

LIVING IN PRAYER

*to guide, uplift, and enrich your
prayer life.*

Table of Content



PREFACE

Turning Everyday Moments Into Prayer 01

When God Feels Silent 02

Returning to Prayer After Drifting Away 03

Praying with Scripture When Words Don't Come 04

Prayer and Surrender 05

Prayer That Brings Peace 06

Trust God 07

AFTERWORD

PREFACE

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This book, *Living in Prayer*, is written by Daniel Hebron, the founder and leader of Holy Word Hub (holywordhub.com), and is published by C5 Publishing, a branch of C5 Media, a digital services platform.

The purpose of this book is to help the reader understand what prayer is and to strengthen their faith in God. It is written based on personal experience and lessons I have learnt from following Christ. This book is not intended to condemn or shame anyone or make you feel that your faith is insufficient. Instead, it is meant to help you grow as a Christian, especially if you feel you have been falling away. For those who are already strong in faith, it is intended to encourage you to share your faith with others, inspire others to read the Word of God, and make prayer a daily practice.

This book is intended to be freely distributed and is not for sale. Anyone who has a copy is allowed to print it for free distribution, but it should never be sold. While printing is permitted, the content must not be altered or claimed as someone else's work. The Word of God is meant to be freely shared wherever it is received, and this book exists to make that possible.

This book is not meant to replace the Word of God, but it is meant to edify. It is designed to help those who may be struggling with Bible reading, providing guidance and encouragement in prayer and faith. I highly encourage all readers to also take time to study the Word of God for themselves, seeking a personal understanding and relationship with the Lord.

Day 1: Turning Everyday Moments Into Prayer

Scripture:

“Praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints.” – Ephesians 6:18 (ESV)

Lesson:

Turning everyday moments into prayer means recognising that prayer does not need to be confined to a specific time or place. God invites us to remain in conversation with Him throughout the day, whether we are commuting, cleaning, working, or simply moving through our daily routines. By staying alert and intentional, we can cultivate a life where prayer becomes natural, ongoing and integrated into ordinary activities.

This verse also reminds us that prayer is not only a personal practice but also a spiritual responsibility. We are encouraged to intercede for others and remain spiritually aware, aligning our hearts with God’s purposes in every moment. Prayer is an intimate conversation with God, where we bring our requests, worries and thoughts before Him, like speaking to a close friend who is right in front of us. The beauty of prayer is that we are speaking to someone who is always listening and actually lives within us.

As it is written, “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?” (1 Corinthians 6:19, ESV). Even though God already knows our hearts, He wants us to personally express what is on our minds and in our hearts. This builds intimacy with Him and makes prayer a natural part of daily life.

We can turn ordinary activities into opportunities for connection with God. Whether you enjoy taking walks, listening to music or simply having quiet time, these moments can become acts of prayer. Listening to worship music, for instance, can be paired with prayer, thanking God, lifting up concerns or simply reflecting on His goodness.

Walking outdoors can become a time to connect with God through His creation and even interact with others in meaningful ways. Prayer should not be limited to moments of need or rigid schedules. Instead, it should become a lifestyle where God is an active, internal presence in everything we do.

God is our Master, and we are His servants. We live for Him, invite Him into our daily activities and allow prayer to naturally flow throughout our lives, making God a priority in our lives.

Prayer:

Dear Father, thank You for teaching me that prayer is not just something I should do when I'm in church or in religious gatherings, but rather it's something that should be a part of my life. I pray, Lord God, that You may convict me and remind me in moments of weakness to pray and to seek Your face daily in all that I do in my life. In the mighty name of Jesus Christ, I pray. Amen.

Day 2: When God Feels Silent

Scripture:

“And those who know Your name put their trust in You, for You, O Lord, have not forsaken those who seek You.” – Psalm 9:10 (ESV)

Lesson:

Trusting God is often a difficult thing because we are praying to Someone we do not see physically, yet we expect to see results or answers in the physical world. At times, we may feel like God is far from us because of the challenges we face, whether it is pain, loss, disappointment or other experiences that discourage us from praying.

The beautiful truth is that God is always present, even when we do not sense His presence. Even when there are no goosebumps, no signs, or no clear evidence that He is with us, He remains faithful. His presence does not depend on our feelings, but on His eternal nature.

This is why faith is so important. As 2 Corinthians 5:7 reminds us, “For we walk by faith, not by sight.” Walking by faith means trusting God even when circumstances suggest otherwise. It is choosing to believe in His promises, knowing that He is a refuge and a stronghold in every season of life, including those moments when He feels silent.

