

ONE-MINUTE
PRAYERS™
FOR MEN



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Text by Hope Lyda



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Because His Love Endures Forever

Give thanks to the LORD, for he is good. His love endures forever. Give thanks to the God of gods. His love endures forever. Give thanks to the Lord of lords: His love endures forever.

—PSALM 136:1-3



Lord, thank You for the life You have given me. Upon rising in the morning, I worship the Lord of lords, the God of all gods, and the King of kings...and You call me by name. I think back to the day I met You and how You welcomed me with open arms. You received this prodigal son without hesitation.

For all these reasons and so many more, I give You thanks. I offer up my life to You and Your service. I can think of no greater way to live than to consider each day a holy, living sacrifice to You. May Your will be done through the course of my days.

Receiving Your Promises

So do not throw away your confidence; it will be richly rewarded. You need to persevere so that when you have done the will of God, you will receive what he has promised.

—HEBREWS 10:35-36



You have given me so much, Lord. My offering of thanks and a willing spirit seems so small compared to the expanse of Your mercy. Yet I have confidence that You receive the gift of my days with graciousness...it is Your way. I carry Your love with me through good and bad times; I pay attention to my blessings because they direct me back to the hand of the Giver.

Each day reveals the rewards of a faith lived out. I hunger for a deeper understanding of my purpose under heaven. Give me the courage to do Your will. Open up my heart and my life, Lord, so I can fully receive the promises You have for me.

Abilities

Use It

*If a man's gift is prophesying,
let him use it in proportion to his faith.
If it is serving, let him serve; if it is teaching,
let him teach; if it is encouraging,
let him encourage; if it is contributing to the
needs of other people, let him give generously;
if it is leadership, let him govern diligently;
if it is showing mercy, let him do it cheerfully.*

—ROMANS 12:6-8



God, thank You for the abilities You have bestowed on me. Along my journey I have faced times of ignoring, neglecting, and abusing my gifts. Forgive me for those times of ignorance. I do not want to disregard Your will in my life. I want to claim it and apply Your truth in all circumstances. I know this will involve using my abilities to serve You and other people.

Show me those gifts I have yet to discover. Show me the way to utilize the abilities I have acknowledged.

Going Beyond Ability

For I testify that they gave as much as they were able, and even beyond their ability. Entirely on their own, they urgently pleaded with us for the privilege of sharing in this service to the saints.

—2 CORINTHIANS 8:3-4



Lord, don't let me hold onto my abilities as though they are mine to govern. When I can serve You by using the gifts You have given me, do not let me fight the opportunity because it involves too much time, energy, or commitment. Most of all, I pray to go beyond earthly expectations. I pray to move past the limitations set by human standards. Let me push forth in my work, my life, my faith, and serve You better.

It is a privilege to serve You and the body of Christ with my natural strengths. Let me keep this in mind as I face decisions and possibilities. May I always seek more ways to serve You, Lord.

Not for Sale

When Simon saw that the Spirit was given at the laying on of the apostles' hands, he offered them money and said, "Give me also this ability so that everyone on whom I lay my hands may receive the Holy Spirit."

—ACTS 8:18-19



God, guide me toward Your great purpose in my life. Use me to serve the needs of other people in Your body and of Your creation. Let me not covet the success of other people because it causes me to want their gifts. When I see the achievements of other people, I begin to question my own status in the world. Lead me to a deeper, more meaningful understanding of Your plan, Lord.

When I am tempted to pursue at any cost a journey that is not meant to be mine, may I encounter the truth of Your Word, the wisdom of Your truth, and the wonder of my own life. I want to experience Your will, Lord, not the trappings of another person's path.

From the Same Source

There are different kinds of gifts, but the same Spirit. There are different kinds of service, but the same Lord. There are different kinds of working, but the same God works all of them in all men.

—1 CORINTHIANS 12:4-6



Lord, as I make my way through each day, let me observe and appreciate the kaleidoscope of talent that is demonstrated by those I encounter. Humble my spirit so that I see past my abilities to those of people around me. May I see Your hand on their lives. May I see Your will being fulfilled in their actions.

You are the Source of all ability and talent, Lord. Please let me respect the gifts of other people. It is easy to focus only on my own journey. Lift my eyes beyond my private path to see the wonders You are performing all around me.

Provision

Where Greed Leads

A stingy man is eager to get rich and is unaware that poverty awaits him.

—PROVERBS 28:22



In my quest to provide for myself and my family, Lord, may I not become greedy and selfish. It is very easy to lust for things of the world. I can lose sight of the spiritual priorities You set before me. My goal in life is not to accumulate “stuff” but to seek Your way. I do not want to seek material success that exceeds Your provision.

I have witnessed the downfall of colleagues and friends who desired more than they needed, more than You called them to possess. Everything I have is of You and from You. Never let my eyes or my hands search to claim more than what You provide at any given moment in time. I only want to be rich in spirit, Lord.

