

A Prayer for When Things Feel Heavy

Father,
Thank You for not leaving me
defenseless in this world.

When I feel overwhelmed or
discouraged, help me recognize
what's really going on beneath the
surface.

Give me awareness when lies try to
creep in.

Help me turn to You instead of
trying to carry everything on my own.
Remind me that I'm not alone in this
fight.

That You are with me, strengthening
me, guarding me, and holding me
steady.

Help me rest in the truth that You
have already won.

In Jesus' name,
Amen.

