

**The following are the Bible Verses and Prayers you will hear during the 45 minute Christian yoga video, available at [www.TheYogaPrayer.com](http://www.TheYogaPrayer.com)**

### **Prayer 1**

The prayer of a righteous person is powerful and effective. – **James 5:16**

*Thank you, Lord, for the ability to come to you in prayer.*

*We rejoice in the fact that you always hear our prayers and we rest in the*

*knowledge that your answers will come in your time.*

### **Prayer 2**

My sheep listen to my voice; I know them, and they follow me. – **John 10:27**

*Lord, today I pray to not only have our prayers heard by you, but I pray to hear you. I follow you in faith of your saving grace and I walk with you in obedience.*

### **Prayer 3**

I know the plans I have for you, plans to prosper you and not to harm you, plans to give you hope and a future.- **Jeremiah 29:11**

*Lord, thank you for caring for me.*

*Thank you that you have plans that will prosper me and give me both hope and a future. You, my Savior and Friend, are an awesome God.*

#### **Prayer 4**

For I Can Do everything through Christ, who gives me strength. – **Phillipians 4:13**

*Thank you God for the Courage and Hope you fill me with as I face Life's Challenges. I know Jesus will carry and uphold me through my difficulties today and every day.*

#### **Prayer 5**

Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. – **Matthew 6:33**

*God, I know that you created me in your image and I know that I cannot effectively be fulfilled without you in my life.*

*I look to you today and ask you to help me grow in your image.*

#### **Prayer 6**

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know the testing of your faith produces perseverance. –

**James 1:2-3**

*Thank you Lord for the trials that teach me to persevere. Help me to grow today, to be mature, complete, not lacking anything.*

**Prayer 7**

We know that in all things God works for the good of those who love him.

**Romans 8:28**

*Father, thank you that these words are not just a theory, but a fact!*

*Thank you that you rule over all and that you govern wisely.*

*Your promise assures my heart so I can calmly meet each trial as it comes.*

**Prayer 8**

Cast all your anxiety on Him, because He cares for you.- **1 Peter 5:7**

*Lord, I praise you that all things are fixed by your hand. I praise you because you love me and watch over every step of my journey through this life.*

**Prayer 9**

Brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. – **Phillipians 4:8**

### **Prayer 10**

This I recall to mind, therefore I have hope. The Lord's loving kindness never cease, his compassions never fail, they are new every morning. Great is God's faithfulness. – **Lamentations 3:21-26**

*Every morning when I see the sunrise, may it remind me of you and your great faithfulness.*

### **Prayer 11**

The Lord is my strength. – **Psalms 28:7**

*Lord, please employ your power and infuse your strength into my weakness. May my dependence on you, the immortal, invisible God, give me great strength of spirit. And may that strength inspire confidence that is more than human.*

### **Prayer 12**

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. – **Psalms 91:1**

*Lord, may I rest in the shadow of the Almighty, for the promised blessings are for those who live in close fellowship with you. I am safe with you for no evil can reach me under the shelter of your power and love.*

### **Prayer 13**

Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. –

**Isaiah 40:31**

*Lord please renew my strength today for I am weak at times and in need of Your great graces.*

### **Prayer 14**

We have different gifts, according to the grace given each of us. – **Romans 12:6**

*Lord, one of the spiritual gifts is serving. May I humbly serve You by listening, helping, uplifting others, speaking the truth always, and shining Your light wherever I go. This I am compelled to do because I am called to be like you.*

### **Prayer 15**

Give thanks to the Lord for he is good. – **Psalms 107:1**

Lord, we praise you today for your unwavering goodness.

You are the source and the sustainer of all things that are good.

Today, may I feel the joy of your love and may I rest securely in your goodness.

### **Prayer 16**

The fruits of the Spirit are love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.- **Galatians 5: 22-23**

Lord, may I embrace the fruits of the spirit in my heart, and may they grow in me this day and every day.

### **Prayer 17**

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.- **1 Corinthians 13:4**

*Lord, Help me to exemplify this type of Love today.*

### **Prayer 18**

Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind; and, Love your neighbor as yourself – **Luke**

**10:27**

*Thank you God for your two greatest commandments: To love you, Lord, and to love my neighbor.*

### **Prayer 19**

Do not be anxious about anything, but in every situation, by prayer and thanksgiving, present your requests to God and the peace which transcends understanding, will guard our hearts and our minds. – **Phillipians 4:6-7**

*God I pray to you today to experience your Peace instead of anxiety, I pray with thankfulness about every concern that I have.*

### **Prayer 20**

God is our refuge and strength, an ever-present help in trouble. – **Psalms 46:1**

*Lord thank you for being able to deliver me from the troubles I face. Thank you for being all that I need to get me through any challenge this life may present.*

### **Prayer 21**

Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, “move from here to there” and it would move. Nothing would be impossible. – **Matthew 17:21**

*God, I know that you have supernatural powers, and can do great miracles for me when I ask. I pray today to see these miracles in my life.*

## Prayer 22

For God so loved the world that he gave his one and only son, so that whoever believes in Him shall not perish but have eternal life. – **John 3:16**

*God, I thank you for your Gracious gift, the Savior. I ask to receive Him into my heart. I delight in knowing through my faith in Him I am promised eternal life.*

## Prayer 23

If we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. – **1 John 1:9**

*Lord please forgive the sins I know and the sins which I do not know; though I am imperfect and flawed, I know through your great goodness and mercy I am forgiven.*

## Prayer 24

Do not judge, or you too will be judged. – **Matthew 7:1**

*Lord, in everything may I treat others as I would wish to be treated. When I have been injured by thoughtless words or deeds, may I forgive as you have forgiven me. Then help me to forget the past and press on to the mark of your high calling.*

## Prayer 25



Give to anyone who asks; and when things are taken away from you, don't try to get them back. Do to others as you would like them to do to you. – **Luke 6:30-31**

*Lord, help me to apply this Golden Rule as you guide me with your loving hand.*

*Please instruct me, so that I may lead my life in a way that pleases you.*

### **Prayer 26**

Serve wholeheartedly as if you were serving the Lord, not people. **Ephesians 6:7**

*Lord, may I be in Christ today and always. Your teachings require I serve others, because serving others tests and purifies my heart. Help me to be in the center of your will doing the good works you have ordained.*

### **Prayer 27**

When you give, give generously and not with a stingy heart; for that, the Lord, your God, will bless you in all your works and undertakings. – **Deuteronomy**

**15:10**

*Lord, I know that when I give generously, you reward me with an abundance of blessings that cannot be matched. Fill my heart with generosity so that I can give to others as you have given to me.*

### **Prayer 28**

Trust in the Lord with all your heart; do not depend on your own understanding.  
Seek his will in all you do, and he will show you which path to take. – **Proverbs**

**3:5-6**

*Thank you God for your intimate involvement in every detail of my daily living.  
Please help guide my path daily so my decisions and actions fulfill your plan.*

### **Prayer 29**

Our Father, who art in heaven,  
Hallowed be thy Name.  
Thy Kingdom come.  
Thy will be done on earth,  
As it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
As we forgive those who trespass against us.  
And lead us not into temptation,  
But deliver us from evil.  
For thine is the kingdom,  
The power, and the glory,  
For ever and ever.  
Amen.

**Matthew 6:9-13**