Behind Every Great Man

You may say to yourself, “My power and the strength of my hands have produced this wealth for me.” But remember the LORD your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your forefathers, as it is today.

—DEUTERONOMY 8:17-18



There is nothing in my life that does not come from You, Lord. Your blessings from heaven are responsible for my every possession, my every met need, my every reward. When success comes my way and brings provision for myself and other people, I turn to You with a heart of thanksgiving. You are my Source of strength and wealth.

You care for every one of Your children, Lord. I am so thankful to count myself among Your followers. May I use the provision of life and health and opportunity to serve You alone.

His Strength

If anyone serves, he should do it with the strength God provides, so that in all things God may be praised through Jesus Christ.

—1 PETER 4:11



Lord, You see how my fears keep me from serving You fully. Let me put aside the insecurities that cripple me. Let me rely on the strength You provide so that I come to You every time I have a need. I want to fall at Your feet every time I face difficulty or conflict. I am shamed easily, Lord, because of my many inabilities. But I long to serve You with confidence and might.

Those who know me realize that my strength comes only from You, Lord. They have seen my weaknesses in the light of day and realize Your power is responsible for my every success. May this always be so. And may I always give You credit each time I show an ounce of strength, a bit of power, an inkling of understanding.

Fruit of a Good Life

Our people must learn to devote themselves to doing what is good, in order that they may provide for daily necessities and not live unproductive lives.

—TITUS 3:14



The choice to do good is presented in so many subtle ways, Lord. Sometimes it is not even a choice, but an impulse—a nudge to follow in Your way. During my day, keep me mindful of the opportunities I have to do the right thing. May my life be an example to other people. May my life be seen as productive in Your eyes.

I want to be prayerful throughout my day so I can tap into Your leading at all times. This guidance is Your provision. It directs my steps and shepherds me through life.

Identity

Old Versus New Self

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

—EPHESIANS 4:22-24



God, I am so thankful You love Your creation. Instead of tossing us away with our collection of frailties, sins, and ungodly attitudes, You reach down and make us new beings. Our bruises and blemishes are not enough to turn Your eyes from us. You do not pass us up for better possibilities.

I am so humbled when I think of who I was before I met You. I still have days that reflect the old me, but now I can come to You with the burden of sin and seek Your forgiveness. I have experienced Your healing touch, and my heart has been transformed. May I resemble You more with each passing day.

Who Am I?

Who am I, O LORD God, and what is my family, that you have brought me this far? And as if this were not enough in your sight, O God, you have spoken about the future of the house of your servant. You have looked on me as though I were the most exalted of men, O LORD God.

—1 CHRONICLES 17:16-17



My Christian life experience is a bit like climbing out of a canyon. The trek has been treacherous at times, and I have lost my footing, but I have kept my eyes focused on the summit of Your grace. Too many times I have been tempted to look down...back at the problems that tripped my feet, or at the crevices which lodged me in dark times. But as I climb higher, toward the Source of all light, I am comforted.

You lead me, Lord. You preserve me and my path. You have lifted me out of my sinful life. Why is it that You have brought me so far, Lord? May I reach for the stronghold of Your wisdom and continue along this way in gratitude.

Known

*O LORD, you have searched me and you know me.
You know when I sit and when I rise; you perceive
my thoughts from afar.*

—PSALM 139:1-2



Lord, while I might keep to myself around other people, or limit what I share, I take great comfort in being vulnerable and open with You. You know every detail about me: how I am made, the ways in which I struggle, my deepest joys, and the future I will experience. There is such peace in being truly, completely known.

God, help me take this sense of security and turn it into confidence for my relationships with friends, family, and anyone I encounter. Keep me from putting up a facade to protect my heart or my pride. It is time to share the “real me” more openly with the body of Christ and those who do not know You. I seek Your strength as I work toward this goal.

Child of God

This is how we know who the children of God are and who the children of the devil are: Anyone who does not do what is right is not a child of God; nor is anyone who does not love his brother.

—1 JOHN 3:10



Lord, do I love enough? Do I pass along Your goodness to other people? I want to be known as a child of God. Where I am resistant to show love or express Your mercy, open up my heart. If I am quick to judge and slow to help another person, push me into action. I get so caught up trying to be who I am in the world that I forget how to be Your son.

I seek balance where these two identities should merge, Lord. Help me pare away characteristics and sins that do not represent You, my heavenly Father. Let me be Your hands and Your heart wherever I may go.

Asking for Directions

Finally, I Am Asking

Hear my cry, O God; listen to my prayer.

—PSALM 61:1



My struggles lately have led me away from my Source of help: You. At first I thought I could figure out the answers on my own. But as I tried this, I lost my way and started to go deeper inside myself. I didn't even know how to ask people for assistance or advice, so I kept trying to get past my problems and failings. Each wrong turn and dead-end should have brought me back to You. Forgive me, Lord, for refusing to ask for help.

So here I am, finally calling out to You. Help me through this. Hear my cry, Lord. With humility I fall at Your feet and ask for guidance.