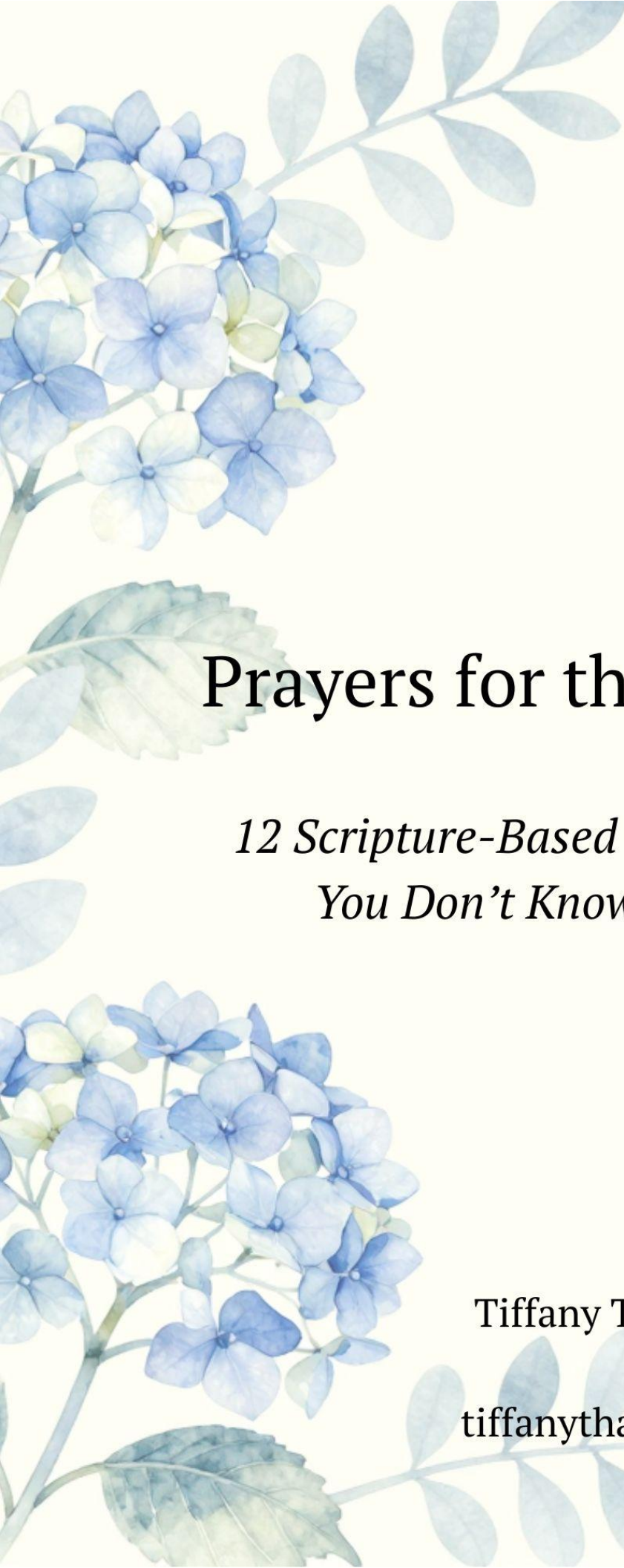




Prayers for the Hard Days

*12 Scripture-Based Prayers for When
You Don't Know What to Say*

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Sometimes prayer comes easily. We know exactly what we want to say to God. We thank him for the good things happening in our lives, ask him for what we need, and pray for the people we love.

But then there are the hard days.

We're worried, hurting, tired, disappointed, grieving, or simply overwhelmed by everything happening around us. We want to pray, but finding the words feels hard.

I know those days.

But, I've learned that prayer doesn't have to be filled with perfect words. It just needs to be real. Prayer is where you and I can share our joys, sorrows, fears, needs, and hopes with our Heavenly Father. We can tell him when we're scared. We can tell him when we're hurting. We can tell him that we don't understand. We can even come before him and simply say, "Lord, I don't know what I want to say to you today."

He knows what we're thinking and feeling. He knows our hearts better than we know our own hearts. But he still invites us to come to him, to cry out to him, and to keep praying and not lose heart.

I put these prayers together in hopes of giving you and me a guide to pray by on one of those hard days.

Each one begins with a passage of Scripture and gives us words to pray during a particular kind of hard day. They aren't meant to replace your own conversations with God, and there is nothing special about praying them word for word. Pray them as they're written, change the words to fit what you're going through, stop in the middle and tell God what is really on your heart, or simply use them to help you begin.

More than anything, let it be real.

