

thesisterhoodmag.com

▶ VOL. 3 | ISS. 1

# *the* sisterhood magazine

ROOTED IN GRACE AND PURPOSE

magazine

---

SHAPING  
WORRIES  
INTO

*prayers*

---

FROM  
STRESS TO  
STILLNESS

---

PRAYED-OUT  
WHEN PRAYER  
WON'T COME

---

THE  
UNCEASING  
BREATH

---

WHEN  
PRAYER  
BECOMES  
THE FIRST  
THING





AN ODE  
TO THE  
PRAYING  
WOMAN

PAGE **22**

---

# table of contents



## FAITH & INSPIRATION

- 6** Praying Boldly & Expectantly on Our Knees
- 8** Prepare Yourself for the King
- 10** When Prayer Becomes the First Thing not Another Thing
- 12** When Prayer and Doubt Just Don't Mix
- 14** Prayer Prompts
- 16** Closer: Enhancing Your Prayer Life with Confession
- 18** What 40 Days of Prayer Taught Me
- 20** The Everyday Power of Prayer



## FAMILY & RELATIONSHIPS

- 22** An Ode to the Praying Women
- 24** When Talking to God Feels Too Hard
- 26** The Middle Ground: Remembering God's Faithfulness in Waiting Seasons
- 28** The Unceasing Breath



## HEALTH & WELLNESS

- 30** Prayed Out
- 32** From Stress to Stillness
- 34** The Sacred Rhythms that Sustain Me When Prayer Feels Hard
- 36** When You Think You've Prayed Enough... Pray Some More
- 38** The Spark: How Prayer Lights the Way
- 40** From Defeat to Victory
- 42** Shaping Worries into Prayer



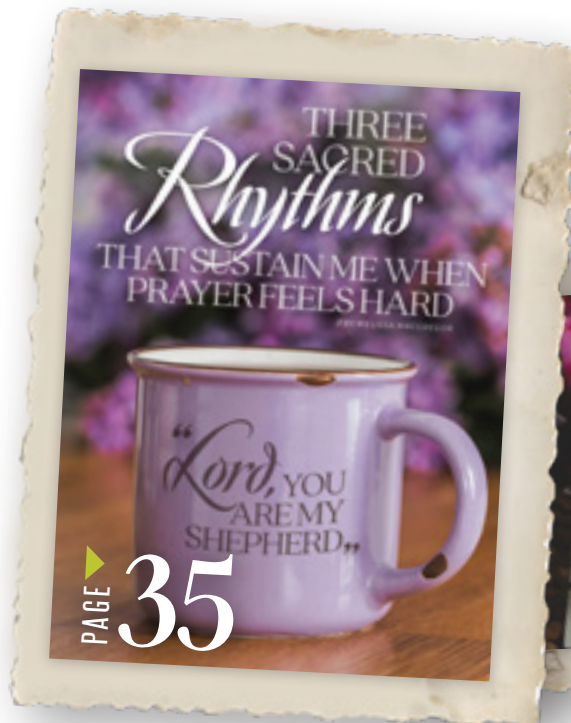
## HOME & HOSPITALITY

- 44** Gentle Detoxing Reset
- 46** Spring Home Refresh Checklist
- 48** Prayer Essentials



## VISIONARIES & VENTURES

- 50** Rescued and Repurposed
- 52** The Conversation We Miss
- 54** Creating Spaces That Don't Exist
- 56** Bread Like Rain
- 58** The Slow Burn of Prayer
- 60** When God Uses Your Greatest Loss to Build Your Legacy



# WHY PRAYER *and* DOUBT — JUST DON'T MIX

/// BY JOYCE MEYER

Prayer is a vital part of our relationship with God, and it's a great privilege, not an obligation. When you really think about it, it's amazing to know that the God Who created everything and knows everything actually wants us to come to Him boldly—through Christ—to have a relationship with Him.

Hebrews 4:16 (NLT) says, “So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.” It's so important for us to trust God's love for us and really know that He's merciful and sees us as righteous because of what Jesus has done for us (2 Corinthians 5:21). If we don't, we will struggle to have confidence that He hears our prayers and wants to help us.

The truth is God knows everything about us—what's right with us and what's wrong with us. He loves us unconditionally and He wants to have a relationship with us and meet every need in our lives. Our imperfections have nothing to do with His ability and willingness to answer our prayers.

However, one common hindrance to answered prayer is doubt, and when we

experience it, it's usually because we're focusing on us—our weaknesses and mistakes. The key is keeping our focus on God, trusting Him to give us wisdom and discernment so we know what to believe and what to do. James 1:5 (AMPC) says, “If any of you is deficient in wisdom, let him ask of the giving God [Who gives] to everyone liberally and ungrudgingly, without reproaching or faultfinding, and it will be given him.”

