



15 Days of Prayer for Strength Training

I would like to take a moment to thank my husband who helped me with the finishing touches for this prayer journal, as well as, encouraged me as I began my journey into strength training. Although, our relationship was at a breaking point when I started, he surprised me with a set of weights and a workout bench with a squat rack. Neither of us anticipated how our lives would change.

Of course, I began strength training because I wanted a leaner body, but what I found each time I stepped under the bar is that it provided a gift that I had never imagined. It grounded me and helped me to build strength in every area of my life. I began this prayer journal at a time when my eating disorder kicked up and my husband was at the height of his battle with PTSD. At the time life was so heavy and it was wrecking my training. Some days I just needed to sit with God before I could even think about lifting any additional weight.

I am incredibly blessed to have had this time in prayer and want to pass *15 Days of Prayer for Strength Training* on to you. I hope in some small way it lifts you up. I encourage you to grab additional sheets of paper if you find yourself inclined to write more than the space provided.

The *How Do You Connect To This* section is meant to provide a place for you to include your connection to the scripture and reminder for the day.

The reminders for each day are meant to prompt you into further connecting with the scripture for the day, but also to inspire your strength training journey. The *Weightlifter's Prayer* is the final prayer I wrote, as I put this journal together. I hope that it brings you much encouragement as you are training.

The scripture is taken from *The Catholic Teen Bible*.

My Daily Prayer is meant for you to write a prayer of your own. It can be about a current need, your own connection to the scripture, or any other prayer that you have. It can simply be "Jesus I trust You" or "Jesus help me get this weight up today!"

I am completely inspired by music. Some moments songs help to motivate me and other times they help me to heal. Regardless, I play them while I prepare for my workouts and while I am in the trenches. Many times, when I sit down to pray, there is a song looping through my head, so I like to write down the words that are looping. They usually bring inspiration to my writing and many times lead me right into my prayer. *Song for Today* is meant for you to write down the name of a song or the words to a song that you connect with for the day.

My hope is that as you enter into prayer for your strength training journey that you will bust through your personal records, but most importantly that you will find an additional layer of peace and joy each time you step under the bar!

Have a beautiful day!

All my love,

Jen

Day 1

God reminds us that our body does not belong to us, but to Him. We are reminded to turn to Him and ask for his help in building not only our body, but our life - heart, mind, body, and soul.

Daily Bible Verse:

“Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore, glorify God in your body.” 1 Corinthians 6: 19-20

How do you connect to this?

Weightlifter’s Prayer:

Lord, as I step under the bar
Help me to see myself as you see me
A strong and mighty oak
Firmly rooted in You.
Lord, as I lift the weight
I feel you work in me,
As I breathe in deeply.
Remind me of your strength, Lord
While carrying that old rugged cross.
Lord, as I rack the bar
I am reminded of your Resurrection
Celebrate the victory,
Rejoice and SMILE
For I know where
My strength comes from.

My Daily Prayer:

Song for today:

Day 2

Today we are reminded to keep our body clean heart, mind, body and soul. While healthy eating is important it is also important to be mindful not to take in substances that alter the body, as well as, information that could taint your soul.

Daily Bible Verse:

"I urge you therefore brothers by the mercies of God, to offer your bodies as living sacrifice, holy and pleasing to God, your spiritual worship." Romans 12:1

How do you connect to this?

Weightlifter's Prayer:

Lord, as I step under the bar
Help me to see myself as you see me
A strong and mighty oak
Firmly rooted in You.
Lord, as I lift the weight
I feel you work in me,
As I breathe in deeply.
Remind me of your strength, Lord
While carrying that old rugged cross.
Lord, as I rack the bar
I am reminded of your Resurrection
Celebrate the victory,
Rejoice and SMILE
For I know where
My strength comes from.

My Daily Prayer:

Song for today:

Day 3

Today we are reminded that God calls us to be committed to him. While He does want us to take care of our bodies physically, He also asks us to get excited for Him, for love, for life. To take care of ourselves heart, mind, body, and soul.

Daily Bible Verse:

“Avoid profane and silly myths. Train yourself for devotion, for while physical training is of limited value, devotion is valuable in every respect, since it holds a promise of life both for the present and the future. This saying is trustworthy and deserves full acceptance.” 1 Timothy 4: 7 -9

How do you connect to this?