My hope is that these prayers will help you and me keep turning to God, coming to him with a true and earnest heart, knowing that he is near. Through every hard day, we can keep trusting him and persevering by faith, one day at a time.

When I'm Worried About Tomorrow

Matthew 6:25–34

Heavenly Father,

I don't know what tomorrow holds. I don't know what may happen physically, financially, emotionally, or in any other part of my life. You know how easily I can get caught up in all the what-ifs, trying to figure out things that haven't even happened yet.

But Lord, you already know. You know every need I have and every day that is still ahead of me.

I know worrying won't give me the answers. So help me leave tomorrow with you and live today the best I can for you. When I start getting bogged down in fear again, remind me of all the times you've already been there, guiding me, providing for me, and carrying me through.

I trust you, Lord. And on the days when I'm struggling to trust, help me keep turning back to you. Give me the peace, wisdom, strength, and endurance I need for today, and help me trust you with whatever tomorrow brings.

In Jesus' name, amen.

When I Don't Know What to Do

Proverbs 3:1–12

Heavenly Father,

I don't know what to do. I have thoughts and ideas about what might be best, and part of me wants you to just give me a sign and lay out every step so I'll know exactly which way to go.

But I know that isn't always how life works.

Lord, you already know everything about this situation. I don't have to clue you in. You know what I'm thinking, what I'm worried about, what I want to happen, and what I can't see from where I am.

I think I know what I should do. I hope I'm right. But I don't know for sure. Only you know.

So help me not lean only on my own understanding. Give me wisdom. Guide me in the choices to make, the actions to take, and the words to say. And if fear of making the wrong choice is keeping me from taking a step I need to take, help me trust you enough to move forward.

Most of all, Lord, I don't just want you to lead me toward what I want. I want your will to be done. Keep you at the center of my plans and lead me down the path you want me to take.

Guide me in your holy way. Use me for your perfect will because I'm yours.

In Jesus' name, amen.

When I'm Waiting, and Nothing Seems to Change

Psalm 130:1–8

Heavenly Father,

I've prayed about this, and I'm still waiting. You have answered so many prayers in my life, but some are still unanswered. Sometimes it feels like nothing is changing, and I'll admit, Lord, it's hard not to get discouraged.

I know you're working even when I can't see what you're doing. But it's still hard sometimes waiting for it to happen.

Help me not to lose heart. Help me keep praying and putting my hope in you. When I become impatient because things aren't happening as quickly as I would like, remind me that your timing is better than mine, even when I don't understand it.

And Lord, don't let me waste this time simply waiting for life to change. Help me use it to draw closer to you. Show me what you want me to learn, where you want me to grow, and what you want me to do while I wait.

Give me the patience and endurance to keep watching, waiting, and trusting you until the answer comes, whatever that answer may be.

In Jesus' name, amen.

When I Don't Know How My Needs Will Be Met

Psalm 23:1–6

Heavenly Father,

You know what I need, even when I have no idea how those needs are going to be met. Sometimes I look at what is in front of me and honestly can't see a way. I start trying to figure out where the money, help, resources, or whatever else I need will come from, and Lord, the wondering how gets to me.

So, I come to you as a sheep to my Shepherd, seeking your protection, care, and provision.

I don't know the way, but my Shepherd does.

You have taken care of me this far. Help me remember that when I start worrying about what I don't have or what I may need tomorrow. You already know every need before I bring it to you.

Lord, I lift those needs up to you now. Provide what you know I need, in your time and in your way. Show me what I need to do, but help me not carry the burden of trying to make everything work out under my own power.

When I start looking everywhere else for security, bring me back to you. You are my Shepherd. You are my Provider.

Life may not always be rainbows and sunshine, but your love and grace are still here. Thank you for all the ways you have already cared for me, and help me trust you with the needs I still don't know how to meet.

In Jesus' name, amen.

When I'm Tired and Need Strength to Keep Going

Isaiah 40:27–31

Heavenly Father,

I'm tired. The pressures of life feel heavy, and sometimes I feel like I just don't have the strength to keep carrying everything in front of me.

You know what has worn me down. You know the things that hurt, the things that worry me, and the things I keep trying to handle even when I feel like I have nothing left to give.

Lord, strengthen me.

I would love for you to take away the things that are making me weary. Please change what needs to be changed and lighten the burdens that can be lifted. But for the things I still have to go through, give me the strength to endure.

Help me let go of the pressure to do everything and just do what I can. When my own strength runs out, remind me that yours doesn't.

You have been with me before, helping me, holding me up, and carrying me through things I didn't know how I would get through. Help me remember that now.

