

Eight days of Prayer

January 21, 2021 Day 5

Let Us Pray for the Healing of our Spirits and Inner Peace

Prayer Against Depression

O Christ Jesus
When all is darkness
And we feel our weakness and helplessness,
Give us the sense of Your Presence,
Your Love and Your Strength.
Help us to have perfect trust
In Your protecting love
And strengthening power,
So that nothing may frighten or worry us,
For, living close to You,
We shall see Your Hand,

A Prayer for Inner Peace

Lord, please put Your peace in my heart.
I'm worried and anxious.
My mind races and obsesses.
I can't help thinking about my problems.
And the more I think about them,
the more depressed I become.
I feel like I'm sinking down in quicksand
and can't get out.
Calm me, Lord.
Slow me down, put Your peace in my heart.

No matter what problem I have, Lord,
You are bigger,
You are more powerful than it is.
So I bring my problem to You.
I know what I want.
I know my will.
I do not know Yours.
I do not know how You will use this problem for my salvation.
I do not know what good You will work out from this evil.
But I trust You.
I trust Your goodness and Your wisdom.
So I place myself in Your hands.
Please fill my heart with peace.

- Author Unknown

Push My Buttons Prayer

Lord, it's likely that sometime today
someone will push my buttons
challenge my good will
misread my intentions
tick me off
try my patience
rattle my cage
judge me in haste
test my kindness
or do all of the above...

Give me the grace I'll need at such times
to respond with patience
to trust and accept
to listen carefully
to reach out in peace
to be fair and just
to anticipate goodness
in all my words and deeds...

I know this is a lot to ask, Lord,
but I need your help
to do for others
as I'd have them do for me...

Amen.

- Rev. Austin Fleming

I Want To Be Available

Holy and perfect God,
you know I want to be available.
Help that desire sink deeply enough into my being
for me to actually change
and to say "no" to at least one worthy, but not urgent, task today.
Give me the ability to be open to the life I am leading;
not the one I am planning to lead.

- Author Unknown

A Prayer to Heal Stress

Loving God, please grant me peace of mind and calm my troubled heart. My soul is like a turbulent sea. I can't seem to find my balance so I stumble and worry constantly. Give me the strength and clarity of mind to find my purpose and walk the path you've laid out for me. I trust your Love God, and know that you will heal this stress. Just as the sun rises each day against the dark of night. Please bring me clarity with the light of God.
In your name I pray,

- Author Unknown