

# *Eliza's Prayer Book*



*A selection of uplifting Spirit-filled prayers  
by Eliza Wilson*

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## *Introduction*

When I pray in silence, my soul is like a white dove stretching its wings and flying beyond the horizon, across unknown spaces, towards the sun.

There's so much freedom in praying. It's like giving birth. You go through a lot of pain and struggle, but the peace and joy that follow are infinitely greater.

You start with a tormented and doubtful heart. You don't know where the prayer is going to take you... sometimes you're not even sure whether anybody listens to it or not.

Then, as you pour your heart and soul into it in truth and honesty, the words start to flow like an enchanted stream across the rocks.

And they keep flowing and flowing. There are no more boundaries. No more obstacles. Then the tears come. Tears of joy. Tears of hope. Tears of gratefulness.

You can feel your prayer opening doors, breaking locks, knocking down walls, crossing time and space in its way to the One it is addressed to.

You receive feedback. You can actually feel the heavens open and your prayer touching the throne of Glory. It is

an indescribable experience for someone who has never had it.

You don't need to wait for your prayers to be answered. You already know they have been answered. You can feel the answer inside you, in the ocean of pure light flooding your whole being, in the sweet touch caressing your soul.

That infinite peace, that soft breeze of divine love that reconciles all contradictions is the Holy Spirit whispering gently in your ear.

The moment you are touched and enkindled by it, you no longer need *to believe*... You *know* God is real and he loves you with a love more beautiful than all the love songs of this world.

## *A Prayer of Thanks*

Father God, we have so many things to be thankful for...

...for keeping the fire of faith alive through all the storms of doubts and uncertainty;

...for giving us something to cling to when everything seems to crumble around us;

...for giving us a meaning in a world constantly searching for a meaning;

...for being our candle on the dark path of what we still don't understand;

...for giving us true freedom in a world that has turned freedom into a cheap word;

...for being patient with us when we refuse to learn;

...for lifting us when we fall;

...for bringing us home when we go astray;

...for showing us we have a home, that we are not orphans in this world;

...for giving us courage and strength in our trials;

...for teaching us the true love that casts out all fear;

...for being our friend, our comforter and our guide;

...for carrying our burdens and being with us in our suffering;

...for helping us become the best of what we can be;

...for quenching our thirst with living water;

...for showing us the way to your Kingdom;

And above all, we thank you for the One through whom all these things and many more were made possible - for your son Jesus Christ, our loving, self-sacrificing Lord, who taught us to call you "Father" and in whose name we dare come before you today and always.

*Amen*

## *Prayer For A Life Lived With God*

Father God, you are the Alpha and the Omega, the beginning and the end. It is safe to place my heart in your hands.

In a restless and troubled world, you are a realm of peace and comfort. In a sea of doubts, you are the certainty. In an ocean of darkness, you are the light.

Guide us through the night. Your mercy is endless. Your grace is eternal. Your love has no boundaries.

Without you, we would be lost and alone. With you, we are saved and loved, we have a purpose and a meaning.

Teach us to love and to forgive, as you love and forgive us every day.

Teach us to find our joy in you and our strength in your name.

Make us a candle for others' steps, so that they can see where they are going and do not stumble on their way.

Make us a light for the blind, a song for the deaf, a hope for the lost and the lonely.



Guide us to say the right word at the right time and to choose wisely every time we have to make a choice.

Give us the passion and the courage of the early Christians, the power and commitment of the apostles, and the perfect love of Jesus Christ.

For you have the power to build up hearts and minds, to restore and to heal. Glorified be your name forever and ever.

*Amen*

## *Prayer for Faith, Hope and Strength*

Lord, teach me to pray again. I have drifted away from you. Bring me back as the good shepherd brings his lost sheep. Teach me to trust in you completely and to surrender my life to you.

Never let me worry about anything, for you are the answer to all my worries and my refuge in times of trouble.

You brought me to where I am in spite of my many weaknesses and mistakes. You gave my life a meaning and you set my steps on this path of love and devotion.

Help me be strong and face whatever challenges the future might bring. When I'm too tired, give me strength to carry on.

When hope is gone, bring it back with your power. Keep the candle burning for me, so that I may never get lost on the way.

*Amen*

## *A Prayer For Times of Trials & Temptations*

Lord God, so many times I was on the point of falling. So many times I stood on the edge of the abyss, ready to take the next step. But you have saved me every time.

I am nothing but dust. The most insignificant creature that has ever lived. And yet you saved me. You restored me. You didn't let me get lost.

Now I'm scared thinking of all the coming moments when I get to those dark places again. Are you going to be there and save me every time?

There are times when I have no control over my own heart. Times when I feel so weak. So helpless. When I can't pray. I can't love. I can't see the light ahead.

There are times when everything around me seems to sink into an ocean of darkness. Will you rescue me from that pit over and over again? Will you rescue me from the darkness inside?

My life is in your hands. Don't let go of me. Not even for a second. For, sometimes, a split second is all it takes to cross the point of no return.

In those moments when I pass through the wilderness, when my soul is dry, help me feel your presence in every whisper of hope, in every breeze of faith that touches my heart.

When life seems to make no sense, help me hear your call, urge me to seek you again in prayer, do not leave me alone.

When my heart seems empty, bring to my mind the memory of every single miracle you've made for me, of every single instance when you've revealed your precious love to me.

When I feel down, talk to me, remind me that you can lift me up, that this trial is nothing I haven't expected, that all these moments when everything seems like a nightmare were not unpredictable.

Let them not cause me too much harm. Because I am aware they will come sooner or later, I am praying for them now, when my mind is still clear, my faith strong and my heart serene.

I pray, my Lord, for all those moments in the future when I feel lonely in the night, when I feel abandoned not only

by all my friends, but also by you, my most faithful Friend... when life seems to make no sense, when my heart is empty... when I feel down and everything seems like a nightmare.

Those are the moments when I need you most, when I most long for your loving presence. Stay with me in those moments. Give me strength and comfort.

