



Asheritah Ciuciu offers you a respite from your spiritual to-do list. She provides guided prayers that will focus your mind and heart on Scripture. Using a memorable acronym and daily Bible verses, this prayer devotional will guide you through worship, confession, stillness, and surrender.

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ANXIOUS

*"I lift up my eyes to the mountains—where does my help come from?
My help comes from the LORD, the Maker of heaven and earth."*

PSALM 121:1–2

RECITE GOD'S GOODNESS

My Maker and Helper, You hear me when I cry out to You. You are the One who comes quickly to my rescue. Thank You for being close to me when I'm troubled. You alone can quiet me with Your presence; Your light dispels my darkness.

EXPRESS YOUR NEEDINESS

Lord, when terror and doom suffocate the life out of me, would You lift me out of the pit of despair? Help me fix my attention on You instead of on the surrounding circumstances. Help me remember how You've been faithful in the past and trust You to be my helper even now.

SEEK HIS STILLNESS

Take a few moments to become aware of God's loving presence surrounding you this very moment. Let Him quiet your anxious thoughts with His lovingkindness.

TRUST HIS FAITHFULNESS

Lord, You have always been faithful. Never once have you abandoned me. I need only to become more aware of Your constant presence by my side. When worries fester within me, help me cast my cares on You, knowing that You've always cared for me. I trust You to take care of these situations and to fill me with Your peace.

For Further Prayer and Study

Deuteronomy 31:6 • Proverbs 3:23–24 • Luke 14:27



DISAPPOINTED

“May my prayer reach your presence; listen to my cry.”

PSALM 88:2 CSB

RECITE GOD'S GOODNESS

O Lord my Lord, You are the God of my salvation. My hope rests in You alone. When others disappoint me, I know that You will never disappoint. When I spread out my hands to You, You hear my cry and come close to me. You have never let me down, Lord. I can trust in You.

EXPRESS YOUR NEEDINESS

On days like today—whether I fail to meet other people's expectations or they fail to meet mine—I'm faced with human limitations. I'm not perfect and other people aren't perfect either. Help me take the pressure off myself to be what only You can be to others. And help me release them from that same expectation.

SEEK HIS STILLNESS

Take a few moments to become aware of God's loving presence surrounding you this very moment. Is there anything He wants to say to you?

TRUST HIS FAITHFULNESS

When I am disappointed, I can still trust in You. You meet me in my place of sadness, and You lift my gaze toward Your perfect love. Your faithful love for me is great, and You rescue me from despair and disillusionment. I can rest in the assurance of all You are and will always be.

For Further Prayer and Study

Psalms 86:11-12; 88:1-8 • Isaiah 55:8-9 • 1 Peter 5:6-7



OUTRAGED

“Refrain from anger and turn from wrath; do not fret—it leads only to evil. For those who are evil will be destroyed, but those who hope in the LORD will inherit the land.”

PSALM 37:8–9

RECITE GOD'S GOODNESS

Lord of All Being, because of Your mercy we are not consumed by Your anger. You continue to forgive all who turn to You, so I come to You now in my outrage. Thank You for being a safe place to open my heart and process my anger.

EXPRESS YOUR NEEDINESS

Lord, when I see the wickedness around me, I'm consumed with rage. My emotions threaten to get the better of me, so teach me to turn to You in my fury. Keep me from doing evil in my frustration. Help me wait on You and trust that You will do what is right in Your way and Your time.

SEEK HIS STILLNESS

Ask God to reveal the source of your rage. Sit quietly with Him. Is there anything He wants to say to you?

TRUST HIS FAITHFULNESS

The truth is that the evil residing in a murderer is the same sin crouching at my heart, seeking to devour me. Where I feel self-righteous, help me humble myself and wait patiently for You. You will be proved right when You speak and blameless when You judge. My hope is in You alone.

For Further Prayer and Study

Genesis 4:7; 6:3–8 • Psalm 51:4 • 1 Timothy 1:15 • 1 Peter 5:8



ENVIOUS

*“But as for me, my feet had almost slipped; I had nearly lost my foothold.
For I envied the arrogant when I saw the prosperity of the wicked.”*

PSALM 73:2–3

RECITE GOD'S GOODNESS

O God of All Truth, You are perfect in all Your ways. Where humans see only a sliver of the big picture, You are above all things and behold the whole realm of what is real, both what is seen and unseen. Wisdom and understanding belong to You alone. You are indeed good, and I praise You alone.

