

WHEN YOU DON'T KNOW WHAT TO PRAY

Simple Prayers for
Overwhelming Seasons

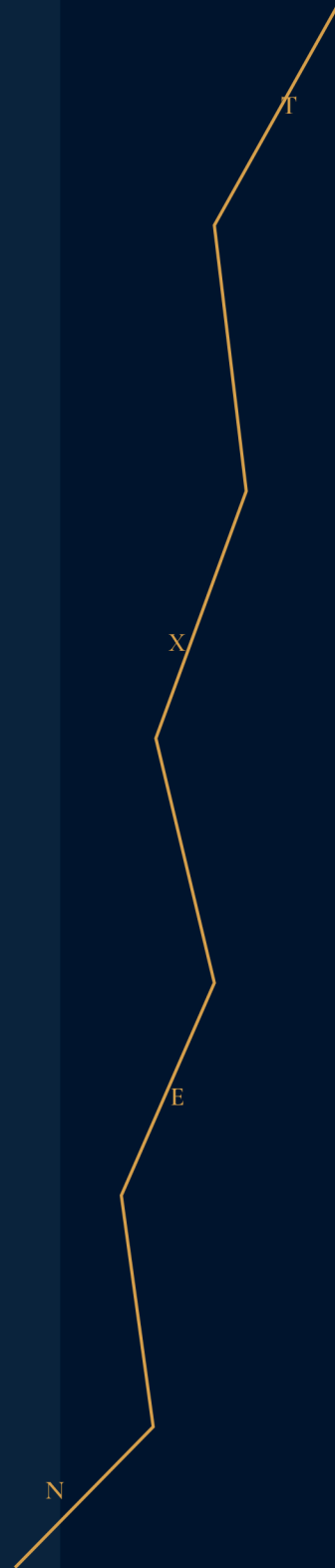
God can receive the prayer
you can barely say.

"Likewise the Spirit also helpeth our infirmities; for we know not what we should pray for as we ought..."

Romans 8:26 KJV

ANGELA CONNER FOLAND

KINGDOM GROWTH



When Words Are Hard to Find

“Prayer is not a performance. God is present in the polished prayer and in the sentence you can barely finish.”

During Tim's critical illness, there were moments when I prayed with confidence and moments when all I could do was call on the Holy Spirit. The hospital brought fear, urgent decisions, unfamiliar language, exhaustion, and news I could not always process. Under that kind of pressure, a long or carefully worded prayer was not always possible.

I learned that prayer does not become less sincere when it becomes shorter. Sometimes the truest prayer is, Lord, help us. Sometimes it is silence, tears, a Scripture repeated under your breath, or asking someone else to pray when you cannot carry the words yourself.

This guide gives you words to borrow for seasons of caregiving, illness, grief, job loss, financial uncertainty, divorce, exhaustion, fear, difficult decisions, and waiting. You do not have to agree with every sentence or complete the pages in order. Begin with the prayer that meets the weight you are carrying today. Pause wherever your own words begin.

These prayers are not formulas and they do not guarantee a particular outcome. They are a starting place for honest conversation with God - a way to bring the real situation, not the edited version, into His presence.

With faith,

Angela Conner Foland

The burden I am bringing into this guide is:

A TRUTH TO CARRY

God already knows the prayer underneath your tears, silence, and unfinished sentences.

Begin where you are.

FIND THE PRAYER YOU NEED

■ How to use this guide	3
■ Caregiving	4
■ Illness	5
■ Grief	6
■ Job loss	7
■ Financial strain	8
■ Divorce or separation	9
■ Exhaustion	10
■ Fear and decisions	11
■ Waiting	12
■ My prayer page	13

A GENTLE PERMISSION

You may read only one line. You may cry. You may ask someone to sit beside you. You may return later. God is not measuring the length of your prayer.

Important: Spiritual encouragement can accompany, but should not replace, medical, mental-health, legal, financial, safety, or emergency support.

Prayer Does Not Have to Be Polished

“Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered.”

Romans 8:26 KJV

A SIMPLE WAY TO USE THIS GUIDE

- 1 Read one prayer slowly. Stop when a sentence sounds like your own heart.
- 2 Say only that sentence if the rest feels like too much.
- 3 Replace general words with a name, decision, need, or fear.
- 4 Write one honest line. It does not need to sound spiritual.
- 5 Ask a trusted person to pray with you when you cannot pray alone.