Hold my hand through the storm, so that my soul can praise you when the rainbow appears across the horizon. Never go away from me when my faith is weak, when my feet are stumbling on the path.

Never turn your face away from anyone who goes through the wilderness, but turn their weakness into strength and their failure into victory.

*Amen*

## *Prayer For Strength*

Lord God, it is in our weakness that your strength shines through, for nothing reveals your power more than the way you deal with our brokenness.

For you do not discard what the world has discarded and you do not despise what the world has despised.

You take the broken vessels and put the pieces back together. You fill them with living water until they overflow, and from their abundance they quench the thirst of many souls.

Father, because you love us in our weakness and your love never fails, let your strength in us be our foundation for a new life and a new beginning.

Ground us in you, so that from you we can draw our nourishment and never become hungry again.

*Amen*

## *Another Prayer for Strength*

It wasn't until I was crushed in the midst of despair that I knew how sweet your comfort was and how warm your embrace. It wasn't until my heart broke in agony that I knew how strong I was in you. But now I know and this knowledge makes my heart soar.

I also know that my tears burn you and my pain makes you cry, because you want the best for me. You made me for victory, not for failure. And your victory is love. Through love, you hold me tight and warm me and fill my heart with joy.

Give me strength in the knowledge that with you I can move mountains. Give me strength in the belief that your love is stronger than anything. Evil stands no chance against a force so great and wonderful.

Give me strength in the knowledge that you are always with me, that I'll never go through life alone. Give me wisdom to know you and to seek you ever more.

Give me strength in the certainty that, even when the clouds seem overwhelming, the sun is not too far away and the storm will soon be over.

Give me strength in the faith that your hand keeps my candle burning, so that no wind can blow it out. As long

as the candle is burning, my eyes can find the way and I  
can't get lost.

*Amen*



## *Two Short Prayers for Strength*

Lord God, you are my strength. Hold my hand in my weakness and teach my heart to fly. With you, there's nothing to fear, nothing to worry about. Hold me tight in your embrace, so that I can be stronger than the challenges in my life.

*Amen*

When the problems of this world try to drag me down and the angry waves of life go over my head, I turn to you, my Lord. You are my rock, my place of refuge and my hope. Never leave me alone in the battle. Protect me from my weakness, free me from my fears and give me strength to carry on.

*Amen*

## *Prayer for People In Need Of Strength*

I know, my Lord, that I am not the only one who needs strength. There are so many people in this world who are struggling with fear, pain and uncertainty. It is not only for me I pray, but also for them.

I pray for the person who is reading this prayer right now, help him/her to find in it a word of encouragement, a glimpse of inspiration.

You know his/her problems and struggles, help him/her find the strength to rise above them, to see beyond this 'here and now' into something deeper and more meaningful.

Let him/her draw inspiration and encouragement from the very source of life. Show them how great and wonderful you are.

I'm praying for all those who ask "Why?", „Why me?", „Why the one I love?", „What's the point?", „Where are You now, when I need You most?", „Why have You abandoned me?" Turn their questions into prayers and let your answer make a difference in their lives.

Open a channel of communication with each of them. Build a bridge. Build a relationship. Turn their doubts

into faith and their pain into victory. Soothe and comfort them. Touch and heal.

Let your love be like a warm blanket on a cold winter night, like a friendly hand on a weary shoulder, like a fresh breath of wind in a room that had its windows shut for too long.

Please, Lord, make your presence felt in the lives of all those who need you today and give them strength by the very change your love can bring in their hearts.

*Amen*

## *Prayer For Today*

Lord God, help me make the best of this day you have given me. Give me resolution to do what needs to be done, perseverance to finish what I've started and discernment to make the right choices.

Help me to be kind with those around me and not to lose my temper. Give me wisdom and understanding to forgive people and accept circumstances that cause me suffering and never to judge or hurt anyone.

Be with me in everything I do and help me trust you in every situation, even when things don't happen as I wish.

Prepare me for whatever lies ahead and strengthen my conviction that everything happens for a reason and that it will eventually work out for our good.

*Amen*

## *Prayer For A Good End*

O Lord, my God, will you hold my hand when this journey is over? Will you see me through the darkness and guide my steps towards the light?

The animal inside is so frightened at the thought of death, but my spirit longs for freedom, and my freedom is in you. No night is too dark, no abyss too deep, no mountains too high when you are there.

Help me cross the point of no return. Give me courage to keep on hoping, loving and praying even when my world seems to crumble to dust.

Give me strength to silence the screams inside my tormented heart. To go further, to dive deeper, to fly higher, with no fear of failure. To reach out to the untouchable star, to listen to the ungraspable whispers beyond the wall of silence.

And be with me all the way through.

*Amen*

## *Prayer for Finding Meaning in Suffering*

My Lord, my Redeemer, help me find a meaning in my sufferings, hardships and humiliations. Make my life a part of your divine plan and help me to see beyond this “here and now” that limits my vision.

Speak to me like you spoke to Job, for those to whom you speak can never see the world in the same way. Open my eyes, so that I can see your love in everything. Open my ears, so that I can hear your voice in everything.

Teach me to be strong in times of weakness. To carry forward the message of faith, hope and love. When my heart is breaking, touch it with your healing hand and make me whole again.

Your mercy is endless. Your greatness is beyond compare. You can turn wrong into right and illuminate the darkness with your light. You can make me strong by the very things that make me weak.

Change my heart. Let me be a messenger of your love here on Earth. Where there is bitterness, pour your love, where there is illness and death, pour your living water. Where there is despair, pour your hope.

There are so many times when I feel like a prisoner in my own body, overcome by circumstances I can't control, overwhelmed by things I don't understand, defeated by my own human nature.

Increase my faith in you, for you are the only One who can give meaning to my suffering. Let my heart see your glory, set me free by your truth, so that I can never feel like a prisoner again.

