



# Worship in the Wait

10 Days of Prayers and Praises by Xochitl Dixon

Invite the Holy Spirit to be your strength as you inhale the God-breathed words of Scripture, exhale prayers and praises, and move forward with courage, confidence, compassion, and clarity . . . one breath at a time.



On January 14, 2022, I woke up in the morning and realized I could not walk. Though I've been praying with my amazing Praying-Peeps and working with my wonderful doctors, I am still struggling with high level pain, increasing fatigue, and decreasing mobility. In 2019, as I wrote *Waiting for God: Trusting Daily in God's Plan and Pace*, I shared parts of my story and developed a special way to pray through my pain. I would like to invite you to join me as we rest in God's loving presence, trust His faithfulness, and worship Him one breath at a time.

## Before You Begin

Please check with your doctor before you begin, especially if you have any medical issues that can be triggered by deep breathing exercises. You're not meant to struggle or hold your breath while reading the Bible verses and guided Scripture-based prayers silently. The key is to slow your breathing at a pace that is comfortable for you.

## How Do Breath Prayers Work?

These short Bible verses and prayers are designed to slow down your breathing, to relax your body, and let God's truth and love wrap you in peace as you rest in His constant presence.

Choose a time and place where you feel safe enough to be still. You can breathe prayers in a busy or quiet space, inside or outside. Before you begin reading each day's entry, inhale deeply through your nose and exhale slowly through your mouth three times. Read silently, inhaling deeply and exhaling slowly at a comfortable pace for you. Repeat as often as you like.

You can even breathe prayers and praises during your daily Bible reading and study time.

Let's begin! To God be the glory, the honor, and the praise, praise, praise!





## Day 1

Your work, O LORD, is eternal; it stands firm in the heavens. Psalm 119:89

Eternal God, thanks for reminding me that Your work lasts forever. You planned my steps before You created me in my mother's womb. You designed each twist and turn that would lead me straight to You. You equipped me for a purpose that extends beyond my personal space, requiring me to trust Your limitless power and yield to Your loving authority. Please prepare my heart and mind to surrender in every aspect of my life, as You empower me to believe You are always working all things out according to Your perfect plan and pace. I praise You, mighty Father, for Your infallible Word, Your life-transforming love, and the work Jesus did on the cross that guarantees my inheritance as Your beloved child. I love You, generous Giver of all good things. In Jesus' name, Amen.



## Day 2

The LORD is trustworthy in all he promises and faithful in all he does. Psalm 145:13

Faithful Father, thanks for fueling my faith with testimonies that prove Your eternal reliability. Thanks for being constant and constantly present. Your flawless pre-ordained plans bring You glory and give me purpose. Whether I'm relying on You to show me the next step You want me to take or waiting for You to work in the life of a loved one, please keep me from making impatience an idol. Convict me when I'm hyper focused on how long You're taking. Remind me that my concept of time is small in comparison to the reality of eternity. So, when the wait feels too long, too hard, too confusing, or too inconvenient, please keep me focused on the work Jesus has already done for me and in me and through me. In Jesus' name, Amen.





### Day 3

There is no one holy like the LORD, there is no one besides you; there is no Rock like our God.  
1 Samuel 2:2

Ever-present, ever-powerful, and ever-purposeful Lord and Savior, You alone are holy. You are worthy of all my praise and my complete devotion. Help me live like I believe You are exalted above all and supreme in authority. Give me wisdom to know, to understand, to interpret, and to apply Your Word in practical ways. Immutable God, I worship You with every breath You give me. Make me more like Jesus. Transform my heart, so I will love like Jesus. Renew my thinking, so I will relate to others with compassion and love. Heal every wound that keeps me from living in victory and sharing Your truth with the fiercest faith and gentlest grace. I am Yours, Almighty God! Do what You will! In Jesus' name, Amen.



### Day 4

For the LORD gives wisdom; from his mouth come knowledge and understanding.  
Proverbs 2:6

Wise Counselor, thanks for showing me when I need to take a big step, baby steps, or a bit of a pause in my steps. Thanks for blessing me with just the right amount of time and helping me recognize each moment as a God-given gift that I cannot recycle. When long to-do lists lead to frustration, keep me from placing unrealistic expectations on myself and others. Infuse me with joy as I value the relationships You entrust to me. Make me a good steward of the time You've entrusted to me and never let me allow busyness to control me. Be my peace as I slow down to enjoy Your presence and include You in day-to-day planning. I trust You to reveal what I should add or delete from my lists. In Jesus' name, Amen.





## Day 5

My flesh and my heart may fail, but God is the strength of my heart and my portion forever.  
Psalm 73:26

Everlasting Father, please forgive me for every single time I've stubbornly waited until I reached the point of exhaustion before calling on You for help. My body and mind are weak and limited, but You are my unlimited power source. You breathe life, joy, peace, and enduring hope into my weary soul, Holy Spirit. Thanks for affirming I am no longer bound by the debilitating fear of weaknesses. In my weakness, You are strong. Hallelujah! I embrace every second of stillness and accept Your help as a gift. Thanks for helping me understand that needing You and others is a privilege, not a handicap. Help me rest in the promise of Your mercy and rely on the assurance of Your power as I finish strong. In Jesus' name, Amen.



