Pray 5:7
57 Days of Casting Burdens to the Lord
“...casting all your anxieties on him, because he cares for you.” (1 Pet. 5:7)

July 8
Loss of Children

Read Job 1:13-22. The burden of losing a child can be unbearable for parents.
-Pray for those who have lost children that their faith in God would be strengthened and that they may experience the comfort that only the Holy Spirit can give.
-Pray that deep heart healing would occur in the family relationships of those who have lost children and that God would fill up the loss of that dear child with the joy of MORE of His presence.

Family Issues

July 9
Children Oppressed by Evil One

Read Mark 9:17-29. When we are unable to fix the struggles our children face, we feel helpless like this dad in Mark.
-Pray for children who are being hounded by the lies of the evil one today. Pray that God would rebuke the darkness that surrounds them and rescue them from the grip of the enemy.
-Pray for parents who are broken and distraught from seeing their children so hurt and deceived by the evil one. Pray that they would cry out to God for help and receive hope and the promises of Scripture to cling to.

July 10
Wandering of Prodigals

Read Isaiah 1:2. Even God experiences the burden of rearing children who rebel. What a burden parents carry for their children.
-Pray for God’s constant longing and wooing towards His wayward children. Pray that God would send a downpour of His Spirit, love, conviction, protection, truth and kindness towards them every day of their lives.
-Pray for those who are waiting for the restoration of their children. Pray they would feel God’s longing for His children and identify with God the Father’s desire for all His children to be safely home and away from harm.

July 11
Marital Conflict

Read 2 Samuel 6:16. Conflict can happen in any marriage where one person despises the other, creating a daily burden.
-Continued next page
- Pray that couples would “see” their spouse through the eyes of God. Pray that they would love and fight for one another the way that Christ has fought for us at the Cross.
- Pray that couples would see the bigger picture of why they are together and how their marriage is a picture of the relationship of Christ and His church. May God grant them insight into the mysteries of this picture and how this plays out daily and personally in their marriages.

**Read John 4:16-26.** This woman had cycled through five husbands. Divorce can lead to ongoing burdens that need a touch from Jesus.

- Pray for those who have experienced the hurt, shock, pain and betrayal of divorce.
- Pray that God brings beauty from ashes and surprises those who feel isolated and alone with the best gift ever - more of Himself.
- Pray for Jesus to come and meet the needs of those who have experienced divorce with His help, love support and healing.
- Pray for grace, understanding and encouragement from the church to hold up the weary and carry them with care and practical gifts of help that display the gentleness of Christ.

**Read Judges 9:1-5.** Thankfully not all discord leads to murder! However, blended families often experience struggles that cause painful discord.

- Pray for the power of God and the unity of the Holy Spirit to fortify and transform the lives and homes of blended families.
- Pray that in Christ they will be of one heart and one mind, working together as a team.

**Read Luke 12:13-15.** Sibling rivalry is as old as Cain and Abel. It can start in childhood and extend all the way to Probate Court creating burdens.

- Pray for brothers and sisters to see the gifts, talents, and personalities of each other as valuable assets instead of threats or rivals.
- Pray for deep, joyful, life-long friendship to develop among siblings that result in hours of quality time, great memories, and constant encouragement that points one another to Christ.
- Pray for God to overcome the petty competition, bickering and jealousy that can occur among siblings while growing up. Pray that God replaces any negative self-talk of pride or insecurities with the truth of His Word.
Many people have family members separated by long distances and are waiting for reconciliation.

- Pray that God would meet them in their longing for one another and with compassion, draw them closer together in heart and affections. Thus making the most from the loss felt by of the distance between them. Pray that God will soon reunite families that have been away from one another for far too long.

- Pray that God would fight for the relationships that are separated by conflict by exposing any misunderstandings, unrealistic expectations, past offenses, or demonic deception over people’s minds.

When a believer is married to a spouse who does not share faith in Christ, it can be a heavy burden.

- Pray for the believing spouse to love the way Jesus is full of grace and truth, patient—condition of their eternal destination without Jesus. Pray that they would be convicted of their sin and see/feel the true need for Him. Pray that God would open their eyes and reveal their deception over people’s minds.

- Pray for the unbelieving spouse that God would fight for the relationships that are separated by conflict by exposing any misunderstandings, unrealistic expectations, past offenses, or demonic deception over people’s minds.