EXPRESS YOUR NEEDINESS

God, when others have what I want, I struggle with bitterness and resentment. It's tempting to compare and to cry “Not fair!” Forgive me, Father, for coveting. Help me humble myself before You and accept the portion You've given me.

SEEK HIS STILLNESS

Pause to consider the specific situations in which you're tempted to envy. What is the gift that you desire, and how is that longing a good thing? In what way is God inviting you to experience satisfaction of that desire in Him?

TRUST HIS FAITHFULNESS

Father, every good and perfect gift comes from You, and if You're withholding something, I will trust that You are doing what is best. Create in me a clean heart, O God, and renew a steadfast spirit within me. I want to be grateful for Your generous gifts and not begrudge Your goodness to others.

For Further Prayer and Study

Proverbs 14:30 • Galatians 5:19–21 • James 4:2–3



JUDGMENTAL

“Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

PSALM 139:23–24

RECITE GOD’S GOODNESS

All-Searching God, You know all things. You know my thoughts even before I become aware of them. You discern motives and intentions even when I’m unsure of what’s in my own heart. Thank You that even the revelation of sin is a gift because it leads to repentance and life.

EXPRESS YOUR NEEDINESS

When I see others commit wrongs, I’m quick to condemn them, without considering my own shortcomings and sin. I want Your divine justice on others but Your mercy on myself. Forgive me Lord, for my prideful attitude. Help me humble myself before You.

SEEK HIS STILLNESS

Take a few moments to allow God’s Spirit to search your heart and reveal anything that needs to be confessed or corrected. Then become aware of God’s love and forgiveness extended toward you in Jesus Christ.

TRUST HIS FAITHFULNESS

Lord God, You are the One who will judge all people. You are just and fair, and You will not let the guilty go unpunished. When I see others do wrong, help me trust that You will do what is right. Thank You for Your mercy in Jesus toward all who believe in You.

For Further Prayer and Study

1 Samuel 16:7 • Matthew 7:1–6 • John 8:7 • Romans 14:4



TEMPTED

*"I said, 'I will watch my ways and keep my tongue from sin;
I will put a muzzle on my mouth.'"*

PSALM 39:1

RECITE GOD'S GOODNESS

God of All Good, You are holy in all Your ways, and I praise You for the work that You are doing in my life to sanctify me and make me into the image of Jesus. Thank You that no temptation comes against me that You haven't already prepared me for and for which you have prepared a way of escape. You are so good!

EXPRESS YOUR NEEDINESS

God, what I want to do right now is not loving You or loving others, but merely fulfilling my own selfish wants. Give me the strength to turn away from this temptation and obey You instead. Guard me from sin or even flirting with the possibility of sinning.

SEEK HIS STILLNESS

Take a few deep breaths and close your eyes. What is the escape plan God is revealing to you? Physically distance yourself from temptation right now. Yes, this very moment. Now look back and reflect on how God has delivered you. Is there anything He wants to say to you?

TRUST HIS FAITHFULNESS

Lord, thank You for Your salvation. Your mercy is enough to cover any sin, but Your grace is strong enough to keep me from sin. You have proven Yourself faithful once again. Thank You. I can rest in Your deliverance now.

For Further Prayer and Study

Psalms 119:9 • 1 Corinthians 10:13 • Titus 2:11–14



GUILTY

“Wash away all my iniquity and cleanse me from my sin.”

PSALM 51:2

RECITE GOD'S GOODNESS

Precious Savior and Lord, You alone are generous in love and abundant in mercy. You have the power to forgive and declare righteous because of Your intrinsic holiness and because of the precious sacrifice of Jesus, the Lamb of God.

EXPRESS YOUR NEEDINESS

When I'm honest about my sins, I cannot bear the heaviness of guilt and regret. I've sinned against You, Lord, and against others. Forgive me. Wash me of all the evil I've done. Scrub away the guilt and make me pure from my sin. The enemy tells me You could never love someone as sinful as I am. Give me faith in Your cleansing power, and help me rejoice in Your purifying forgiveness.

SEEK HIS STILLNESS

Confess your sins to God, naming them individually. Then receive His gracious forgiveness and watch as He restores the joy of your salvation.

