When Feeling Overwhelmed

A Prayer for Strength, Peace and Hope

God,

Right now my heart feels full, and my mind feels tired.
You see everything I'm carrying — the worries I talk about and the ones I keep to myself.

Your Word says You are close to the brokenhearted, so I'm asking You to come close to me now.

Quiet the noise inside my mind.
Slow down the anxiety in my chest.
Help me breathe in Your peace and release what I cannot control.

Remind me that this season is not the end of my story.
Remind me that even when I don't see it, You are working behind the scenes for my good.

Give me strength for today — not for the whole future, just for today. Give me wisdom for my next step.
Give me peace that settles my heart and steadies my thoughts.

Where I feel weak, be my strength.
Where I feel confused, be my direction.
Where I feel discouraged, be my hope.

Help me trust that You are holding me together even in moments when I feel like falling apart.

I place this day, this situation, and this season into Your hands.

And I choose to believe that I am not alone, not forgotten, and not without help.

In Jesus' name, Amen.