

Oh Lord My God Please

PRAYER

GUARD MY TIME

DECLARATIONS

Speak this prayer aloud and return to it often. Meditate on it until doubt fades, faith rises, and what you declare becomes what you live.

The PRAYER

Heavenly Father, my Lord and King, I bring my time before You. I recognize that time is a resource, a responsibility, and a trust. As demands increase and expectations multiply, I ask You to help me steward my time with discipline and intention.

Father God, protect me from unnecessary interruptions, distractions, and obligations that drain my energy without advancing my assignment. Teach me to prioritize what matters most and to release what no longer serves this season. Guard me from overcommitment, constant availability, and the pressure to do everything.

Lord, help me respect my limits without guilt. Teach me to work diligently without neglecting rest, clarity, or health. Let my schedule reflect alignment, not chaos. I want to be effective, not exhausted.

In Jesus' name, Amen.

Oh Lord My God Please

Prayer

GUARD MY TIME

Declarations

Speak these divine declarations and affirmations aloud, and return to them often. Meditate on them until doubt fades, faith rises, and what you decree, declare, and affirm becomes what you live.

The DECLARATION

By the power and authority given to me through the shed blood of Christ Jesus, the Messiah and living God, I, (*speak your name*), decree and declare that my time is protected and well stewarded.

- I declare that distractions, interruptions, and misuse of time have no authority over my schedule.
- I decree and declare that my time aligns with purpose and priority.
- My time is honored. My schedule is ordered. And my energy is preserved.

This declaration is sealed, established, and active now. So it is. So it stands. And so shall it be.

The AFFIRMATION

I steward my time wisely. I honor my limits. I prioritize what matters most. My schedule reflects alignment. I work with intention and clarity.

This is who I am. This is how I steward. And my time is protected and purposeful.