- Pray that God would meet them in their longing for one another and with compassion, draw them closer together in heart and affections. Thus making the most from the loss felt by of the distance between them. Pray that God will soon reunite families that have been away from one another for far too long.

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Anyone who has been abandoned by family members knows the burden and pain it creates in the heart.

- Pray for those who feel isolated, rejected, devalued, belittled or unlovable as a result of others’ words or actions. Pray for those core lies to be exposed and examined by the truth of God’s Word, His love, and acceptance of His people.

- Pray that God’s unconditional, unlimited love will work its way deep into hearts and literally dissolve the negative lies, hurt and pain caused by the abandonment. And once this happens, may God grant the desire to go and help others who are stuck in the lonely pit of painful rejection, thus multiplying the victory and freedom that only God can give.

- Pray for yourself that God would show you areas of spiritual disease in your life that you may be unaware of that He wants access to in order to heal you.

- Pray for those who don’t know their need for God. May God allow the needs He placed in each one of them to become glaringly obvious and totally unmet by the things or relationship of this world so that they would reach out for God and allow Him to heal their spiritual diseases.

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- Pray for those who are hounded by the evil one constantly in their minds. Pray for Jesus to come and meet them personally and set them free from the influence of deceiving spirits by sending forth the Spirit of Truth that can set them free from dark thoughts.

- Pray for our area to be a place of light that overcomes the darkness so that those with mental illness (resulting from demonic oppression) will be set free by the thousands and restored to their right minds and in turn choose to serve Jesus with their lives.

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This man went from mental oppression to being “in his right mind.” Not all who have mental illness are demonically oppressed, but they all certainly are in need of our prayers.

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**July 31**

**Downcast in Spirit**

- Pray that God would break through the dark cloud of hopelessness and despair over His people and rush in with His divine delight, joy and laughter.

- Pray that God would give us His perspective above the storm and paint us a picture of the hope of all the goodness He has planned for us both now and in the future.

**Read Psalm 43:3-5.** When our hearts are heavy and our emotions are downcast, it is a heavy burden. It is here that we need this reminder: Hope in God.

- Pray that God would break through the dark cloud of hopelessness and despair over His people and rush in with His divine delight, joy and laughter.

- Pray that God would give us His perspective above the storm and paint us a picture of the hope of all the goodness He has planned for us both now and in the future.

**Aug 1**

**Fear of Man**

- Pray that God’s people would exchange the fear of what others think of us with the healthy fear of God. May God grant us the remarkable gifts of conviction and repentance for caring too much about what others think of us and set us free to live fearlessly for Him.

- Pray for a truer understanding of the love, acceptance and approval of God towards us in Christ, so much so, that it would make the desire for man’s approval and applause completely unnecessary and irrelevant to us.

**Read Romans 10:12-17.** One great burden of life is our fear of man and the anxiety of what others can do to us. Let’s lift these burdens to the Lord and remember God’s care of us.

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Disillusioned & Intellectually Unhappy

Read Ecclesiastes 2:1-7. The intellectual can reach a point where they hate life because it feels burdensome and they don't have the Lord.

- Pray for those who have been given great intelligence to (instinctively and humbly) know where their gift came from. Pray that with all their knowledge, it would in no way keep them from receiving the simple gift of faith in Jesus Christ.
- Pray that knowledge would not puff up and cause pride, but rather it would be used by God to help them receive the childlike faith that is needed to enter the kingdom of Heaven.
- Pray for the weary, boring, mundane moments of our lives to be transformed by the deep abiding presence of God as we gain His heart, His emotions and His wisdom in every situation and circumstance we encounter.
- Pray for greater understanding from God in regards to the pain and sorrow we experience throughout our days. Ask God to help you see miracles, purpose and good within the temporary sufferings you face in this world.

Read Ecclesiastes 3:16-22. Describing life without the Lord, Solomon shows how death can seem so futile. Let’s lift up the burdens of those who feel disillusioned by death.

- Pray that God will change the way we think about death so that it lines up with His truth, remembering that for those of us who believe, death is the entrance into eternal paradise, our inheritance and all the amazing things that God can’t wait to bless us.
- Pray for those who feel cheated by the premature or unexpected death of a loved one. Pray that God meets them in their grief and envelops them in His great arms of compassion, comfort and peace.
- Pray for those who are paralyzed by the pressures of life and can't move without the intervention of others to come along side of them. Pray for them the way you would want others to pray for you.
- Pray that our incredibly strong God would see fit to lift the backpack of burdens from the oppressed and replace their heaviness with His lighthearted gladness instead.

