

***PRAYERS***  
*for*  
***PEOPLE***  
*under*  
***PRESSURE***

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To  
the members of  
Immanuel Lutheran Church  
Wichita, Kansas  
whom my father  
Dr. Louis H. Deffner  
served from  
1922-1965

*A faithful people*





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# Preface

Only you and God know fully the burdens you bear, the stresses and pressures you live under every day.

There are times when we are compelled to plead with God to change a difficult situation. “Intervene, O Lord!” Like Jacob wrestling with the angel, we cry, “I will not let you go unless you bless me” (Genesis 33:26). God encourages us to make specific requests (James 4:2).

And so we pray, “Answer me, O God, but in your own time, and in the name of him who said, ‘Not my will, but thine be done.’”

But some trying circumstances will not change immediately, if ever at all. Then we are called to live under continuing stresses, and to learn that “just to endure is victory.”

These prayers are written for such times.

Only the Spirit of God can teach us how to pray. These meditations are offered with the hope that you and I can better learn from the Master Teacher

in the best of times  
and in the worst of times  
to pray continually  
to be thankful constantly  
and to rejoice always.

Evening, and morning, and at noon, will I pray,  
and cry aloud: and he shall hear my voice (Psalm 55:17).





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**Preparation  
for  
Stress**





## What a Day Ahead!

It looks like another day of stress Lord  
Work piled up that never seems to end  
Pressures from those who seek to control me  
Unreasonable demands  
even from those who love me  
Responsibilities which sometimes seem beyond me  
What do I do Lord?  
Let me begin this day  
by thanking you first of all  
for *life itself*  
*My* life  
which *you* have given me

*It is he who has made us  
and not we ourselves*

Then let me  
by the power of your Holy Spirit  
affirm my baptism  
There you made me your child  
and brought me into your family  
and into eternal life  
which I am in now

*Fear not, for I have redeemed you;  
I have called you by name, you are mine. Behold,  
I have graven you on the palms of my hands.*

Now Lord  
move those blessed assurances  
from my head into my heart  
and my hands  
Empower me to act today  
as your child  
no matter what stressful situations  
confront me  
As others attempt to put pressure on me  
move me to *react*  
as your gentle loving servant