Weightlifter’s Prayer:

Lord, as I step under the bar
Help me to see myself as you see me
A strong and mighty oak
Firmly rooted in You.
Lord, as I lift the weight
I feel you work in me,
As I breathe in deeply.
Remind me of your strength, Lord
While carrying that old rugged cross.
Lord, as I rack the bar
I am reminded of your Resurrection
Celebrate the victory,
Rejoice and SMILE
For I know where
My strength comes from.

My Daily Prayer:

Song for today:

Day 4

Today we are reminded of the importance of discipline and working to accomplish a goal. The eternal reward in heaven is the goal and as you work towards achieving that, so do you accomplish all those goals that God has planned for you.

Daily Bible Verse:

“Do you not know that the runners in the stadium all run in the race, but only one wins the prize? Run so as to win. Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one.” 1 Corinthians 9: 24- 25

How do you connect to this?

Weightlifter’s Prayer:

Lord, as I step under the bar
Help me to see myself as you see me
A strong and mighty oak
Firmly rooted in You.
Lord, as I lift the weight
I feel you work in me,
As I breathe in deeply.
Remind me of your strength, Lord
While carrying that old rugged cross.
Lord, as I rack the bar
I am reminded of your Resurrection
Celebrate the victory,
Rejoice and SMILE
For I know where
My strength comes from.

My Daily Prayer:

Song for today:

Day 5

Today we are reminded that everything that we do should bring honor and glory to God. Our smile, our laugh, the way in which we love are all reminders of God's love for us, as well as, reminders of where our strength comes from.

Daily Bible Verse:

"So whether you eat or drink, or whatever you do, do everything for the glory of God." 1 Corinthians 10: 31

How do you connect to this?

Weightlifter's Prayer:

Lord, as I step under the bar
Help me to see myself as you see me
A strong and mighty oak
Firmly rooted in You.
Lord, as I lift the weight
I feel you work in me,
As I breathe in deeply.
Remind me of your strength, Lord
While carrying that old rugged cross.
Lord, as I rack the bar
I am reminded of your Resurrection
Celebrate the victory,
Rejoice and SMILE
For I know where
My strength comes from.

My Daily Prayer:

Song for today:

Day 6

Today we are reminded that our ideas, our inspiration, everything that we are comes from our Lord. Turning to Him throughout the day with praise and a grateful heart is an important part of building and maintaining our relationship with Him.

Daily Bible Verse:

“Whatever you do, in word or indeed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.” Colossians 3:17

How do you connect to this?

Weightlifter’s Prayer:

Lord, as I step under the bar
Help me to see myself as you see me
A strong and mighty oak
Firmly rooted in You.
Lord, as I lift the weight
I feel you work in me,
As I breathe in deeply.
Remind me of your strength, Lord
While carrying that old rugged cross.
Lord, as I rack the bar
I am reminded of your Resurrection
Celebrate the victory,
Rejoice and SMILE
For I know where
My strength comes from.

My Daily Prayer:

Song for today:

Day 7

Today we are reminded that God believes in us so much that he has provided us with all of the tools and resources that we need to get stronger and be successful. We only need to turn our life over to Him to discover all of the faith and trust He has in us.

Daily Bible Verse:

“I have the strength for everything through him who empowers me.” Philippians 4:13

How do you connect to this?

Weightlifter’s Prayer:

Lord, as I step under the bar
Help me to see myself as you see me
A strong and mighty oak
Firmly rooted in You.
Lord, as I lift the weight
I feel you work in me,
As I breathe in deeply.
Remind me of your strength, Lord
While carrying that old rugged cross.
Lord, as I rack the bar
I am reminded of your Resurrection
Celebrate the victory,
Rejoice and SMILE
For I know where
My strength comes from.

My Daily Prayer:

Song for today:

Day 8

Today we are reminded to ground ourselves. Take in a deep breath and feel God working in and strengthening you. Take in another deep breath and feel His peace.

Daily Bible Verse:

“Finally, draw your strength from the Lord and from his mighty power.” Ephesians 6:10

How do you connect to this?

