



7 PRAYERS THAT LED TO PEACE

Dawn Marasco

INTRO:

It has been twenty-nine years since I began this process of learning how to have God's peace. I can honestly say *I am so thankful that my younger self did not give up, give in, or abandon the process of knowing God's peace.* I would not be who I am today. My life has been changed forever!

We can choose today to live the life of peace that God intends for us.

Most of what I will share with you today is from my book, ***Continuous Peace, 4 Steps to Living the Life of Peace God Intended***. I wrote that book in obedience to God. He has inspired my heart to share what He has taught me. He impressed on me ... *If they know what I have done for you, they will have hope that I can do it for them.* In the book I share my story of being a weak fearful Christian to learning HOW to walk with Him and have His Continuous Peace.

If you are looking for peace, these 7 prayers CAN definitely help you draw near to God, but if you want to be equipped with the 4 Steps to help you process your daily life, grab my book [Continuous Peace](#), or do yourself a favor and jump into my [Jumpstart Your Peace Course](#) with 12 video lessons. In both resources I pour my heart out to help you in your own journey to peace. **I shine a light through my story in order to illuminate possible next steps in your own journey to God's peace.**

Here is a little of my story:

- *I was born to a gentle 16-year-old mom and a 20-year-old alcoholic dad.*
 - *My dad ingrained fear, mistrust, and lack of confidence in me,*
- *which fed suspicion, doubt, insecurities, anger, and a lack of caring.*
 - *I became tough and hardened. My motto was, "No one is going to hurt me again."*
- *In that season I caused even more harm to my own life.*
- *Then when I was 19 and engaged to be married, my fiancé was murdered in front of me.*
- (I share all of this at: DawnMarasco.com/story)

So as you can imagine ... I had no peace in my life.

In that horrible, traumatic, and sad season after I lost my fiancé, I ran straight to God. *I cried out to Him.* Don't get me wrong... I had always prayed to God, but it was more like a one-way conversation. I did not know how to have a loving relationship with Him. So my first prayer begins ... Help!

"Help me God", can be a powerful prayer that invites God into our situation. My life changed the day I prayed **"Help" and** invited Him into my heart.

A prayer like this became my starting point to peace.

Prayer 1 HELP- OUR STARTING PLACE

“Father, help! I know You have more for me than the way I am living. I want Your help! Today I want to make sure that You have access to my heart. I have tried to do things on my own. I have tried to fill my life with things or relationships that I thought would bring me peace, but they do not. I have tried to control or keep order as an attempt to feel peaceful, but it is just a mirage.

I recognize that I want Your peace and I know that it is found in a personal relationship with You. Please forgive my sins that have separated me from You. Thank You for sending Jesus, who died paying the penalty for all my sins. He bridged the gap so that I can have a relationship with You. By faith, I choose to receive Jesus as my Savior. Please fill me with Your Holy Spirit, equipping me to live for You. I desire the fruit of the Spirit to be evident in my life. I want to be free, healed, and full of Your peace. Be my Lord. Complete the good work You began in me. In Jesus’ Name, I pray. Amen.”

Add your thoughts or prayer here:

Our relationships stay surface-deep until we share our heart with one another. It can be scary to share our wounded hearts with anyone, including God. My past wounds caused me to build fortified walls that enclosed sections of my heart. I knew God wanted to make my heart whole, but that unknown process was frightening. I had to choose whether I would keep God at arm’s length and stay as I was or if I would allow Him to enter every boarded-up room.

The Day I Gave God Full Access

I knew I had to give God full access to my heart in order for Him to heal me. I did not feel ready, but I knew that I finally wanted God’s will for me more than I wanted my own will. I needed His freedom more than I desired to keep my heart tightly sealed. I was desperate for His peace because I was continually allowing fear to rule my life! Even though I loved God and I prayed often, I still felt vulnerable inviting God into my messy heart. Being desperate to be changed, I finally put down my guard and let Him into every boarded-up room.

