

7 Courageous Prayers to Ease an Overwhelmed Heart

RELIEF IN CHAOS THROUGH EFFECTIVE PRAYERS BASED ON SCRIPTURE

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1 Jesus, come. Right here in this place (name what you are feeling).

"Jesus said, 'I'll come and heal him.'" Matthew 8:7

"I am with you. Don't be afraid, for I am your God; I will strengthen you, I will help you, I will hold you up..." Isaiah 41:10

2 I turn from all the ways I have sought relief outside of You, God.

"Repent and return, so that your sins may be wiped away, in order that times of refreshing may come from the presence of the Lord; and that He may send Jesus, the Christ appointed for you." Acts 3:19-20

3 Help me hear Your voice. Help me know Your voice and follow You.

"My sheep hear my voice, and I know them, and they follow me." John 10:27

"A stranger they simply will not follow, but will flee from him, because they do not know the voice of strangers." John 10:5

4 Heal my broken heart in this place (name where you feel broken).

"The Spirit of God, the Master, is on me because God anointed me. He sent me to preach good news to the poor, heal the heartbroken, announce freedom to all captives," Isaiah 61:1

5 Expose any unbelief in me. Lord, I believe, help my unbelief (name it).

"So search your hearts every day, my brothers and sisters, and make sure that none of you has evil or unbelief hiding within you. For it will lead you astray, and make you unresponsive to the living God." Hebrews 3:12

6 Restore my union completely with You, God. Heal my union with You.

Jesus prayed to the Father for us: "The glory that You have given to Me I have given to them, that they may be one just as We are one. I in them and You in Me—that they may be perfected in unity," John 17:22-23

7 Set the pace for me. May I feel Your rhythm for me in this season.

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." Matt. 11:28-30