*Amen*

## *Prayer for Comfort and Guidance*

My Lord, look at me from your divine sky and search my heart. See if there is any wrong in me and cure me. My soul longs for you and my being is thirsty for your living water. Bring comfort and hope into my life. Teach me your holy will, light the path in front of me, so that I know which way to go.

There are so many times I stumble on this road. Catch me and don't let me fall. Hold me in your arms like a loving father. Let the warmth of your love keep me warm in the cold winter nights like a cosy fluffy coat. When I feel lonely and scared, comfort me with loving words like a mother comforts her child.

Give me courage and strength to cope with everything life brings my way, and to make the best of it, in spite of the hardships and adversities I encounter. Help me live in accordance with your will, so that I have no regrets at the end.

*Amen*



## *Prayer for Peace and Wisdom in the Church*

Dear God, our Friend and Father, fulfill the work you've started in our lives. Work in our church. Heal old wounds and remove old adversities. Bring us closer together and make us realize that you are one and that we're all one in you. Help us overcome our earthly nature that longs for power and recognition. Make us never forget that our important work here on earth is to be messengers of your goodness and to reflect your love in everything we say and do.

So many times we act like children, letting our feelings and desires overcome our reason. So many times we let minor issues blind our faith and darken our perspective. Help our spirit grow and make our faith stronger, so that we can fulfill the work you've entrusted to us.

There are so many people around us who need our love and support; so many lives that have no direction; so many souls that are like sheep without a shepherd. Help us bring the breeze of hope and comfort to each and every one of them. Make us wake up and realize that our life is too short to waste it in pointless arguments and selfish battles; that our mission is too big and important to treat it lightly or ignore it for our vain ambitions.

You put us here to be a light in the dark, to offer help and guidance to those who need them. Help us use all our resources for the good of our neighbours and for the glory of your name. Bring peace into our hearts, so that we can share it to others. Teach us your wisdom, so that we can teach it to others. Change us with your love, so that we can change those around us.

Be our friend and comforter, so that we, in our turn, can learn to be true friends and comforters. Strengthen our faith, so that we can help others grow in their faith. Touch us in every possible way, so that we can make a difference. For you are the sense of our lives and the meaning of our existence, help us live in accordance with your will.

*Amen*

## *Prayer for Those Who Prayed for Me*

Dear Lord, holy spring of life and light of divine love, thank you for all the people who have prayed for me along the years and for those who are still praying now - for those who are near and for those who are far, for those whom I've met and for those whom I've never met - for all those without whom my path would have sunken into darkness so many times.

Thank you for bringing them in my life, for in the moments of spiritual crisis they lifted me up and gave me strength to carry on. Don't leave any of their prayers for me unrewarded, nor any of their kind acts unpaid. Touch them with your rich mercy and fill their life with blessings. Surround them with love and with people who are willing to pray for them with an honest heart, just like they prayed for me.

Never leave them alone in times of trial, nor without help in danger. Never leave them without comfort in times of suffering. Give them a healthy body and a peaceful mind. Guide them with your right hand and when the way seems too long and too hard, carry them in your arms like a kind loving father.

Don't let a single day pass without them being in my thoughts and prayers, without them getting a sign of love and kindness from you and from their neighbours. And

no matter how far they are, don't let me ever forget what they have done for me. Let me stand by their side whenever they need my help and share their sadness and joy until the end of time.

*Amen*

## *Prayer for Our Loved Ones*

Lord Jesus, you taught us that faith can move mountains and that whatever we ask for in your name, we shall get. While you lived on Earth, you cured ailments and diseases doctors had given up with and you raised people from the dead. You taught us about the power of faith and invited us to pray with confidence, as if we'd already received what we'd asked for.

To you, Master, I turn today with my heart full of hope and confidence, knowing that no prayer will return from you unanswered and no request unresolved. Also knowing that all things work for our good and that you always choose what is right for us. In your name I pray to the Father of all, Creator of the Universe, and I cry:

Father, watch over those I love! You know the depth of each one of them and you love them all with a love as fresh as a rose and as unchanged as eternity. Never walk away from any of them. Never leave them to struggle alone. Be their friend and comforter and let them feel with every fibre of their being that they are loved and cared for.

Our life is in your hands. I entrust their lives to you. I entrust to you all their thoughts, worries, fears and concerns. Guide them along the path. Lead their steps and help them take the right decisions. Be strong in them,

so that they may be strong in you. Surround them with your love like with a warm blanket, so that they never feel cold, deserted or neglected. Help them grow and bring good fruit, enrich them spiritually, so that they can find the power to be strong until the end.

Bring the right people in their way, so that they can always get the help they need. Forgive their transgressions and bring them home when they go astray. Let them experience your love in every aspect of their lives, in every possible way. For you are the Father of those whom I'm praying for and I know that, as long as you remain by their side, nothing bad can happen to them. Work in their lives, so that your name may be glorified in each and every one of them.

*Amen*

## *Prayer for God's Presence in Our Lives*

Lord God of love, our comforter and our friend, our light in the dark, let our hearts find a refuge in you from all the worries and the troubles of the day. Let us bring our burdens to the cross and refresh us over and over again with the living water of your presence in our lives.

Be with us in our everyday struggles. Help us distinguish between right and wrong and choose the things that can make us grow. Help us make a difference in the lives of those around us and in our own lives. Rather than ask for miracles all the time, help us be a miracle.

You created us in your image, help us live a life that is pleasing to you. Help us prove ourselves worthy of the gift of life you have given us and of all the love you have invested in us. Show us the hidden beauty of every moment, so that we can give you thanks for everything.

Let us see the rainbow glistening behind every tear. Teach us that the great crisis can be overcome. That there are answers to the big questions of humanity. That we are not just a species of evolved animals with no soul and no direction, aborted in the middle of the jungle. We are your children. We are precious in your eyes. Watch over our bodies and our souls, so that none of us are lost.

We lose so much in this life. Our friends and loved ones. Our health and youth. Our earthly possessions. Our memories. Let us not lose the most important thing we have, the one that can make up for all the other things we lose, because it's stronger in the balance than all the rest put together - our faith in you.

