

BIG BOLD PRAYERS

FOR

PEOPLE

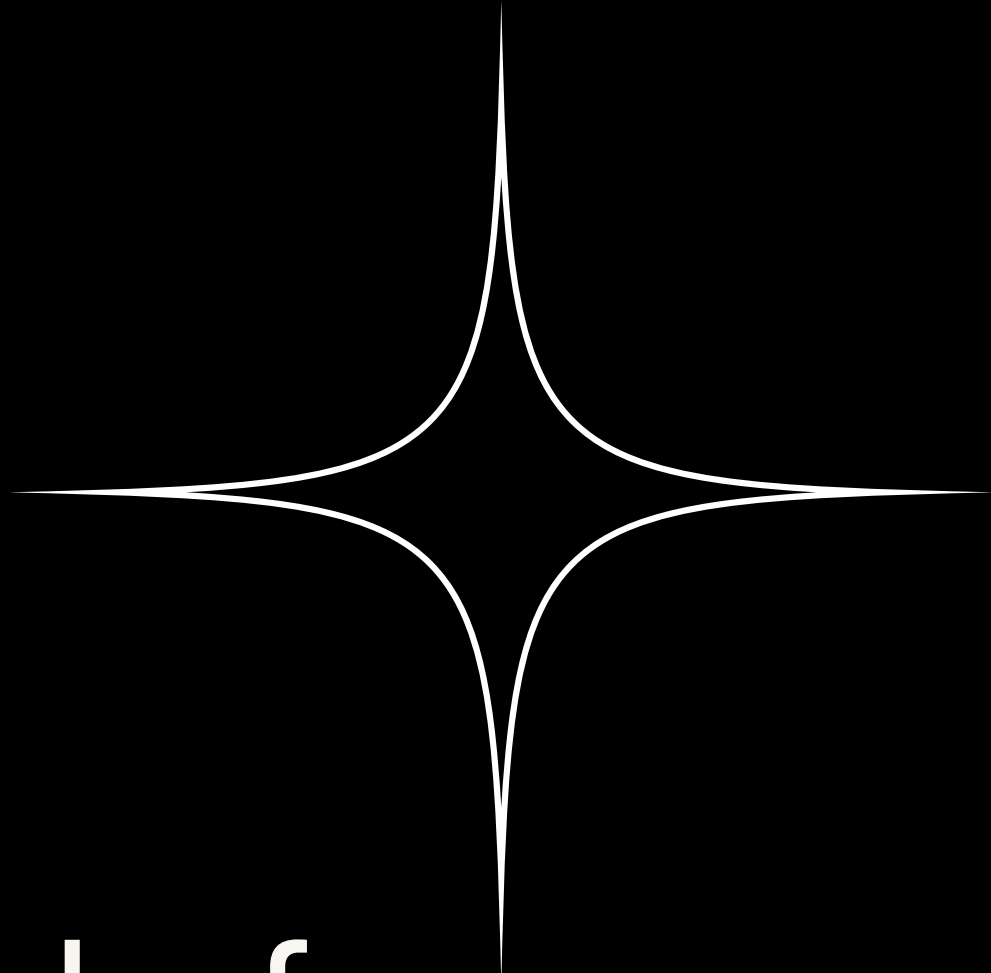
WHO

STRUGGLE

(VOLUME 1 OF THE STRUGGLE)

BY NATASHA B. PITTMAN





Big Book of Prayers for those who Struggle

(Volume 1 of the Struggle)

WRITTEN BY:

Natasha B. Pittman

Copyright © 2026 by Natasha B. Pittman

All rights reserved.

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, scanning, or other electronic or mechanical methods, without the prior written permission of the copyright owner, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by applicable copyright law.

Unauthorized reproduction or distribution of this work, in whole or in part, is a violation of international copyright law and may result in civil and criminal penalties.

The information contained herein is provided for educational and informational purposes only and is not intended as legal, financial, medical, or other professional advice. The reader assumes all responsibility for the use of the information contained in this book.

Unless otherwise noted, all scriptures are taken from The Holy Bible, New King James Version. Copyright ©1982 by Thomas Nelson. Used by permission. All rights reserved.

Printed in the United States of America

First printing June 2026

Published by Righteous Writings

Visit <https://theblessednewbie.org>

Dedication

This book is dedicated to the countless people, myself included,
who love God with all of their heart and soul,
and yet still find that sometimes- they struggle.

May you read this book and realize
how much God is with you in your place of struggle.

I pray that you find encouragement in the pages of this book,
that you feel seen,
and that you know that your prayers are heard.



