

When  
A  
Woman Prays

Tina L. Miller

Obadiah Press



607 N. Cleveland Street  
Merrill, Wisconsin

1826 Crossover Road, PMB 108  
Fayetteville, Arkansas

## Dedication

**T**hank you, God, for giving me the courage to write this book; for giving me the words to write it and the resources to get it out into the world; and for your daily guidance and support in my life. I pray that *When A Woman Prays* will be the instrument you use to bring other women into your kingdom and into a closer, more personal relationship with you.

## Table of Contents:

Foreword .....	13
Introduction .....	15
Chapter 1. The Search .....	19
Chapter 2. Getting to Know God .....	29
Chapter 3. Teach Me to Pray .....	34
Chapter 4. The Power of Prayer .....	58
Chapter 5. Formal Prayer .....	72
Chapter 6. Not So Formal Prayer .....	81
Chapter 7. Praying for Others .....	87
Chapter 8. Finding Forgiveness .....	98
Chapter 9. God Answers Every Prayer .....	104
Chapter 10. Listening For His Voice .....	115
Chapter 11. Walking by Faith .....	120
Chapter 12. Do Not Worry .....	130
Chapter 13. Praying For Purpose .....	136
Chapter 14. Abide in Me .....	145
Chapter 15. The Miracles .....	151
Chapter 16. The Journey .....	156
Resources: Prayers .....	161
People Who Want to Pray With You .....	166
More Books on Prayer .....	168

## My Prayer for You

**D**ear Heavenly Father,  
Wrap your loving arms around this woman now before you. She holds this book in her hands because she is searching, Lord. Something is missing in her life. She is hurting, and she needs the peace and love that only you can give.

Your spirit brought her to this place and this moment—even prompted her to reach out and select this book to hold in her hands—or somehow brought this book to be given to her. There are no coincidences—only your divine guidance in keeping with your perfect—though often difficult for us as human beings to understand—plan.

Speak to her, dear God, with your words—your message—through this book. Whisper softly to her heart and soul, and stir her faith in you. Renew her hope, and share your joy with her.

This I ask in Jesus' name,  
Amen

## Foreword

Miracles can happen when a woman prays...miracles in the lives of the people she prays for, miracles in the lives of the people she loves, and miracles in her own life. Your miracle begins with you—and your relationship with God.

There is an incredible power inherent in prayer, and that power is available to all who will seek it in sincerity and faith. It is the awesome power of our loving and Almighty Father in heaven. It is the power of God.

My purpose in writing this book is to help you fill the emptiness in your life...in your soul. It is to help you develop and enjoy the most intimate and fulfilling relationship you will ever have—a relationship with God. It is simple and life changing. And it all begins with prayer.

This story is about a personal journey from childlike faith to doubt. About the struggle to fill the emptiness within. About realizing that only through God can we ever truly find fulfillment. About making a choice—through our own free will—to know and love Him. About finding the one—*The One*—who can fill the emptiness and love us unconditionally. And it is about developing a special, intimate, joyous relationship with God. Through prayer. It is my personal journey. And it is yours.

In recent years, I have felt a particular calling to motivate

and inspire others through my writing and speaking. I believe this is a gift from God, and I have chosen to use this gift to share His love with others.

Particularly, I feel called to help other women come closer to God and discover His touch in their lives—to help them find the joy and happiness, peace and fulfillment that only He can bring them. I know what it is to be a woman—the longings, the struggles, and the feelings. I can relate to much of what you're going through, because I've been there. I'm still there. Life is a journey, not a destination. I will continue to learn as I fulfill my purpose in this life, but even though I don't yet have all the answers and probably never will, God is calling me to write this book right now. Prepared or not prepared, I must heed His call and His timing.

The idea for this book has been rolling around in my head and struggling to come out on paper for more than two years. I still don't feel qualified to write it. I can only hope and pray and trust in God that if I place this into His hands, He will help me to put the right words on the page and touch someone's soul, as He sees fit.

And so it is that I place this book into His hands and dedicate it to Him and the women whose lives He will touch with the words He helps me put on its pages.

