



PRAYER POWER GLOBAL MINISTRIES

Prayers to Borrow

When Grief Has No Words

You don't have to find the words today.

These prayers are here to borrow — one line at a time,
for whatever moment finds you today.



A note before you begin

Grief doesn't move in stages, and it doesn't follow a schedule. Some days you'll have plenty of words for God. Other days you won't have any at all.

This isn't a journal, and there's nothing to fill in. Each page holds one short prayer for one specific moment — the drive you didn't want to take, the 3 a.m. ache, the birthday that isn't the same. Open to whatever page meets you, and let it speak what you can't find words for yourself.

If you'd rather listen than read, the audio version of these prayers, read aloud, is at prayerpower.net/prayers.

You are not behind, and there is no schedule for this.



THE FIRST MOMENT YOU WAKE

*Lord, I don't know how to face today. But You do. Walk into
this morning with me.*



THE DRIVE YOU DIDN'T WANT TO TAKE

*Jesus, be near me on this road. Steady my hands, and steady
my heart.*

"Jesus wept."

JOHN 11:35, KJV



THE FIRST HOLIDAY WITHOUT THEM

*God, this chair is empty, and my heart knows it. Sit with me
in the empty place.*



A BIRTHDAY THAT ISN'T THE SAME

*Thank You for the day they were born. Hold their memory
close to me today.*



THE 3 A.M. ACHE

*Father, You don't sleep, and You haven't left me. Meet me
here, in this dark.*

"He that keepeth Israel shall neither slumber nor sleep."

PSALM 121:4, KJV



MONTH FOUR, AND EVERY MONTH AFTER

*God, no one warned me it would still be this heavy. Remind
me I'm not behind — there's no schedule for this.*



WHEN YOU'RE AFRAID YOU'RE FORGETTING THEIR VOICE

*Lord, don't let me lose them twice. Hold what I'm afraid to
lose.*



WHEN YOU FEEL GUILTY FOR LAUGHING AGAIN

*God, let me laugh without it being a betrayal. Joy and grief
can live in the same heart.*



A CLOSING PRAYER

Whatever today holds, Lord, hold me through it. Amen.

"Blessed be God... the Father of mercies, and the God of all comfort; who comforteth us in all our tribulation."

2 CORINTHIANS 1:3-4, KJV



If today feels like more than you can hold

you don't have to carry it alone. If you're in crisis, please reach out — in the US, call or text 988, any time, day or night.

More prayers, free resources, and one-on-one prayer support:

prayerpower.net/prayers · prayerpower.net/ignite-encounter

Blessings,

Sheila Renae