The God that we serve is not a liar. As it is written, “God is not man, that He should lie, or a son of man, that He should change His mind. Has He said, and will He not do it? Or has He spoken, and will He not fulfil it?” (Numbers 23:19, ESV). Because God is not a liar, He remains true to every word He speaks. If He promises that He is with you no matter the circumstances, then you must learn to trust Him even when it seems like trusting Him is a waste of time.

Often, those around you may not understand your walk of faith, and you may feel foolish because everyone else’s experiences appear so different from yours. Yet this does not change who God is or His character. He remains faithful and steadfast, and your task is to trust and meditate on His promises. Even faith as small as a mustard seed is enough to move mountains. Through trusting and meditating on God’s promises, you will see His power at work in your life.

Remember, God is with you in moments of weakness and in moments of strength. He is with you in every situation, time, and place. Trust Him, hold on to His promises, and allow your faith to anchor you through both the silent and the visible seasons of life.

Prayer:

Heavenly Father, I thank You that You are a God who stays true to who You are. I trust that You are with me even when I do not feel like it, even when I feel like I’m far from You or You are far from me. I know that You are still there even when it seems impossible. So Lord God, help me and hear me as I pray and seek Your face. Work within my life and transform it for Your glory. In the mighty name of Jesus Christ I pray. Amen.

Day 3: Returning to Prayer After Drifting Away

Scripture:

"I will arise and go to my father, and I will say to him, 'Father, I have sinned against heaven and before you.'" – Luke 15:18 (ESV)

Lesson:

When we fall into sin, deliberately or unintentionally, or we turn away from God completely because of grief or because of any other reason, such as wanting to "explore" life, we may find ourselves feeling empty. The reason is that a life without God is a life of emptiness. This is true for all of us, because all of us have a God-shaped hole. Even those non-believers who claim to believe in a higher being or who try to find meaning in other things outside of God still have that hole within them that makes them seek the Lord, or seek something as good as He is.

For believers, it is very similar. We can turn away from God, and when we want to turn back to Him, we are often afraid that God will destroy us, punish us, harm us, or give us serious consequences. When it comes to consequences, we may indeed experience them for our sin. For example, if your father warns you not to touch a hot plate or stove and you still go ahead and touch it, you will get burnt. That is a consequence of disobedience. We cannot expect that we will return to God for our sins without experiencing the consequences. If by His mercy He is willing to remove the consequences, then we need to accept His grace.

Regardless of whether we experience consequences or not, we should not be afraid to turn back to God. The first thing we must know and trust is that God is always where He was before we left. You may a thousand kilometres away from Him, but God is still at the same place that you left Him, with His arms wide open, waiting for you. In Luke 15, the story of the prodigal son illustrates this beautifully. After squandering his inheritance and living in sin, the son remembered that even his father's servants lived better than the life he was living.

He decided to return home and confess, "Father, I have sinned against heaven and before you" (Luke 15:18, ESV). When the father saw his son returning, he ran to embrace him, welcomed him back fully, and even threw a celebration for him, showing forgiveness, love, and restoration. We should not be afraid to turn back to God, even when we feel far from Him, because He remains close to us and will never leave our side. His love is steadfast and His grace is greater than our failures.

Prayer:

Heavenly Father, please forgive me for any and all of my sins that I have committed deliberately or unintentionally. Lord God, I pray that You may teach me to come back to You without shame, without feeling like I am condemned, because I need Your salvation, I need Your grace. Without You, I am nothing. Lord God, renew my mind and transform me into someone who is fully committed and dedicated to serving You wholeheartedly, and help me to be someone who can pray, even when I do not have the strength to do so. In the mighty name of Jesus Christ, I pray. Amen.

Day 4: Praying with Scripture

When Words Don't Come

Scripture:

"The Lord is near to all who call on Him, to all who call on Him in truth." – Psalm 145:18 (ESV)

Lesson:

Being a Christian is not always an easy walk. At times, we are on fire for God, eager to serve Him. We are active in church, attending meetings, gatherings, and participating in church activities. We may even serve in other ministries outside of our church because of the zeal we have for God.

However, there are moments when it is difficult to maintain that fire. Sometimes we do not even have the words to bring before God. We want to pray, but we do not know what to say. We may feel like our prayers are in vain or that we are not doing enough. We may even feel that God is ignoring us.

The beauty of God is that He is always near us. He will never leave our side, and He is always ready to listen, even when we do not know what to say. As Romans 8:26 (ESV) says, "Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit Himself intercedes for us with groanings too deep for words." This shows that God Himself knows and understands our hearts, our minds, our grief, our pain, our sorrows, and our weaknesses.

We are not worthy to come before God on our own. It is only because of the work of Christ on the cross that we can approach Him with confidence. Even when we lack words, we can bring our hearts to Him. One of the most helpful ways to pray when words fail us is to use the book of Psalms. Psalms teaches us how to pray for restoration, forgiveness, protection, help, prosperity, and provision. For example, Psalms 80 can guide us in seeking restoration, Psalms 25, 40, or 51 when we need forgiveness or have fallen into sin, Psalms 91 or 121 for protection, and Psalms 127 or 128 for help, provision, and prosperity.

