

PRAYERS OF HOPE & ENCOURAGEMENT

ELIJAH'S DARKNESS

He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors." (1 Kings 19:4)

At Elijah's word, kings trembled, the rain stopped, a jug of oil never ran dry, a boy was raised from the dead, fire fell from the sky, revival broke out, and hundreds of prophets of Baal were executed. Yet, even Elijah struggled with wanting to die.

Sinking under the weight of pain is not a sin and it does not exclude us from God's love and protection. Instead, God invites us to come to Him, to rest in His Presence, and to trust in His strength when we are weak.

PRAYERS FOR THE DAYS WHEN WE HAVE NO WORDS

When the darkness creeps in, trailing hopelessness, exhaustion, loneliness, trauma, confusion, anxiety, depression, and pain in it's wake, the words of others can become the prayers of our hearts.

WHEN I FEEL ABANDONED AND OVERWHELMED

Jesus, you know what it's like to be so overwhelmed that You sweat blood. Meet me in this suffering. You are the Light of the World, so even the darkness is light to you. Shine the light of hope into these suffocating shadows. Embrace me with your love. Protect me with your strength. Guide me to those who can help. In Your name, amen.

CONSUMED BY DARKNESS

Father God, the darkness has consumed me, and I can't find my way back to the light. Ending my life seems like the only escape. Yet, there is something in me that wants Your light to flood the darkness. Please, Lord, do that! Be the light that cancels this darkness. Amen.

I CAN'T DO THIS ALONE

Father, everything feels so dark right now. I don't have the strength to keep moving forward. Please bring Your light into my darkness, show me how to move forward, and comfort me with Your presence. I can't do this alone. Amen.

WHEN I FEEL LIKE I DON'T MATTER

Lord, when I feel like I don't matter, remind me that I was created on purpose, for a purpose. When I don't understand why I feel the way I feel, remind me that You understand the depth of my pain. You know me better than I know myself, and You love me completely. When I feel unseen and unnoticed, remind me of who I am to You. When my accomplishments go uncelebrated, remind me that You notice and celebrate every tiny victory—for I am fearfully and wonderfully made (Psalm 139:13), and worth so much more than I know. My life is not mine to take. (Suicide is not the solution. Living with You and for You is. Pour Your hope into my heart, Lord. Amen.

I NEED TO KNOW IT CAN GET BETTER

Jesus, help me to focus on You. Everything feels so overwhelming and I just want out. I need You to help me believe that it can get better and that I will be okay because You are with me. I'm thankful that the chaos I'm walking through and dealing with in my head isn't chaotic to You. Give me the strength to keep moving forward, trusting You to guide me through each step. Amen.

I FEEL GUILTY

Jesus, I feel guilty for wanting to take this life You've given me, and I'm embarrassed to admit that—but You know my thoughts even when I don't voice them aloud. You choose to love me, regardless of how I feel, what I say or don't say, what I do or don't do. Give me the desire to live this life and live it fully for You. Amen.

MY SPIRIT FEELS CRUSHED BEYOND REPAIR

Father, my spirit feels crushed beyond repair. I need Your Holy Spirit to comfort and encourage me, to remind me that I have a purpose, that I am valuable, and that my life is worth living. Please nurture me with peace today and grant me the courage to keep keep moving forward. Amen.

TO THE GOD WHO GRIEVES WITH ME

Lord, remind me that this world is only temporary. What I'm walking through doesn't feel short or insignificant, yet I'm thankful I can bring it all to You, a God who grieves *with* me, encourages me. Grant me comfort in knowing the glory of eternity, where there will be no more tears and no more pain. Lord, strengthen me until that day! Amen.

WHEN DARKNESS CREEPS IN

Father, remind me of these truths when the darkness creeps in: You are with me; You see me; my worth is assigned by You; and I am fully known and loved by You. Amen.