

7 Prayers When Your Heart is Breaking

by Jodi Rosser

A Prayer for Strength

With all the emotions and grief, I realized very quickly that I could not weather this storm in my own strength. I needed to rely on God to get me through it. Each day, I would call out to Him asking for His Strength. I recommend praying this prayer every morning as you start your day.

God, I don't want to walk through this heartbreak alone. Thank You for holding me close as my world has been turned upside down. I need You more than ever. I don't know how to move forward, so I am asking You to meet me in my pain and deepen my faith in You. Give me Your power and energy today as I seek you. Fill me with Your love and comfort, and help me focus on Your presence in the middle of this storm. God, I know I cannot do this in my own strength, so I need Your strength to make it through today. In Jesus' name, Amen.

A Prayer for Peace

Feelings of sadness, loneliness, disappointment, and shame circled my mind during my grief. To combat the negative chatter, I turned to the truth in God's Word, and it made such a difference. I pray you can also find Bible verses to help you find peace and hope.

God, Thank You for the truth in the Bible that helps me combat each negative thought. I ask for Your strength to take control of the negative chatter that circles my mind. Help me use Scripture to test each thought to see if it is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy. I don't want to live in a state of worry. God, I know there is power in Your Word. Fill my mind with Your truth so that I may have peace! In Jesus' name, Amen.

A Prayer for Children

Worry about how loss would affect my children also occupied my mind daily. I knew I needed help, so I prayed for God's wisdom to help me navigate life as a single mom as well as help my kids process the grief in a healthy way. Here is a prayer for your children.

God, Please watch over _____ (insert your kids names) during this uncertain time and guard their hearts and minds. Help me teach them how to process their emotions in a healthy way. Give me the wisdom as I comfort them in their grief and God, help me always point them back to you. Remind them how much I love them and how much you love and care for them too. In Jesus' name, Amen.

A Prayer to Grow Through Difficulty

Sometimes God uses storms in our life to develop our character. It is hard to pray for God to grow us, but I hope this prayer ignites in you a desire to become the best version of yourself as you embrace the changes God wants you to make.

God, open my eyes to see self-awareness as a gift. I pray I can embrace the refining process as You chisel and mold me into the person You created me to be! I know it is not easy and growth takes time, so fill me with Your strength. Help me dig deeper and see connections from my past to my present. Empower me to take growth steps to change. I genuinely want to reflect the image of Christ to my loved ones. In Jesus' Name, Amen.

A Prayer to Forgive

It is so hard to forgive someone who has deeply hurt you. But one thing I have learned is that offering forgiveness is a gift to your heart more than it is to others. It is about your growth and release from bitterness and resentment. I hope this prayer helps you move toward forgiveness.

God, You know the pain I have experienced and the hurt I am still feeling. By Your power and strength, help me move to a place of forgiveness where I can lay these hurts and pains at the foot of the cross. Meet me where I am and help me take the next step, whether it is to begin to entertain the thought to forgive or daily surrendering it to You. God, thank You that I can do ALL things through Christ who gives me strength. In Jesus' name, Amen.

A Prayer To Trust God

It is hard to trust God has a good plan for your life when your world gets turned upside down and your heart is breaking. I have learned that you can choose to fully trust God without fully understanding God. I hope this prayer helps you keep trusting even when it does not make sense.

God, thank You that you are working behind the scenes even when I cannot see it. Help me choose to trust You and Your plans for my life even when I don't understand. Remind me that You are good and that You truly care about me despite the hard circumstances I am walking through. Let me remember each day that You see me and hear me, especially when I feel forgotten. In Jesus' name, Amen.

A Prayer for Wisdom

There are so many questions and not as many answers as you walk through grief. I pray that as you feel alone and need support that you can cry out to God as Your provider for help and wisdom.

God, thank You for being my provider and showing up when all hope seems lost. Give me Your wisdom, insight, and discernment. Guide me when I feel alone and don't have the answers. Remind me that you hear me when I cry for help. I pray that I can remember to invite You into my difficult circumstances each day. In Jesus' name, Amen.