

## WHAT SHOULD I PRAY

### When I am hurting?



Lord God,

I ask that You will give me strength to face this hurtful situation. **"He gives strength to the weary."** Isaiah 40:29.

Help me to remember that you are near to those who are wounded in heart. **"The Lord is close to the brokenhearted, and saves those who are crushed in spirit"** Psalms 34:18.

I pray that even in my sorrow I will know Your joy. **"Weeping may remain for a night, but rejoicing comes in the morning"** Psalms 30:5.

Help me to put my trust in You and to know that You will be the one I cling to. **"He alone is my rock and my salvation, he is my fortress, I will never be shaken"** Psalms 62:2.

Teach me how to be a comfort to others who are also hurting. **"Therefore encourage [comfort] one another, and build each other up, just as in fact you are doing"** I Thessalonians 5:11.

I ask that you will give me a sense of peace toward those who have caused hurt. **"If it is possible, as far as it depends on you, live at peace with everyone"** Romans 12:18.

Guide my heart to believe in the promises of Your Word that I will find comfort during this time of sorrow. **"Blessed are those who mourn, for they will be comforted"** Matthew 5:4.

Train me to keep my eyes focused on Your kingdom purposes and not only on my pain. **"I consider that our present sufferings are not worth comparing with the glory that will be revealed in us"** Romans 8:18.

I pray this time of suffering will help to teach me endurance. **"we also rejoice in our sufferings, because we know that suffering produces perseverance"** Romans 5:3.