Weightlifter’s Prayer:

Lord, as I step under the bar
Help me to see myself as you see me
A strong and mighty oak
Firmly rooted in You.
Lord, as I lift the weight
I feel you work in me,
As I breathe in deeply.
Remind me of your strength, Lord
While carrying that old rugged cross.
Lord, as I rack the bar
I am reminded of your Resurrection
Celebrate the victory,
Rejoice and SMILE
For I know where
My strength comes from.

My Daily Prayer:

Song for today:

Day 9

Today we are reminded that God blesses us with the strength and power to love one another through sharing in His peace.

Daily Bible Verse:

“May the Lord give might to his people; may the Lord bless His people with peace!” Psalm 29:11

How do you connect to this?

Weightlifter’s Prayer:

Lord, as I step under the bar
Help me to see myself as you see me
A strong and mighty oak
Firmly rooted in You.
Lord, as I lift the weight
I feel you work in me,
As I breathe in deeply.
Remind me of your strength, Lord
While carrying that old rugged cross.
Lord, as I rack the bar
I am reminded of your Resurrection
Celebrate the victory,
Rejoice and SMILE
For I know where
My strength comes from.

My Daily Prayer:

Song for today:

Day 10

Today we are reminded that it can be easy to become distracted, to forget, to act hastily and allow ourselves to get lost in the craziness of our world. We are reminded to be on guard, to be disciplined in our prayer and consistently turn to God for support and courage.

Daily Bible Verse:

“Be on your guard, stand firm in faith, be courageous, be strong.” 1 Corinthians 16:13

How do you connect to this?

Weightlifter’s Prayer:

Lord, as I step under the bar
Help me to see myself as you see me
A strong and mighty oak
Firmly rooted in You.
Lord, as I lift the weight
I feel you work in me,
As I breathe in deeply.
Remind me of your strength, Lord
While carrying that old rugged cross.
Lord, as I rack the bar
I am reminded of your Resurrection
Celebrate the victory,
Rejoice and SMILE
For I know where
My strength comes from.

My Daily Prayer:

Song for today:

Day 11

Today we are reminded to ask God to come into our lives and transform us heart, mind, body and soul. We are reminded about the importance of filling our mind with good and wholesome information, so that we can be more in tune with the truth about what God wants for us.

Daily Bible Verse:

“Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect.” Romans 12:2

How do you connect to this?

Weightlifter's Prayer:

Lord, as I step under the bar
Help me to see myself as you see me
A strong and mighty oak
Firmly rooted in You.
Lord, as I lift the weight
I feel you work in me,
As I breathe in deeply.
Remind me of your strength, Lord
While carrying that old rugged cross.
Lord, as I rack the bar
I am reminded of your Resurrection
Celebrate the victory,
Rejoice and SMILE
For I know where
My strength comes from.

My Daily Prayer:

Song for today:

Day 12

Today we are reminded to keep our heart and intentions pure. We are reminded not to get caught up in our appearance or accomplishments, but to put God first in all that we do.

Daily Bible Verse:

“Vanity of vanities, says Qoheleth. Vanity of vanities! All things are vanity!” Ecclesiastes 1: 1- 2

How do you connect to this?

Weightlifter’s Prayer:

Lord, as I step under the bar
Help me to see myself as you see me
A strong and mighty oak
Firmly rooted in You.
Lord, as I lift the weight
I feel you work in me,
As I breathe in deeply.
Remind me of your strength, Lord
While carrying that old rugged cross.
Lord, as I rack the bar
I am reminded of your Resurrection
Celebrate the victory,
Rejoice and SMILE
For I know where
My strength comes from.

My Daily Prayer:

Song for today:

Day 13

We are reminded today that God does not consider our physical appearance but is most concerned with our heart. We are reminded to keep our heart strong in the Lord, even when, especially when we are struggling.

Daily Bible Verse:

“But the Lord said to Samuel: Do not judge from his appearance or from his lofty stature, because I have rejected him. God does not see as a mortal, who sees the appearance. The Lord looks into the heart.” 1 Samuel 16:7

How do you connect to this?

Weightlifter’s Prayer:

Lord, as I step under the bar
Help me to see myself as you see me
A strong and mighty oak
Firmly rooted in You.
Lord, as I lift the weight
I feel you work in me,
As I breathe in deeply.
Remind me of your strength, Lord
While carrying that old rugged cross.
Lord, as I rack the bar
I am reminded of your Resurrection
Celebrate the victory,
Rejoice and SMILE
For I know where
My strength comes from.