True wisdom comes from God, and He wants to give it to us “liberally and ungrudgingly, without reproaching or faultfinding” “Liberally” means He gives more than enough, and “ungrudgingly, without reproach or faultfinding” means that even when we're in messes we've created ourselves, we can still go to God and He will help us.

Now, this doesn't mean He won't correct us, teach, and train us when we've made a mistake. Like any parent who loves their children, He disciplines us because He loves us and wants what's best for us. But when we're in trouble, He doesn't decide whether to help us or not based on our performance. His love is unconditional.

Here's an example to demonstrate what I'm talking about: If my son was in trouble with the neighborhood bully and called for his dad and me to help him, we wouldn't respond to him based on whether he had done all of his chores at home. It would be ridiculous if we heard him crying for help, yet we took time to check the list first to see if he had done everything he was supposed to do before we intervened.

As parents, we don't refuse to help our children because they don't do everything right, perfectly or the way we want them to all the time. God is our Father, and He knows we are not perfect. He wants to be involved in every part of our lives and we don't ever have to doubt that!

When we doubt God, we're left midway between believing and not believing—we're double-minded. But 1 Corinthians 2:16 says we can live with the mind of Christ. In other words, we can learn to think the way God thinks so we're not led by the mind of the flesh, "which is sense and reason without the Holy Spirit" (Romans 8:6 AMPC).

James 1:6 AMPC says when we come to God for wisdom, it must be in faith "with no wavering (no hesitating, no doubting). For the one who wavers (hesitates, doubts) is like the billowing surge out at sea that is blown hither and thither and tossed by the wind." This doesn't mean we won't ever feel doubt, but when we do, we can know how to stand up to it.

Sometimes when I'm teaching, I doubt whether I'm sharing the "right" message based on how people seem to be responding to me. That's when I have to trust God and tell myself, "I've prayed about this. I've sought God about the teaching, and I'm not going to be double-minded. I trust God!"

I want to encourage you to ask God for the desires in your heart and then stand in faith for Him to do His will. Decide to trust Him and His Word, no matter what you feel, what people say or what your circumstances look like. The only thing that really matters is what God's Word says, and you will overcome doubt by putting your faith in Him every time you pray.

For more on this topic, order Joyce's four-part teaching resource *Simple Prayer...Simple Life*. You can also contact us to receive our free magazine, *Enjoying Everyday Life*, by calling (800) 727-9673 or visiting [joycemeyer.org](http://joycemeyer.org)

*Please note: The views and opinions expressed throughout this publication and/or website are those of the respective authors and do not necessarily reflect those of Joyce Meyer Ministries.*



→ Joyce Meyer is a New York Times bestselling author and founder of Joyce Meyer Ministries, Inc. She has authored more than 150 books, including *BATTLEFIELD OF THE MIND* and *OVERCOMING EVERY PROBLEM (FaithWords)*. She hosts the *Enjoying Everyday Life* program, which is broadcast to millions in over 110 languages. For more information, visit [joycemeyer.org](http://joycemeyer.org)



# WHEN TALKING TO *God* FEELS TOO HARD

/// BY KIRSTEN D SAMUEL

She sits alone, staring out the window. The Bible lies open on her lap, but the words blur. All she feels is emptiness. Loneliness.

Glancing down, she tries to read a few more lines. What's the use? Nothing makes sense. The words feel dusty. She's tried to pray, but no one seems to hear. Maybe God doesn't care anymore...or maybe He never did.

"God, where are You?" Tears spill onto the open page. "Why won't You answer me? I can't go on like this any longer. I don't want to."

Dropping her head in defeat, she whispers, "Jesus, where are You?" And then, quietly, she hears a question rise in her heart: "Who do you say I am?"

Did she believe God was who He said He was—or didn't she? There was nothing left to try. Nothing left to give. In sheer desperation, she cried out, "Jesus, I believe. Help my unbelief."

Sometimes prayer feels like throwing words into the wind, hoping they somehow stick.

I remember those dark days as if they were yesterday.

Words wouldn't come, but my heart screamed its pain. My soul cried desperately for God. Life hurt. The only words that made sense to me were found in the Psalms. I resonated deeply with David's raw cries for relief, his honesty about suffering, and his refusal to pretend everything was fine.

Prayer? I couldn't follow the prescriptive formulas I'd been taught—ACTS: Adoration, Confession, Thanksgiving, Supplication—or any other neatly packaged prayer method. They felt wooden. Lifeless. I didn't need a system. I needed God to become real to me again.

