

10 Prayers For The Young Professional

A black and white photograph of a young woman walking on a sidewalk in front of a brick building with a large wooden door. She is looking down at her phone and carrying a backpack.

BY JESSICA HINES

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14 "You are the light of the world. A city that is set on a hill cannot be hidden. 15 Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. 16 Let your light so shine before men, that they may see your good works and glorify your Father in heaven. (Matthew 5:14-16)

As Young adults in the professional world it can be challenging. As a believer, we don't live our lives the same, treat others the same nor do we always have the same views as others we may work with. However, being a light on a hill is an ever present reality as a young professional in society. Not only is it our reality but it is our mandate (Matthew 5:14-16). The way we love others with grace, treat people with dignity and work with integrity regardless of who are colleagues are, can preach of Jesus in and of itself. Not only that, but as we live our lives according to the word we will gradually find ourselves not only preaching Jesus, but being made in His likeness.

Over the past year I've been working in the School System doing what I love. I can see clearly how God uses a position to impact people for His sake. In that, I've been able to see how prayer can help to dictate a day. I've been tired and prayed for strength. I've had classroom activities and prayed for peace and successful times. I've also seen how I've fallen short in areas of timeliness, not being prepared or having an attitude when I should've had patience. I know no one has arrived, but it isn't an excuse to not give the best that I can every day. I want to live a life where living out the gospel and its principles daily is my lifestyle. Where the practicality of that leads me to be a living epistle read by all men (2 Corinthians 3:2-3). The saying rings true that "some won't read the bible but the will read you."

I wrote these prayers to help me along the way to encourage myself and others. They all have a purpose and scripture to partner with that specific prayer. These are 10 prayers to help with the common themes that we may come across in our journey of being a light in the work place. God bless!



Honor

We all know the smile we get when we get our first “big boy/big girl check”. It might not be the job we decide to settle in for the rest of our lives, but it is definitely paying the bills. If we are blessed enough, our salary might exceed the normal amount to pay bills and also enough to spend on things you enjoy. Do we still honor God in our giving when the money is coming in? Is tithes, offerings and stewarding well still a thought when retail therapy sounds so appealing? In those moments, pray this:

Prayer

Lord help me to Honor you with my finances. I know that though this job pays me, You are the source and provider in my life. Help me to honor you with giving, and to steward the financial blessings well. Whether big or small, help me to always be thankful and acknowledge you with my money choices.

*Honor the LORD from your wealth And from the first of all your produce;
(Proverbs 3:9)*



Contentment

Ever had a job that you weren't happy with? Or worse, you flat out hated? Toxic work environments, jobs that don't fit our passion and underpaying jobs has the potential to weigh heavy on you. Discontentment at work is very real and seeing others thriving in what they love can add even more to the pile. In those moments, pray this:

Prayer

Lord, help me to be content with the season and assignments you have me in. When others are launching businesses and excelling in education, help me not to compare my timeline to theirs. When others are getting promotions and traveling the world, help me to know that where I am is right where you want me to be. If I am not pleased with my current position, help me to learn all that I should during this time all while preparing for what's next. Help me to know that all things work together for my good, even when I feel like it does not.

6 But godliness with contentment is great gain. 7 For we brought nothing into the world, and we can take nothing out of it. 8 But if we have food and clothing, we will be content with that.

(1 Timothy 6:6-8)



Standout

When so many people around you have different ideals, beliefs and even faiths it can make you feel like a coin in the bucket. However, you are not. You are the righteousness of God and a holy priesthood. You stand out whether you know it or not and your Christ like character stand out. When you feel lost in your surroundings, pray this:

Prayer

Lord, help me to shine bright as a child of God no matter where I am. In the courthouse, in the school system, Hollywood, on wall street or capital hill, help me to impact society for the sake of Christ. May I be reminded that I am in this world, but not of it. May I never despise those I am around and never compromise my values for societal gain. May I love my enemies, those who don't think like me, mock my faith or do not know who You are. May I treat the janitor with the same honor and respect as the CEO. And may I be the light on the hill, you called me to be.

14 "You are the light of the world. A city that is set on a hill cannot be hidden. 15 Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house.



Work Ethic

Work Ethic! The game changer and difference between average and excellent. It's honorable to have it, and lets your team, your supervisor and even your customers know you mean business. It also lets God know. The way we treat what is given to us can be a form of worship and thankfulness. Whether you are doing amazing in your craft or you feel a little weary in well doing, in those moments, pray this:

Prayer

Lord, may my work ethic be excellent, and another form of worship to you. Whether I love this job or hate it, may my diligence and attitude allow my workplace to not even know the difference. I pray that you help me to be timely, dependable, a good team mate and motivated to do whatever is required of me. Help me to honor my deadlines and communicate when I am behind schedule. Let all of this be unto your glory, and may I work hard as if you were my boss and not men. Do not be weary in well doing, diligence verse in proverbs

23 And whatever you do, do it heartily, as to the Lord and not to men, 24 knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ. (Colossians 3:23-24)

*5 The plans of the diligent lead surely to plenty,
But those of everyone who is hasty, surely to poverty. (Proverbs 21:5)*



Mental Health

Mental Health. This is a growing topic now a days and rightfully so. We need to be more aware about our mental health and how it affects our life and others. As adults we spend 40+ hours of our time at work, so mental health in the workplace should be top priority as well. Toxic work environments, colleagues and bad work life balance can and will take a toll on someone if you aren't fortifying yourself in the spirit with prayer. In prayer there is also practical answers in how to navigate those tough work situations that are affecting you mentally. In those moments, pray this:

Prayer

Lord, help me to have and maintain a mentally healthy life as I grow in this field. May this work environment and others toxic emotions not affect me; and help me to realize when my attitude, tone and actions are affecting others. Help me to be a light and bring joy to others who are having a bad day. When/if I am wrongly accused or disrespected at work, help me to respond in grace and in the right way, then process it in a healthy manner. Help me to discern if my workplace is too toxic to stay, and may I have the courage to let go and transition despite the security it looks like it provides. May I never, under any circumstance, result to toxic and self-deteriorating ways to cope with work stress or unhappiness. I pray to always be thankful and reminded to turn towards You for help in all things. Amen

2 Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (3 John 1:2)



Integrity

The definition of integrity is the quality of being honest and having strong moral principles; moral uprightness. Integrity at work is important because just like in section 5 where we worship through our work ethic, we can also worship him with how integral we are. When we are tempted to cut corners and not tell the whole truth, in those moments, pray this:

Prayer

Lord, help me to honor you the best way I can when I am at work. When I am tired or slacking behind in the morning, help me to be on time. Help me to realize that the work I do, should only be unto you and not others. I pray that while I am doing it, it is my best. Help me to be honest in all things including deadlines, projects, budgets, use of company funds, screen time and even my lunch hour, so that I am not dishonoring the company's resources. Help me to be a trusted employee and work unto the glory of God. Amen

*6 Go to the ant, you sluggard!
Consider her ways and be wise,*

*7 Which, having no captain,
Overseer or ruler,*

*8 Provides her supplies in the summer,
And gathers her food in the harvest. (Proverbs 6:6-8)*



Devotion

Devotion to the Lord is very key in our walk with Him. Spending time with Him and putting Him first will always benefit us in all areas of our lives. At times, there can be hindrances to that when we are overwhelmed with life and all that involves us. Our job is a huge responsibility and though we need the grace of God to do it, sometimes we let it override our time with God. In those moments, pray this:

Prayer

Lord, thank you that you are a God that I can seek anywhere at any time. Please help me to be devoted to the secret place. Not just in prayer but practicing what is in your word to follow. Help me to cut out time in my day to worship and seek you. May my work life not over power my devotion, because it is in you I live, move, and have my being. May you bless every project, partnership and assignment assigned to me; and may I never forget to pray over them. May I always be brought back to the source even when I stray away due to busyness. Amen

30 And you shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.' This is the first commandment. (Mark 12:30-31)



Ambition

Ambition, we all have it. It's very inspiring to work towards a goal in your life, especially in the work you do every day. However, it can be toxic to let your ambitions drive you in an ungodly manner, leading you to obtain things in ungodly ways. Remember, you are in this world but not of it. You do not have to find your worth in what you do or create strategies to get ahead that are not of God. In those moments, pray this:

Prayer

Lord thank you that my worth is in you and that I am not my resume. Help me to control my ambitions in this field and to not seek gain in ungodly ways. Help my network grow as you see fit, and allow me to meet good, integral people. Amen

36 For what will it profit a man if he gains the whole world, and loses his own soul? (Mark 8:36)



Pride

After a few good streaks in our field we can, if not careful, start to toot our own horn. Achievements and honor can have a way of pumping up our heads if we let it. Pride is subtle. It has us look at ourselves in haughty ways. It keeps us from acknowledging good works in others and it keeps us from asking for help. In those moments, pray this:

Prayer

Lord, thank you for the job and workplace that you've given me. Help me not to see myself more highly than I ought (proverbs) and to compare myself to others in a haughty way. I pray that my assignments and accolades never go to my head. Keep me in a posture of humility and check me when I am not. I pray to never condone pride in myself or with others I work with as well. Since bad company corrupts good character, help me to disconnect from those on the job who are very prideful. If I ever am in need of assistance with my work, I pray to never let arrogance get in the way and ask for the help I need. Amen.

*18 Pride goes before destruction, And a haughty spirit before a fall.
(Proverbs 16:18)*

*6 But He gives more grace. Therefore, He says: "God resists the proud, but
gives grace to the humble." (James 4:6)*



Work Life Balance

Work. Life. Balance! A joy it would be if everyone had it. This world is all about work and play, but the balance of the two is where the issue lies. We must be careful to rest when we have time to do so. Mental and even physical health issues can arise when we don't take care of ourselves. Not to mention the precious time we miss out on with family and friends, enjoying life together. When you feel both worlds have collided too much, in those moments, pray this:

Prayer

Lord, I thank you for your gift of rest to us. I pray that when I am tempted to do more work than I ought, that I would choose rest over it. I pray that when I am allotted time to be with family or vacation that I would remove myself from all opportunities of work related calls, emails or assignments. Help me to work hard at my job and separate from my role when I get home. Help me to take advantage of the gift of life, and not override it with work responsibilities. Also, help me to set boundaries with my coworkers so that I may benefit from time away. Let every holiday, family function, cozy night in and 'me time' be uninterrupted. Amen

*2 It is useless for you to work so hard from early morning until late at night,
anxiously working for food to eat; for God gives rest to his loved ones.
(Psalm 127:2)*

About the Author

Jessica Hines, Author of *Reflections of an Intercessor* and *Diary Of A Christian Millennial* is from Columbus, Oh. She enjoys writing and encouraging others to live out their purpose. She has a blog called *Thorns & Lilies* with the purpose of sharing real testimonies that give God glory; and encouraging women to be beautifully, set apart, image bearers of God. When she isn't working in local schools or writing, she can be found spending quality time with family and friends.