*Amen*



## *Prayer for God's Help and Guidance*

My Lord, I understand that I need you every day, that my life is a mess without your guidance and your love. So many times I have gone astray, so many times I have been on the point of falling, so many times I have been driven away from you by my vain ambitions and desires.

You saved me every time, you rescued me in the last moment, when I thought hope was gone. You were there for me even when I didn't deserve it. Words are too weak to express my gratitude. Look inside my heart to my unspoken thanks, to the silent song of praise inside my soul.

This world is sometimes a huge and scary place. But it is not so for your children. The orphans of this world find comfort in your fatherly arms, the sick and the vulnerable find strength beyond any human law, the lonely and depressed find a new meaning in their life.

You give us comfort and shelter. Even when our life seems in ruin, you make us bear fruit and bring your light to the world. Sometimes we don't quite see where we are, because our senses are limited, but you know exactly the course of our lives and you bring us where you want us to be, where we really belong.

Forgive me for doubting you sometimes. Forgive me for judging what I cannot understand. I am a limited human being, I can see only this here and now, but you can see the whole picture. The past and the future are always before your eyes and you know the cause and the effect. Everything happens for a reason. Help me trust in you completely and put my heart and my life in your hands.

Help me embrace your will, even when to my mortal understanding it doesn't seem to make any sense. Help me become a part of your great plan of bringing light and comfort into this tired and desperate world. For you are the king of the universe and the God of love, and we are all your children.

*Amen*

## *Prayer in Times of Fear*

My Lord, why am I so frightened? Why is my spirit so weak? Where is the faith that can move mountains? Where is the strength that can overcome death?

I know I am strong if you make me strong, and my weakness becomes strength in your presence. Touch my heart with a love beyond understanding and I will turn to you like the sun flower turns its face towards the sun.

We feel small because we keep looking into the ground. We feel weak because we drift away from your life-giving force. Teach us to lift our eyes towards your heavens and to find our strength beyond the clouds that darken the horizon.

Let us drink from your spring of living water, take us further than our dreams, so that we can conquer our fears and count all our troubles as nothing.

*Amen*

## *Prayer for A Right Way To Pray*

Father God, my mind is too small to comprehend the miracle of prayer. All I know is that it's the best way of communicating with you so far and I thank you for it with all my heart and my soul.

Teach us how to pray in an effective way. Teach us how to pray so that our prayer is heard and answered. Work in our hearts, make our lives worthy of you, so that when we pray, we do it in a way that is pleasant in your eyes.

So many times we ask for irrelevant things, thinking that we know what's best for us. Help us understand that you know better, that to you nothing is hidden and it is safe to surrender to you and say "Thy will be done".

Give us inner peace and wisdom to realize that everything works out for our good and that, as long as we remain with you, nothing wrong can happen to us.

Fill our hearts and minds with faith, hope and love and let the spring of everlasting joy flow within us, and from within us all around, as we acknowledge you as our father, friend and comforter; our one and only treasure that can never be taken away from us.

*Amen*

## *A Prayer for Friends*

Lord God, as somebody so beautifully put it, 'friends are the family we choose for ourselves'. In a world where everything seems so unstable and brother turns against brother, there is nothing more comforting than the thought of having faithful friends who are always ready to offer us their help and support.

You taught us, Lord, to love one another as you had loved us and that there is no greater love for a man than to give his life for his friends. Through your life and personal example you gave us a lesson on what true friendship means. Help us to follow you and to be good friends to our friends. Fill us with your Holy Spirit, so that we can find the right words to pray for them and to thank you for bringing them into our lives.

And as we pray, from the depth of our heart and mind, we say to you: my Lord, watch over my friends. Protect them from all evil and harm and never abandon them when they are in need, as they have never abandoned me when I was in need. Be their helper and comforter as they have been my helpers and comforters in times of trouble.

Never let any of their prayers return from you unanswered. Never let them feel the sting of loneliness or the bitterness of despair. When all hope seems gone, bring it back in the most wonderful way. When faith is

lost, restore it and make it ten times stronger. When they face challenges, hold them by their hand and bear their burdens all along the way. Let them feel the power of your unchanged love with every step they take.

Work in their lives. Be strong in their hearts. Heal their bodies and souls and help them make the best of this life as they prepare for eternity. Reveal to them the beauty of your creation and the miracle of your love. Give them a faith so strong that it can move mountains. And as they acknowledge you in their lives, come and sit at their table and dine with them. Make room for them in your eternal kingdom and keep their candle burning until the end of times.

*Amen*

## *Prayer for Help*

Our precious God, help us grow in a world where the forces of darkness try to keep us small. Fill our souls with a strength that can carry us further when our feet stumble in the mud of life. Let your light shine in us, so that no corner of our being is left in darkness.

Help us cope when frustration and worries tear us apart. With you, every walk becomes easy. The struggles of life are put to shame by the greatness of your works. When you are with us, nothing is against us. You can bring good out of adverse circumstances and turn each trial into a victory.

Help us look up and walk tall in humility and faith. Fill our hearts and minds with the soothing certainty of your presence and the unshaken believe that, no matter what, you are not going to let us fall.

*Amen*

## *Prayer for Healing*

Lord God, here I am in front of you, bringing my cry before your throne of glory. Let my voice be heard. You are my Creator and the doctor of my body and soul. You know the deepest and the most hidden parts of me. You know how each of them functions and how they all work together to maintain the gift of life and make me who I am: a living being, a miracle of your creation.

You also know when something doesn't work as well as it should and all the pain and suffering caused by the flaws in my frail body. You made me fragile and vulnerable but you also gave me an inner strength beyond words and a stubborn will that does not yield to the challenges of life. Let me use what I have good in me to overcome the bad. Let me discover new ways of fighting the pain and overcoming the suffering.

