

HER VIEW
of His Grace

RETURNING TO HIS PRESENCE

A Scripture-anchored guide to prayer

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An Invitation to Return

This guide is for the woman who wants to come back. Back to Scripture. Back to presence. Back to honest conversation with God.

Prayer is not something we master. It's something we return to. Again and again.

God is not standing at a distance waiting for perfect words or polished faith. He is near.

He always has been.

Throughout Scripture, prayer is less about formulas and more about relationship. God meets people in deserts, gardens, prisons, homes, and ordinary moments. He listens to whispered cries and bold declarations alike. And He responds, not always by changing circumstances, but by drawing His people closer.

As you move through this guide, there is no rush. No pressure to do every section in order. Let Scripture lead. Let presence matter more than progress. And when your words run out, let God's Word carry you.

The most important thing is not how you pray…

It's that you return.

Jessica Lee



Table of Contents

(01) **Chapter One**

Prayer as Presence, not performance.

(02) **Chapter Two**

Prayers Shaped by Scripture

(03) **Chapter Tree**

Standing Firm in Prayer

(04) **Chapter Four**

Personal Prayer Pages

HOW TO USE THIS GUIDE



This guide is not meant to be completed. It's meant to be visited.
Choose one section at a time. Sit with it. Read the Scripture slowly. Let it shape your prayer rather than trying to shape your prayer perfectly.
Some days you may pray for several minutes. Other days your prayer may simply be reading a passage of Scripture and sitting quietly before God. Both matter. Both are prayer.
If your mind wanders, don't be discouraged. Return.
If you miss a day, don't quit. Return.
If prayer feels awkward, keep coming. Return.
God honors the heart that comes back to Him.



CHAPTER ONE

Prayer as Presence, Not Performance

Jesus often withdrew to quiet places to pray. Not to impress anyone. Not to check a spiritual box. But to be with the Father.

Prayer becomes lighter when we stop treating it like a task and start receiving it as a place. A place to breathe. A place to listen. A place to tell the truth.

Scripture anchors us when our emotions shift. It gives language to our longing and direction to our prayers.

This guide will walk you through biblical prayer models found in Scripture. They are not meant to confine you, but to steady you. Let them guide you when you feel unsure, and release them when your heart finds its own words.

Prayer is not about getting it right.

It's about staying near.

Presence, Not Performance

Many women quietly carry the belief that prayer is something they are either good at or bad at. When words come easily, they feel confident. When prayer feels dry, distracted, or short, guilt creeps in. Over time, prayer can begin to feel like something to maintain rather than a place to return.

Scripture tells a different story.

Luke 10:39–42 (NASB)

"She had a sister called Mary, who was seated at the Lord's feet, listening to His word. But Martha was distracted with all her preparations… But the Lord answered and said to her, 'Martha, Martha, you are worried and bothered about so many things; but only one thing is necessary, for Mary has chosen the good part, which shall not be taken away from her.'"

Mary was not praised for effort. She was not affirmed for productivity. She was welcomed for her presence. Prayer is not measured by eloquence, length, or consistency. It is measured by proximity. God is not impressed by spiritual performance. He is attentive to the heart that comes near.

Psalm 145:18 (NASB)

"The LORD is near to all who call upon Him,

To all who call upon Him in truth." Truth matters more than polish. Honesty matters more than structure.

Jesus warned against prayer that performs rather than connects.

Matthew 6:7–8 (NASB)

"And when you are praying, do not use meaningless repetition as the Gentiles do, for they suppose that they will be heard for their many words. So do not be like them; for your Father knows what you need before you ask Him."

God does not need to be convinced. He does not need to be informed. Prayer is not about getting God's attention, it's about receiving His nearness.

Hebrews 4:16 (NASB)

"Therefore let us approach the throne of grace with confidence, so that we may receive mercy and find grace for help at the time of our need."

Confidence here does not come from performance. It comes from access. Jesus opened the way. We come because we are invited.