I also carried guilt. I'd been told kneeling was important to prayer, but it was physically painful for me to do so. What did it really mean to "pray without ceasing"? That phrase alone felt overwhelming. And then there were the smaller things—do you pray about finding a good parking spot or asking God to heal your sick dog? I'd heard that a true Christian wouldn't do anything without praying first. The rules felt endless. And confusing.



“Again and again, He impressed His words of love, grace, and mercy on my heart through those pages.”

One day, while journaling, something shifted. Without intending to, I began writing an imaginary conversation with God. I poured out my frustration, sadness, and questions as King David did in Psalm 40 in the New Living Translation, which starts with, “I waited patiently for the Lord to help me, and he turned to me and heard my cry. He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along.” I later learned this type of pouring out was called lament—but at the time, it was simply honesty.

And something miraculous happened.

For the first time in months, I sensed God’s quiet voice responding.

As I continued journaling my prayers, Scripture passages came to mind—sometimes in direct response to my questions or cries for help. I sensed God sitting with me, not fixing or correcting, but listening. I’d write what I felt Him saying and then immediately wonder if I’d made it all up.

Yet God kept meeting me there.

Again and again, He impressed His words of love, grace, and mercy on my heart through those pages.

To this day, I journal my prayers. They’re often disjointed. There’s no set structure. Just an honest conversation with my Abba Papa.

I imagine sitting with Him the way I once sat with my earthly dad—safe, heard, unhurried. This simple, relational way of praying has comforted my soul and helped me recognize God’s voice in ways I never thought possible.

From one prayer struggler to another, please don’t give up.

Tell God how hard it feels to talk to Him. Tell Him what you’re afraid to say. Let Him meet you in your own way, not someone else’s formula. Allow Him to show you how you communicate best with Him. Jesus told us to keep on asking, keep on knocking, keep on seeking (see Matthew 7). God desires a relationship with you. He wants your questions, your fears, your hopes, your anger, your joy—all of you.

If you feel lost, unheard, or simply need a safe place to process your struggles, I’d love to come alongside you. I promise to hear your heart without judgment. This free, no-pressure session gives you space to share your story and take one gentle step toward a freedom-filled future.




→ Christ-centered coach Kirsten D. Samuel helps women encounter God’s relentless love and find hope after marital betrayal, sharing from her and her husband’s journey of marital redemption. Featured on *Focus on the Family*, she invites women to embrace healing, grace, and God’s faithfulness. Connect at [KirstenDSamuel.com](http://KirstenDSamuel.com)



THREE  
SACRED  
*Rhythms*  
THAT SUSTAIN ME WHEN  
PRAYER FEELS HARD

// BY MELISSA MACGREGOR



“*Lord*, YOU  
ARE MY  
SHEPHERD,”

Prayer is one of our most precious gifts from God; it's our way of connecting intimately with Him.

But what if prayer feels hard?

What do we do when the very thing meant to draw us close to God suddenly feels out of reach ... even impossible?

Maybe it's ...

- A dry season, when life feels dull.
- Chaotic life circumstances.
- A season of burnout, capacity is at 0%, and your soul is tired.
- The heaviest of seasons: you're drowning in emotional pain.

Perhaps one or more of these resonate with you?

All of these seasons have been a part of my story.

As I reflect on the difficult seasons God has led me through — and the intimate ways he met me — I want to share with you three rhythms of prayer that sustained me.

### THE RHYTHM OF BREATH PRAYER

I was introduced to breath prayers in a small group setting. As one precious woman vulnerably shared her current struggle, she spoke the gentle prayer she'd been anchoring herself in all week: "Lord, You are my Shepherd. I have all that I need."

Something in the simplicity of this prayer settled deeply in my spirit. As I later learned, breath prayers are short prayers spoken or silently meditated upon in a single breath—simple enough to be memorized, yet powerful enough to steady the soul in moments of need.

These sweet, uncomplicated prayers beautifully echo the spiritual directive of 1 Thessalonians 5:17: "Pray without ceasing."

I have found it helpful to include two key movements:

1. <breathe in> Recognize God for who He is.
2. <breathe out> Acknowledge your need for Him.

Try praying this with me:

<breathe in> Jehovah Rohi — You are my Shepherd.

<breathe out> I have all that I need.

Let this rhythm become as personal as your own breath.

Breath prayers remind us that prayer doesn't require many words — sometimes a willing heart and a single, sacred breath is all we need.

### THE RHYTHM OF USING SCRIPTURE AS PRAYER

As a homeschooling mom, I began writing Scripture daily alongside my children.

