



**Julia Roller**

**The Real Life Prayer  
Book for Moms**

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## Table of Contents

Introduction .....	1
Prayer for the Reader .....	2
The Mom's Prayer .....	3
Prayer for Simplicity .....	4
Prayer in the Dressing Room at Target .....	5
Prayer When Your Child Is Sick .....	6
Prayer for When You're Hiding in the Bathroom .....	7
Prayer When Leaving Your Children in Someone Else's Care .....	8
Prayer after Exercising .....	9
Prayer When You Haven't Exercised and Have Eaten Too Much...Again .....	10
Prayer over the Checkbook .....	11
Prayer for Rescue .....	12
Prayer for Kids' Bedtime .....	13
Prayer for Your Bedtime .....	14
About the Author .....	15

## Introduction

Many of my favorite prayers in the Bible come from the Psalms. What I am often struck by in these songs to God are the abrupt transitions from emotion to emotion, from anger and vengeance to praise. From need and pleading to praise. Just like me, the Psalms are often all over the place.

But I love how they so often end in praise.

That's the way prayer often goes for me. I start off with a request or a problem or even, sad to say, a sense of duty, sometimes wander all over the place, and usually I end up in praise. Because there's nothing like talking to God to remind us of all we have.

Becoming a mom has changed my prayer life in so many ways. As I write in my book *Mom Seeks God*, at first I found it incredibly difficult to find the quiet and the space for prayer in my busy life as a mom. After the experiences I write about there, of asking God to help me better fit prayer into my daily life, I've found my prayer life to be ultimately deepened and enriched by the blessings of being a mother. I have so much for which to thank God. I have so much for which to ask God for help!

I've written here some of the prayers that I find myself praying in daily life. I know we moms often have just a minute or two, so I've done my best to keep these short and sweet. I've found too, since becoming a mom, I often find myself praying in unexpected times and places. I wrote many of these, for example, in the car while my older son was at soccer practice, and my younger son was asleep in the backseat. I'll take my prayer wherever I can get it!

I hope these prayers will speak to you and offer you a smile or a laugh or a flash of insight. Most of all, I hope they offer you a moment of connection with God. We all come before God a little bit differently, I've found, and sometimes reading the prayers of others can help us slow down and reflect a little bit about the way we ourselves pray.

Many blessings to you in the reading!

## Prayer for the Reader

Father God,

Thank you for the mom who is reading this book right now.

You know where she is spiritually, whether she is in dire need of spiritual refreshing or whether she is so tired she can hardly keep her eyes open, or perhaps both.

Meet her where she is, God.

Cover her with your all-encompassing love.

Guide her as she cares for the children with which you have blessed her.

Help her to feel your presence as she moves throughout this day.

Amen.

## The Mom's Prayer

I don't know what I'm doing here, Lord.  
I certainly don't deserve these children you blessed me with.  
And sometimes I wish I felt more excited about my everyday mom duties.

But I know what a tremendous gift they are.  
And how much you must love me to trust me with them.  
Help me, Lord, to appreciate them even when I'm knee-deep in chaos.

Help me to be the mom you created me to be.

Amen.

## Prayer for Simplicity

Dear Lord,  
Sometimes when I look at my to-do list, I feel like it'll never all be done.  
Lately I feel so overwhelmed by my life.  
When did things get so crazy?

Why do I make them so crazy?

Lord, look at this with me.  
Lord, put things in order according to what is truly important.  
Help me to do what needs to be done and to forget about the rest.

Teach me to say no when it's not for me,  
And to have the courage to say yes when it is.  
Open my heart so I can better hear the difference.

Help me then to stand firm, to let my noes be no and my yesses yes.

Help me to teach my children to discern what is truly important and not just what others say is so.

Please cultivate a deep appreciation within me for what I already have so that I do not long for more. Help me to understand that most often the more that I want is more of you.

Help me to rid myself of all that is obscuring you in my life. Help me to seek you through less--less noise, less distraction, less stuff. More you, less of everything else.

Amen.

## Prayer in the Dressing Room at Target

Dear Lord,

I know you created my body and that it is good.  
I know too that I don't always take care of it the way I should.  
I should probably eat fewer carbs and really cut out that diet soda once and for all.

But....really, Lord?

Is my body good even in this lighting?  
I can't quite see how that could be.  
The truth is I feel a lot better about my body when I can't see it from these angles.  
Can we figure this out together?  
Is this about moving past a narcissistic obsession with my looks?  
Should I embrace the beauty of these thighs?

Help me to figure out where I should be grateful for my body and where I should be taking better care of it and where I should just be trying to let go of thinking about it at all.

Help me to focus more on its strengths than what I see as its shortcomings.

Amen.



## Prayer When Your Child Is Sick

Dear Lord,

Heal this sweet child.

Give my baby peace and comfort and rest.

Strengthen me to care for her,

To meet her every need with an uncomplaining spirit.

Help me to give her what she needs, today and always.

I ask that you spread a blanket of your healing love over her,  
that you heal, refresh, and restore her.

Please help me to remember and be grateful for her health every day.

In Jesus' name,

Amen.

## Prayer for When You're Hiding in the Bathroom

I did it again, Lord.  
I just lost it with my child. Again.  
Why aren't I better at this, God?  
I thought I would be better by now.  
Forgive me, Lord, for my impatience and quick temper.  
Help me, Lord, to notice right away when I start to go off the rails.  
Help me, Lord, to pause before I speak in frustration or anger.  
Help me, Lord, to come to you first.