I sobbed while praying a prayer like this:

Prayer 2 SURRENDER

“You know I am so afraid to give You access to my whole heart, but Lord, I know You want more for me than the way I am living. I lay down my past, every wounded place, and all that is in my heart. I give You full access to it all. I give You my present day, and every day. I give up my right to hide. I do not want to dictate my way. I even reluctantly release my future to You. I am afraid of what You may require of me. But I want You to fulfill the plans You have for me, more than I want to control my life. Prepare me for all that You want me to do... You have to do this work because I cannot!”

Add your thoughts or prayer here:

There are NO special words or prayer formulas. **Our best prayers come from our heart! Each of our prayers are uniquely different** but God hears them all!

This third prayer is something that I do to keep my peace as issues arise throughout the day. If I feel my peace beginning to decrease, I look within for what may be robbing my peace. It may be a new situation, a current ongoing stressor, an actual pain or past pain or it may even be a thought that is trying to rob my peace. *I teach these lessons in detail in the book and course*, but the main focus is that you can recognize what is robbing your peace.

Prayer 3 RECOGNIZE AND PRAY:

- Lord, I recognize . . .
- This is how that makes me feel . . .
- This is how it has impacted or is impacting my life . . .
- Please help me to . . .

Add your thoughts or prayer here:

Release Real Life Issues

We are to Release our real-life issues that cause us anxiety. God tells us not to worry about anything. But in everything, every circumstance and situation, we are to take it all to Him in prayer! He already knows everything about us. We can come to Him as we are. He loves us. He wants us to bring Him our heart, pain, fears, dreams, and broken places. We are to tell Him what we need. God desires a close relationship with each of us. He teaches us not to be anxious because He is near!

Philippians 4:5b-7 (AMP)

The Lord is near. Do not be anxious or worried about anything, but in everything [every circumstance and situation] by prayer and petition with thanksgiving, continue to make your [specific] requests known to God. And the peace of God [that peace which reassures the heart, that peace] which transcends all understanding, [that peace which] stands guard over your hearts and your minds in Christ Jesus [is yours].

I have had so many people tell me that they do not want to bother God with their problems. That type of thinking is absurd, and it will keep us from a close relationship with Him. He

assures us that He is already near to us. He is waiting for all our anxieties to be given to Him. He does not want us living with worry or unease. He wants us to experience a life that is so full of His peace that it protects our hearts and guards our minds from being tormented by fear. Fear and anxiety put a wedge between us and our faithful Father.

We can confidently and with thanksgiving continue to make our requests known to God.

Prayer 4 RELEASE REAL LIFE ISSUES

“Lord, I do not want to worry about this issue. Instead I am going to bring it to You in prayer. Lord, I release _____. I trust You with this issue and its outcome. I am so thankful for what You have already done in my life. I am also thankful that I get to bring my current and past unresolved anxieties, worries, and cares to You. I am relieved to know that You are always near to me. Lord, guard my heart with Your amazing peace as I trust in You. Amen.”

Add your thoughts or prayer here:

The Circle of Fear

In our everyday lives we can have situations or occurrences that can cause us to worry about today. If we allow those fearful anxieties to penetrate our heart, we can start to worry about tomorrow, and even worry about what the future holds.

Let your anxiety be known to God!

Now take that very specific issue, fear, worry, concern, anger, or frustration to God in prayer. Tell God exactly how you feel. *He can handle it.* He welcomes you to share your heart with Him. Let your anxiety be known to God!

Prayer 5 WHEN OVERWHELMED

“Lord, in this situation I am overwhelmed. It is even hard to know how to pray, but I Release this entire thought to You. Lord, only You know the way that this situation can work itself out. I pray You provide everyone and everything needed to bring it to a good completion. I pray that You will lead, guide, give wisdom, protection, and everything else that is needed to bring about Your will. Lord, I need You and I desire Your help. I want Your will and Your way to be done in this situation.