TRUST HIS FAITHFULNESS

Lord, You created me to be in relationship with You, and You're the One who restores me when I fall away. Thank You for Your faithfulness! Create in me a pure heart and a steadfast spirit to remain faithful to You in secret and with others watching. Only You can do this, and I trust You.

For Further Prayer and Study

Psalm 51 • Titus 2:14 • 1 John 1:9–10



ANNOYED

“LORD, don't I hate those who hate you, and detest those who rebel against you?”

PSALM 139:21 CSB

RECITE GOD'S GOODNESS

Fountain of All Good, You are the One who created us all in Your image. You've placed eternity in our hearts, and have breathed Your own breath into our lungs. Every person I meet is a testament to Your creative majesty. How good of You to make us for Yourself!

EXPRESS YOUR NEEDINESS

The honest truth is that I get annoyed with people—all kinds of people—from corrupt politicians to slow grocery clerks, from unethical coworkers to whining children. Some days, it's all I can do to keep from yelling at everyone. Not just people who hate you, but even innocent bystanders. The real problem is me and the sin that still controls me. Expunge self-righteous anger and indignation from me, and purify my heart.

SEEK HIS STILLNESS

Recall to mind the faces of those who have annoyed you over the last 24 hours. Can you see the image of God in them? Can you sense the love of God extending toward them? Be still before the Lord, and let Him lead you in His everlasting way.

TRUST HIS FAITHFULNESS

God, Your gaze penetrates even the trickiest annoyances. Search me, God, know me; test me and lead me. I trust You to continue sanctifying me so that I look more and more like Jesus each day.

For Further Prayer and Study

Deuteronomy 32:35 • Psalm 37:1–21 • 1 Thessalonians 4:9–12 • James 1:19



LONELY

"Yet I am always with you; you hold me by my right hand. You guide me with your counsel, and afterward you will take me into glory."

PSALM 73:23-24

RECITE GOD'S GOODNESS

God of All Comfort, thank You that You never leave me nor forsake me. Even when others turn their backs on me, You never will, because You have called me by name, and I am Yours. Thank You that Your Spirit never leaves me; even when I feel alone, You are always by my side.

EXPRESS YOUR NEEDINESS

God, I feel lonely. I want someone to share the joys and hardships of everyday life with me. I know You are always with me, but would You give me a sign of Your goodness in my life today? Help me become more aware of Your presence by my side and within my heart. Be just as real to me as an actual flesh-and-blood friend.

SEEK HIS STILLNESS

Take a few moments to become aware of God's loving presence surrounding you and within you this very moment.

TRUST HIS FAITHFULNESS

Though I've never seen You, God, You have proven Yourself more than enough for me. Help me rest in experiencing Your presence by my side. And through Your Spirit, empower me to reach out to fellow believers who feel lonely and express Your love to them today.

For Further Prayer and Study

Psalm 86:17 • Matthew 28:20 • John 14:18



DEPRESSED

“Hear my prayer, LORD; let my cry for help come to you. Do not hide your face from me when I am in distress. Turn your ear to me; when I call, answer me quickly.”

PSALM 102:1-2

RECITE GOD'S GOODNESS

O Love Beyond Compare, You are compassionate and gracious, slow to anger and abounding in faithful love and truth. Were it not for Your lovingkindness, surely, I'd be gone by now. But because Your mercies are new every morning, I have lived to see this day. You are the true light in my darkness.

EXPRESS YOUR NEEDINESS

Lord, I feel alone and hopeless—even my heart and body have failed me. Some days I cannot find a reason to get out of bed. In this darkness, turn to me and answer me. Give me a sign of Your goodness in this land of the living. I desperately need You.

SEEK HIS STILLNESS

Take a few deep breaths, and become aware of God's loving presence surrounding you this very moment. Though you may not feel Him, He is near you. Do you believe it?

TRUST HIS FAITHFULNESS

Lord, let my prayers reach Your ears even though they seem to bounce off the ceiling. Even when I feel my life is empty, I believe that You are working within me for Your good purposes; my hope is alive in You. You promise that when I call to You in my day of trouble, You will rescue me. You've never failed me yet, and You won't start now, so I trust You.

For Further Prayer and Study

Exodus 34:5-7 • Psalms 27:13-14; 50:15; 102:1-11 • John 14:1-3

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