

A dramatic landscape featuring a mountain peak in the center, partially shrouded in mist. A vibrant rainbow arches across the sky to the right. The foreground is dominated by several large, brown and orange autumn leaves scattered on a mossy, rocky surface. The overall color palette is dominated by deep blues, greys, and earthy autumn tones.

PRAYERS for hard days

Disability Parenting

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His Hope in Your Struggles

"Let your unfailing love surround us, Lord, for our hope is in you alone."

~Psalm 33:22

Jesus, I'm struggling. Some days I just want to give up and wonder if things are ever going to get better. I need you to be with me in order to keep going. Please fill me with your hope and joy for living. Show me your meaning and purpose in my life.

Bring others into my life who can support and encourage me. I trust you, God. Thank you, Jesus. Amen.

Based on:

Psalm 42:4-5, Psalm 94:18-19, Romans 15:13

His Comfort in Your Grief

"The Lord is close to the brokenhearted; he rescues those whose spirits are crushed."

~Psalm 34:18

Jesus, my heart hurts in a way like I've never known before. But instead of being bitter or blaming you, I'm coming to you to fall into your compassionate embrace. I know that you're close to me, holding and comforting me. Here's my broken heart. You save me even though my spirit is crushed. I trust you, and I lean on you for support. Thank you, Jesus. Amen.

Based on:

Psalm 34:18, Romans 8:26, Matthew 5:4

His Rest in Your Chaos

"Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."

~Matthew 11:28

Jesus, even though I'm in the middle of intense stress and feeling overwhelmed, lead my mind to come away to peaceful flowing waters with you. As we sit here together, help me to rest in you. Breathe your peace in me. You calm me and help me think clearer. You refresh my soul. Remind me to come back to you throughout the day. Thank you, Jesus. Amen.

Based on:

Matthew 11:28, Psalm 23:2, Psalm 62:5-6

His Strength in Your Exhaustion

"But those who trust in the Lord will find
new strength."

~Isaiah 40:31

Jesus, I'm exhausted and need a break. I'm emotionally, physically, and mentally depleted. I don't want to do this without you anymore. With open arms, I receive your brand-new strength—your supernatural help to keep me living strong. I can only do this with your strength. Thank you, Jesus, for being here with me and for helping me. Amen.

Based on:

Isaiah 40:29-31, Psalm 59:9,16, Nehemiah 8:10

His Peace in Your Worry

"Give all your worries and cares to God,
for he cares about you."

~1 Peter 5:7

Jesus, I have so many fears and anxieties. But you invite me to bring you all my angst and not worry about anything. So, I'm giving you all of my anxieties—my heartbreak for my child, worry about our circumstances, and fear for their health and wellbeing. I know that you are taking care of us. I receive your incredible peace that's beyond my understanding. Thank you, Holy Spirit. Amen.

Based on:

1 Peter 5:7, Philippians 4: 6-7, Isaiah 26:3-4, John 14:27

His Wisdom in Your Decisions

"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

~James 1:5

Jesus, help me with the decisions for my child's care. Sometimes it feels like there's not a good option. Other times there's too many options, and I don't know which direction to go. Please guide me and help me make the best choice. Give the doctors and therapists wisdom to decide on the right treatment. Father, thank you that you love my child even more than I do. Amen.

Based on:

James 1:5, Proverbs 2:3-6, Psalm 119:105, Psalm 73:23-25

His Beauty in Your Pain

"One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord."

~Psalm 27:4

God, I sometimes have a hard time seeing past my pain and finding meaning in my child's suffering. But you promise that you use everything for good in the lives of those who love you. Fill me with your hope and joy. Please create something beautiful out of our loss and challenges. Bless others and show your goodness through our story. Thank you, Jesus. Amen.

Based on:

Psalm 27:3-5, Isaiah 61:1-3, Romans 8:28