

# **THE PRAYER BOX GUIDE**

**How to pray even if you  
don't know what to say**

**EMPOWER HER MINISTRIES**

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## **A Note From Your Friend,**

Let me ask you something honestly.

Have you ever been in a group...maybe at church, Bible study, or even dinner...

And someone suddenly says:

**“Can you pray for us?”**

And, your heart starts beating fast!

Your mind goes blank.

You feel those little butterflies in your stomach and you start thinking:

*“What do I even say?”*

If that’s ever been you... I want you to know something.

**You are not alone.**

A lot of believers love God deeply... but quietly feel unsure about prayer.

Not because they don’t care.

But, because no one ever showed them **how to start.**

And, that’s exactly why I created this guide...enjoy Bestie!

-Breonna Gildon Wright

Ministry Leader, Empower Her Ministries ✨

## Why I'm Sharing This...

During the early pandemic days, I was scrolling on TikTok and someone shared something simple that changed my prayer life.

She suggested creating a **Prayer Box**.

It sounded simple...but it completely transformed the way I approached prayer.

Instead of feeling nervous or unsure what to say...I suddenly had a **simple system** that helped me:

- remember what to pray for
- pray consistently
- include scripture in my prayers
- grow confidence talking to God

And Friend, over time something beautiful happened.

Prayer stopped feeling intimidating. It started feeling **personal**.

Just a conversation between me and God.

So, if you've ever thought: *"I want to pray more... but I don't know where to start."*

I will say this again, this guide is for you, friend!



## What Prayer Actually Is...

Let's clear something up right away.

Prayer is **not** about having perfect words.  
Prayer is **not** about sounding super spiritual.

Prayer is simply **talking to God**.

The Bible says: **Jeremiah 33:3 NIV**,

*“Call to me and I will answer you and tell you great and unsearchable things you do not know.”*

God invites us to talk to Him. He listens. He cares.

And, He responds!

Even when our prayers are simple like:

“God, help me.”

“Lord, give me wisdom.”

“Father, strengthen my faith.”

“God, I want to get closer to you.”

Prayer is simply **a relationship conversation with God**.

# Why Prayer Is So Powerful...

Prayer is powerful because it connects us directly to God.

Jesus, God's son, prayed regularly.

The Bible says:

## **Luke 5:16 NIV**

*“Jesus often withdrew to lonely places and prayed.”*

Why is this important to know?

Even Jesus made prayer a priority.

And not only that...Jesus actually prayed **for us...yes, you too, Bestie!**

In **John 17**, Jesus prayed for future believers, people like you and me.

That means before we were even born...Jesus already had us on His heart.

How beautiful is that?

Prayer isn't just a spiritual habit.

It's a **relationship with the God who loves you deeply.**

# How To Create Your Own Prayer Box...

This is where the simple system begins 😊

## Step 1:

Get a small/medium box with sections.

Great places to find one:

- Dollar Tree
- Walmart
- Craft stores
- Amazon

Look for a box with **multiple compartments**.

Many people use jewelry organizers or craft boxes...simple brown boxes will work!

I remember literally going to the Dollar Tree Store and WalMart to find medium sized boxes...FOR FREE! You can simply ask store associates for a medium sized box made for glass jars or drinking glasses...and they will gladly give you one.

If you cannot find a box with multiple compartments...it's totally okay...

Friend, you can combine an empty box of your choice and find box dividers in a separate box...like the image below lol



## Step 2:

Count how many sections the box has.

This will help you decide how many **prayer categories** to create.

## Step 3:

Assign each section a prayer category.

For example:

- Parents
- Siblings
- Children
- Friends
- Your relationship with God
- Finances
- Career or business
- Ministry or church
- Health
- Personal growth

You can customize these however you want.

## **Creating Your Prayer Categories...**

Before writing on the box, I recommend doing this first.

Grab a sheet of paper.

Write down how many sections your box has.

Then, assign a category to each one.

### **Example layout:**

Section 1 – Parents

Section 2 – Siblings

Section 3 – Friends

Section 4 – My Faith

Section 5 – Finances

Section 6 – Career

Section 7 – Ministry

Once you're happy with your categories, you can:

- Write them on the box

OR,

- Keep them on a paper guide inside the box

This makes it easy to change categories in different seasons.

## Next You'll Need:

For your prayer box, you will need:

- Sticky notes or Small pieces of paper
- Pens

Whenever something comes to your heart to pray for, simply write it down, sign and date the prayer. *You'll come back to the prayer and see how God answered* 💕

Example:

“Lord, please strengthen my parents today.” -BW 03-14-26

“God, give me wisdom for my finances.” -BW 03-14-26

“Father, help me grow closer to you.” -BW 03-14-26

Then, place that prayer inside the correct section. Meaning, if you have a slot for parents...write a prayer for your parents and place the prayer for your parents in the parent prayer slot 😊

Over time your box will fill with prayers...once your box is filled or you're ready to store in a more comfy space, you can store them in a basket with a blanket. (This basket was purchased via Wal-Mart many years ago and the blanket was a gift from my Mom 💕)



# The Secret That Changed My Prayer Life...

Here is the key part:

Don't just write the prayer. **Say it out loud!**

There is something powerful about speaking your prayers.