My Lord, my Father, lay your almighty hands on me and touch me with your healing touch. Repair old damages, heal new wounds, cure and restore me. You are my only hope and I will not let go of it. As long as I have a grain of faith, let my voice raise up to you, let my cry pierce the sky and break the barrier of time and space. Forgive me if I am too daring, but my heart urges me to come boldly before you and ask you for a miracle.



Make me whole again. Let me enjoy the beauty of Creation, the miracle of every day, the joy each moment brings. You have offered me this precious gift of life, don't let me waste it without making the best of it. Don't let me leave this world before I have tasted all the joys you had created for us mortals. Let my heart soar once more, let my soul be at peace, let my body be comforted in your loving embrace.

For you alone can heal me and restore me. You alone can make me enjoy life again. Help me make the best of the time I've got here, on earth. Hear my prayer and come to me as a loving Father. For in you I trust and to you I bring the burden of my suffering. You know what's best for me. Work in wonderful ways, so that my heart may praise you day and night and I can bear witness to everybody to what an amazing God you are.

*Amen*

## *Prayer to Help Me Forgive*

My Lord, help me forgive when everything inside me urges me not to. Help me let go when my heart is so wounded that it feels like breaking. Open my eyes to things that can heal me, things that can comfort me and make me stronger. Hold my hand and let me cry on your shoulder.

Take me to places I've never been, let me stand on the highest mountain, so I can see how foolish I am for clinging to my anger. Show me a glimpse of your greatness, so that I can make it my treasure when everything else seems to crumble around me.

Teach me to make the best of all the painful circumstances in my life and help me love the people who hurt me as you love us all, although we hurt you every day by our words, thoughts and actions.

Give me the wisdom to see beyond this moment, to understand and accept the deepest motivations that make people hurt other people. Give me the inner strength to heal and not to break, to comfort and not to destroy, to repay good for evil and love for hatred.

And last, but not least, make my faith stronger, so that I can cope with moments like this in the future. Turn every

experience into a magic well of living water, from which I can always draw drops of strength and wisdom.

Teach me the alchemy of love, which changes dust and mud into gold and makes everything worthwhile.

For you are the only help I've got and in you I put all my trust now and forever.

*Amen*

## *Short Prayer for God's Love*

God, fill us with your love, so that we can become love.

Help us understand that love is the driving force of the universe and the essence of all creation.

Help us understand that love is You.

Touch our hearts with its warm comfort, make us stronger with its healing touch.

Help us grasp the meaning of the words 'true love casts out all fear'.

Let us live our lives in full understanding of this truth and make the best of it in our everyday experience and in our relationships with one another.

*Amen*

## *Prayer for Blessing*

My Lord, as I kneel before you in prayer, my heart is like an open book, my soul thirsty for your blessings.

As you bless the land with merciful sun and rain and make the seed germinate in the bosom of the earth, bless my whole being with the rain of your mercy and the sun of your love. Bring out good seeds of faith, hope and love and help them grow into fruitful trees and beautiful flowers.

The man who is blessed by you has nothing to fear. The man whom you bless is richer than the richest kings of this world. For your blessings are like a spring of living water, forever flowing, never running dry.

Bless me and my family and all my loved ones, so that we can feel your loving presence everywhere, in and around us, like a warm breath of air breaking the cold winter, like a circle of light breaking the darkness of the night.

Bless me with health, comfort and joy, but above all, bless me with love, peace and wisdom, and with the strength and courage to face everything life brings my way. Bless me and my loved ones in countless ways, in ways full of power and wonder, in ways worthy of your glory.

Bless us, Father, not because we are worthy or we have done anything to deserve your mercy, but because you are good and you find pleasure in blessing your children and filling our hearts with joy. Never let go of our hands, but see us throughout the journey of our lives and beyond, into our eternal home.

*Amen*

## *Prayer for Freedom*

Lord God, you have created us for freedom, not for bondage. Help us break free from our old sinful patterns and discover a new way in you. You taught us to look beyond our worries and struggles to the deeper meaning we find in you and to the treasure that can't be taken away from us.

Help us grow in faith, love and wisdom until we are spiritually ready to receive the gift of freedom you've prepared for your children. Hold our hands all along the way, as we walk into the light of your glory, and teach us to surrender to your redeeming love.

Teach us that true love casts out all fear and that a life without fear is a life of freedom. And as we follow you with all our heart and soul, leaving our burdens at the cross, give us wisdom to recognize your will for our lives and to fulfill it in a way that brings honour to Your name - not as slaves, but as free children.

*Amen*

## *Prayer for the Sick*

Lord God, our light and only hope, to you we run when our body or soul hurts, for you are our doctor, healer and comforter. You know the depths of our being and with a single word you can heal us.

Have mercy on those who are afflicted by illness and suffering, on those who cannot live their life with joy because the thorns in their flesh torment them day and night. Look after each of them and pour your blessings out of your never-ending spring of love.

Heal them and alleviate their suffering. Open a door for them, so that they can enjoy the precious gift of life they have received from you. Show them how great you are, as you have shown Job at the end of his sufferings, so that their hearts can soar with joy and they can find a new meaning for their existence.

Hold them by the hand every moment of their journey and when the pain becomes unbearable, carry them in your arms as a shepherd carries his sick lamb. Give them faith to move mountains, so that, by their faith, they can be healed and saved.

Lord, do not forget your sick. Bring to them people who can and are willing to help them, so that they are never short of support in their misery. Teach them to love and



to offer help themselves even when they are in need, thus learning the way of wisdom and true love.

Give them the power to fulfill their dreams or to shape new dreams in spite of their pain. Teach them to rise above the circumstances and, through faith and spiritual strength, with the support of your love, to come out victorious in the struggle against disease and suffering.

*Amen*

## *Prayer for Finding a Job*

My Lord, my Creator, I believe you have a purpose for each human life. I believe you want to complete your work in all your children and to help us make the best of the gifts you've given us. You've endowed each one of us with a unique set of talents and abilities that we can use for your glory. So many times we miss opportunities. So many times our talents are wasted. So many times we are in the wrong place doing the wrong things.