Thank you, Lord. I can feel the anger and the frustration melting away.  
Thank you, Lord, for these emotions. Help me to control them better.

Thank you for that beautiful, frustrating child out there.  
Help me to be the mom he deserves.  
Help me to remember that he's still figuring it all out.  
Just like me.

Soften my heart, Lord.  
Renew my patience, Lord.  
Fill me with your love.

Amen.

## Prayer When Leaving Your Children in Someone Else's Care

Dear God,

Please bless and protect my children as they are cared for by someone who is not me.

Please let my children be their best...but also help me to understand why they are so much better around others than they often are with me.

Please let these caretakers take care of them as though they were me. On second thought, even better than if they were me.

Why do I feel so simultaneously sad and worried to leave them but also so thrilled?

Help me to remember all those things I will see, hear or notice during these few hours that I will want to share with them.

Help them remember all they do and enjoy so they can share it with me too.

Help me remember these resulting feelings of missing them the next time I am with them and think that I might prefer to be by myself.

Help me in these hours to become refreshed and renewed and bless our coming reunion.

Help these hours apart to remind me of the immense privilege I have in caring for them the rest of the time.

Amen.

## Prayer after Exercising

Dear Lord,

Thank you for the gift of this body, in all its creaks and unlovelinesses.

Thank you for all I can do with it--walk, run, eat, hug, love, praise.

Thank you for the deep reserve of strength in my body that allows me to care for my children even when I think I'm too tired.

I want to take good care of my body because you made it, and you tell us in the Bible that it is to be a temple of the Holy Spirit.

Yet too often my feelings about it have little to do with treating it as a temple and everything to do with the disconnect between the way I think it's supposed to look and the way I think it actually looks.

Help restore in me a sense of holiness about this body you gave me.

Help me to see where I need to take better care and where I'm being silly and superficial.

Cultivate within me the deep gratitude you deserve for this gift.

Help me to appreciate even that which I usually deplore--help me to complain about that less.

Help me to pass down to my children this same sense of holiness and appreciation, of balance.

Guide me as I make choices about eating, sleeping, and exercising--to make good decisions and for good reasons.

Please give me balance in this and in every area of my life.

In Jesus' name,

Amen.

## Prayer When You Haven't Exercised and Have Eaten Too Much...Again

Well, Lord, I did it again.  
Now I feel terrible.

Why am I so weak about these things?  
Lord, I bring this to you.  
Please help me, Lord.  
Please help me to do better,  
To not mistake the longing I feel for physical hunger.

Fill me, Lord, with your presence.  
Please keep me in balance.  
Help me to maintain my health so I can better care for my family and better serve you.

In Jesus' name I pray,  
Amen.

## Prayer over the Checkbook

Father God,

I fear I am not a very good steward.  
I fear, in fact, that I am a terrible steward.

Every month, it seems, I spend more than I plan to, more than I should.  
Your Word tells us the love of money is the root of all evil.  
Yet part of me always thinks, If I had just a little more, life would be so much easier.

Remind me each time, Lord, I reach for money or a card, to think about what I am spending.

God, you've never allowed me true hunger or desperation about money.  
God, you've always given me so much more than enough.  
Help me, O Lord, to view my expenses with your eyes and your priorities.  
Remind me of your great abundance and all that I have.  
Help me to focus on what I have rather than what I don't or what I want.

Amen.

## Prayer for Rescue

It's been a really hard day, Lord.  
I'm having a really hard time.  
I can't do it by myself, God.  
And today that's more clear than usual.  
Forgive me, God, for all the ways I have erred today.  
Rescue me, Lord, my rock and my redeemer.

Be my rock today, so I can be my family's rock.  
Keep me steady so I can be steady for my family.  
Hold me up so I can hold them up.  
Comfort me so I can comfort them.  
Love me so I can love them.  
Rescue me, Lord, and rescue them too.

Amen.

## Prayer for Kids' Bedtime

Father God,

Thank you for another day spent in the company of these little ones.

Please bless them as they rest tonight.

Renew their bodies, refresh their souls, replenish all the joy.

Thank you for the hugs and the kisses, and also the tears and the ouchies and the spilled snacks.

Thank you for every bit of today.

Help us to remember the highs and let go of the lows.

Remind us how blessed we are to be a family and how wonderful each day together is.

May tomorrow be just as wonderful.

Most of all, Lord, I ask that you help these children grow up to be the adults you created them to be.

(And me too.)

Amen.



## Prayer for Your Bedtime

Father God,

Thank you for all the beauty of today.

Thank you for the ways you peeked at me in the faces of my little ones, through the other people I encountered, and through the world you created.

Thank you for the gift of my children's sleep, for their sweet even breathing, for their closed eyes and long lashes, for their round cheeks and their pursed lips and their faces so peaceful in respite.

Thank you for the gift of this bed and for the gift of rest.  
Please bless everyone's sleep tonight.

Help me to see you more clearly tomorrow.  
I look forward to what you will do.

Amen.

## About the Author

Julia Roller is the author of *Mom Seeks God*. Her other books include *A Year with God* (with Richard J. Foster), *25 Books Every Christian Should Read*, *A Year with Aslan*, *Connecting with God*, and *Learning from Jesus*. Julia is also a speaker, editor, and blogger, wife to Ryan, and mom to two mischievous little boys. She lives with her family in San Diego, CA. Please visit her at her web site and blog at [www.juliaroller.com](http://www.juliaroller.com).

