

7 Courageous Prayers to Ease an Overwhelmed Heart

RELIEF IN CHAOS THROUGH EFFECTIVE PRAYERS BASED ON SCRIPTURE

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BONUS

Prayer is simply talking to God the Father, Jesus, and Holy Spirit. It is conversation, just like sitting down with a trusted friend, or talking while you move through a day. It is breath. It is life. It is available.

God is available. Twenty-four hours a day and night.

But what do we do when we feel overwhelmed, or when so much is happening we can't seem to catch our breath, or even feel that God is with us? Though it may seem impossible sometimes:

BE STILL. BE STILL AND KNOW THAT HE IS GOD. RIGHT HERE. IN THIS PLACE.

"Be still, and know that I am God..." Psalm 46:10

"Be still before the Lord, and wait patiently for Him;" Psalm 37:7

Stop and breathe deeply for just a minute. Reject the lie that you can't or don't have time.

As you inhale, pray, "God, help me be still."

As you exhale, pray, "Let me know that You are God in this place (name the situation or state of mind). I give myself to you in this place. I choose to trust that You know just what to do, and You delight in speaking to me. Speak the words I need to hear, Lord, in this place."

Trust that God will speak. Even as you continue to move throughout your day. Let Him surprise you with the ways He wants to come for you. He knows you. He sees you. He loves you. You are not forgotten. Or abandoned. You are not left to your own devices to figure everything out alone.

Invite Him in. Let Him come. God will speak.

RESOURCES THAT HELP

One Minute Pause App

"Walking With God" by John Eldredge

"There is a reality of being in which all things are easy and plain—oneness, that is, with the Lord of Life..." George MacDonald