



Emergency Prayer Hotline

- Dial 1 for help
- Dial 2 for peace
- Dial 3 for hope
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help

Dear Holy Spirit,

I have come to this point where I know that it is only you that can provide for me, the help that I really need right now. I don't have anyone but you, and I have humbled myself to come and ask You to help me. Please show me all that I need to do in this situation to make it better, and if I can't do anything Lord help me to trust that You will do all that is needed to be done in Jesus name, amen.



peace

Dear Jesus,

I have come to You to ask that You would still my heart. Please change my perspective to look to you so that my heart can become still. Prince of peace I know that peace is literally who you are, and You live inside me. I pray for eyes to see You, and know that every solution is already in and with You, therefore I can actually rest. Thank You for this gift of peace you left me with, I pray that it would continue to abound, and rise over the unrest and fear that is very real in this moment. In Jesus name, amen.



hope

Dear Abba,

At this point, I'm struggling to find a reason to believe that any of this will get better. I admit that it doesn't feel like there's any light at the end of this tunnel. This is why I have come to You, all of time is in Your hands, you rule in the affairs of men, You have everything that I need. Please give me eyes to see that You are more than able to make things beautiful in their own time.

Please give me glimmers of hope today that will ensure me that you hear me. I trust You, and I believe that I will see Your goodness, because it is who You are. In Jesus name, amen.



joy

Dear Holy Spirit,

Your word says that where you are, there is fullness of joy. I don't really feel like I have joy, and I'm asking that you would fill me up till overflowing. I don't want my circumstances to dictate my joy, I want to live from that place. I no longer want to put my joy in the hands of anyone or anything but You. Please help me to see all that You are and what it means for me, because that's where true joy is actually found. I ask Holy Spirit that you would fill me up so that all that spills out is You, and by extension Your joy. In Jesus name, amen.



suicidal thoughts

Dear Lord,

I don't feel so good. I feel like this world might be better without me in it, or this might be my only option but I don't want to continue to feel this way. Help me to receive that abundant life You died to give to me. Lord You died that I may live, I pray for strength to believe it until it is my reality. I pray for grace to see the many reasons there are to live and enjoy this life you have given me. I pray for grace to carry on, to hold on to your outstretched arm till I reach the finish line. I pray for eyes to see the space in this world that You ordained me to fill in. Thank you for standing by me and never leaving my side, please help me to be more aware of your presence. Please surround me with love, joy and peace that will show me that there is more to live for. In Jesus name, amen.



faith

Dear Lord,

Your word has said that You are the author and finisher of my faith and that it is impossible to please You without it. The truth is that I am lacking in that faith, but I want to please You, please help me. You said all that's needed is that we ask according to Your will, and it would be given, so here I am asking You to increase my faith in You. I know that this is something that you desire to do, please open my eyes so that I can start to see every reason that I have and have always had to trust and have faith in You. I pray that every lofty high thing and imagination against the knowledge of You in my mind, would be cast down and only what You have said is true will stand. I take every thought contrary to your word captive, in Jesus' name. Amen.



Dear Jesus,

I have come to You with this request because I know that you not only have the power to heal me, but it is also your desire to see me whole. For every infirmity in my body or in my mind, Lord I ask that your blood would speak for me. I ask that because of how you were broken on the cross for me, you would make every and any broken part of me whole again. I know that there is balm in Gilead, that You are still the Great physician and you are still able. Please show me things I can do to help my healing if there are any. I trust and believe that I am already walking in that healing. In Jesus' name, Amen.



protection

Dear Lord,

I know that Your name is Great Commander of Heavens' armies for a reason. I know that You guard me as jealously as a mother would guard her new born child and even more. Lord I commit my safety into your hands and I ask that You would shield me from the evil one. I pray for grace to dwell in Your secret place so that I can abide under your shadow. Help me to make You my refuge so that You can also be my fortress. I pray for grace to trust that You who watches over me does not sleep nor slumber. I pray that You would send your angels ahead of me, that they would keep me in all my ways and surround me. I pray for grace to trust in Your love for me that would make You watch over me intently. In Jesus' name, amen.



heart check

Dear Holy Spirit,

Your word says that man judges by outward appearances but You judge our hearts. This tells me that You have the best view of my heart compared to anyone else, including myself. I ask that you would search me, through and through, show me anything in me that doesn't please You. I know that You wouldn't show me anything that You don't want to redeem and cleanse me from. Please help me to continue to cling to You as You reveal these things. Please give me eyes to see why these things might be harmful to myself as well as our relationship. I pray for a heart of gratitude concerning any areas of improvement that You will show me, because it is only by Your grace that they happened. Lord, I look forward to working together with You on this quest to love You more and look more like You. In Jesus name, amen.



provision

Jireh,

Thank You for giving me Your word to help me recognize and affirm just who you are. Even when my situation doesn't reflect it, Your nature can never change and I am grateful for that. Right now I really need [insert need], and I have come to you because You not only own the cattle on a thousand hills, but You are the giver of every good and perfect gift. I have not earned anything that I'm asking for, but just as parents provide for their children's needs, I ask You my Father that You would provide for me in this way. Lord, help me not to restrict my thinking in the way You decide to fulfil this need, whether it be through a person, a job, or divine alignment. I pray for a heart that is filled with faith and trust in Your love for me, so that no matter what happens, I can be sure that you will respond with the exact thing that I actually need in this situation. Beyond what I could have ever asked for on my own accord. In Jesus' name, amen.