## Introduction

If you have never prayed before, the idea of praying may seem strange to you. You may wonder about people who pray, how they do it, what they say, and what they mean when they say their prayers are answered—particularly if bad things still seem to happen to them even after they have prayed.

You may not know how to pray. The idea may seem foreign, unusual, or uncomfortable—even kind of weird. Maybe it even scares you a bit. If you were to begin to pray, what would you say and how would you say it? You may have questions: Do I have to pray out loud? Do I have to memorize something? What if someone else is listening? What if I screw up? How do I know if my prayers are answered? How do I know anyone hears my prayers?

For those of you who have never prayed before, this book will help you with these questions and concerns.

\*\*\*

Some of you have been praying your whole lives. But you wonder if you are praying the “right” way, if your prayers have been heard, or if your efforts are in vain. You want to grow in your spiritual life and become more confident in your faith. Perhaps you feel you have reached an impasse or feel rather desperate about a particular situation in your life. You want to be able to know, trust, and believe that your prayers are being

heard and know they will be answered.

\*\*\*

Maybe it just feels like something is missing when you pray or your heart is just not in it.

\*\*\*

Let me begin by assuring you that there is no single right way to pray. Prayer is an individual thing. People in many different religions and denominations pray. Muslims pray to Allah, Buddhists pray to Buddha, Jews pray to God, and Christians pray to a triune God—often described as three parts, but one God—Father, Son, and Holy Spirit. Some Christians of particular denominations also say prayers to the Blessed Virgin Mary, who is the mother of Jesus, and to particular saints, asking them to intercede on their behalf and take their petitions to God.

I can only write from my experience and my beliefs. Just as prayer is a very personal thing for each individual, this story will be my personal story. It is my personal perspective on praying and prayer and the story of my journey in faith.

I believe in one God, who is three parts—Father, Son, and Holy Spirit. (For those of you who have difficulty with this concept, I once heard a wonderful analogy that helped it all make sense for me. Compare God with an egg. God has three parts—Father, Son, and Holy Spirit, but He is still only one God. An egg has three parts—white, yolk, and shell, but it is still only one egg.)

I believe the Lord Jesus Christ was born to a virgin, became man, suffered, was crucified, and died for my sins and the sins of all mankind, and was buried in a tomb. And I believe that on the third day after His crucifixion, He rose from the dead and ascended into heaven where today He sits at the right hand of God the Father. And because He died for me and my sins,

and because I believe this, I will spend everlasting life in heaven with Him after I die.

I think it is important and relevant that you understand my views and my beliefs. Certainly, they will influence how I look at the concept of prayer. You should know this at the onset.

I will tell you up front that I do not have all the answers. Like many of you, I have made many mistakes in my lifetime and done many things I'm not very proud of.

I am not a Christian scholar or ordained minister. I know what I know from my own experiences and the lessons I learned along the way and from God's many blessings in my life. Many of the lessons I learned did not come easily. I often cried out to God, "*Why me, Lord? Why is this happening to me?*" Sometimes the answers were slow in coming because I did not understand God's plan for my life.

But I believe that in sharing my experience, I may be able to help someone else develop a closer, more personal relationship with God. I can't think of anything more wonderful than that.

If you do not share my beliefs, I invite you to read on with an open heart and an open mind. Something I say may strike a chord in you, ring true, or otherwise touch your soul. I pray that it will move you in some way.

If you are a Christian who believes as I do, I hope this book will enrich your prayer life and help you continue a little further along your own personal journey of faith. Perhaps something you read will inspire you and bring you just a little bit closer to God. If even one of you reads this and is touched in this way, then this book will have served its purpose.

## **Chapter 6: Not So Formal Prayer**

### **Prayer is More Than Just Words**

**T**here is no “right” way to pray. There are no magic words. A child can pray. A professor with a Phd. can pray. It isn’t *necessary* to memorize words or Scripture, though you can if that is helpful and meaningful to you, as we discussed in the last chapter. But to God, it doesn’t make any difference how eloquent your words sound.