When I feel like giving up, lift me up again. Give me the strength to carry on, the rest that I need, and the faith to keep trusting you one day at a time.

In Jesus' name, amen.

When I've Asked God to Change Something, and He Hasn't

2 Corinthians 12:7–10

Heavenly Father,

You know how many times I've prayed about this. You know what I've asked you to change, take away, heal, restore, or make different. And Lord, I'm still asking.

If it is your will, please change this. You have the power to do far greater than anything I could ask, and I know nothing about this situation is beyond you.

But I also know that sometimes your answer isn't the one I'm hoping for.

Lord, that is hard. I don't want to pretend that it isn't. Sometimes I'm tired of hurting, tired of struggling, and tired of wondering why this has to continue.

So if you don't take this burden away, give me the grace to persevere and live for you. Give me strength to carry on, strength to endure, and strength to believe. When I get caught under the load, help me remember that I'm not carrying it without you.

Teach me what Paul learned when he asked you to remove his thorn. Help me trust that your grace really is sufficient, even when I would much rather have the thorn gone.

I lift up to you all that I am, all that I have, and all that I want. Help me live in contentment with what I cannot change, without giving up hope or being afraid to keep asking you for help.

Because ultimately, Lord, I know my hope isn't in perfect health, perfect circumstances, or having all adversity taken out of my life. My hope is in you.

Whatever may come, help me hold on to you and persevere by faith, one day at a time.

In Jesus' name, amen.

When Life Hasn't Gone the Way I Hoped

Matthew 26:36–44

Heavenly Father,

My life is not as I imagined it would be.

There were things I hoped for, prayed for, planned for, and dreamed would be part of my life. Some of them haven't happened. Other things have turned out so differently from what I thought they would. And Lord, sometimes that hurts.

I don't understand why my life has to be the way it is sometimes or why I have to deal with so much pain and disappointment. You know the desires of my heart. You know what I wanted and what I still wish could be different.

But Lord, you are the master of my life, not me.

Jesus came to you in the garden knowing what was ahead of him. He told you what he wanted, but still prayed for your will instead of his. Help me do the same. I can tell you honestly what I wish my life looked like while still placing myself in your hands.

Your will, not mine.

I can't see the future and all its obstacles, but you can. So help me let go of the life I thought I needed to have a good life. Help me recognize the blessings that are here, even alongside the things that hurt.

Lord, my life may not be what I imagined it would be, but I hope and pray that it will be what you want it to be.

Guide me in your will. Use me no matter what goes on. And whatever my life looks like from here, help me live it for you.

In Jesus' name, amen.

When I'm Grieving Someone I Love

1 Thessalonians 4:13–18

Heavenly Father,

There is a hole in my life. It is empty and aching, and I know no one else can fill it. I miss the person I love, and some days the sorrow just washes over me.

Life keeps moving forward, Lord, but sometimes it still seems so unreal. There are moments when I think of something they used to say or do, something I wish I could tell them, or something I would give anything to experience with them one more time, and the ache comes all over again.

Please help me, Lord.

Help this hurt to ache less. Help me find peace and joy again while still loving and remembering the one I've lost. Let the precious memories bring comfort instead of only pain.

Thank you for the time I was given with the person I love. Thank you for the love we shared, even though I wish we'd had more time.

Lord, my grief is heavy, and I need your continued help and strength. Help me carry on, leaning on you and living for you. When I don't know how I'm going to make it through the loss, remind me that by your grace I can keep going one day at a time.

And thank you that because of Jesus, death does not have the final word. When I grieve someone who belonged to you, help me hold onto the hope that we will be together again. Until then, give me your grace and peace through the missing, the memories, and the days when sorrow comes again.

Help me go on without forgetting. Help me endure. And when the grief feels too heavy for me to carry, hold me close and help me through.

In Jesus' name, amen.

When I Feel Alone or Unseen

Psalm 139:1–12

Heavenly Father,

I feel alone sometimes, but I know I'm not. You're always here. Help me to remember that.

Lord God, you know me. You know all that I think, feel, say, and do. You know what I need. You know where I have been and what I have been through. You know where I am and what I am going through, and you know where I will be and what I will go through.

You are the God who sees me.

Sometimes I feel like I'm standing on the sidelines of everybody else's life. Sometimes I wish someone could completely understand what I'm feeling and what I'm carrying. But you see me. You know my thoughts, my needs, my fears, my worries, and the longings of my heart.

You are with me no matter what. As long as I have you, I am not alone. The people I love may not always be there when I need them, but you will be. You will be by my side.

In light and in darkness, you are there.