But from now on, I surrender everything to you and I ask you to take care of my life. Search my heart. Help me discover what I'm good at and make me grow in the things I do best. Give me the opportunity to fulfill my potential and to use my talents and abilities for the glory of your name and the benefit of other people.

By surrendering my whole life and being to you, I also surrender my needs, which you know very well. Give me a way to fulfill them through honest work and commitment. Bring together in harmony my interests and the interests of the people I work for, so that we can all gain from what we're doing. Let no one be exploited, but teach us to be kind and honest to one another and co-exist in peace and love.

My Lord, I put my prayer and my wish before you. Help me find a job in which I can make the best of what I am

and I can do. But not my will, but yours be done. You know better what's right for me and when the time is right for everything. Complete the great work you've started in my life.

*Amen*

## *Prayer for the Restless*

My Lord, you know the pain and the torment of every heart, have mercy on those who seek you without knowing and long for you without realizing.

Stretch out your hand and invite them to your dinner. Show them how close you are to each of them and how easily they can find you if only they open their hearts.

Fill them with your peace and love. Comfort their troubled souls and heal their hidden wounds. Show them how to love you, so that they can find the strength to love themselves and their neighbours.

Don't let any of them be lost, but go looking for them like the good shepherd and bring them home. Carry them in your arms, comfort them and make them feel your blessings every day.

Bring them from darkness to light, from the cold endless searches to the warm certainty of hope-giving faith.

*Amen*

## *Prayer for Peace*

My Lord, every day we hear news of violence and war. We witness aggression beyond words and cruelty that sickens the soul. Our hearts long for peace and bleed for those whose precious lives are lost or marked forever in futile conflicts and useless fights.

We are told peace is a utopia by those who adopt cynicism as a way of life and hide their own shattered dreams behind a scornful attitude. But our eyes look up to you and our soul seeks you in the darkness of the night. We dare to hope against all hope because we are yours and we know your love is stronger than death.

Lord God, our loving Father, to you we turn and we pray: bring comfort to a world in flames, heal the wounds of so many broken bodies and mend the spirit of so many broken souls. Wipe away the tears of pain and bring tears of forgiveness to the eyes that are too dry to cry.

Help the victims forgive their persecutors and teach the persecutors to seek the way of love, in which there is no terror and no judgement. We see that, sometimes, even the people who are meant to represent you are judgemental, prejudiced and unforgiving. Open their hearts and teach them that you are greater than their thoughts.

Help us all find our peace in you and teach us to reflect your unconditional love in all our thoughts, words and actions. Give us the strength not to pay evil with evil or hate with hate, but to love our enemies and find the hidden beauty in any human being.

Help us to cross the barriers that divide us and to realize we are all your children. Make us love each other in faith and truth with an ever redeeming love.

*Amen*

## *Short Prayer of Surrender*

My dear Lord, wherever you take me, I will go. Wherever you lead me, I will follow.

In your loving hands I put my life, my heart and my mind. Let nothing separate me from you. Let no one take me away from your sweet embrace. Let nothing stop me from surrendering to your will every hour of every day and night.

Let your love be my candle in the dark. Let your constant presence be my strength.

Teach me how to live and how to die. And above all, teach me how to love with a love in which there is no worry or fear, a love that defies death because it springs from the Creator of life himself.

*Amen*

## *Prayer for Inner Change*

Father of all, true living God, ever-loving, ever-forgiving, open the door of our hearts, so that they can be filled with your love to the brim. Your love is light and wherever light is, darkness cannot be. Let your love flood every corner of our being and cast out the shadows. Cleanse us from the inside and let the outside be a mirror of our inner transformation. Let our light shine like a candle in the night, silently testifying to the new beings we have become.

Let us be born again, not to death, bondage and decay, but to freedom, truth and everlasting life. Let our hearts be pure like those of little children, overflowing with trust and surrender. Dear Lord, teach us to be guided by your will every moment of every day and night, let your Holy Spirit work in us and through us to achieve miracles for your glory and for the benefit of our neighbours.

Change us in wonderful ways, in ways full of power, beyond our imagination, beyond our wildest dreams. For you are so much greater than our hearts, so much wiser than our minds. Take us to new realms of peace and joy, to new dimensions of love and faith, to a place where our trust in you is so strong that we can move mountains.



Take us further than we ever thought we could reach and teach us never to be afraid, for you are always with us, in us and around us, in life as well as in death, here and beyond, forever and ever.

*Amen*

## *Prayer for Those Who Cry*

My Lord, thank you for the gift of tears, for with tears comes surrender, and only in surrender can your work be made complete in our hearts. Please bless all those who cry and be with them every single moment of their journey, every step of the way. Hold their hand and when the pain becomes unbearable, carry them in your arms and let them find peace in your comforting embrace.

Take them to a point where they can grasp the hidden meaning of their tears; make them mature enough to see the whole picture and understand that everything works for their good and even bad things and situations are a blessing in disguise.

Turn every tear that falls from their eyes into a drop of living water, cleansing them and setting them free. Teach them that surrendering to your will is the only real treasure they can have in this life and help them grow in this understanding, so that they can let go of all the false idols they are clinging to.

Let each and every one of their tears be a gate into new dimensions of faith, hope and love. Turn them into real people, with their hearts widely open, ready to receive your blessings. Make their faith stronger, so that it can turn their tears of pain into tears of gratitude and

overwhelming joy. Set their hearts free from all their worries and torments.

Blessed are those who can cry, for no flower ever grows in a dry desert and the soil needs rain to turn the seed into a tree. Let our tears water the soil of our hearts and make it fertile for the good seeds you've planted within us. And when the flowers bloom, and when the trees bring good fruit, let us remember you and the wonderful ways in which you work in us.

*Amen*

## *A Morning Prayer*

Lord God of all, thank you for this brand new morning, when everything seems so pure and fresh and another chapter in the book of my life is ready to unfold.

