

Foreword by Kiese Laymon

*Mama's Book
of Prayers*

Prayer, Prompts, Power & Praise

*Workbook
Second Edition*

DR. CAROLYN COLEMAN
and Dr. Catherine Coleman-Smith

Mama's Book of Prayers

PRAYER, PROMPTS, POWER & PRAISE

WORKBOOK

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DR. CAROLYN COLEMAN
AND CATHERINE COLEMAN-SMITH

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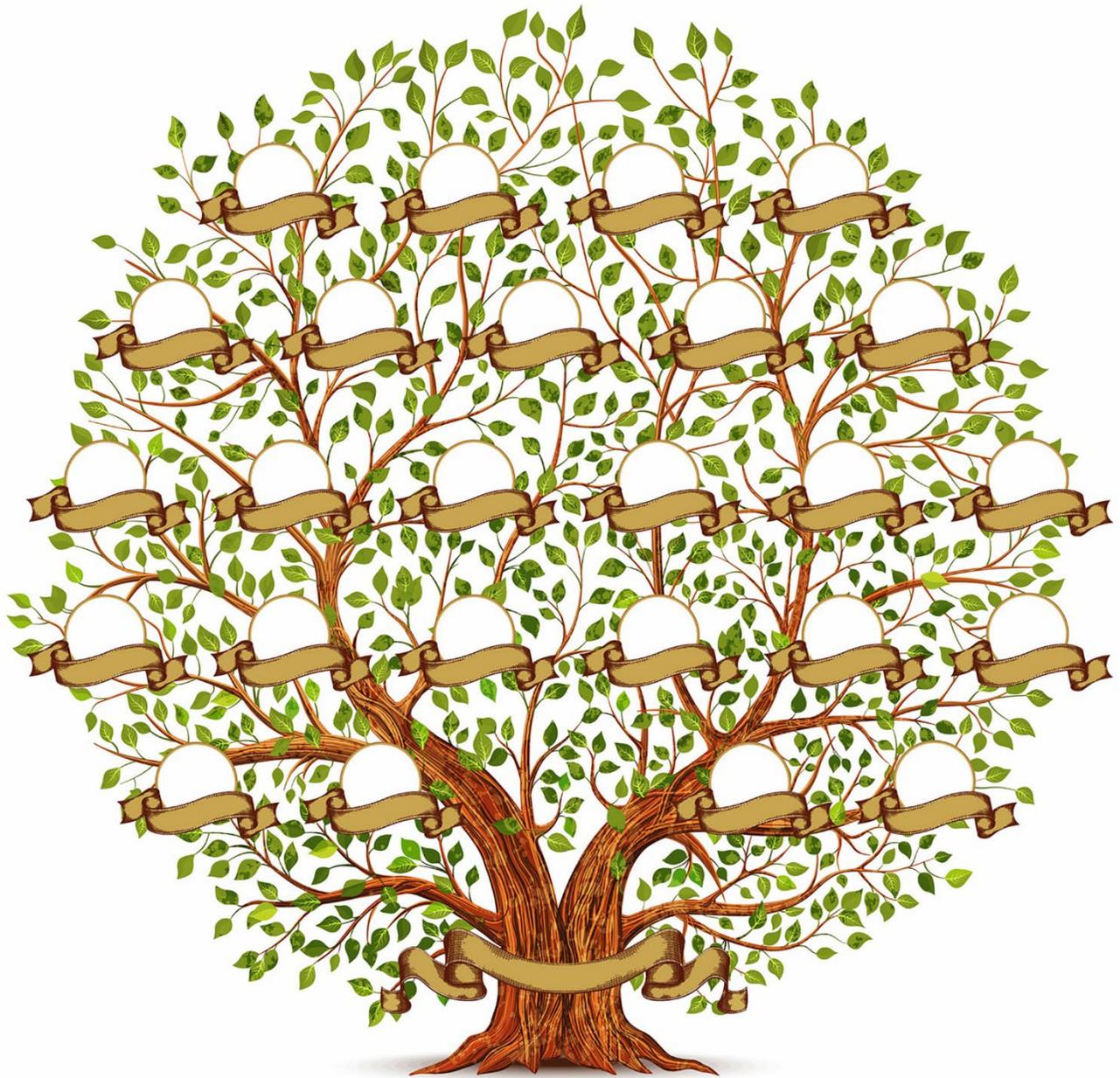


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Foreword

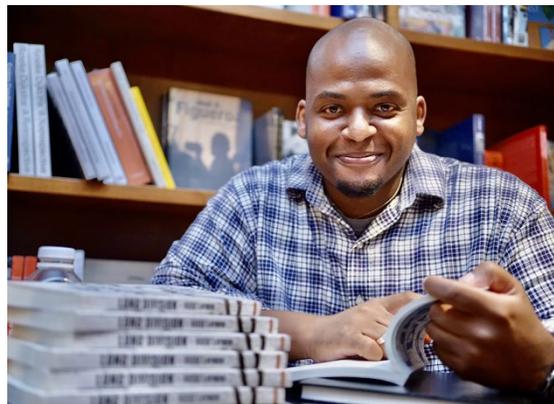
by Kiese Laymon



My grandmother, Catherine Coleman, taught my auntie, Bishop Carolyn Coleman to pray years before she taught me. Though all students should be equally valued, some students value the lessons of their teachers more than others. In our family, though we were all diligent students, my auntie has used the lessons we were taught by my grandmother most profoundly.