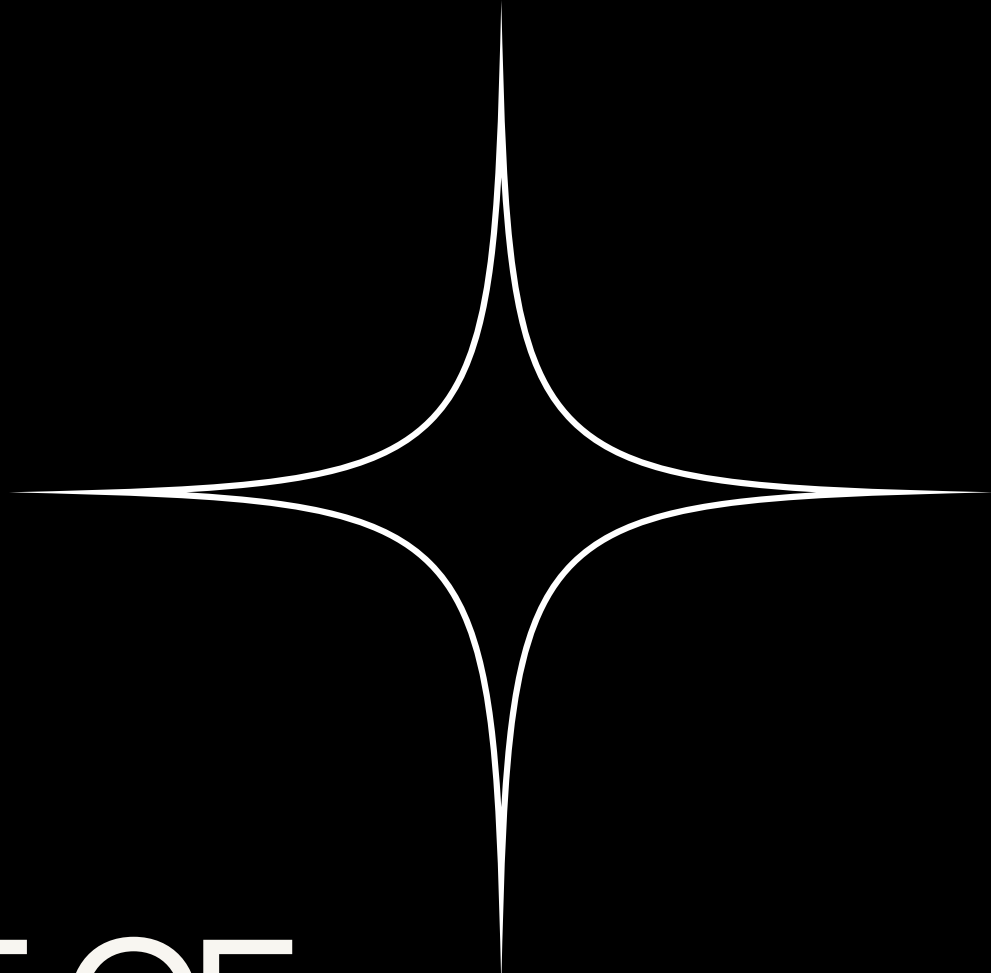


TABLE OF Contents

Table of Contents

Introduction

1. My Testimony
2. Alignment (When you Pray)
3. About this Book (How to use it)
4. How to Pray
5. Don't Pray a Worried Prayer!
6. Don't Pray a Prayer of DOUBT!

Prayers of ALIGNMENT

PART I – PRAYERS FOR TEACHERS & THOSE CALLED TO THE CLASSROOM

Section 1: Prayers for the Weary & Defeated

1. A Prayer for Teachers Who Are Weary
2. A Prayer for Those Who Feel Weary in the Call
3. A Prayer for Those Struggling with the Call
4. A Prayer for Those Who Have Considered Quitting
5. A Prayer for Those Who Cry Themselves to Sleep
6. A Prayer for Those Who Are Called but Not Conquering

Section 2: Prayers for New Teachers & Newbies

7. A Prayer for Those Who Are New to the Classroom
8. A Prayer for Teachers Who Struggle with Doubt
9. A Prayer for Teachers who Doubt that they are Protected
10. A Prayer for Those Who Struggle with Lesson Planning
11. A Prayer for Those Who Struggle When They Pray
12. A Prayer for Those Who Struggle to Pray
13. A Prayer for those who Struggle with the Call
14. A Prayer for Those Who Struggle with Anxiety in Their Call

PART II – PRAYERS FOR EMOTIONAL HEALING & INNER FREEDOM

Section 3: Prayers for Grief, Pain & Rejection

- 15. A Prayer for Those Struggling with Grief or Loss
- 16. A Prayer for Those Struggling with Rejection
- 17. A Prayer for Those Struggling with Guilt or Shame
- 18. A Prayer for Those Carrying Heavy Burdens

Section 4: Prayers for Fear, Anxiety & Doubt

- 19. A Prayer for People who are Struggling
- 20. A Prayer for Those Struggling with Fear & Panic Attacks
- 21. A Prayer for Those Struggling with Anxiety
- 22. A Prayer for Those Struggling with Doubt
- 23. A Prayer for Those Battling Worry
- 24. A Prayer for Struggle with Lack*
- 25. A Prayer for Divine Protection