### **It Begins in the Heart and Soul**

**W**hat is important to God is the sincerity behind the prayer. It’s what’s in your heart and soul that counts.

Simply speak to God from your heart. At times, this may be in the form of silent prayer. Sometimes you will find yourself shouting and other times whispering. Your prayer make take the form of song—singing and dancing in praise. Or a quiet stillness, like meditation, simply concentrating on God’s presence in your life and the peace it brings to you.

## **A Personal Choice**

**N**o one form of prayer is better than another. You will need to do what is comfortable for you. Prayer is—and is meant to be—a very personal thing. It is a part of your very own special relationship with God.

If you are comfortable praying out loud and sharing your prayers with others, do so. If you are not, then talk to God in your own time and your own way. Speak to Him in the quiet and calm—in church or at home, while you are walking or sitting or driving, before you go to sleep at night at the close of your day, and upon waking in the morning to begin a new day. You can even pray in the bathtub, remember?

Communicate with Him at all times—through word and song, in thought and deed, in the example you set for others.

As a child, I learned many formal prayers and committed them to memory.

Today I often use a more spontaneous form of prayer than I did as a child, and I've tried to share that with my children, as well. I don't need formal prayers or words to communicate with God, though I sometimes use them. More often, though, I use my own words and talk to Him as if I am talking to a friend.

Often the children and I take turns praying out loud in the car on the way to school. This is a great way to introduce your children to what living your faith means to you—by letting them see some of your imperfections and worries and how you turn to God in your daily life for guidance. It also lets them hear you praise Him firsthand for the blessings He has provided and encourages them to do the same. Finally, it is an opportunity to get to know your children and what is on their minds. It is a meaningful time shared with your children and your Lord and it helps your children learn how to develop their own personal relationship with God.

If you are not yet comfortable praying out loud, that is OK, too. Remember, each of you must develop a prayer life that is comfortable to you. When you get comfortable with it, then you can share it with others if you desire.

## **Sing, Praise, and Worship**

**O**ne of my favorite ways to pray, praise, and worship God is through song. I love to sing His praises. To me it is one of the ultimate spiritual experiences and it fills me with complete joy to sing to Him and for Him. My entire body, soul, and spirit join in worshipping God when I lift my voice to Him in songs of praise.

It is the one and only time I can sing without feeling overly self-conscious because that singing glorifies my Father in heaven and helps convey the depth of my love and honor for Him. In the midst of a Christian song, my body moves in rhythm to the music, my eyes will close, and I can feel God's presence near me. It is, at least momentarily, as if I have stepped out of my normal, human life to be with the Lord completely.

Some would argue that singing is not praying. However, I believe that singing is one more way of praying that should not be overlooked. Singing involves the entire body and spirit. It can be moving, inspiring, and uplifting. Always it is expressive in a way that surpasses words alone. In the midst of a beautiful spiritual song, the music and the experience can "take over" in a way many traditional prayers can't.

Love, joy, and thanksgiving flow out from our hearts and souls in communion with God and carry our deepest feelings with the music. It is a wonderful and complete feeling one must experience to appreciate.

## **Prayer Moves Emotions**

**J**esus is so happy when we lift our voices to praise and worship Him—whether in words or in song or with our music. He loves to listen to the joy in our voices because it flows from our hearts and souls straight up to heaven.

Sometimes when I sing or pray, I have been known to cry. The moment with my Lord becomes so intense and real that my eyes fill with tears. It may be an overwhelming feeling of peace or joy. Sometimes it is just that my heart is filled to overflowing and ready to burst from the unconditional love and acceptance I feel Him sending to me. It wraps around me like a warm blanket, enveloping me with a feeling it is difficult to explain, and I know this is just a glimpse of what heaven will be like.

The moment and the feelings are so intense, so joyful, and so complete. It is the moment we are living for. I feel safe, secure, protected, loved, and cherished. My worries are put to rest, and I often feel close to the loved ones who have gone before me because I know they are with Him experiencing this same overwhelming love.

I feel complete, whole, calm, and yet emotionally so full that I cannot contain the feeling. It spills over and I have to share it with someone else. I have to love someone else. I have to tell them about this Jesus that loves me so much. I want to reach out and hug someone tight, to rejoice in this love I have found, to share it with others and bring them into the loving embrace He has me in.