Read Ecclesiastes 4:1-3. Read Ecclesiastes 4:1-5. When people are oppressed and have no one to comfort them, their hearts are weighed down with burden.

- Pray for those who are paralized by the pressures of life and can't move without the intervention of others to come along side of them. Pray for them the way you would want others to pray for you.
- Pray that our incredibly strong God would see fit to lift the backpack of burdens from the oppressed and replace their heaviness with His lighthearted gladness instead.

Read Ecclesiastes 4:1-3. Read Ecclesiastes 4:7-8. Loneliness can come in many forms, even affecting those who live in families. Let’s cast the burdens of isolation and loneliness to the Lord.

- Pray that God would come and meet those who feel unwanted, unloved and all alone.

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Read Ecclesiastes 4:7-8. Loneliness can come in many forms, even affecting those who live in families. Let’s cast the burdens of isolation and loneliness to the Lord.

- Pray that God would come and meet those who feel unwanted, unloved and all alone.
-Pray for compassion, understanding and prayers for healing to well up in the body of Christ towards those who are constantly dealing with pain. Pray for people to come close and bring support for those who are stuck in years of suffering, sickness or job-like experiences.

-Pray for hope and healing, joy and blessing, faith and love and a greater personal abiding for those who are dealing with daily pain and suffering. Pray that they find the secret of contentment, the mysterious joys of identifying with Christ and His sufferings. Pray that their hardship will only last for a season as the scriptures says, weeping may last for a night but joy comes in the morning.

-Pray that their personal demons would be cut off and silenced forever by the powerful name of Jesus.

-Pray that their hardship will only last for a season as the scriptures says, weeping may last for a night but joy comes in the morning.

-Pray for families and close friends of those who have already taken their lives. Pray for them to cry out to God for help and be miraculously saved from all their fears, snare and addictions.

-Pray that God would become their greatest addiction, thus trumping all other lesser addictions. May God fulfill their cravings, satisfy their deepest desires and feed them from His river of delights.

-Pray for people stuck in a season of depression to have a true understanding of who God is and who they are in relationship to Him. Pray for truth over their minds to defeat the negativity that surrounds them and threatens to drown them.

-Pray for the will to fight it. Pray that God will send in the troops on a rescue mission and deliver them from the hopelessness of deep depression.

-Pray for those who are chased by thoughts of ending their lives. Pray for Jesus to hold back the darkness and despair as He comes close to bring them hope and joy. Pray that their personal demons would be cut off and silenced forever by the powerful name of Jesus.

-Pray for those entrenched in a prison of despair who cannot see a way out or have not followed. Yet, the issues of his life created the burden of despair and hopelessness.

-Pray for those who love money more than God, family or people. Pray for them to creep into our thinking and financial interactions. Pray for God to examine your heart right now and show you if you’re serving money more than God because the Bible says that we CANNOT serve both.

-Pray that we will always put God first in our lives and not allow the love of money to creep into our thinking and financial interactions. Pray for God to examine your heart right now and show you if you’re serving money more than God because the Bible says that we CANNOT serve both.

-Pray for those who are still being sexually abused that God would rush into the situation, expose the violator, rescue the helpless, and avenge the abused setting the captives free.

-Pray for victims of sexual abuse to be restored to full health as Jesus removes any long-term effects of what happened to them. Pray that God’s powerful, unconditional LOVE would dissolve the fear, pain, guilt, hurt, shame and anger that so often still attacks sexually abused victims long after the trauma of the event.

-Pray for those who are dealing with daily pain and suffering. Pray that they find the secret of contentment, the mysterious joys of identifying with Christ and His sufferings. Pray that their hardship will only last for a season as the scriptures says, weeping may last for a night but joy comes in the morning.

-Pray for money to be set free from the endless pursuit of it and be given the gift of contentment and generosity instead.
Aug 21 Loss of Possessions

- Pray that we as believers have a proper understanding of the things that God has given us and always hold loosely our possessions, knowing that everything we have (including our very lives) belongs to God.
- Pray that we would put a high priority on storing up everlasting treasures in Heaven rather than the trivial and temporary property and possessions we could acquire here.

Aug 22 Wealthy but Sad

- Pray for those of us that have a death grip on our money and possessions. May God help us to willingly and wisely start giving/investing our resources into the Kingdom of Heaven.
- Pray for those who don't have Jesus.
- Pray for those who have put all their hope and security in their wealth. Pray that God would gently grant them repentance and transfer their support and security to Him.

