



Daily Prayers

Be Still and Know that I am God.

Spirit Led Counselling

Sharon Mackenzie



Morning Prayer

Day 1 — Psalm 46:10

“Be still, and know that I am God.”

Lord, as the light of morning rises,
I enter the stillness where You
dwell. Quiet the inner noise, the
remnants of yesterday, the pull
toward doing. Let me rest in the
simple truth that You are God and
I am held. Teach me to begin this
day not with effort, but with
awareness of Your presence. In this
stillness, root me again in who You
are.

Morning Prayer

Day 2 — Lamentations 3:22–23

“Your mercies are new every morning.”

God of mercy, I wake into Your kindness. Let the freshness of this morning remind me that nothing from yesterday defines me. Wash away the heaviness, the striving, the self-judgment. Let Your mercy be the ground I stand on and the air I breathe. Renew me from the inside out.

Morning Prayer

Day 3 — Psalm 23:1
“The Lord is my shepherd; I shall
not want.”

Shepherd of my soul, guide me
gently into this day. Lead me
away from the hunger of
over-responsibility and into the
sufficiency of Your care. Let me
feel Your steady hand on my life
—protecting, directing,
providing. Where I am tempted
to carry what is not mine, remind
me that You are the Shepherd,
not me. Let me walk in the peace
of being tended by You.

Morning Prayer

Day 4 — Isaiah 30:15

“In quietness and trust is your strength.”

Holy One, draw me into the quiet where strength is born.

Strip away the illusion that strength comes from effort or urgency. Let trust rise in me like a deep, steady river. Teach me to move through this day with unhurried confidence, rooted not in my capacity, but in Your faithfulness.

Morning Prayer

Day 5 — Psalm 121:5
“The Lord is your keeper.”

Keeper of my life, hold me in Your protection today. Guard my heart from the weight of others' expectations. Guard my mind from anxious imagining. Guard my spirit from anything that would pull me out of Your peace.

Let me walk through this day knowing I am kept, covered, and safe in You.

Morning Prayer

Day 6 — Matthew 11:28
“Come to Me... and I will give
you rest.”

Jesus, I come to You in the quiet of this morning. I bring the tired places, the stretched places, the tender places. Lay Your rest upon me like a soft cloak. Let me breathe deeply in Your presence and find the ease You promised. Teach me to move from rest, not toward it.

Morning Prayer

Day 7 — Psalm 139:5
“You hem me in, behind and
before.”

God who surrounds me, let me
feel Your nearness today. Stand
behind me where I cannot see,
and before me where I am going.

Let Your presence be the
boundary that protects my peace.

Hold me in a spacious place
where I am not rushed, not
pulled, not scattered. Let me
move through this day enfolded
by You.

Morning Prayer

Day 8 — Proverbs 3:5–6

“In all your ways acknowledge
Him.”

Lord, I acknowledge You here at
the beginning of this day. I
acknowledge Your wisdom above
my own. I acknowledge Your
presence in every step I will take.

Straighten my path—not by
removing every obstacle, but by
aligning my heart with Yours so I
walk with clarity and peace.

Morning Prayer

Day 9 — John 15:4
“Abide in Me.”

Teach me to abide, Jesus. Not to rush, not to perform, not to prove— but to remain close, connected, rooted in Your life. Let my thoughts, my breath, my decisions flow from this place of abiding. Keep me near to Your heart, where fruit grows without striving.

Morning Prayer

Day 10 — Micah 6:8
“Walk humbly with your God.”

God of justice and mercy, shape my walk today. Let humility be my grounding—not self-doubt, but quiet confidence in You. Help me move through this day with gentleness, clarity, and integrity. Let me walk with You, not ahead of You, not behind You—but beside You, in step with Your Spirit.

Morning Prayer

Day 11—James 1:5

“If any of you lacks wisdom, let him ask God...”

Lord, I come to You as one who needs Your wisdom. Not the wisdom of urgency or fear, but the wisdom that is pure, peaceable, and full of mercy. Let Your insight settle into me like morning light— soft, steady, illuminating what needs to be seen. Guide my decisions, my words, and my posture today. Let me move with the clarity that comes only from You.

Morning Prayer

Day 12 — Psalm 62:1

“My soul finds rest in God
alone.”

God of rest, draw my soul into
Your quiet. Let every scattered
part of me return home. Silence
the inner striving, the pressure to
perform, the temptation to
measure myself by anything but
Your love. Let me rest in You
alone—not as an escape, but as
the truest grounding of my life.

Morning Prayer

Day 13 — Hebrews 4:12

“The word of God... discerns the thoughts and intentions of the heart.”

Holy Spirit, search me gently.
Discern what is true within me
and what is merely noise.
Separate wisdom from worry,
conviction from shame, Your
voice from the echoes of old
stories. Let Your truth cut cleanly,
but never harshly. Shape my inner
world so I can walk in clarity and
peace.

Morning Prayer

Day 14 — Joshua 1:9

“Be strong and courageous... for the Lord your God is with you.”

God of courage, steady my heart today. Let my strength be quiet, rooted, and kind. Let my courage be the courage of presence, not force; of clarity, not defensiveness. Remind me that I do not walk alone— Your presence goes with me into every room, every conversation, every unknown.

Morning Prayer

Day 15 — Psalm 147:3

“He heals the brokenhearted and binds up their wounds.”

