weeping may endure for a night, but joy comes in the morning. Psalm 30:5b

You have turned for me my mourning into dancing; You have put off my sackcloth and clothed me with gladness. Psalm 30:11

As a mother comforts her child, so will I comfort you... Isaiah 66:13a

b) Her Anger

For this is what the LORD says: “I will extend peace to her like a river...” Isaiah 66:12a

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:7

c) Her Loneliness

Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast. Psalm 139:7-10
d) Her Self Esteem

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. Psalm 139:14

B. Soaking

Be still and know that I am God. Psalm 96:10

But those who wait on the LORD shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint. Isaiah 40:31

 Prayer is not just about talking TO God. It is also about hearing FROM God.

 Soaking is spending time basking in His love and allowing the Holy Spirit to minister to your heart.

 Silence your phone and eliminate other distractions. This is your time with God.

 Get comfortable. You can lie down or sit in a comfortable chair.

 Use an inspirational CD of music and/or prayers. If you are distracted by words then use an instrumental only CD.

 Simply rest in His presence.