Where many of us purport or pretend to live God-fearing lives or God-loving lives, my auntie Bishop Carolyn Coleman always believed in creating lives where God was honored.

This wholly original book of prayers is more than a how-to book; it is a magnificent aid, a blessed offering pleading with all of us to hone our practice of loving God through the daily honoring of the abundance God has made possible. This book, like my auntie, is wise in its ability to look backward and innovative in its desire to wander forward. I love my auntie and am thankful for her eternal love of us. She is teaching all of us how to tenderly honor God.





The Backstory: The Power of a Mother's Love



I dedicate this book to my Mama, Catherine.

You have been and are the most influential prayer warrior and best friend that anyone could have in life. I dedicate this book to you with a grateful heart of thanks for all the prayers and encouragement you have given me and countless others. I would have never been able to defeat my demons and pray for others to conquer theirs without your prayers. Thank you.

I thank you for making me believe that I could do and be anything I wanted to be in life. Your love of God was my compass. You taught me how to pray and the power of prayer. The night I heard you calling my name in prayer awakened and revealed my divine purpose. I had instantly fallen in love with the power that comes through prayer.

I knew that the God in me was alive and actively seeking me out for a divine, yet unknown purpose. Today, I realize that purpose was to help others, through the power of prayer, to gain victory over the enemy from within and without.

I promise that I will continue to pray without ceasing and help others learn the power of prayer. I will teach others how to war and win with prayer. I will push forward your words to me:

Don't stop praying about it until God fixes it. While you are waiting in faith for the answer, tell God 'thank You'. Why? Because it's already done. Every answer you are seeking you will find inside of you. For the God in you will keep you and

bring all things to your remembrance. Ask in faith, trust God, fear not, and act when you hear Him calling your name.

On rainy and cold days in my life I hear you saying, “God is good all of the time. On your worst day, God is still good. I know He is good because He’s been good to me.”

Yes, God is good, Mama. Thank you for every life lesson that you have taught, shared and exhibited in your life. I would not have been able to conquer the storms and overtake the mountains of pain and doubt that comes with life without your inspiration, courage, fierceness, and faith to always come out the winner on the other side.

As a young teen, I saw you deal with the wounds of betrayal. Yet, you held your head up high. You walk in a grace that could only be given by God. You refused to bow to despair and become bitter.

Instead, you walked in a peace that spoke to me unknowingly that said you are strong, faithful and determined to overcome every storm.

You taught me that it is up to me to chart my destiny and define my success. You said happiness, peace, love, joy, determination, and abundance is a choice. That no one-person should ever be seen or deemed as rejection. It is just one-person opinion. Next.

At 93-years-old, Mama, you still inspire and encourage me. I still hear you calling my name in prayer. It still brings me joy and causes my heart to skip a beat and shout ‘thank You God for Mama’ for all the love and inspiration you have given to your children, grandchildren, great grandchildren, numerous community children and adults. Kudos to you!

I am not afraid to walk alone. Nor am I afraid to ask for help. Nor am I afraid to boldly challenge myself and others to pray in faith, and know that it’s already done!

Thank you, Mama.



Introduction



I was born for purpose. Raised for success. Washed from the fear of failure. I am transformed and blessed through the power of prayer.

DR. CAROLYN COLEMAN

This book, like my life, is born out of a love of God, family, friends, colleagues, foes, and hidden and revealed enemies. Every circumstance brought me closer to God through the *Power of Prayer*.

There are prayers of proclamation of faith, prayers of supplication, and prayers for request. The good news is that scripture reminds us that not only does the Father hear our prayers, but He is Sovereign and honors faithfulness. Isn't it good to know that although we are not perfect, He is pleased by our commitment to trusting His "Word"?

The goal of **PRAYER, PROMPTS, POWER & PRAISE** is to enhance your prayer life and improve your ability to understand how scripture is the tool for personally communicating His Word. The workbook is the application of your prayer life through writing out your prayer strategy. You will see the Word come to life right before your eyes!