Healer of hearts, let Your tenderness move through me today. Where I carry old bruises, soothe them. Where others bring their pain, let me hold space without absorbing it. Bind up what is fragile in me with Your gentleness. Let healing be the quiet work You do in and through me.

Morning Prayer

Day 16 — 1 Thessalonians 5:18

“Give thanks in all
circumstances.”

Lord, awaken gratitude in me.
Not forced positivity, but the
deep recognition of Your
goodness woven through my life.
Let thankfulness soften the hard
edges of my heart. Let it open my
eyes to the gifts hidden in
ordinary moments. Teach me to
meet this day with a grateful
spirit.

Morning Prayer

Day 17 — Psalm 91:4

“He will cover you with His feathers, and under His wings you will find refuge.”

God of refuge, draw me under Your covering. Let Your protection be the atmosphere around me— gentle, steady, unshakeable. Shield me from what drains, distracts, or disturbs my peace. Let me move through this day knowing I am sheltered in the safety of Your love.

Morning Prayer

Day 18 — Philippians 2:5

“Let this mind be in you which
was also in Christ Jesus.”

Jesus, shape my mind today. Let
my thoughts be grounded,
humble, and aligned with Your
heart. Strip away the patterns that
no longer serve me. Form in me a
mind that sees clearly, loves
deeply, and responds with grace.
Let my inner world reflect Your
presence.

Morning Prayer

Day 19 — Isaiah 40:31

“Those who wait on the Lord
shall renew their strength.”

Lord, teach me the sacred
rhythm of waiting. Not passive,
not anxious—but attentive,
trusting, open. Renew my
strength as I pause in Your
presence. Let my energy rise
from stillness, my clarity from
listening, my courage from
knowing You are near.

Morning Prayer

Day 20 — Romans 12:2

“Be transformed by the renewing
of your mind.”

Transform me, God. Renew the places in me that have grown weary or rigid. Let Your Spirit reshape my thinking, soften what has hardened, and illuminate what has dimmed. Make my mind a place where Your truth can dwell freely and bear good fruit.

Morning Prayer

Day 21 — Romans 15:13

"May the God of hope fill you
with all joy and peace..."

God of hope, fill me again. Let
hope rise in me like a quiet flame
—steady, warm, enduring. Let joy
find me in unexpected places. Let
peace settle over me like a gentle
covering. May I overflow with
hope today, not from effort, but
from Your Spirit within me.

Morning Prayer

Day 22 — Psalm 103:13–14

“He knows our frame; He remembers that we are dust.”

Lord, You know my limits better than I do. Teach me to honour them with compassion, not judgment. Let me move gently with myself today— not pushing, not forcing, not striving. Let kindness begin within, so it can flow outward without depletion

Morning Prayer

Day 23 — Habakkuk 2:1

“I will stand at my watch... and
look to see what He will say to
me.”

Set me as a watchwoman today,
Lord. Attentive, grounded,
listening. Let me notice the
subtle movements of Your Spirit.
Give me eyes to see what You are
doing and ears to hear what You
are saying. Let my posture be one
of holy attentiveness.

Morning Prayer

Day 24 — Galatians 5:22–23

“The fruit of the Spirit is love,
joy, peace...”

Grow Your fruit in me, Holy Spirit. Let love be my language, joy my strength, peace my atmosphere. Cultivate patience, kindness, goodness, faithfulness, gentleness, and self-control within me. Let my life taste like You today.

Morning Prayer

Day 25 — Nehemiah 8:10

“The joy of the Lord is your strength.”

Lord, awaken joy in me— not the loud kind, but the deep, steady joy that anchors the soul. Let joy strengthen me where I feel thin.

Let it rise like morning light,
quietly transforming the
landscape of my heart.

Morning Prayer

Day 26 — Mark 1:35

“Jesus went to a solitary place to
pray.”

Jesus, lead me into solitude today.
Not isolation, but sacred
aloneness with You. Meet me in
the quiet where my soul can
breathe. Let silence become a
sanctuary where Your presence
restores and reorients me. Form
me in the stillness as You formed
the saints before me.

Morning Prayer

Day 27 — Psalm 34:18

“The Lord is near to the
brokenhearted.”

Lord, make me a presence of nearness today. Let my words be gentle, my presence steady, my heart attuned. Where I encounter brokenness, let me carry Your compassion without carrying the weight. Let Your nearness flow through me.

Morning Prayer

Day 28 — Zephaniah 3:17
“He will quiet you with His love.”

Quiet me with Your love, Lord.
Let Your delight settle my
anxious places. Let Your
tenderness soften my guarded
places. Let Your joy lift my weary
places. Hold me in the quiet
confidence that I am loved,
chosen, and safe in You.

Morning Prayer

Day 29 — Psalm 37:7

“Be still before the Lord and wait
patiently for Him.”

Still me again, Lord. Slow my
breath, steady my thoughts,
soften my pace. Teach me the
patience of trust—the
willingness to wait without fear,
to rest without rushing, to believe
without seeing. Let stillness be
my teacher today.

Morning Prayer

Day 30 — Revelation 21:5

“Behold, I am making all things
new.”

God who makes all things new,
renew me today. Refresh my
vision, restore my energy, revive
my hope. Let me step into this
day with a sense of holy
possibility. Begin again in me—
and let Your newness unfold in
every place I go.



“Be still, and know that I am
God.”

– Psalm 46:10

Carry these prayers with you,
and let peace lead your steps



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