My Daily Prayer:

Song for today:

Day 14

Achieving rock hard abs takes much work and discipline and many of us are never able to achieve this feat, but today we are reminded that a relationship grounded in God provides the rock we need.

Daily Bible Verse:

“Trust in the Lord forever! For the Lord is an eternal ROCK.” Isaiah 26:4

How do you connect to this?

Weightlifter’s Prayer:

Lord, as I step under the bar
Help me to see myself as you see me
A strong and mighty oak
Firmly rooted in You.
Lord, as I lift the weight
I feel you work in me,
As I breathe in deeply.
Remind me of your strength, Lord
While carrying that old rugged cross.
Lord, as I rack the bar
I am reminded of your Resurrection
Celebrate the victory,
Rejoice and SMILE
For I know where
My strength comes from.

My Daily Prayer:

Song for today:

Day 15

Today, we are reminded that water provides the hydration that our body needs to perform at its best, but more so we are reminded that God provides all the water, all the nourishment, all the cleansing that we need when we turn to Him in every moment of every day, no matter the season.

Daily Bible Verse:

"I, the Lord, am its keeper, I water it every moment; lest anyone harm it, night and day I guard it." Isaiah 27:3

How do you connect to this?

Weightlifter's Prayer:

Lord, as I step under the bar
Help me to see myself as you see me
A strong and mighty oak
Firmly rooted in You.
Lord, as I lift the weight
I feel you work in me,
As I breathe in deeply.
Remind me of your strength, Lord
While carrying that old rugged cross.
Lord, as I rack the bar
I am reminded of your Resurrection
Celebrate the victory,
Rejoice and SMILE
For I know where
My strength comes from.

My Daily Prayer:

Song for today:

Four Prayers for Strength Training

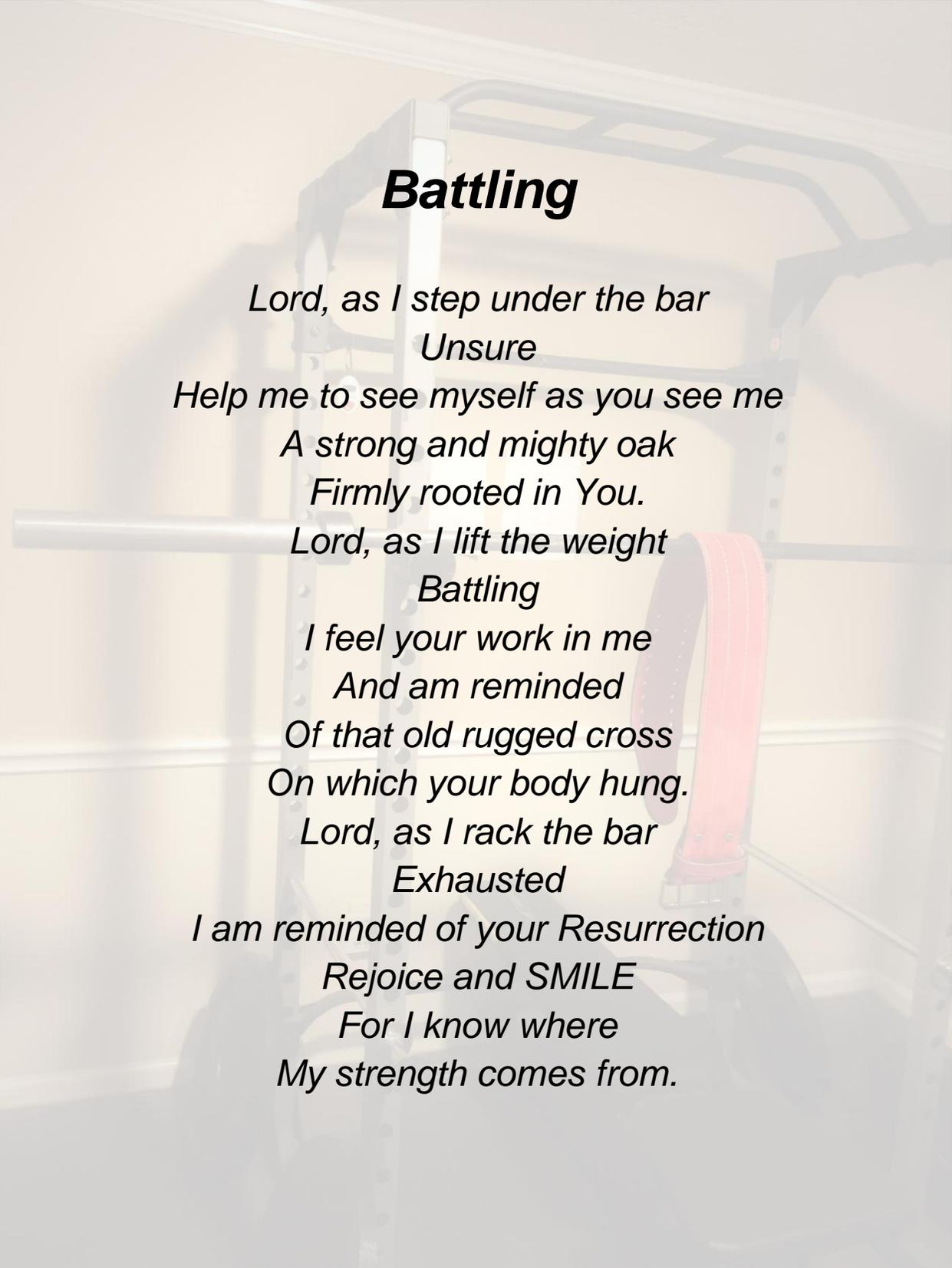
I included these on individual pages. Please feel free to print one for your wall.