## **Write God a Letter**

**A**nother less traditional means of praying is to write a letter to God. Some people have a hard time focusing or

organizing their thoughts. For them it may be easier to put things in writing than to verbalize them.

Writing a letter to God or writing your innermost thoughts and prayers in a journal is an excellent way to pray in silence, clarify your thoughts and desires, and communicate them with God.

Writing your thoughts and prayers down also provides you with a wonderful record of your prayers and communication with Him, and it is a heartwarming experience to go back to your journal or letters after a few weeks, a month, or even a year and to re-read those prayers, noting how every single one was answered—even if it isn't always the way we had expected.

If you are prone to doubting God or the miraculous power of prayer, I encourage you to keep a prayer journal and to do just that. You will be amazed and uplifted to see the power of prayer at work in your life.

- † How do you feel when you sing songs of praise to God?
- † Do you ever feel closer to God outside, in a natural setting, than in a church?
- † Do you sometimes feel like you are praying to God when you just sit and “be” with him in silence?
- † What are you doing when you feel closest to God?
- † How do you celebrate your love for the Lord?

## **Pray With Me...**

**D**ear Lord,  
Everything I do is a celebration of my love for you. Every way that I communicate with you builds on our relationship and becomes the essence of prayer. Sometimes it is with words or music. Sometimes it is in silence or a deep sigh. I can speak the words aloud, whisper them to you softly, shout them from the rooftops, or write them down in private—it doesn't matter *how* I do it. You are right there hearing my words, spoken and unspoken, and understanding what is in my heart in a way that I could never put into words.

Thank you for taking the time to get to know me so well and for giving me so many ways to communicate with you.

Amen

## About the Author

**T**ina L. Miller is a freelance writer and motivational speaker with a personal mission: to motivate and inspire others.

She enjoys writing about people and relationships, self-help and improvement, families, parenting, the writing life, health and wellness, management, leadership, and business and entrepreneurial issues. In addition, she is a prolific writer who writes for newspapers and magazines, the web, businesses, and corporations. Her work has appeared in print and online publications including: the *Wausau Daily Herald*, *Milwaukee Business Journal*, *Merrill Courier*, *COBRA Advisory*, *The Writing Parent*, *Inklings*, *Spare Time*, *Wines & Vines*, *Secrets & Strategies of the Office Professional*, *Obadiah Magazine*, *AllBusiness.com*, *FitnessHeaven.com*, *Herdlinger.com*, *FamilyClick.com*, *Showbix.com*, and many others.

She has written and presents such programs as “*Discovering Your God-Given Gifts*,” “*Dare to Live Your Dreams*,” and “*Discovering the Power of Prayer*.”

She also does editing/layout for other authors and is the Editor in Chief of *Obadiah Magazine*.

Tina lives in Merrill, Wisconsin, with her husband, John, and two children.



<http://www.tinalmiller.com>  
email: [tina@tinalmiller.com](mailto:tina@tinalmiller.com).

“Wisdom is always simple, and Tina makes prayer seem simply attractive and simply done. If you’ve had any questions about prayer, Tina answers them and will inspire you in her book to pray...pray...pray and never stop!”

**Kathy Collard Miller**

**Speaker and author of *Why Do I Put So Much Pressure On Myself?***

“The too-busy life of every woman, wife, or mother is what most often gets in the way of an effective prayer life. The very things that mean the most to us--home, family, friends, church or job--are the same ones we allow to keep us from making prayer a vital part of our lives. *When A Woman Prays* teaches you how to move prayer from the role of crisis-management or afterthought to become the central powerhouse of a full and rewarding life.”

**Sally E. Stuart**

**Author of the annual *Christian Writers’ Market Guide* and a dozen other books**

“...an exceptionally honest book that hits just about every chord a woman experiences in life. But it goes one step further. It teaches women to turn to the only true source that can fill all the empty spaces and offer complete contentment, regardless of what is happening in and around her--God.”

**Alyce Edrich**

**Freelance writer and author**