The Bible says:

**Proverbs 18:21 NIV**

*“The tongue has the power of life and death, and those who love it will eat its fruit.”*

Writing your prayers down shows faith.

Speaking your prayers helps build faith.

It reminds your heart that God is listening.

And, it strengthens your confidence in prayer!

# Praying Scripture...

**One of the most powerful ways to pray is by praying God's word...PERIOD!**

Why?

Because God always honors His word.

The Bible says:

## **Isaiah 55:10-11 NIV**

*“As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater, so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.”*

Example prayer:

“Lord, your word says you provide, so today I trust you with my finances.”

Or:

“Father God, your word says you give wisdom, so please guide my children's decisions today.”

When we pray scripture, we are aligning our prayers with **God's will**.

Also, when you pray with Bible verses, or scripture, it grows your faith!

## **Romans 10:17 NIV**

*“So then faith comes by hearing, and hearing by the word of God.”*

**When you hear the word of God, your faith will grow!**

*\*Bestie, I understand you may not know a lot of Bible verses. You are not alone! This will be the perfect opportunity to ask God to help you discover His promises through the Bible. Read them, write them down, and speak them out loud with the belief that God will hear you and answer you according to His will. God's spirit, The Holy Spirit, will lead you and guide you.\**

## **Sometimes it helps to remember who God is...**

As I started to grow confidence to pray, God's spirit, The Holy Spirit encouraged me to begin calling on who God is.

Here are a few powerful names of God you can pray.

Jehovah Jireh: The Lord Who Provides

Jehovah Shalom: The Lord Is Peace

Jehovah Nissi: The Lord My Banner and Victory

Jehovah Tsidkenu: The Lord Our Righteousness

Example prayer:

"Jehovah Shalom, bring peace into my situation today."

"Jehovah Jireh, thank you for providing for all believers today."

# A Simple Prayer Routine

You don't need an hour.

You can start with **just 5 minutes.**

Simple routine:

1. Choose one section of the box
2. Grab a piece of paper and write down a prayer
3. Read it out loud
4. Talk to God about it
5. Thank Him in advance

Consistency matters more than length.

**Even a 30 second prayer can be powerful!**

## **Add an Answered Prayer Section...**

This is something I am learning today as I write this to you 😊

In your prayer box, you can create a section called:

**Answered Prayers ✨**

Whenever God answers a prayer, write it down and place it in this section.

This builds faith, too!

Because when you look back...you'll see just how faithful God has been.

# If You're Betting On God...

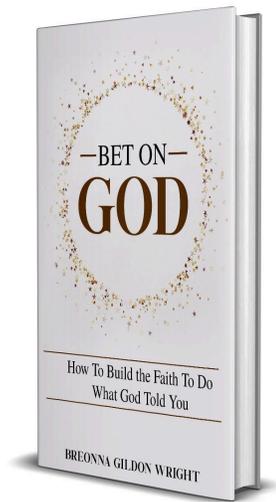
If you're in a season where you're choosing to trust God...

Even when things feel uncertain...

I wrote a book for you.

## Bet on God

This book is for people who have ever said:  
"God... if you're real, prove it!"



Inside the book I share my journey of faith, surrender, and learning to trust God fully.

If you're ready to grow deeper in faith, this book will encourage you to keep believing.

## The Faith Builder Kit...

Another way many women strengthen their prayer life is through the **Empower Her Cards Faith Builder Kit**.

Inside the kit you'll find:

7 Surprise Scripture w/ affirmation cards  
(one for each day of the week)

These cards are designed to help you:

- declare God's promises
- strengthen your faith
- speak life over your situations

Many women keep them:

- in their prayer box
- on their mirror
- in their Bible
- by their bedside



## Stay Connected With The Faith Builders...

If this guide encourages you, I'd love to stay connected.

When you join **Empower Her Mail**, you'll receive:

- weekly faith encouragement
- scripture affirmations
- practical ways to grow closer to God
- simple tools to strengthen your faith

You'll also get updates about:

- new faith resources
- devotionals
- upcoming Empower Her Ministries events

This Tribe is for women who are choosing to **build their lives by faith.**

**[Join Empower Her Mail: www.wesharetoempower.com/empowerhermail](http://www.wesharetoempower.com/empowerhermail)**

## One Last Encouragement

If you've ever felt nervous about praying...

Please remember this.

God is not looking for perfect words.

He's looking for **your heart**.

Your prayers don't have to sound impressive.

They just have to be **honest**.

So start simple.

Start today.

And, watch how your confidence in prayer begins to grow!

**You've got this, bestie.**

And more importantly...**God is listening...and will answer you.**

**P.S.**

**[If you need to watch a Step-By Step Video to assemble your Prayer Box or Prayer Basket, You'll Love this Video Here...feel free to comment any questions.](#)**

**P.S.S.**

**When you decide to create your prayer box or prayer basket, I'd love to celebrate this huge step in your faith!**

**Send prayer box or prayer baskets videos and photos [here](#).**

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