FIVE PRAYERS SMALL ENOUGH FOR AN OVERWHELMED MOMENT

Jesus, stay near.

Holy Spirit, help me when I do not have words.

Father, hold what I cannot carry.

Lord, give me wisdom for the next faithful step.

God, let truth be louder than fear.

The one-sentence prayer I need today is:

C When You Are Carrying Someone You Love

“Come unto me, all ye that labour and are heavy laden, and I will give you rest.”

Matthew 11:28 KJV

A PRAYER TO BORROW

Father,

You see the care I give and the weight that is invisible to other people. You know the appointments, interruptions, decisions, routines, worry, and constant awareness that follow me through the day. You also know how deeply I love the person I am caring for.

Give me strength for what is truly mine to carry and wisdom to recognize what is not. Help me love faithfully without believing that every outcome depends on me. Release me from guilt when my body needs rest, when I cannot meet every need, or when I must ask someone else to help.

Show me the next practical step. Bring trustworthy people who can share the load. Protect my health, mind, relationships, and spirit. Help me speak honestly before resentment becomes silence, and help me receive support without feeling that I have failed.

Remind me that I am a person You love, not only a caregiver performing a role. Meet me in the ordinary work, the hard moments, and the quiet acts of care no one else sees. **In Jesus' name, Amen.**

A ONE-SENTENCE PRAYER

Lord, strengthen me for what is mine and help me release what is not.

The caregiving responsibility that feels heaviest is:

One need I can ask someone to share is:

Make this prayer your own. What do you need to say to God about caregiving today?

I When Health Changes the Future

“God is our refuge and strength, a very present help in trouble.”

Psalm 46:1 KJV

A PRAYER TO BORROW

God of wisdom and mercy,

This medical season contains more information, uncertainty, and emotion than I know how to hold. You see the symptoms, the questions, the tests, the treatments, the waiting, and the fear of what may come next.

Be near to the person who is ill and to everyone who loves them. Give the medical team wisdom, humility, attention, and clear communication. Help me understand what is confirmed, what is still unknown, and what requires urgent action. Give me courage to ask questions, request clarification, record conversations when permitted, document changes, and verify important instructions rather than pretending I remember everything.

Protect us from panic and from false certainty. Guide each decision. Help us notice changes in physical symptoms, behavior, alertness, or response to treatment and communicate them responsibly. Provide rest, support, and endurance for the next conversation and the next hour.

When the future feels impossible to imagine, give us enough light for today. **In Jesus' name, Amen.**

A ONE-SENTENCE PRAYER

God, give us wisdom for this hour and strength for the next.

The medical fact or need I am bringing to God is:

The question I need courage to ask is:

Write the name of the person, the situation, and the help you are asking God to provide:

This prayer guide does not diagnose illness or replace medical care. Seek prompt professional help for new, severe, or worsening symptoms and contact local emergency services for immediate danger.

G When You Are Grieving

“The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.”

Psalm 34:18 KJV

A PRAYER TO BORROW

Lord,

I am grieving what mattered to me. I miss what was, what should have been, or what I believed would still be here. Some days the loss feels sharp. Other days it arrives quietly and changes the shape of everything around me.

Do not let me believe that grief is proof of weak faith. Give me room to mourn without being rushed, corrected, or compared. Meet me in the memories, the empty places, the anniversaries, and the ordinary moments that suddenly hurt. Help me care for my body when sorrow leaves me exhausted.

Bring people who can sit with me without trying to fix what cannot be fixed. Give me courage to ask for professional support when the weight becomes too heavy to carry alone. Protect me from isolation and from pretending I am fine to make other people comfortable.

Hold what I cannot explain. Help me remember that love can remain meaningful even when life has changed. Stay near to my broken heart and carry me through this day. **In Jesus' name, Amen.**

A ONE-SENTENCE PRAYER

God, stay near to my broken heart.

What I am grieving today is:

What I need permission to feel is:

Write the name, memory, future, role, relationship, or loss you want to place before God:

Grief can affect sleep, appetite, concentration, and safety. Seek qualified support when grief feels unmanageable, severely disrupts daily functioning, or is accompanied by thoughts of self-harm. Contact local emergency or crisis support immediately if you may be in danger.