Open my eyes to see your greatness, open my ears to hear your voice, open my heart to surrender to your will and my mind to learn and understand your truths.

Make me a part of your great plan. Take me to places and situations where I can grow in faith and love and to people in whose lives I can make a difference. Use me to bring comfort and inspiration to those in need.

*Amen*

## *Prayer in the Wilderness*

My Lord, this is by no means an easy battle for me. I am taken deep within my soul to places I've never been. I am forced to face my worse fears, to confront my darkest demons. But I do feel your presence even as I walk through these valleys of shadows. And even when I don't, I know you are with me, holding my hand through it all, and I am safe.

Dear Lord, do not withdraw your light from me. Do not let the winds and the rains put out my flickering candle. All my life I have been trying to guard it as the most precious treasure I've ever had. Let your Holy Spirit be the flame of my candle, so that no storm can put it out.

I know this path I'm walking is not one of happiness, but one of trials, temptations and suffering. I also know it is for my own evil deeds I have to go through this. Let me pay whatever I've got to pay and learn whatever I've got to learn, but don't leave me alone in this battle. Be with me all the way to guide me and comfort me through the grace and love of your son Jesus Christ.

*Amen*

## *Prayer in Times of Spiritual Dryness*

My Lord, I'm completely dry inside but I know that even out of this dryness you can bring fruit. Even if my soul is a desert and my thirst is not quenched, I know you haven't abandoned me. So out of my wilderness, I raise my voice and my heart to you, not to make my will known, but to surrender to your will, not to get what I want, but to learn to be open to what you want for me.

I know, my Lord, that you can grow trees out of rocks and flowers out of sand, that nothing is impossible to you and there is no evil that you cannot turn into good if you will so. Take me to that point of perfect faith when I can surrender to you wholeheartedly even if you choose to hide your face from me. Help me trust in your almighty hand even when I cannot feel its warm touch, for I know you are faithful to your words and you will not abandon those who seek you in honesty and persevere in their love for you.

Use this time of trial and aridity to break the boundaries of my weakness and plant the seed of your strength in me. Let me die to my own self, so that I can be born again as a new being filled with your Holy Spirit. Teach me the power of love that conquers all and overcomes all and keeps burning in spite of all the storms that try to extinguish its flame. Give me eyes to see the first signs of the dawn while the night is still dark and ears to hear the

faint whispers of hope in the midst of the greatest silence.  
I ask you that in Jesus' name.

*Amen*

## *Prayer for Coping with Worry and Anxiety*

Dear Lord, my worries overwhelm me and their burden presses hard on my shoulders. The future seems clouded in uncertainty and any attempt to predict it fills my heart with painful anxiety. But you know all these things, Father. You hold the strings of my life. That's why I turn to you and I place my present and my future in your hands. Take the burden of my worries off my shoulders and renew your love in me.

You have taken care of me so far; you have protected me from all devastating evil. You've fulfilled my needs and comforted me in every pain and trial. I bring before me today the words of your Son, Jesus Christ, who told us not to worry, for nothing happens on earth or in heaven without your knowledge and your will. Let me never forget this lesson but live my life in accordance with it.

When I look at my past with the eyes of the present, I realize how much suffering I would have been spared of, had I listened to these words and followed your advice. I know it is too late to change what has already been but, starting from this moment, I choose to put everything in your hands and live as you want me to – in faith, hope and love.



I know that sometimes I will be tempted to fall back to my old ways and the spirit of fear, worry and anxiety will try to take possession of my soul once more. In those moments of grievous temptations, remind me I am yours and bring me back to you. Never let me forget that I am a new being in Christ, that in him my soul has peace and salvation - heavenly treasures that nothing and nobody can take away from me. Help me to live my life in the light of this truth and never let anything separate me from your love.

*Amen*

## *Short Prayer for Guidance and Meaning*

My Lord, to you we surrender our souls and everything we've got, guide us safely to a place where love casts out all fear.

Fulfill your work in us and bring your kingdom in our hearts.

Stir us and awaken us from our deep sleep and help us remember who we really are.

We do not ask you to take away every pain and worry in our lives, but to show us their meaning and with every new meaning, to help us love you even more.

We do not ask you to grant us our every wish, but to bring us to a point when our wishes coincide with your will.

Keep our candle burning in any weather and never let us forget what a great treasure we have in you.

*Amen*

## *Prayer in Times of Depression & Confusion*

Father God, in this world of conflict and confusion, my mind is torn apart by questions and doubts that steal my sleep at night and rob me of my peace during the day. But you are my light, the One who lights my flickering candle and keeps it burning. You know all the darkest corners of my soul, the things I try to hide even from myself, and you love me as I am. The stench of my sins did not drive you away from me, but you filled my heart with a strong desire to be healed and a deep longing for you.

That's why I come before you today and I pray with all my heart: show me the way out of this labyrinth, don't let go of my hand, so that even if I walk through a dark tunnel, I can still feel the warm touch of your hand guiding me. You are the light that gave light to my eyes, the love that gave love to my soul. In you I lack nothing, in you nothing can harm me, in you my victory is complete. Bring me to you and keep me close to your heart.

Father, I know I am weak. My weakness is my pain and my torment. I can feel it every day, it's like a poison coming from inside and I am so weary of fighting it. But I am yours and that is my only consolation, the thought

that gives me rest and strength to carry on. I am yours and to you I pray: Father, take care of what is yours. Take this burden off my shoulders, don't let me carry it alone.

I have put my soul in your hands, keep it safe. Release me from the grip of my mind, protect me from my own destructive thoughts. I cannot do it without your help. You have walked this way of thorns yourself and you have carried the cross until the end. Help me do the same; never forsake me. You alone know what lies ahead. Remain in me, so that I can overcome the world and taste the joy you have prepared for those who love you.

In the name of our beloved Jesus Christ.

*Amen*

## *Prayer for Overcoming Temptations*

Lord God, you know the temptations I'm facing. You know how they weaken my will, distress my heart and wound my conscience. For my temptations make me so painfully aware of my own weakness that sometimes I find it difficult even to come before you in prayer, knowing how unworthy I am of your goodness.

