

Prayer for a Troubled Heart

Dear God,

Our world is hurting and broken. We pray for those who have lost loved ones this week, please comfort them in their grief and loss, cover them with your peace and presence, as only your Spirit can do.

We know that in whatever we face, you are our Peace and Refuge, a very present help in times of trouble. Thank you that you remind us throughout your Word, we do not face the storms alone, but you are always with us. Whispering calm. Speaking peace. Bringing rest to our souls.

We confess our need for you. We ask you to forgive us for trying to figure everything out on our own, for not trusting that you are more than able and powerful to work on our behalf. Forgive us for picking back up what we already determined to lay down at your feet. Give us the ability to trust you more, give us a heart that finds rest in your presence, give us the wisdom to seek peace and pursue it, remembering it's only to be found in you alone.

Thank you that your yoke is easy and your burden is light. Thank you that you care for us. Thank you that the peace of your loving and strong presence guards and protects our hearts and minds in you. Thank you that we do not have to walk in fear or live in overwhelmed cycles of worry and stress.

Thank you for your voice that breaks through the greatest wind and storm swirling around us, and whispers "Peace, be still."

Thank you that you sent your One and Only Son to set us free.

In the Mighty Name of Jesus,

Amen