J When Work Ends or Identity Shifts

“And let the beauty of the LORD our God be upon us: and establish thou the work of our hands upon us; yea, the work of our hands establish thou it.”

Psalm 90:17 KJV

A PRAYER TO BORROW

Father,

The job ended, but the loss reaches beyond a paycheck. I may be grieving routine, security, identity, relationships, confidence, status, or the future I believed I was building. You know the practical pressure and the private shame that can follow career disruption.

Remind me that a company, title, or position does not own my worth. Help me recognize the knowledge, character, experience, relationships, and abilities that remain. Show me what can be used differently in this season.

Give me discipline for the practical work: applications, conversations, benefits, budgeting, learning, rest, or a careful change in direction. Protect me from panic-driven decisions and from measuring my life against someone else's timeline. Open the right doors and give me peace to release the doors that are not mine.

Establish the work of my hands in the form You choose. Let this ending become a place where purpose is clarified, not erased. **In Jesus' name, Amen.**

A ONE-SENTENCE PRAYER

Lord, show me what remains and where to place my hands next.

The part of job loss I am grieving most is:

One strength or experience I still carry is:

What practical career, benefits, learning, or rest step do you want to bring before God?

F When Money Is Tight

“But my God shall supply all your need according to his riches in glory by Christ Jesus.”

Philippians 4:19 KJV

A PRAYER TO BORROW

Provider and Father,

You know the numbers, the deadlines, the bills, and the fear behind every decision. Nothing about this financial pressure is hidden from You. I bring You the need without pretending it is smaller than it feels.

Provide what is necessary and give me wisdom to protect essentials first. Help me face the facts without shame, avoidance, or panic. Show me whom to call, what to ask, what can be negotiated, what assistance may be available, and which decisions need qualified financial, legal, tax, benefits, or credit guidance.

Protect me from desperation, pressure, scams, and offers that create greater harm. Give me courage to ask for help and humility to receive it. Help me make the next responsible choice with the information I have today.

Care for my household. Calm the fear that tells me I must solve the entire future tonight. Give me daily bread, clear judgment, and faithful people for this season. **In Jesus' name, Amen.**

A ONE-SENTENCE PRAYER

Father, provide what is needed and guide my next responsible step.

The most urgent financial need is:

The call, question, or action I can take is:

Write the specific provision, wisdom, protection, or support you are asking God for:

This guide offers spiritual encouragement, not financial, legal, tax, debt, credit, benefits, or investment advice. Verify options with qualified professionals and trusted official sources.

D When a Marriage or Relationship Ends

“For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.”

Ephesians 2:10 KJV

A PRAYER TO BORROW

God who knows me fully,

This ending has brought an emotional roller coaster. Even if I was wronged, I may still grieve the marriage, the person I hoped my spouse would become, the family structure, the future I expected, and the version of myself who lived inside that relationship. Continued contact or co-parenting can make the loss feel like a death I am required to encounter again and again.

Root my worth in You. Remind me that I am Your child before I am anyone's spouse, former spouse, partner, or potential partner. Help me build clear, safe boundaries and communicate wisely where contact is necessary. Protect the children from adult conflict and give me discernment for what is mine to address.

Keep me from using a new relationship to prove that I am lovable or chosen. Heal the patterns I need to understand so loneliness does not select my next relationship. Lead me toward healthy support, Bible study, creativity, movement, walking, rest, and small interests that help me rediscover life - even if the only quiet time comes after the children are asleep.

Guide me toward healing, not hurried approval. **In Jesus' name, Amen.**

A ONE-SENTENCE PRAYER

God, root my worth in You and lead me toward healing, not hurried approval.

What I am grieving, even if I was wronged, is:

The boundary or support I need is:

What healthy interest, rest, friendship, or spiritual practice can help you rediscover yourself?

This guide is not legal advice, therapy, or a safety plan. When abuse, stalking, threats, coercion, or child-safety concerns are present, seek qualified legal and domestic-violence support and contact local emergency services when danger is immediate.

E When You Have Nothing Left

“He giveth power to the faint; and to them that have no might he increaseth strength.”

Isaiah 40:29 KJV

A PRAYER TO BORROW

Jesus,

I am tired in ways sleep alone may not repair. My body, mind, emotions, and spirit have been carrying too much for too long. Ordinary decisions feel heavy, and I may be ashamed that I cannot function at the pace I once did.