PRAYER, PROMPTS, POWER & PRAISE is a collection of life lessons and affirmations that have molded my character and shaped my divine purpose. This collection of prayers was written to inspire, assist, empower and help one develop a strong (or stronger) prayer life that will set the trajectory of your life and all that you touch.

For every daughter and son of the faith, every family member, student, church family, friend, and foe that have called on me to pray, this book is for you.



Life taught me to love the unlovable and forgive the unforgivable because it set me free. I pray that the prayers, the prompts, and the praises will elevate your mind and open the windows and doors of your heart so you can walk in oneness with the Creator.

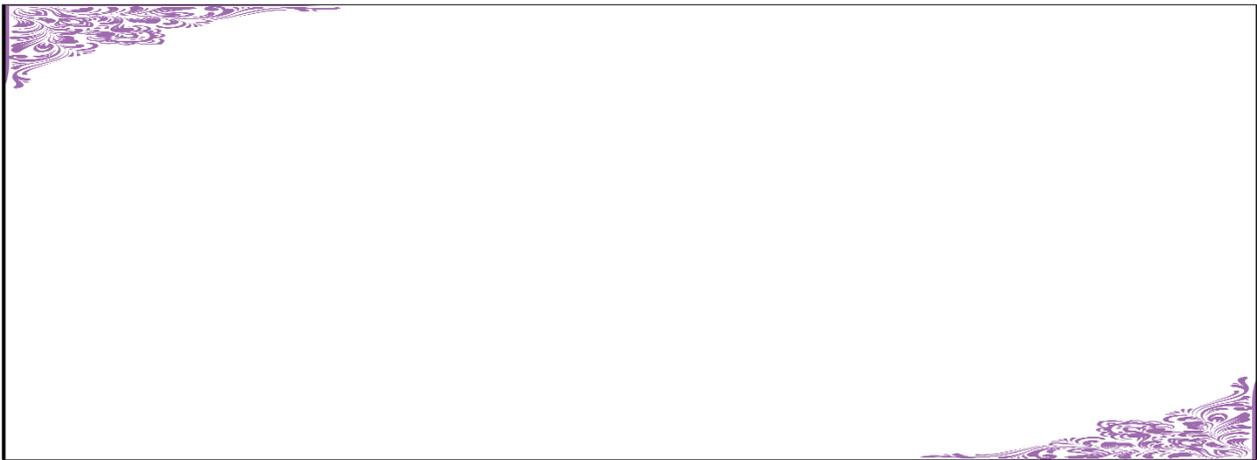
This book is an offering of love that I pray will heal, deliver, and set you and those you love free.

Free you from shame and disappointments.

Free you from doubt and fear and cause you to be transformed and elevated into greatness.

Read and share the prayers and complete the prompts, and watch the praise arise and the Power of God ignite and take full control. Your greatness is never defined by what is outward but by the in-ward thoughts, actions, and deeds.

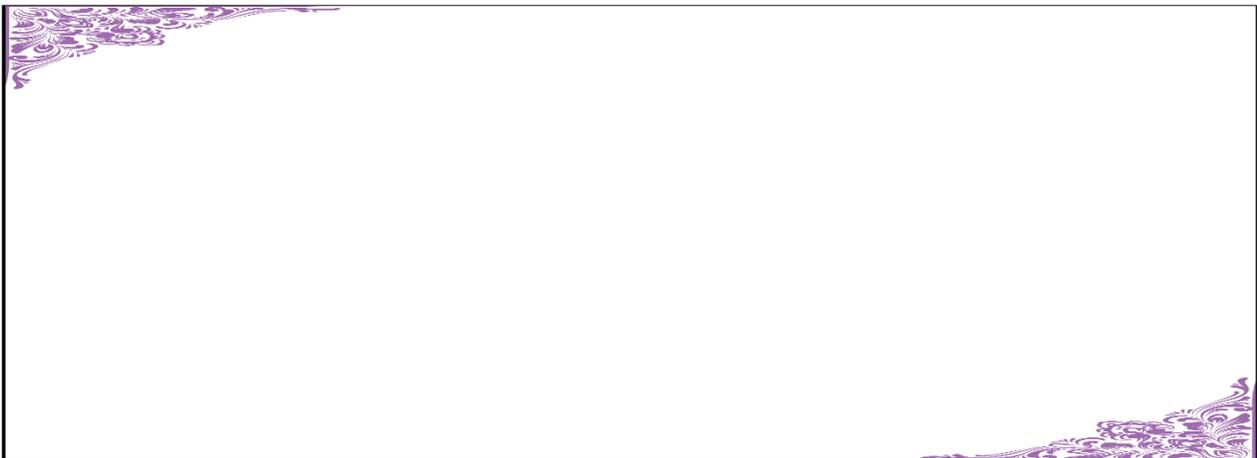
Let's start with writing out our first prayer strategy! Use the Bible you are most comfortable with learning and understanding the Word of God and write them below.