PART III – PRAYERS FOR MENTAL & EMOTIONAL BREAKTHROUGH

Section 5: Prayers for Mental Health & Thought Battles

- 26. A Prayer for Those Struggling with Mental Health
- 27. A Prayer for Those who Struggle with Shame about their Mental Health
- 28. A Prayer for Those Struggling with Depression
- 29. A Prayer for Those Struggling with Heaviness or Depression
- 30. A Prayer for Those Struggling with Depression and Suicide
- 31. A Prayer for Those Struggling with Dark Thoughts
- 32. A Prayer for Those Battling Suicidal Thoughts
- 33. A Prayer for Those Struggling with Suicidal Ideation
- 34. A Prayer for those with Suicidal Intent* (*see Medical Disclaimer*)
- 35. A Prayer for Those Struggling with Mood Disorders
- 36. A Prayer for Those Struggling with Mania

Section 6: Prayers for Freedom & Deliverance

- 37. A Prayer for Those Struggling with Addictions
- 38. A Prayer for Those Struggling with Addictions Including Pornography
- 39. A Prayer for Those Struggling with Lewd Thoughts
- 40. A Prayer for Those who Struggle with Their Identity*
- 41. A Prayer for Those who Struggle to Believe*
- 42. A Prayer for Those who Struggle when they Pray

Conclusion

A Final Word to the Reader



INTRODUCTION

my testimony

I used to struggle when I prayed.

I used to be concerned that my words weren't pretty enough, and sometimes I would wonder if God even heard my prayers because I didn't always know the exact scripture to use or the exact words to say. Then I started to spend more time in God's presence. And when I did that, He began to teach me about Himself & He began to teach me about prayer. And you know what? I learned that the very best prayer is made when you get into God's Presence, you hear what He has to say about your situation, and then you pray THAT.

When you pray that way, you will end up having what you say. I learned that by praying that way, that I could pray without fear. This was put to the test when a loved one was in the hospital. I knew that I HAD to get it right because there was zero room for error. And guess what? What I did then is what I do now. What I did back then is worshipped and got into the very presence of God in that hospital waiting room, and then I prayed exactly what I heard God say to pray, even down to the amen. And you know what? I got what I prayed for! I got results from my prayers. That's how I learned how to pray confidently.

my testimony

I learned that you could start out in prayer feeling anxious or concerned, but by the end of the prayer, be full of peace. I learned that prayer can change circumstances and that things can result from your prayers. And now it's one of my favorite things to do! And I pray that this book is the beginning of the same thing for you.

Natasha



part
02

PRAYERS FOR EMOTIONAL
HEALING & INNER FREEDOM

SECTION 3

PRAYERS FOR GRIEF, PAIN, & REJECTION



17. A Prayer for Those Struggling with Guilt or Shame

Hey, look. I don't know who this is for, but I believe two things.
I believe Jesus wants you to know He's real and that He wants you to be free.

The Word tells us that nothing good would He withhold from us, right?
And so, the first thing you need to know is that He has borne everything that you're struggling with.

He has borne the depression that you're struggling with & He has borne the shame and the guilt that comes along with it.

What am I talking about?

Well, when you've got somebody that loves Jesus, but has dealt with depression, a lot of times shame and guilt will try to come along for the ride to try to make you feel ashamed.

Look, if you call the name of Jesus and you walk around feeling depressed, the enemy will try to make you feel guilty for feeling depressed.

But you know what? We're going to break that off of you (today).

I heard the Lord say, "Depression is bad enough (because God didn't give it to you) but for shame and guilt to try to come along with it – no, we're going to get rid of that (today)."

Father God, I thank you and I praise you.

You've already borne depression and you've borne the shame and the guilt that try to come along with it.

Yeah, and there's shame that tries to come along with it, too.

But that's all right because Jesus already bore it.

He has already borne your depression.

He's already borne your guilt that comes along with it.

And I hear the Lord saying that is not from Him.

He didn't give it to you.

That's not Him trying to make you feel guilty.





He didn't give it to you.
That's not Him trying to make you feel guilty.
And there's no condemnation to those that are in Christ Jesus because He
already bore your shame.
He already bore your guilt.
So I just want you to picture Him carrying that guilt and that shame that's
been trying to come up against you.
And we release it tonight.
And we call your people free tonight,
Father- I pray that you free Your people from any form of bondage today.
And we give you glory...

In Jesus name,
Amen.



Conclusion



It is my prayer that somewhere in the pages of this book, you saw yourself;
I pray that you saw your struggle, and that you knew that not only did God
hear you, but that He was right there in your struggle.

I pray that you knew that- not only was He there with you – but that He
ARMED you for the struggle.

I pray that you know that God was with you as you prayed;
I pray that you know that God was with you as you struggled.

And that you know that He loves you – struggle and all – more than you can
imagine.

And then- as I typed what I thought was the last line of this book, I heard the
Lord say, “You are MORE!”

That means that you are MORE than the thoughts. You’re more than your
struggle.

You are more than a conqueror – because that’s what HE calls you.

But know this – it will NOT in your own power.
Because God is the One who MAKES you MORE.
He is the One who arms us for the battle.
He arms us for the struggle.

And we can trust Him to show us HOW to walk as what He calls us –
MORE than our struggle.
And MORE than a conqueror!

Natasha