## Day 6

Now faith is confidence in what we hope for and assurance about what we do not see.  
Hebrews 11:1

Creator and Sustainer of All, thanks for proving the surety of Your faithfulness rests in Your unchanging character. Your promises never change. Your trustworthiness never falters. I stand on the firm foundation of Your goodness. Thanks for establishing a dependable tally sheet of faith-building wonders in my life, in the world around me, and in the history of Your beloved people as recorded in the Bible. Fill my heart and mind with Your truth, so I can wait on You with bold faith. Instead of asking You for hope, I'm thanking You for being my everlasting hope. Instead of asking for signs as proof of Your love or power, I'm praising You for the evidence of Your trustworthiness. My hope is secured in You and You alone. In Jesus' name, Amen.





### Day 7

Let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith. Hebrews 12:1-2, ESV

Kind Savior, keep my eyes steadfast on You and my feet steady on the path You've prepared for me. Help me run the race You've set before me with endurance. Strengthen my resolve and keep me from straying from Your perfect plan or predetermined pace. Deepen my willingness to focus on You, instead of glancing at the constant distractions threatening to trip me up. Help me take steps to serve You by serving others selflessly. Please don't let me be weighed down or distracted by the everchanging status of the next crisis. No matter how tired I feel or how rough the pathway seems, please give me faith to walk with unwavering assurance in who You are and all You've done. In Jesus' name, Amen.



### Day 8

The plans of the LORD stand firm forever; the purposes of his heart through all generations. Psalm 33:11

All-knowing and All-powerful God, help me walk in loving obedience to Your Word. Secure my faith in Your plan and Your purpose. When things don't go the way I expect or hope, please keep discouragement at bay. Shake off doubts, insecurities, or pridefulness that can threaten to confuse me and lead me astray. Help me care for people and invest in equipping and encouraging those who come after me. Fill my well with truth and draw me into heart-deep worship daily, so I can experience peace in Your perfectly planned waiting seasons. Lead me toward the next step You want me to take. Shake off any worry about the steps that may or may not be necessary going forward. Help me stand firm today and tomorrow and forever. In Jesus' name, Amen.





## Day 9

My comfort in my suffering is this: Your promise preserves my life. Psalm 119:50

God of All Comfort, sometimes life hurts so much that I'm tempted to turn away. Please remind me You care and give me a compassionate heart that always beats for Your image-bearers. When daily struggles wear me out, give me glimpses of Your goodness and faithfulness. When waiting feels like an iron ball chained to my heart, affirm that You're always loving, always working, and always in control. You are my mountain mover and foundation builder. You are my peacemaker, hope giver, and faithful healer. As I process my sorrow and heartbreak, please help me remember there is always someone who is hurting somewhere in the world. Help me love well moment by moment. Remind me that Your promises are enough to carry me and those You send me to encourage. In Jesus' name, Amen.



## Day 10

"The LORD gives strength to His people; the LORD blesses His people with peace."  
Psalm 29:11

El Shaddai, the Lord God Almighty, You are my strength, my peace, and my everlasting hope. When I have no strength left, the ever-growing weight of discouragement, frustration, doubt, fear, or pride tempts me to call on my will power instead of Your power. Help me submit to Your reign over my life, to acknowledge You as the ultimate authority. Occupy the throne of my heart and mind so that my attitudes and actions reflect Your holiness and righteousness. Give me a desire to delight in pleasing You. Make me long to obey You, not because of obligation or obsession, but because I'm overwhelmed with Your sacrificial love. All I need comes from You. Help me trust Your decisions. You haven't failed me yet. You won't start failing me now. In Jesus' name, Amen.





Xochitl (So-Cheel) Dixon celebrates diversity and inclusion, alongside her beautifully diverse family and her service dog, Callie. Crossing cultural, generational, and international lines, Xochitl's biblical encouragement and Scripture-based prayers inspire the development of deeper, authentic relationships with God and others.

As a regular contributing writer for Our Daily Bread and God Hears Her, Xochitl has had devotions featured in multiple Our Daily Bread compilations, including the bestselling God Hears Her (2017) and Known by God, released in 2023. She is the author of the 2021 ECPA Christian Book Award Children's Book finalist, Different Like Me, now available in Spanish, and the devotional, Waiting for God: Trusting Daily in God's Plan and Pace.

Xochitl's two new children's picture books with WaterBrook & Multnomah Kids and her brand-new devotional with Our Daily Bread Publishing will be released in 2024. She enjoys loving Jesus, loving her neighbors, and connecting with readers at [www.xedixon.com](http://www.xedixon.com).