But you are a God of love and forgiveness, a God of strength and hope, and our faith in you is our rock in times of trials. That's why I lift my eyes to you and I pray like David: "From the end of the earth will I cry to you, when my heart is overwhelmed: lead me to the rock that is higher than I."

Though the waves of temptation threaten to overwhelm me, bear with me, faithful God, strengthen my heart and sharpen my will until the storm passes and the sea is calm again. And even if I stumble on the way, do not let me fall, but stay by my side until all my stumbling blocks are torn to pieces and I can find peace in my soul again.

Be with me in this trial and use this temptation for my growth. You have the power to turn even evil into good. It's not in my own strength, but in yours I trust, my Lord. This is your battle, not mine. Fight it for me and let me rejoice in your victory.

*Amen*

## *Prayer for People in Financial Difficulties*

Great God of love and mercy, you know not only the depths of our hearts but also every situation and turn of circumstance in our lives. You know your children who are struggling with financial difficulties, inability to pay their debts, unemployment, frustration for not being able to provide for their families, and painful uncertainty as to what tomorrow might bring. You know their tears and their prayers and none of them is forgotten before you.

For all these people I pray, and especially for those who read this prayer and feel it is for them. Bless them, Father, bless them with prosperity and abundance, so that their heart can rejoice and be grateful. Bless them with a miracle, so that they can praise you wholeheartedly and tell everybody what an amazing God you are. Take the burden of worries and struggles off their shoulders, so that they can enjoy and share the full blessing of having a perfect Father like you.

Lord God, you know each and every one of those whom I am praying for. They are your children and you love them dearly. Provide for them and for their families. Provide in wonderful ways, for you are a God of miracles and the source of all goodness. Bring before them the right people and the right circumstances so that they can

get the help they need and make best use of the gifts you have given them.

Lord God, look upon your children who are struggling with financial problems, look upon the person who is reading this prayer right now, and provide for their every need. Work in their lives in ways full of power, in ways that reveal your glory and love. For wherever you outpour your blessings, there is fulfillment and every good work is made complete.

Do not let your beloved struggle for too long, for you delight in being good and giving good gifts to those who seek you. Do not let anyone in need walk away from this prayer without fruit, without a positive change in their lives. Let their voices be heard. Let their faith be rewarded. Let their tears of frustration and sorrow turn to tears of gratitude and joy. In the name of our Lord Jesus Christ.

*Amen*

## *Another Short Prayer of Surrender*

Father God, to you we give everything we've got, everything we are. We already belong to you, but we surrender ourselves again, so that we can honour you with our choice just like you honoured us with the gift of free choice. Help us use this gift wisely - always as a return ticket to you, for whom our hearts long, who gave us life and being and in whom our souls can find perfect peace.

*Amen*



## *A Christmas Prayer*

Heavenly Father, we come before you at this special time of the year to thank you, above all else, for the One who gives meaning to Christmas, for your most precious gift to us - your beloved son, Jesus Christ. We thank you because he came into this world of suffering and death to set us free, to transform us from slaves of fear to children of love and heirs of eternity.

Help us understand and never forget the true meaning of Christmas, so that we can rejoice and spread your light to those in desperate need. Once again, we surrender our life to you. We put all our worries, needs and longings into your hands. Remain with us this Christmas.

Work in us and through us in powerful ways, in ways full of wonder. Fill our lives and the lives of our neighbours with hope, peace, joy and love. Free us from the daily run for survival and join us in our celebration.

Help us forget our differences and arguments, heal our old wounds and bring us all together in unity and harmony. Fill us with the spirit of Christmas - a spirit of giving, sharing, joy and compassion.

Let us spread and share the good news not only through our words and actions, but also through our thoughts, attitudes and feelings, through our whole being.

Help us fill our little corner of the world with the light of  
the Holy Child born in Bethlehem.

*Amen*

## *Prayer for a Blessed New Year*

My Lord, here we are - in front of you - once more, at the beginning of this brand new year. You've helped us so far. Help us again and again. Don't give up on your children, don't turn your back on them, not even when they turn their back on you, for it is in your arms they will seek comfort in cold, lonely nights. Help us to overcome our weaknesses, fears and worries, and to become stronger in faith, hope and love.

Teach us to be humble and never to forget the good things you've done in our lives. Help us to become better persons, and show us how to bring your light to this tormented world. Keep us on the right path and guide our steps in accordance with your will.

You know the depth, the length and the width of our souls. You know the peaks and the abysses, the echoes and the tones of our being. You know how far we can go, how much we can achieve, how much we can bear. Help us make the best of what you've given us. Help us reach our full potential for the glory of your Name and the well-being of our neighbours.

Search our hearts and bring your light into every dark corner of our being. Don't let any spot of darkness remain in us, for it will only spread and grow like a disease. Plant good seeds, so that we can bear good fruit.

Bless us with your divine love. Wherever you find a wound, heal it. Wherever you find pain, soothe it. Wherever you find fear, turn it into courage. Wherever you find frustration, change it into acceptance. Wherever you find resentment, change it into forgiveness.

Turn our every thought into a silent prayer and our every dream into a garden of blessings. Turn every wrong into right and every disappointment into an inner urge to carry on and never give up.

Make this year a better year for all of us. Bless us with countless blessings. Help us be how you want us to be. As pure as a dove, as strong as a lion, as humble as a lamb, as wise as a snake, and use all these gifts to make the world a sunnier place, even if only for one human being.

Give us the patience of Job, the devotion of the apostles, the mercy of Jesus, the strength of the saints, the passion of Mary Magdalene, the ardour of the early Christians.

Open our eyes and ears, so that we can learn from all things, great and small, how wonderful you are. Let us rejoice in the thought that you, our Creator, are with us at all times, that to you we surrender everything we've got and everything we are until the last day of our lives.

*Amen.*

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and articles please visit*

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*God Bless You!*