Lord, You know that I am fearful that this or that may happen. I am afraid that something bad is going to come of this, so I choose to release my heart and those who I love and what I care about into Your loving arms. I ask that You lift all sadness, worry, doubt, and concern regarding this issue. Heal my heart. Be Lord over this situation and give me Your peace. Thank you for loving me. In Jesus’ name, Amen.”

“I release _____ into Your mighty and capable hands.”

Add your thoughts or prayer here:

Surrender My Heart and My Mouth

If I am going to walk in a manner worthy of the Lord, I know I must have both my heart and the words that I speak right. My prayer has been for *God to continually transform my heart and my words*. If my heart is far from God’s will, so will my peace be.

Psalm 19:14 (NASB)

Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my rock and my Redeemer.

I ask God to help me with the words of my mouth because they can get me into trouble and cause me to lose my peace. I know how quickly a negative thought can pollute my heart and easily be spewed out through the words that I speak. Negativity can affect everyone it hits.

Prayer 6 SURRENDER MY HEART AND MY MOUTH

“Please, God, allow the meditations of my heart and the words of my mouth to be acceptable in Your sight. I want to please You, love You, and love others. You are my immovable Rock and the One who redeemed me. You will empower me to live a life that is pleasing to You and filled with Your peace.”

Add your thoughts or prayer here:

God Orchestrates Incredible Moments when we lay our everyday life into His hands.

Romans 12:1-2 (MSG)

So here’s what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don’t become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You’ll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.

Fulfilling God's Plans

I think that it surprises us that God fulfills His call in our lives through our everyday circumstances. But it is true. It is through our everyday lives that we will be taught by God. Daily we can make a difference in God's kingdom and in the lives of others.

Our everyday lives can be used to bring God glory by fixing our attention on Him and doing what He has called us to do, no matter how big or how small it is. As we continue to love Him and love others as a way of life, we will fulfill His plan for us every day. It is simple.

*Do not underestimate who you can impact
by just loving God and others in your everyday life.*

Prayer 7 PLACE YOUR EVERYDAY LIFE BEFORE GOD

“Lord, I place my everyday, ordinary life—my sleeping, eating, going-to-work, and walking-around life—before You. Help me know and embrace all You have done for me. I want to fix my attention on You so I will be changed from the inside out. Help me to recognize what You want from me, and quickly respond to it. I give you my heart and my life, I believe you will bring the best out of me and develop well-formed maturity in me. Help me to love you and love others through my everyday life. Fill me with Your love and peace as you fulfill the plans You have for me.”

Add your thoughts or prayer here:

Our journey to peace may be hard and scary at times. We will feel vulnerable, but if we choose to stay the course, we will experience God in ways we never could have imagined.

When we choose to set our course and persevere, taking one step of faith after another, God will journey with us and we will be blessed beyond measure.

Blessed Beyond Measure

Ephesians 3:20–21 (AMP) Now to Him who is able to [carry out His purpose and] do superabundantly more than all that we dare ask or think [infinitely beyond our greatest prayers, hopes, or dreams], according to His power that is at work within us, to Him be the glory in the church and in Christ Jesus throughout all generations forever and ever. Amen.

May you live the life of peace that God intended.

Thank you for journeying with me through the *7 Prayers that Led to Peace*. I would love to hear from you. Reach out at: hello@DawnMarasco.com

HERE ARE SOME GREAT RESOURCES OR YOU!

- **Links to my book: Continuous Peace, 4 Steps to Living the Life of Peace God Intended** [Amazon](#) or [My Publisher](#)
- **Check out my JumpStart Your Peace Course SPECIALS ...** [link to Specials](#)
- **Look for our Encouraging Emails** (2 times a month) DawnMarasco.com/thrive
- **Check out my Mentorship for Women – You CAN Thrive!**
This is where I share my best material to help you build your faith, be restored, and be empowered to live your best life in Christ.
PEACE in 2024 – Be mentored and join a community of Christian women for only \$24 a mo. Check it out: [You Can Thrive! Mentorship](#)

Journal

**Build Your Faith Be Restored Be Empowered
to Live Your Best Life in Christ.**