Help me cling to this knowledge, Lord. Help me draw hope from it. When loneliness starts to weigh heavily on my heart, remind me that you see me, you know me, you care for me, and you have not forgotten me.

Let me rest in the comforting peace of knowing that you always have me in the shelter of your arms, guiding me and holding me close.

I am yours, Lord. Help me always remember that I am never alone because you are with me.

In Jesus' name, amen.

When Someone I Love is Hurting, and I Can't Fix It

Ephesians 1:15–19

Heavenly Father,

I lift my loved one up to you. You know who I'm speaking of, and you know what they need. You know their heart and mind. You know what they are going through.

Lord, I hurt because they're hurting. I worry about them. I pray for them. And I hate that I cannot fix this or make everything right for them.

But I know you love them even more than I do.

Sometimes when I pray, I start telling you what I think they need and what I think their life should look like. Forgive me when I try to take control, even through my prayers. You know them better than I ever could.

I do pray for their health and welfare. I pray that you meet their needs, give them strength, bring healing where it is your will, and guide them through whatever they are facing.

But most of all, Lord, I pray that they know and trust you. Give them your wisdom. Open the eyes of their heart to the hope they have in you. Move in their heart. Bring them closer to you. Let them know your love and find peace in you, even in the middle of the fiercest storm.

If there is something you want me to do to help, show me. Help me love them, encourage them, and be there for them in the ways I can. But where I cannot help, where I cannot change things, and where I cannot control what happens, help me leave them in your hands.

I lift them up to you in Jesus' name, amen.

When I Feel Like I'm Not Enough

2 Corinthians 3:4–6

Heavenly Father,

Sometimes I feel that I am not enough.

I look at what is in front of me and I don't see where I have the time, the ability, the strength, the goodness, the anything to really be effective. I fear that I'm not adequate enough and that I will fail. I see the obstacles, and I let fear and doubt keep me from moving forward.

Lord, I know I cannot achieve anything on my own, and I don't want to do it on my own. I want everything to be from you and for you.

Help me not to underestimate my own ability and worthiness to be a vessel for you. Help me use the knowledge, skills, abilities, and gifts you have given me, and trust you to let them make the difference you want them to make.

I often think what I have to give is limited. But Lord, all that I have and all that I am comes from you. What you give is not limited. You know what I can do. Help me stop looking only at what I think I lack and give you what I have.

I am nothing without you.

When I start thinking that I haven't done enough, said enough, loved enough, given enough, or achieved enough to be worthy of your love and care, remind me that it is only through your mercy and grace that I am made worthy.

Lord, I don't have to be enough in myself. My confidence and ability come from you.

So, help me step out in faith. Work within me and through me. Guide me and use me as you will. Whatever you want me to do, I am willing.

In Jesus' name, amen.

When I Need to Remember That God Has Been Faithful Before

Psalm 77:1–20

Heavenly Father,

Sometimes the troubles right in front of me become so big that I forget to look back. I get low and discouraged. I worry about what is happening now and what may happen next.

Lord, help me not to sink into despair and forget all you have done for me.

Help me remember the times when I didn't know how things would work out, when everything was still up in the air, and yet with your help I made it through. It may not have happened the way I planned or as quickly as I wanted, but you were there.

You have taken care of me this far.

You have been with me every step of the way. You came when I called and helped me when I needed it. You have been there with me, helping me, holding me up, carrying me through it all.

There have been so many prayers, Lord, and you have answered so many of them. Some prayers are still unanswered, and things I don't understand, but help me not let what I'm waiting for make me forget what you have already done.

When I can't see the way ahead, help me look back and remember. You haven't led me astray or left me adrift. You have guided me this far, and I trust that you will continue to be with me.

Help me cling to that knowledge. Help me draw hope from it. Help me keep trusting you and persevering by faith, one day at a time.

In Jesus' name, amen.

Keep Coming Back to Him

I don't know what brought you to these pages, but whatever your hard day looks like, I hope these prayers have helped you talk to God about it.

But the words on these pages aren't meant to be the end of the conversation. Let them be a beginning.

Keep coming to him with your worries, questions, disappointments, hopes, and needs. Tell him when you're scared. Tell him when you're hurting. Thank him when you see his provision and care. Even if all you can manage is a simple, **"Help me, Lord,"** that is still a prayer. And he hears.

Keep praying and don't lose heart.

More Encouragement

If this resource encouraged you, I'd love to have you join me as we continue learning to trust God and persevere by faith, one day at a time.

You can find more biblical encouragement, as well as stories of redemption, at tiffanytharpe.com, and follow along with me on social media.

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