Some prayers will be full and flowing. Others will be quiet and brief. Both belong. A whispered prayer offered in trust carries just as much weight as a long one offered with clarity.

Romans 8:26 (NASB)

"In the same way the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for us with groanings too deep for words."

Even when you don't know what to say, you are not failing. You are being helped.

Again, Prayer is not something you perform for God. Prayer is where you meet Him.

And when you lose your way, when prayer feels distant or awkward or thin, the invitation is not to try harder. It is to return.



CHAPTER TWO

Prayers Shaped by Scripture

Prayer does not begin with our words.
It begins with God's.
From the opening pages of Scripture, we see a God who speaks, creates, invites, and responds. Long before we learn how to pray, God reveals who He is. Scripture shows us His character, His promises, His authority, and His nearness. Prayer grows best when it is rooted there.

Psalm 119:105 (NASB)
"Your word is a lamp to my feet
And a light to my path."

Many of us struggle in prayer not because we don't believe in God, but because we don't know where to begin. Scripture gives us language when our own words fall short. It steadies us when emotions shift.

It keeps prayer from becoming self-focused or fear-driven.
When we pray Scripture, we are not repeating empty phrases. We are aligning ourselves with what is true.

Isaiah 55:10–11 (NASB)
"For just as the rain and the snow come down from heaven, And do not return there without watering the earth… So will My word be which goes out of My mouth; It will not return to Me empty, Without accomplishing what I desire."

God's Word carries *power* because it comes from Him. When we pray Scripture, we are not trying to persuade God to act. **We are trusting Him to be faithful to what He has already spoken.**

Jesus modeled this kind of prayer.

Jesus responded to temptation with Scripture. He prayed Scripture on the cross. He taught Scripture as a foundation for communion with the Father.

Matthew 4:4 (NASB)

“But He answered and said, ‘It is written…’”

Prayers shaped by Scripture do not deny emotion. They give emotion a place to rest. Scripture teaches us

- how to lament,
- how to hope,
- how to repent,
- how to ask,
- and how to trust.





The Psalms are filled with honest prayers. Some are confident. Some are desperate. Some are confused. God preserved them all.

Psalm 42:5 (NASB)

“Why are you in despair, my soul?
And why are you restless within me?
Hope in God, for I will again praise Him.”

Scripture shows us that prayer does not require clarity, only honesty anchored in truth. When we pray apart from Scripture, prayer can quietly drift into self-reliance. When we pray shaped by Scripture, prayer becomes an act of dependence. We are reminded who God is, who we are, and where our hope rests.

Prayers from scripture.

These prayers are drawn from God's Word and shaped by the language He has already given us. You do not need to pray them perfectly or all at once. Let them guide your words, steady your heart, and return you to His presence.

You may pray them aloud.

You may linger over one line.

You may come back to the same prayer again and again.

God hears every sincere prayer.

A Prayer of Returning

Psalm 27:4; Psalm 16:11 (NASB)

Lord, one thing I ask of You, and this is what I seek, that I may dwell in Your presence all the days of my life, to behold Your beauty and to meditate in Your truth. You make known to me the path of life. In Your presence is fullness of joy; in Your right hand there are pleasures forever. I return to You again, trusting that You receive me.

The Lord's Prayer

Matthew 6:9–13 (NASB)

Our Father who is in heaven,

Hallowed be Your name.

Your kingdom come.

Your will be done,

On earth as it is in heaven.

Give us this day our daily bread.

And forgive us our debts, as we also have forgiven our debtors.

And do not lead us into temptation, but deliver us from evil.

A Prayer of Surrender

Romans 12:1; Proverbs 3:5–6 (NASB)

Father, I present myself to You as a living sacrifice, holy and acceptable to You. I trust You with all my heart and lean not on my own understanding. In all my ways I acknowledge You, and I ask You to make my path straight. I surrender my plans, my expectations, and my control to You.