Aug 23 Loss of Wealth

- Pray for those who have already lost fortunes. Pray that they will take their loss, feelings of failure, shame and fear of the future to the foot of the cross and allow Jesus to become their greatest Treasure of all.

Aug 24 Contentment with Finances

- Pray for increased insight into the ways of God and His leadership/oversight of all things: past, present and future. Pray for higher levels of faith in Him when we look ahead to our future.
- Pray for the divine ability to throw our worries to the Lord and not take them back again, enabling us to live carefree lives as we rest in the fact that God is working everything out for His glory and our good.

Aug 25 Business or Career Failure

- Pray for those who struggle financially, continually living paycheck to paycheck and barely paying the bills. Pray for them to be full of awe and thankfulness as they see God work on their behalf.
- Pray for an attitude of gratitude in place of a spirit of discontent

Aug 26 Debt Pressures

- Pray that God would enter into the pressures of those facing the heaviness and hopelessness of debt and walk with them so closely.
- Pray that the God who paid off our debt of sin at the cross by ransoming His one and only Son on our behalf, would be so kind as to once again take His generous resources and pay off the financial debt of those who are paralyzed by the burden of it.

Aug 27 Anxiety of Future

- Pray for those facing big decisions to remember to stop and ask God, waiting on Him for insight and direction, wholeheartedly believing that He will give it.
- Pray for God to give you His ideas, words, instructions and thoughts for the little decisions you face in a day. Pray that when you are uncertain, God would confirm and reaffirm what He is communicating to you.

Aug 28 Wisdom for Future

- Pray for greater clarity in the goodness of who God is in order to trust Him more fully with our future.

Aug 29 Trusting God with Future

- Pray for God to build His eternal Kingdom profit, status, position and value in those who experience the loss of a job, title or wealth here in this world. May God show them the situation from His view and set them free from shame to live for Him.

Read Hebrews 10:34-36. The loss of possessions or property is not always received with joy, but rather creates a burden as we struggle with loss.

Read Matt. 19:16-22. There are many rich people who are sorrowful because they don't have Jesus.

Read Revelation 18:15-19. Imagine the devastation of losing all your wealth in a single hour! Many people carry heavy burdens because of financial loss.

Read Proverbs 22:7. People enslaved to loads of debt are faced with a heavy burden.

Read James 1:5-8. When we are uncertain of what decision to make, it can create anxiety over the future. James reminds us to bring this to the Lord and ask Him for wisdom.

Read Matthew 6:25-34. The burdens of future provision can be weighty for people of all ages. Jesus reminds us that the Father will care for all these things.

Read Ecclesiastes 5:13-17. Those who experience failure in business or career feel the heavy weight of loss or status.

Read Philippians 4:11-13. What a great posture for all of us to have – to be content in whatever situation God places us!
Read Ephesians 6:4. As parents we long for our children to embrace a vibrant faith in the Living God.

- Pray that God (who loves our children more than we do and who has been parenting His children much longer than we have) pursues and captivates the hearts of our children for His pleasure.

- Pray that God would pour out a double portion of His Spirit on our children to live their lives with purity, integrity and excellence so that He is honored and they are blessed.

Read Malachi 2:15. Read Malachi 2:15. God designed marriage. As parents, one great prayer target is to pray for the future marriages of our unmarried children.

- Pray for the spouses or future spouses of our children to give their hearts to Jesus and pursue Him in every area of their lives.

- Pray for godly marriages that keep the Lord in the center and seek to honor Him in everything they do: jobs, relationships, decisions, parenting and investing in the Kingdom of Heaven.

Read Proverbs 17:6. Grandparents have a deep concern for the welfare of their grandchildren, often carrying heavy burdens.

- Pray for grandparents to pray continually for their children and grandchildren, storing up prayers and requests for them that may even be answered long after they are gone.

- Pray for grandparents to represent God well and give verbal words of life and spiritual blessings to the kids and grandkids.

Read John 5:28-29. As believers, our future is certain with the coming resurrection when we will meet the Lord face to face.

- Pray that we will increase in our knowledge of all the blessings God has in store for us in glory. Pray that we will not be short-sighted and trade eternal rewards for temporary, cheap earthly ones.

- Pray for our brothers and sisters in Christ that have YET to come to the knowledge of the truth. Pray for them as you would your dearest friends and family because someday they will be just that.