**Prayers for Comfort**

Heavenly Father, I feel alone, beaten up, tears fill my eyes, I toss and turn at night.

Words can’t express the ache in my heart. I feel pain every day.

I pray to you as I am desperate for help.

I need to know that you care, that you love me, be my refuge from pain, replacing my distress with peace, and be my strength when I feel weak and find it hard to carry on.

Help me not to fear the future but to boldly trust that you are in control when my emotions plunge me down, and when I am in despair. And times when I can’t talk and don’t know what to say, help me to “Be still, and know that you are God”.

Be my comforter, my healer and bring me peace. In Jesus’ name, Amen.

God, help me accept the things I can’t change, give me the courage to change the things I can, and give me the wisdom to know the difference. Amen

**Bible reference:**[**Psalm 46**](https://www.biblegateway.com/passage/?search=Psalm+46&version=NIVUK)

**Prayer for help**

Spirit of Creation, God of All,

I don’t understand you, I don’t even know if I believe in you, but this is my cry to you, whomever you are, I figure if you are as big as people say you are, you are not going to be offended if I get things wrong.

My life feels messy, things are not going smoothly at all.

Some of it I have done, some of it has been done to me, some of it just seems to have happened.

Sometimes I feel angry, sometimes shame.

And sometimes, to tell you the truth, I feel nothing at all.

I could use some help through these tough times, I am open to receive help from any source that has my wellbeing in mind.

Please, place good people, kind people, along my path.

Please God, help me have the wisdom to make right choices.

This is my cry to you. In Jesus’ name, Amen.

**Bible reference:**[**John 16:33**](https://www.biblegateway.com/passage/?search=john+16%3A33&version=NIVUK)

**Prayers for guidance**

God, help me trust you with my decisions and future. Let me lean on you with all my heart instead of relying on my own imperfect understanding. Give me clear guidance in my life. I ask for your help to direct my path. Give me confidence that your direction is always the best way to go. In Jesus’ name, Amen.

God of love – I feel like I am lost but your word says that you will always guide me. You do not leave me wandering through life but you are with me during every moment of every day. Help me to follow your ways when I feel weary and frustrated and help me to experience joy in life. May I be like the well-watered garden which thrives because the roots are firmly planted in your love.  Amen.

Creator God, you made me and you love me. My circumstances and experiences do not define me. Help me to understand that I am like a child and can trust you. Whatever I do today, your loving eye is on me and you have promised to care for me. Help me to bring everything in my life before you. When I am uncertain, help me look to you. Guide me and teach me in the way that I should go and the paths that I should take.  Amen.

**Bible reference:**[**Psalm 119:105**](https://www.biblegateway.com/passage/?search=Psalm+119%3A105&version=NIVUK)

**Prayers for the worried**

God of peace, my heart is heavy and filled with sadness. I spend so much time thinking, planning and worrying about my life. Help me to trust you when everything seems a mess. Can you lead me to make decisions that will help me, can you guide and help me I ask to direct my steps.  Amen.

God, where are you? I am so worried. I feel anxious from the soles of my feet to the top of my head. Everything feels so big, so overwhelming, so insurmountable.

Please help me get some peace. Give me peace that doesn’t make sense, peace that I can’t produce. Give me the peace of knowing you are with me and that you love me.

May your peace guide my heart and mind in Christ Jesus. Amen

God I can’t do this anymore. I can’t keep putting one foot in front of the other. Can you take over, strengthen me, give me wisdom and help me make it through. Help me remember that you will never leave me. Amen.

**Bible reference:**[**Philippians 4:6**](https://www.biblegateway.com/passage/?search=Philippians+4%3A6&version=NIVUK)

**Prayers in uncertain times**

Lord, when I am uncertain about what I should do, show me your ways. When I don’t know which way to turn, teach me and show me. In everything I do, I ask you to guide me. I want to trust you and I ask that you would protect me.  In Jesus’ name, Amen.

God, open my eyes to see you.

God, open my ears that I could hear you as I cry, when I am hungry, when I am scared and when I feel beaten.

God, open my heart to you and to others, to receive help and support and love.

Give me strength to endure. Amen

Father Lord, I feel like a million tons of weight is hanging over my head right now.

I feel exhausted, stressed and overwhelmed, even though I have just woken up.

Lord, I need you now more than ever. I can no longer pretend I can help myself alone.

Lord, help me safely anchor myself to you.

Help me recognize and accept your divine help when I see it today. Amen.

**Bible reference:**[**Psalm 16:8**](https://www.biblegateway.com/passage/?search=Psalm+16%3A8&version=NIVUK)