

7 Powerful Prayers to Strengthen a Weary Heart

RENEW YOUR SPIRIT THROUGH EFFECTIVE PRAYERS BASED ON SCRIPTURE

melissagpickens.com

- 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

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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.

OTHER 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