Meet me in my limits. Help me stop treating rest as a reward I must earn after every need has been met. Show me what can wait, what can be simplified, what can be delegated, and what no longer belongs on my list. Give me courage to say no without writing a long defense.

Help me notice what my body is communicating. Lead me to appropriate medical or mental-health care when exhaustion is persistent, severe, or connected to other symptoms. Bring practical help, quiet, sleep, nourishment, movement, and moments when my nervous system can settle.

Remind me that reduced capacity does not reduce my worth. Carry me when I cannot carry myself, and give me enough strength for the next faithful thing. **In Jesus' name, Amen.**

A ONE-SENTENCE PRAYER

Jesus, meet me in my limits and teach me to rest.

What can wait, be simplified, or be delegated?

What does my body need today?

Write the help, rest, boundary, care, or release you need to ask God for:

Persistent or severe exhaustion can have physical and mental-health causes. Seek professional evaluation, especially when exhaustion is new, worsening, or affecting safety and daily functioning.



When Fear Is Loud and a Decision Must Be Made

“If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.”

James 1:5 KJV

A PRAYER TO BORROW

God of wisdom,

Fear is loud, and a decision is in front of me. I am afraid of choosing badly, missing something important, disappointing someone, or creating consequences I cannot undo. Quiet the urgency that makes every option feel like an emergency.

Help me separate facts from assumptions, wise caution from fear, and genuine responsibility from pressure other people are placing on me. Show me what information I still need, which professionals or trusted people should be consulted, and whether any option requires more time.

Give me courage to ask questions, read before signing, request explanations, and say, I need time to consider this. Protect me from coercion and from making a permanent decision only to escape a temporary feeling.

Align my choice with truth, safety, stewardship, and the values You have given me. I do not need a complete map; I need wisdom for the step in front of me. **In Jesus' name, Amen.**

A ONE-SENTENCE PRAYER

Lord, give me wisdom, courage, and peace for the decision in front of me.

What I know to be true is:

What I still need to learn or verify is:

What is the next wise question, conversation, pause, or action you need to take?



When Heaven Feels Quiet

“Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD.”

Psalm 27:14 KJV

A PRAYER TO BORROW

Lord,

I am waiting, and I do not understand the silence. I have prayed, hoped, watched, and tried to remain faithful, yet the answer, relief, direction, or change has not come in the way or time I expected.

Receive my disappointment, anger, doubt, and fatigue. I do not want to use spiritual words to hide what is true. Help me believe that Your silence is not the same as Your absence, even when I cannot feel what I believe.

Give me patience without passivity. Show me what is still mine to do while I wait: gather information, keep an appointment, ask for help, protect my health, set a boundary, rest, or simply remain present for today. Keep me from forcing an answer because uncertainty is uncomfortable.

Send someone who can carry hope beside me when mine feels weak. Renew my courage one day at a time. I believe; help my unbelief. **In Jesus' name, Amen.**

A ONE-SENTENCE PRAYER

God, keep me faithful in the waiting, even when I do not understand.

What I am waiting for is:

What is still mine to do today is:

Write the disappointment, doubt, hope, or unanswered question you need to bring honestly to God:

A Prayer I Can Carry

“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.” Matthew 6:33 KJV

What I need to say honestly to God:

What I cannot control or carry alone:

What I am asking God to provide:

What I am willing to release:

The one-sentence prayer I will carry today is:

A person I can ask to pray with me:

The practical support I also need is:

A CLOSING PRAYER

Father, I do not know how to hold everything this season has placed in front of me. Thank You that I do not need perfect words to come near. Receive the prayer beneath my silence, tears, fear, and unfinished thoughts. Give me wisdom for what is mine to do, courage to ask for help, and grace for what I cannot control. Let truth be louder than fear. Let Your presence be steadier than my emotions. Lead me toward the next faithful step and remind me that the life I planned may have changed, but my purpose is not over. **In Jesus' name, Amen.**

Find more faith-based encouragement and free resources at kingdomga.com

For personal use only. This guide offers spiritual encouragement and is not a substitute for professional, safety, crisis, or emergency support.

If you or someone else may be in immediate danger, contact local emergency services or an appropriate crisis service now.

Copyright 2026 Kingdom Growth. All rights reserved.