JEREMIAH 1:11-12

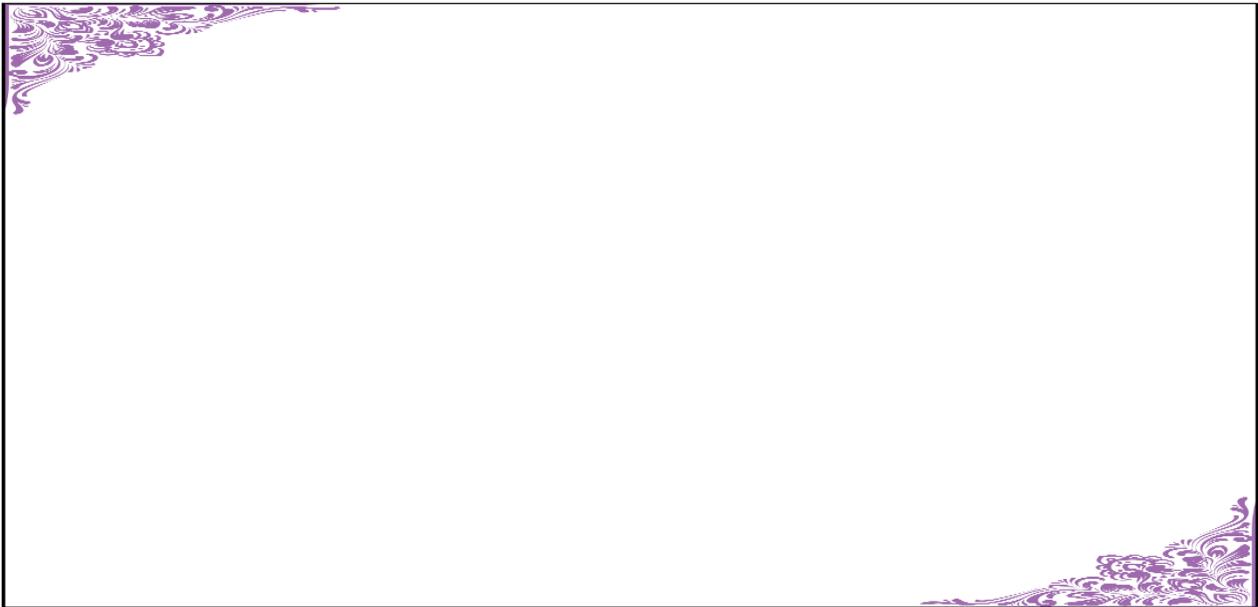
We recognize the need to pray in and out of season and the need to petition on behalf of others.

Who are you praying for today? Use scriptures that speak to the specific need of the person. God honors His Word. Stay in faith and proclaim that your prayers are already answered and give God praise.



JAMES 5:14-16

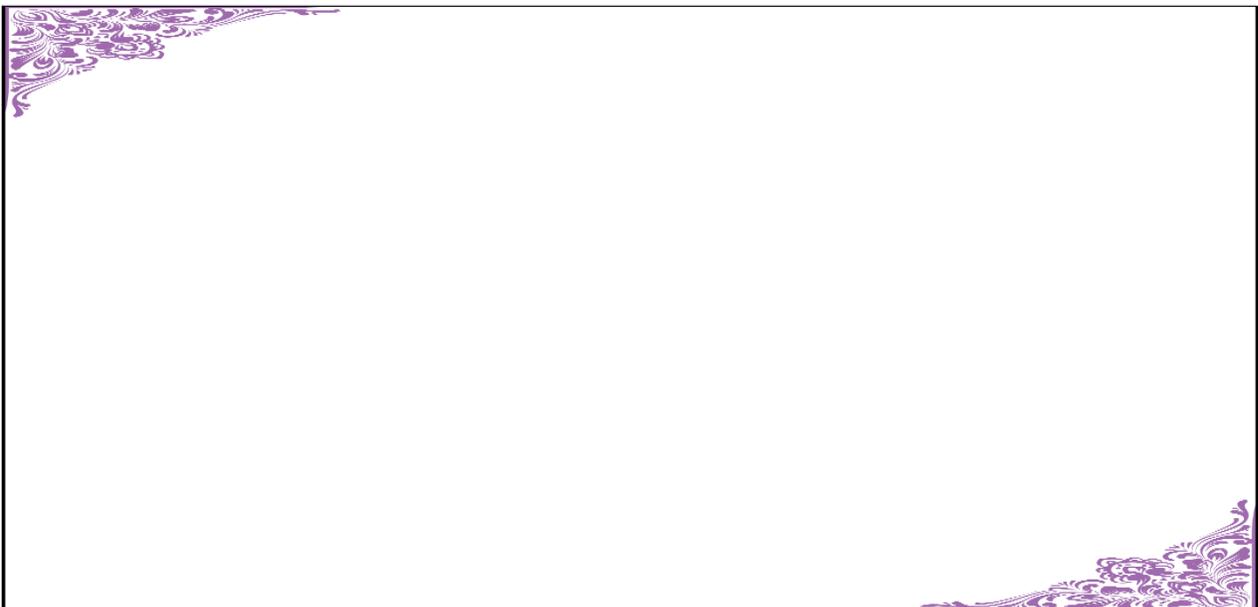
When the weight of life seems more than you can bear, remember that the grace of God is sufficient for you. It is in those moments that you must remind yourself that His power is made strong in weakness.