Writing Scripture often turned into prayer—especially on hard days. This simple morning rhythm put my heart into a posture of prayer and opened me to the Holy Spirit's guidance through difficult moments.

A few ways to weave Scripture into your prayers:

- Begin with one or two verses you can return to and meditate on throughout the day, allowing God's Word to gently shape your thoughts.
- Turn to Psalms or Proverbs for short, powerful passages—rich with both encouragement and practical wisdom—that naturally lend themselves to prayer.
- Stay with a verse for a season. Don't hesitate to write it, pray it, and reflect on it repeatedly over several days or even a full week, giving the Holy Spirit space to deepen its meaning in your heart. Linger longer.

"I have stored up your word in my heart, that I might not sin against you."

Psalms 119:11 ESV

Scripture is everlasting and true. When our own words run dry, nothing is more pure than breathing God's Word into our rhythms of prayer. Writing Scripture as prayer binds it to our hearts and invites the Holy Spirit to faithfully echo Truth when our human capacity fails.

### THE RHYTHM OF LAMENT

The book of Psalms is rich with laments, many written by David, the shepherd-turned-king. Though he failed in many ways, David consistently brought his true heart to God, expressing fear, grief, anger, doubt, and longing. From the field to the throne, he approached God with raw transparency.

God delights when we do the same. He invites us to come honestly, freely—without pretense or polish. He listens to our messiest experiences and emotions and longs to take part in our healing.

In Scripture, a lament often follows a recognizable pattern. It may include as many as seven movements:

1. Address to God
2. Reflection of God's faithfulness
3. A Complaint (or questions to God)
4. A confession of sin or claim of innocence
5. A request for help
6. God's response (not always included)
7. A vow to praise or a statement of trust

Lament teaches us that faithful prayer makes room not only for gratitude and joy, but also for grief, confusion, and deep need—and God meets us in that sacred honesty.

Friend, if you're in a season when prayer feels hard, I gently invite you to lean into these three simple, vulnerable ways to draw near to God.

He loves you deeply and longs to be close to you.

God welcomes every word and every tear. And He will meet you there.



← Melissa MacGregor is a Healthy Lifestyle Mentor and writer passionate about equipping women to cultivate their lives and homes with God-honoring, healthy

rhythms. Her devotionals are written from a place of vulnerability and truth, reflecting on the challenges that God has brought her through in her own life and health journey.

Get your copy of "When Prayer Feels Hard Guided Prayer Journal" at [melissamacgregor.com](http://melissamacgregor.com)



DIY  
FAMILY  
RECIPES

# Spring Reset

A GENTLE  
DETOX FOR  
BODY, MIND  
& SPIRIT

Spring is a season of invitation—an opportunity to release what feels heavy and make room for what brings life. The Spring Reset is not about extremes or perfection, but about alignment: nourishing the body with vibrant ingredients while creating space for spiritual clarity and renewal.



SPRING RESET ELIXIR

1

## BLUEBERRY BASIL RENEWAL

FLAVOR: lightly sweet, herbal, refreshing

### Ingredients

- 1 cup blueberries (fresh or frozen)
- 4 fresh basil leaves
- Juice of ½ lemon
- 1 teaspoon raw honey or maple syrup
- 12 oz cold filtered water

### Instructions

Blend all ingredients until smooth. Strain if desired. Serve chilled in a clear glass and garnish with a basil leaf.

#### WHY IT SUPPORTS RESET.

Blueberries provide antioxidant support for cellular renewal, while basil gently supports the liver and reduces inflammation—ideal for transitioning out of winter heaviness.



SPRING RESET ELIXIR

2

## RASPBERRY ROSE CLEANSE

FLAVOR: lightly tart with a floral finish

### Ingredients

- 1 cup raspberries
- 1 teaspoon food-grade rose water
- 1 tablespoon apple cider vinegar (with the mother)
- 1 teaspoon raw honey
- 10–12 oz filtered water

### Instructions

Blend until smooth. Strain if preferred for a lighter texture. Serve chilled.

#### WHY IT SUPPORTS RESET

Raspberries aid digestion and skin clarity, while rose water promotes calm and emotional balance—supporting both physical and internal renewal.

SPRING RESET ELIXIR

3

## CUCUMBER MINT CLARITY

FLAVOR: crisp, cooling, clean



### Ingredients

- ½ large cucumber, chopped
- 6–8 fresh mint leaves
- Juice of ½ lime
- 12 oz cold filtered water or coconut water

### Instructions

Blend until smooth. Strain for a clean finish. Serve over ice.

#### WHY IT SUPPORTS RESET

Cucumber hydrates and flushes excess waste, while mint supports digestion and mental clarity—perfect for days when you need lightness and focus.