The first prayer --- *Battling* --- was written when I was doing extremely deep work. It helped me to keep coming back to the bar even when it felt like I could seriously not lift another pound.

The second prayer – Empowered --- I wrote as I started coming out of the deep work and was determined to change my mindset. It helped me to celebrate even the smallest wins.

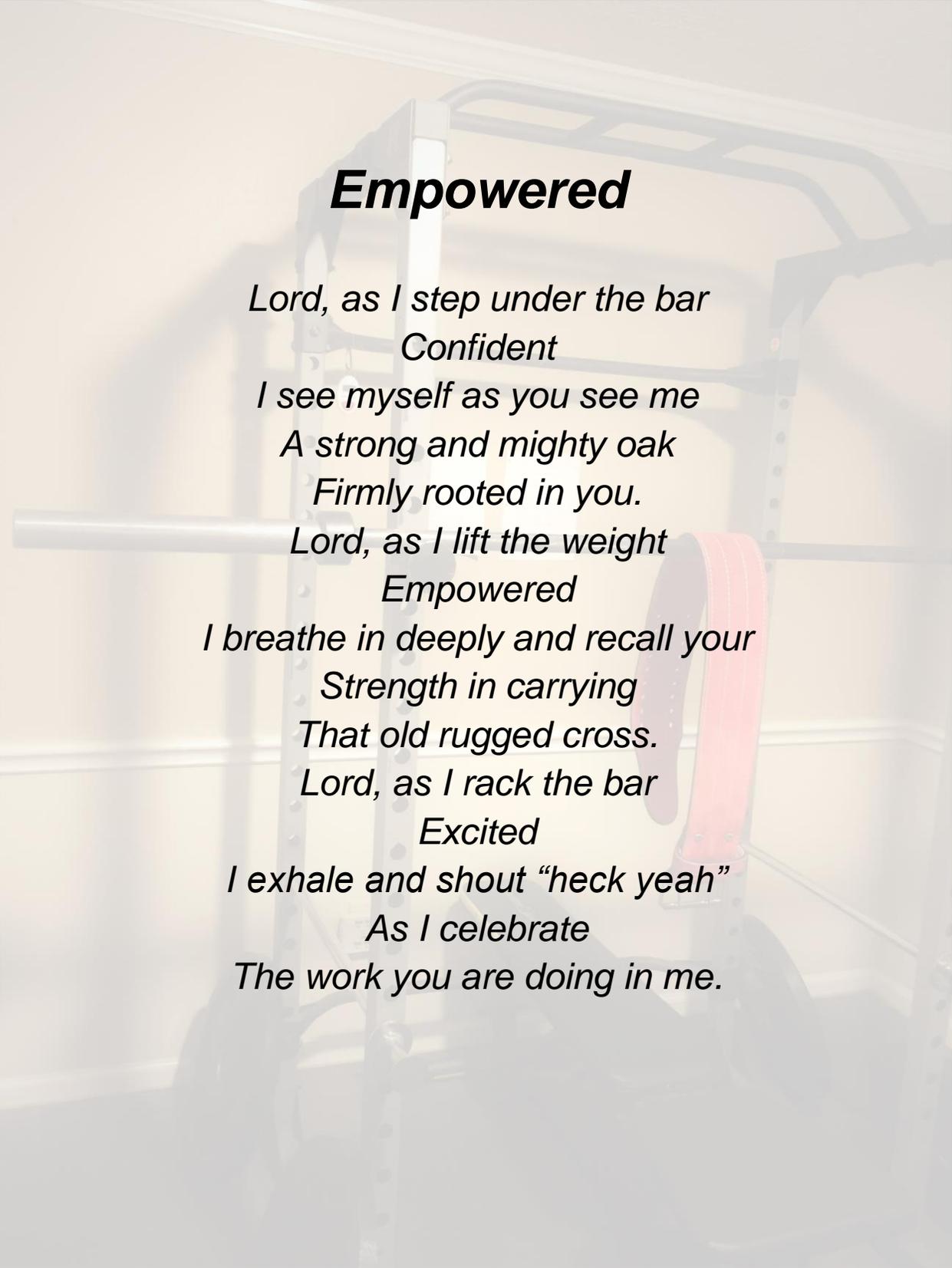
The third prayer – *You Lift Me Up* – I wrote as a combination of Battling and Empowered. It depicts the emotions that we can sometimes go through as we are working through tough issues.