2 CORINTHIANS 12: 9-10

We pray because we simply delight in communicating and worshipping Him.

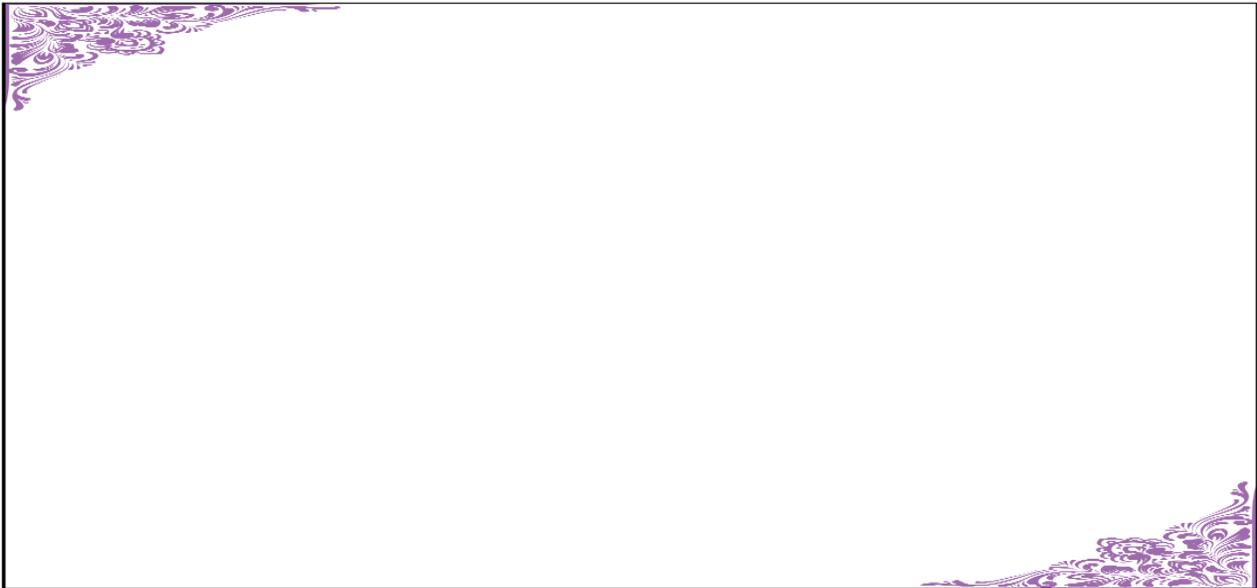
Jesus has intentionally chosen to be your friend. When you pray, remember He cares and is concerned about every one of your needs. Never fail to thank Him for being a friend.



PSALM 95:6-7

We pray because the thoughts of our heart bring us into the presence of God.

