

WHEN YOU DON'T KNOW HOW TO PRAY

Prayer Prompts for Days When Words Are Hard to Find

THEME SCRIPTURE

"We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans." - Romans 8:26

Dear Fellow Traveler,

Some days prayer flows easily. Other days, all you have is "**Jesus, help me.**" There are seasons when grief is too heavy, fear is too loud, your mind is exhausted, or you simply do not know what to say to God.

You do not need beautiful words to pray. You do not need to explain everything correctly. You do not need to hide your anger, confusion, fear, or disappointment. **God already knows.**

Prayer is not a performance. It is coming honestly into the presence of a Father who loves you. When words are hard to find, begin with one sentence.

When I Feel Overwhelmed

Read: Psalm 61:1-2

Begin with:

"Father, I feel overwhelmed by..."

Then pray:

Lord, I cannot carry all of this by myself. Lead me to the Rock that is higher than I am. Help me remember that what overwhelms me does not overwhelm You.

When I Am Afraid

Read: Isaiah 41:10

Begin with:

"God, I am afraid that..."

Then pray:

Father, fear is telling me that I am alone, but Your Word tells me You are with me. Hold me steady when I cannot steady myself. Help me trust Your presence more than my fear.

When My Heart Is Broken

Read: Psalm 34:18

Begin with:

"Jesus, what hurts most right now is..."

Then pray:

Lord, Your Word says You are near to the brokenhearted. I need Your nearness today. Meet me in this pain. Hold the pieces I do not know how to put back together.

When I Am Angry

Read: Psalm 62:8

Begin with:

"God, I am angry because..."

Then pray:

Father, I am bringing You my anger instead of hiding it from You. Keep bitterness from taking root in me. Show me what is underneath my anger and teach me what to do with it.

When I Don't Understand

Read: Proverbs 3:5-6

Begin with:

"Lord, I don't understand why..."

Then pray:

God, I do not understand this, but I know understanding is not required for You to remain trustworthy. Help me lean on Your character when I cannot make sense of my circumstances.

When I Feel Guilty

Read: 1 John 1:9

Begin with:

"Father, I need to confess..."

Then pray:

Father, I agree with You about my sin. I confess it and receive the forgiveness You provide through Jesus. Help me turn from what is wrong and walk forward in obedience.

When Shame Tells Me Who I Am

Read: 2 Corinthians 5:17

Begin with:

"Jesus, I keep believing that I am..."

Then pray:

Jesus, teach me to see myself through what You have done rather than through what has been done to me or what I have done. Replace the lies I have believed with Your truth.

When I Need to Forgive

Read: Ephesians 4:31-32

Begin with:

"Father, I am struggling to forgive..."

Then pray:

God, You know what happened and You know what it cost me. I cannot manufacture forgiveness. Help me surrender my right to revenge and place justice into Your hands. Give me grace for the next step.

When Someone I Love Is Hurting

Read: Philippians 4:6-7

Begin with:

"Father, I place _____ in Your hands."

Then pray:

Lord, I love this person, but I cannot control what happens to them. Go where I cannot go. Do what I cannot do. Give them what they need, and give me wisdom to know when to help, when to speak, and when simply to pray.

When I Need Direction

Read: Psalm 25:4-5

Begin with:

"Lord, show me the next faithful step."

Then pray:

Father, guide me in Your truth. Close the doors I should not walk through and give me courage to obey when You make the next step clear. Keep me from running ahead of You.

When I Am Exhausted

Read: Matthew 11:28-30

Begin with:

"Jesus, I am tired of..."

Then pray:

Jesus, You invited the weary to come to You. I am coming. Teach me what I need to release. Quiet the pressure I put on myself and teach my soul to rest in You.

When God Feels Far Away

Read: Psalm 139:7-10

Begin with:

"God, I cannot feel You right now, but..."

Then pray:

Father, my feelings tell me You are distant, but Your Word tells me there is nowhere I can go beyond Your presence. Help me trust what You have said even when my emotions tell me something different.

When I Am Waiting

Read: Isaiah 40:31

Begin with:

"Lord, I am tired of waiting for..."

Then pray:

Father, waiting is difficult for me. Keep me from believing that Your silence means Your absence. Give me strength for today and teach me to trust Your timing.

When I Am Thankful

Read: Psalm 103:1-5

Begin with:

"Father, thank You for..."

Then pray:

God, keep me from moving so quickly that I miss Your goodness. Teach me to remember Your faithfulness and praise You for who You are, not only for what You give me.

When I Have No Words at All

Read: Romans 8:26-27

You may not be able to finish a sentence. That's okay. Sit quietly before God. Breathe.

And simply pray:

"Jesus."

"Help me."

"I need You."

"Father, You know."

Then be still.

Romans 8 reminds us that when we do not know what to pray, **the Holy Spirit intercedes for us.**

Your silence is not a failed prayer. Your tears are not a failed prayer. Your inability to find the right words does not keep you from God.

From My Heart

My fellow traveler, there will be days when you can pray for an hour. There will also be days when **"Jesus, help me"** is everything you have. Bring Him both.

God is not grading your prayers. He is inviting you into relationship.

You don't need the right words. You need Jesus.

And when you cannot find the words, remember: He already knows your heart.

My Prayer Today