While the book of Psalms provides guidance, we are also encouraged to pray on our own. God understands our hearts, meets us where we are, and brings us to a better place. Even when words are hard to find, He hears us and works within us.

Prayer:

Lord God, I thank You that You are always listening. I thank You that You understand who I am, and I pray, Father, that You may forgive me for my shortcomings and help me to trust in You, Lord God, knowing that You are working within me and that nothing is impossible with You. I pray, Heavenly Father, that You may teach me to have faith even when I do not know what to say in prayer. In the mighty name of Jesus Christ, I pray. Amen.

Day 5: Prayer That Brings Peace

Scripture:

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” – Philippians 4:6–7 (ESV)

Lesson:

Prayer is the one thing that gives us peace, guaranteed according to the Word of God. When we pray, we are giving up our worries and handing them over to God. Philippians 4:6 tells us not to be anxious about anything, but to bring everything to God in prayer and supplication.

Even in Matthew 6, we are reminded not to worry about what we will eat, drink, or wear, because God provides for the birds of the air and the flowers of the field. Are we not more important than they are? So many things cloud our minds every day. We worry about what we are going to do, what might happen, and what we cannot control. Yet God is already in control. We need to learn to trust Him, even when trusting Him does not make sense.

Whatever it is that you are struggling with, whatever is holding you back, whatever is causing fear or preventing you from feeling peace, bring it to God in prayer. Prayer brings peace because it teaches us to submit ourselves to the perfect will of God. God teaches us to trust Him, even when we cannot see what He is doing. He already knows the outcome. That is the beauty of the God that we serve.

Child of God, do not fear. Do not worry. Instead, pray about everything. Do not worry about what tomorrow will bring. As Matthew 6:34 says, “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.” Focus on today. Pray about today, about the future, and trust that God will handle the rest.

Prayer:

Lord God, thank You that You are God who gives peace and thank You that prayer brings peace. I pray, Heavenly Father, that You may give me the peace that You say surpasses all understanding. I submit my life to You and I will not worry about anything. Instead, I will make everything known to You, for You are in control of my life. You know my circumstances, You know my needs. In the mighty name of Jesus Christ, I pray. Amen.

Day 6: Prayer That Brings Peace

Scripture:

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” – Philippians 4:6–7 (ESV)

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Day 7: Trust God

Scripture:

“Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He will make straight your paths.” – Proverbs 3:5–6 (ESV)

Lesson:

So far, in all the devotionals we have read from day one to this, we have learnt about prayer. But prayer is nothing if we do not trust in the Lord. When we pray, we must pray out of faith, knowing that the Lord is working in our lives, working on our behalf. He knows better than we do.

We should not worry about what is going to happen, and we should not fear that His will is bad for us, because His will is always good. Whatever God has in store for you is never to destroy you or harm you, but in fact, it is to build you up. Do not lean on your own understanding, and do not lean on the understanding of other people. Rather, lean on the Word of God. Meditate on the Word of God, as Joshua 1:8 says. Study the Word and meditate upon it every day so that you will not be led astray.

Pray without ceasing, as 1 Thessalonians teaches. God knows your needs even before you bring them to Him, as Matthew reminds us. We should not be afraid to pray, and we should not be afraid to trust that God is listening. Let us submit ourselves to His perfect will. Let us not be afraid to trust the One who is in control. We trust the pilot even though we do not know Him personally. Why, then, can we not trust the Creator of the universe, who promises that all He has in store for us is good and who loves us beyond measure?

Let us learn to trust God, to seek Him, and to fear only Him.

Prayer:

Thank You, Heavenly Father, for teaching me about prayer. Help me, Lord God, to trust in You, to turn away from sin, and to give my all to You. Help me to not lean on my own understanding but to lean on Your wisdom, for Your wisdom is greater than any man's. In the mighty name of Jesus Christ, I pray. Amen.



AFTERWORD

Thank you for reading this weekly devotional, and I pray that it has truly blessed you. If you would like to access more books like this, you can visit our website at holywordhub.com for more information. You can also listen to our podcast, the Holy Word Hub Podcast, which is available on all digital platforms.

I hope this devotional inspires you to share the Word of God with others. Please feel free to share this book so that anyone who needs it can benefit from it. The Word of God is meant to be freely shared, just as God intended.

On our website, you can also read articles on theology, understanding the Bible, apologetics, and much more. I intend to continue releasing more content to help you grow in your faith and knowledge of God's Word. I pray that this devotional encourages, equips, and inspires you in your personal walk with the Lord.