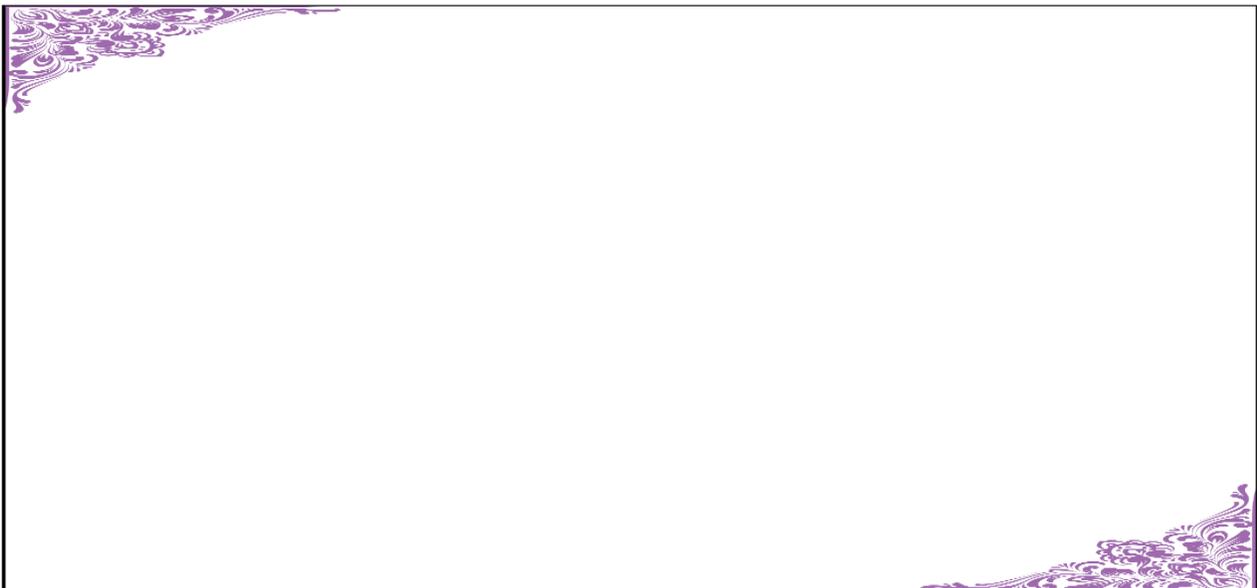
If you are prone to overthinking and in need of wisdom, ask God. He will freely pour wisdom into your heart, spirit, soul, and mind. Wisdom is the principle thing, therefore, get wisdom but in all of your getting seek for understanding.



PSALM 33:11

We pray because the God in us demands that we ask, seek and search for divine wisdom in order to receive the downloads of His Visions for us.

I love the scripture that says before you call, I have already answered. Pray with joy and rejoice in knowing that God is concerned about every aspect of your life. Never fail to ask God for what you need.



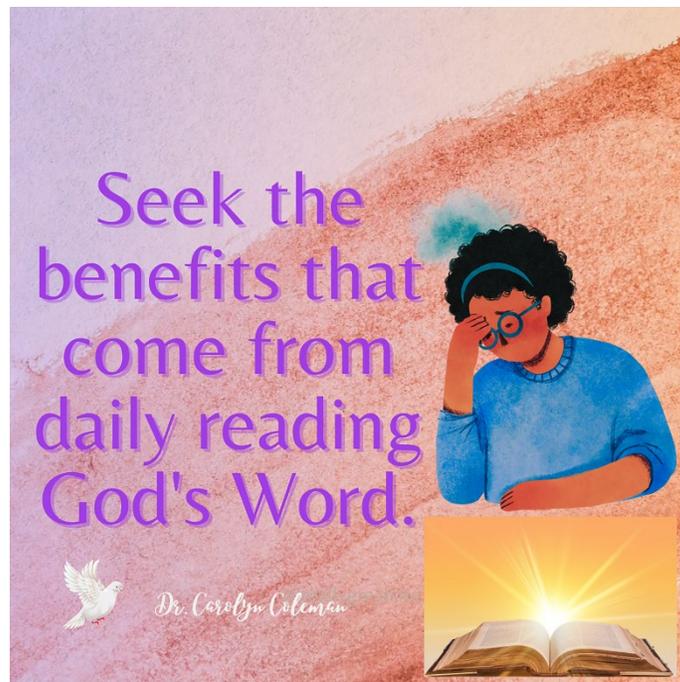
GENESIS 13:14-18



Morning Meditation Daily Prayers



Designate a specific time to meditate on the Word of God. We are reminded in Psalm 1:2 to delight ourselves in the law of the Lord and meditate on His Word both day and night.



The time you spend with God is priceless. It brings you into His presence and opens doors of understanding.