Jehoshaphat's Prayer in Crisis

When Judah was facing an overwhelming threat, King Jehoshaphat did not rally the people around a plan. He called them to seek the Lord. Then in front of the great assembly, Jehoshaphat prayed, He reminded himself, and the people, of who God is and what God had already promised.

"O our God, will you not execute judgment on them? For we are powerless against this great horde that is coming against us. We do not know what to do, but our eyes are on you." **2 Chronicles 20:11 (NASB)**

God responded, "Do not be afraid nor dismayed because of this great multitude, for the battle is not yours but God's."

2 Chronicles 20:15 (NASB)

Before a single sword was lifted, worship broke out. The people bowed. They sang. They praised God loudly, not after the victory, but *before* it. And as they worshiped, God fought for them. The enemy was defeated, and Judah walked into a victory they did not have the strength to secure on their own.

This is what faith often looks like. Not having answers, but choosing to fix our eyes on God.



The Tabernacle

Before there was a temple, before there were church buildings, God chose to dwell among His people in a tabernacle.

The tabernacle was not accidental. God gave detailed instructions for it because it reflected His holiness, His mercy, and His desire to be near His people. Every movement toward the Holy of Holies required intention, humility, and reverence.

Exodus 25:8 (NASB)

"Let them construct a sanctuary for Me, so that I may dwell among them."

The tabernacle was where God met with His people. It was where sacrifice was made, cleansing occurred, worship rose, and intercession happened. It taught Israel how to approach a holy God without fear, but not without awe.

Today, we no longer approach God through a physical tabernacle.

Hebrews 10:19–22 (NASB)

"Therefore, brothers and sisters, since we have confidence to enter the holy place by the blood of Jesus… let us approach God with a sincere heart in full assurance of faith."

Through Jesus, the way has been opened.

And Scripture tells us something even more intimate.

1 Corinthians 3:16 (NASB)

"Do you not know that you are a temple of God and that the Spirit of God dwells in you?"

God no longer dwells behind a veil. He dwells within His people.

Tabernacle

The movements of the tabernacle still matter, not because we must recreate them, but because they shape how we come before God. They remind us to enter with gratitude, to pause at the cross, to surrender our hearts, to invite the Spirit's work, to be nourished by the Word, to worship deeply, and to carry others before the Lord.

As you pray, remember this:

If you are a believer, you are a temple of the Lord. God's presence is not something you have to reach for or summon. Through Christ, His Spirit dwells with you and within you.

Psalm 46:10 (NASB)

"Be still, and know that I am God."

Prayer, then, is not about crossing space. It is about becoming still enough to recognize who is already there. It is learning to quiet your heart, settle your thoughts, and respond to the God who has chosen to dwell with you.

You are not praying to bring God closer.

You are praying from the reality that He is near.

A Prayer of Repentance and Renewal

Psalm 51:1–12 (NASB)

Be gracious to me, O God, according to Your lovingkindness;
According to the greatness of Your compassion, wipe out my wrongdoings.
Wash me thoroughly from my guilt and cleanse me from my sin.
For I know my wrongdoings,
And my sin is constantly before me.
Against You, You only, I have sinned
And done what is evil in Your sight,
So that You are justified when You speak
And blameless when You judge.
Behold, I was brought forth in guilt,
And in sin my mother conceived me.
Behold, You desire truth in the innermost being,
And in secret You will make wisdom known to me.
Purify me with hyssop, and I shall be clean;
Wash me, and I shall be whiter than snow.
Make me hear joy and gladness,
Let the bones which You have broken rejoice.
Hide Your face from my sins
And wipe out all my guilty deeds.
Create in me a clean heart, O God,
And renew a steadfast spirit within me.
Do not cast me away from Your presence
And do not take Your Holy Spirit from me.
Restore to me the joy of Your salvation
And sustain me with a willing spirit.



CHAPTER THREE

Standing Firm in Prayer

Standing firm in prayer does not mean striving harder.