The fourth prayer – *Weightlifter's Prayer* – I wrote just minutes before I put the finishing touches on this prayer journal. It is a reminder of where our true strength comes from.



Battling

*Lord, as I step under the bar
Unsure
Help me to see myself as you see me
A strong and mighty oak
Firmly rooted in You.
Lord, as I lift the weight
Battling
I feel your work in me
And am reminded
Of that old rugged cross
On which your body hung.
Lord, as I rack the bar
Exhausted
I am reminded of your Resurrection
Rejoice and SMILE
For I know where
My strength comes from.*



Empowered

*Lord, as I step under the bar
Confident*

*I see myself as you see me
A strong and mighty oak
Firmly rooted in you.*

*Lord, as I lift the weight
Empowered*

*I breathe in deeply and recall your
Strength in carrying
That old rugged cross.*

*Lord, as I rack the bar
Excited*

*I exhale and shout “heck yeah”
As I celebrate
The work you are doing in me.*

Lord, You Lift Me Up!

Lord, as I step under the bar
Unsure
Help me to see myself as you see me
A strong and mighty oak
Firmly rooted in You.
Lord, as I step under the bar
Confident
I am reminded that it is You
Who lifts me up!
Lord, as I lift the weight
Battling
I feel your work in me
And am reminded
Of Your strength
As You carried that old rugged cross.
Lord, as I lift the weight
Empowered
I breathe in deep and recall Your strength
As You offered forgiveness
Even as You were nailed to that old rugged cross.
Lord, as I rack the bar
Exhausted
I am reminded of your Resurrection
Rejoice and SMILE
For I know where
My strength comes from.
Lord, as I rack the bar
Excited
I exhale and shout "Heck Yeah!"
As I celebrate the work You are doing in me.
Lord, You lift me up!

WEIGHTLIFTER'S PRAYER

**LORD, AS I STEP UNDER THE BAR
HELP ME TO SEE MYSELF AS YOU SEE ME
A STRONG AND MIGHTY OAK
FIRMLY ROOTED IN YOU.**

**LORD, AS I LIFT THE WEIGHT
I FEEL YOU WORK IN ME,
AS I BREATHE IN DEEPLY.**

**REMINDE ME OF YOUR STRENGTH, LORD
WHILE CARRYING THAT OLD RUGGED CROSS.**

**LORD, AS I RACK THE BAR
I AM REMINDED OF YOUR RESURRECTION
CELEBRATE THE VICTORY,
REJOICE AND SMILE
FOR I KNOW WHERE
MY STRENGTH COMES FROM.**