PSALM 19:14

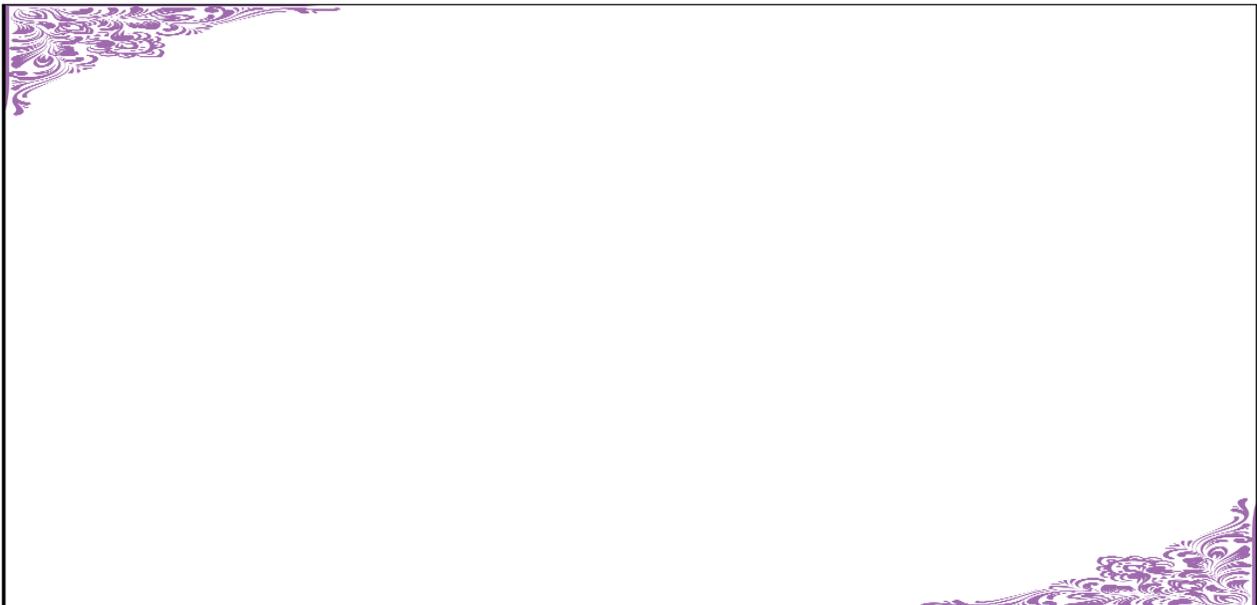
Daily Our Father Prayer

SCRIPTURE:

Our Father, which art in heaven, I ask for divine revelations and manifestations. I petition Your throne humbly, asking for the Holy Spirit to guide me into all truth that I may walk in the path of righteousness. I am open and available to receive spiritual enlightenment that can only come from You. Amen.



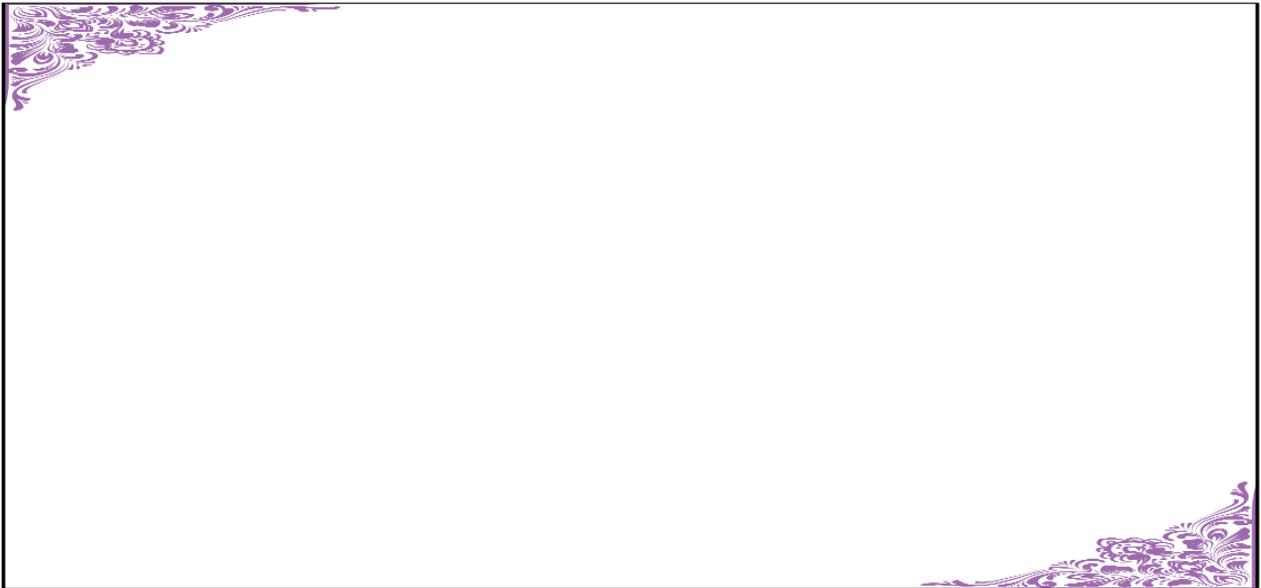
I declare, in the Name of Jesus, that I am careful, quiet, fearless, and at peace with all aspects of my life. In the face of every enemy, storm, or battle, I find comfort and strength in knowing that You are living inside of me. Amen.