It means standing in what is already true.

Scripture is clear that we live in a spiritual world, but it never calls us to panic. It calls us to discernment, dependence, and confidence in God's authority.

Ephesians 6:12 (NASB)

"For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places."

Standing firm begins by remembering who the battle belongs to.

Exodus 14:14 (NASB)

"The LORD will fight for you while you keep silent."

We do not stand firm by shouting louder or praying longer. We stand firm by submitting ourselves to God and anchoring ourselves in truth.

James 4:7 (NASB)

"Submit yourselves therefore to God. Resist the devil, and he will flee from you."

Resistance begins with submission.

CHAPTER FOUR

Personal Prayer Pages

Prayer becomes deeply personal when we begin carrying real names, real burdens, and real moments before God. Scripture invites us not only to pray generally, but specifically, trusting that God is attentive and near.

1 Timothy 2:1 (NASB)

“I urge that requests, prayers, intercession, and thanksgiving be made on behalf of all people.”

These pages are a place to return again and again. You do not need to fill every space. You may write names, phrases, dates, or simple prayers. God sees what is offered here.

Those Under My Care

Psalm 127:1 (NASB)

“Unless the LORD builds the house, they labor in vain who build it.”

Lord, I place before You the people You have entrusted to me. I release the weight of responsibility and ask You to do what only You can do.

Names and prayers:

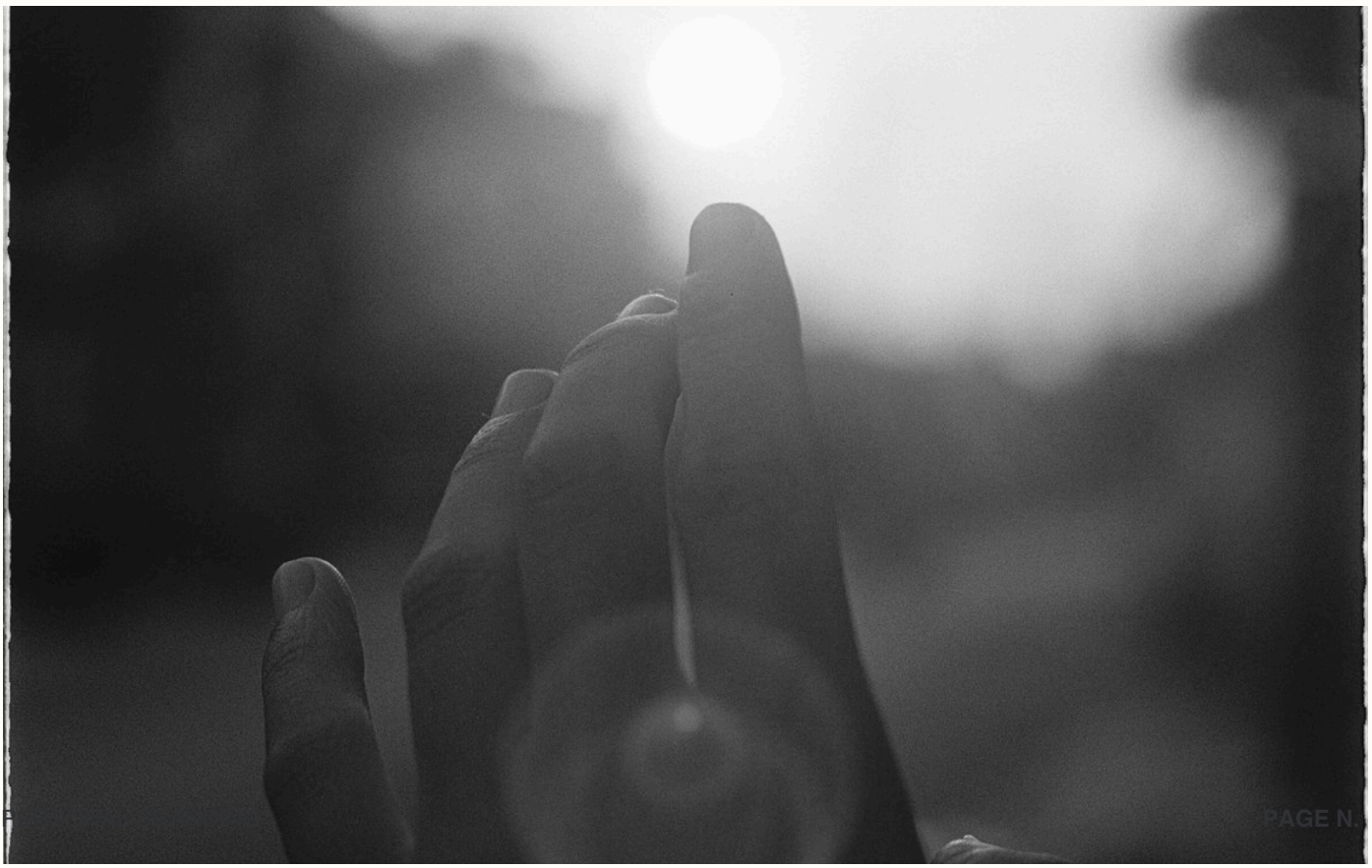
Family

Joshua 24:15 (NASB)

“As for me and my house, we will serve the LORD.”

Father, I lift my family before You. Guard their hearts. Lead them in truth. Cover them with Your grace and wisdom.

Names and prayers:





Friends and Close Relationships

Ecclesiastes 4:9–10 (NASB)

"Two are better than one… For if either of them falls, the one will lift up his companion."

Lord, I thank You for the people who walk alongside me. Strengthen these relationships. Heal what is strained. Deepen what is good.

Names and prayers:

The Church and Spiritual Leaders

Colossians 1:9–10 (NASB)

"We have not ceased praying for you and asking that you may be filled with the knowledge of His will."

God, I pray for the church. For pastors, leaders, teachers, and servants. Guard them, strengthen them, and keep them rooted in truth and humility.

Names and prayers:



Those Who Are Hurting

Psalm 34:18 (NASB)

"The LORD is near to the brokenhearted and saves those who are crushed in spirit."

Father, I bring before You those who are weary, grieving, sick, or overwhelmed. Draw near to them. Comfort them. Heal them according to Your will.

Names and prayers:

Those Who Need God

2 Peter 3:9 (NASB)

"The Lord is not slow about His promise… but is patient, not wishing for any to perish."

Lord, I ask You to draw hearts to Yourself. Open eyes to see truth. Remove what hinders faith. Let Your kindness lead to repentance.

Names and prayers:



Keep Returning

Prayer is not something you finish.

It is something you return to.

Scripture never presents prayer as a single moment of arrival, but as a continual turning of the heart toward God. Again and again, God's people wander, weary, uncertain… and again and again, they are invited back into *His presence.*

Joel 2:13 (NASB)

"Return to the LORD your God,

For He is gracious and compassionate,

Slow to anger, abounding in lovingkindness."

If this guide has taught you anything, let it be this:

God is not waiting for you to get prayer right. He is waiting for you to come near.

As you close THESE PAGES

Do not feel pressure to maintain a perfect rhythm or carry forward every practice. Simply keep returning. Return to Scripture when your words run out. Return to prayer when fear rises. Return to God when life feels loud or unclear.

He has not moved.

He has not grown distant.

He has not withdrawn His invitation.

James 4:8 (NASB)

"Draw near to God and He will draw near to you."

May prayer remain a place of refuge, not responsibility.

May Scripture continue to shape your words and steady your heart.

And may you always remember that the greatest gift of prayer is not what changes around you, but the nearness of the God who meets you there.

Psalm 16:11 (NASB)

"In Your presence is fullness of joy."

Keep returning.

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