

CONTACT: Ben Laurro, 615-595-8466

Ben@purepublicity.com

Prayers to Strengthen Your Soul

Listening to the Still, Small Voice of God



Minneapolis, MN: Prayer places us into God's grace and mercy, and the prayers that strengthen our souls are the ones that guide us into His presence, where He can soothe our concerns and raise our spirits. When we seek His strength, we need to listen for the still, small voice of God that helps us grow, change, and increase our obedience to Him.

Karen Moore is the author of over 120 inspirational books, including her new book, *Prayers to Strengthen Your Soul*. Karen understands that our fears, our shortcomings, and the demands of life can distract us from our prayer life. But if we desire a personal relationship with God, then we must commit to praying and listening to Him. **Her acronym for P.R.A.Y.** is

Pause: Know that God is powerful and is continual in guidance and love.

Remember: all the difficult times God has showed up for you and He will continue to do so.

Ask: Many feel they are unworthy to ask, or what to ask for or when to ask.

Yield: Let go of your past, your old habits give God a chance to answer your prayers.

In **Prayers to Strengthen Your Soul** Karen features 365 passionate prayers centered on themes such as:

- **Seeking and Giving Forgiveness:** When we encounter difficult relationships, we don't always receive others with the same grace that the Lord gives to everyone who turns to Him. Pray to offer forgiveness to those who offend us. Listen with kindness, respond in love, and see them as God sees them. (Psalm 37:23)
- **Praising God Always:** Often when we struggle with illness, loss, or tragedy, we question God's love or even blame him. The story of Job reminds us that God continues to love us and work miracles even in the midst of difficult circumstances. Praising Him reminds us of His many blessings. (Job 5:9)
- **Trusting God's Plan:** We like to be in control, so when life doesn't go according to plan, we feel lost, alone, and confused. Prayer helps us refocus on every gift God has given us, and we find peace and assurance when we surrender to the Lord's plan for this world and for our lives. (Proverbs 16:3)
- **Responding to Spiritual Warfare**: As followers of Christ, we will encounter spiritual warfare. We need to pray for God to keep the devil behind us, the Holy Spirit in front of us, and God's guidance within us. Pray for peace in chaos and protection for those who cannot defend themselves. (Ephesians 3:16)
- **Becoming Stronger:** We become better, more faithful believers when God removes things from our lives that no longer serve him. This process, though difficult, draws us nearer to God. Give praise that under His care and provision, we can fulfill His purpose for our lives. (John 15:2)
- **Listening with Wisdom:** We can easily become distracted when listening to God and others. Our attitude or focus may need readjusting. Pray for the Lord to clear our minds so that we can seek His wisdom, hear the heart and words of others, and respond with love and understanding. (Proverbs 9:9)

Karen reassures that we can find freedom knowing that God wants to be involved in even the smallest details of our lives and is never surprised or overwhelmed by our prayers and praise—no matter the words we use. *Prayers to Strengthen Your Soul* will refresh and guide our prayer lives with daily Scripture-based prayers and thought-provoking questions to find strength in God's presence.

About the Author



Karen Moore is the author of more than 120 inspirational books, including *It's Still Possible, Prayers from the Heart, What a Great Word, Strength for Your Soul, Every Day Is Mother's Day,* and *The Heart-Shaped Life Daily Devotional.* Karen has a master's degree in education and writes a blog called *Turning Up the Light.* She is also an author coach and a speaker for writing and women's conferences. Between Karen and her husband, they have six grown children and ten grandchildren, and currently works and lives in Lady Lake, Florida. Her website is www.karenmooreauthor.com, and you can find her on Facebook at Karen Moore,

Author & Speaker.

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Suggested Interview Questions:

- 1. Karen, what made you decide to write *Prayers to Strengthen Your Soul*? What is your hope for readers?
- 2. You have written over 120 books that include gift books, poetry, and children's books. What is your approach to writing for such diverse audiences?
- 3. You wrote greeting cards for a time. Where do you find your creativity or inspiration?
- 4. You were also a teacher. How did you inspire and bring out the creativity in others?
- 5. Why is prayer so important to the life of a Christian? How do you encourage people who feel unequipped or not eloquent enough to pray meaningful prayers?
- 6. Your book includes Scripture. Do you first choose the Scripture and then write on its topic, or do you have your own, unique writing method?
- 7. You write about praying but also pausing to listen to God's responses. Is the pause equally important as the prayer? Why?
- 8. What are common distractions to prayer? How can we minimize or avoid those distractions?
- 9. You write that God knows our needs before we bring them to him and that he enjoys being actively involved in our lives. Should we be mindful of how many of our prayers are requests and how many are praises? How can we find balance between the two?
- 10. Have any of your six children followed in your footsteps with creative or inspirational writing?
- 11. Where can we learn more about your ministry and speaking engagements?