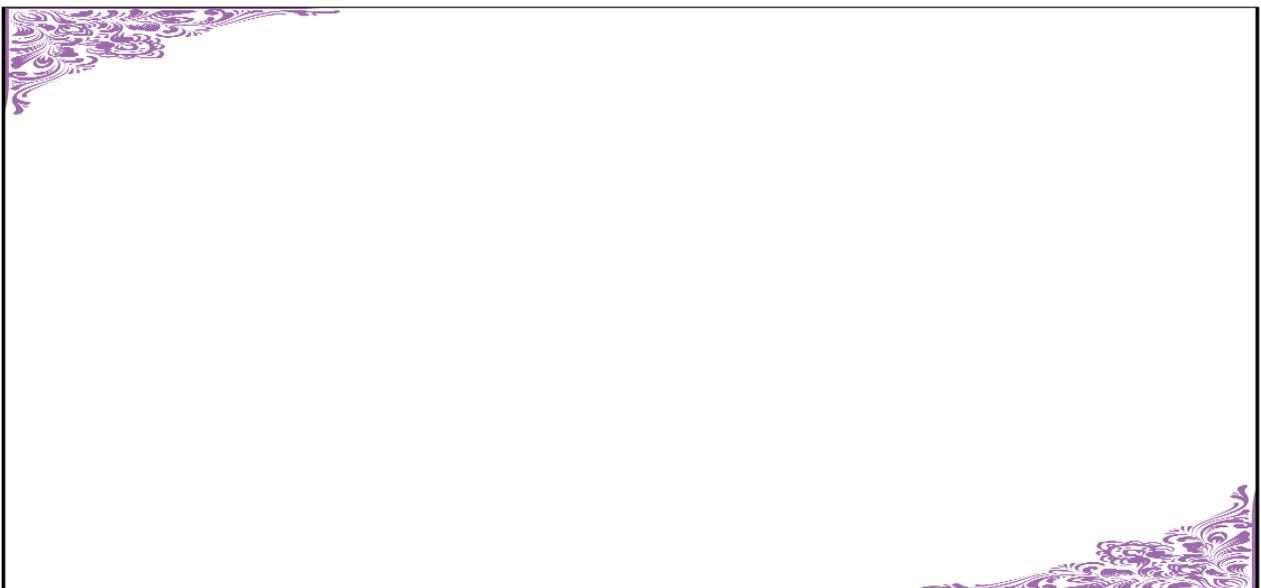
Daily Prayer of Salvation

SCRIPTURE:

You are my light and salvation. May Your spiritual gifts be added unto me with wisdom, knowledge and understanding. I will always point to the cross and be grateful for Your life, death, and resurrection. Thank You for loving, saving, and dying for me. Amen.



We are reminded in Titus 3:5, He saved us, not because of righteous things we have done, but because of His mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit. Our Father, I thank You for the new birth in Christ Jesus. I am a new creation in Christ and my sins have been forgiven. I honor and give You praise daily. Amen.



Daily Prayer for Mercy

SCRIPTURE:

Lord, I thank You for being my friend and a keeper of my soul. Please continue to extend Your hand of love, mercy, grace, and favor in my direction. Let me live in peace with my fellow man. May my heart never forget to forgive. I ask for a forgiving spirit that I may be forgiven. May Your love and mercy be the compass that guides me daily. I am graced in favor. Wealth and riches belong to me because You are my God. Thank You for everlasting love and favor. I lift Your name up high. I rise early to tell You that I love You and thank You for the seen and unseen blessings that You have sent my way. Let me daily operate with a Spirit of truth, love, integrity, happiness, peace, abundance, and joy. In Jesus' Name I pray. Amen.



Mercy reveals itself as a form of soothing, comforting, and healing effects. The word for mercy in Greek is eleos, which is derived from the word for olive oil. It speaks to a merciful God who is all things. In Hebrew, the word for mercy is hesed, which means steadfast love. It is His love that empowers you to love and be loved.

Daily Prayer of Protection & Covering

SCRIPTURE:

Dear God, please dress me in the whole armor of God, so that I may be able to stand against the schemes of the devil. Please cancel every trick and plan of the devil. Make me a discernor of Your truth and Your divine revelations. Amen.

God gives His servant directions to *“Put on the whole armour of God, that ye may be able to stand against the wiles of the devil”* (Ephesians 6:11).



I ask You, dear God, to send Your divine angelic forces to the four corners of my home to protect and guard my loved ones, property, and all the possessions that You have assigned to me. I thank You in advance for being my rear guard and safe tower. Amen.

Daily Prayer of Submission

SCRIPTURE:

Holy Father, teach me how to give my life to You. I need help in dying to my flesh. Please give me divine revelation to live, forgive and trust. I need Your help in these areas of my life daily. Amen.

I ask You to free me from the wounds of a broken heart in Jesus' Name, Amen.

I will entrust my heart to You. I ask You to teach me how to guard my heart. I freely surrender my life to You. I know that You will lead me in the right path.

“



When you forgive others,
you open the door
to your healing and
breakthrough.

Remember,
the key to healing is
forgiving.



Carolyn Coleman aka The Lady of Wisdom

Teach me how to forgive the unforgivable words, deeds, and actions that have made me bitter toward people.

