

PRAYER GUIDE 4

Praying Through Pain and Healing

"He heals the brokenhearted and binds up their wounds." — Psalm 147:3

How to Use This Guide

Healing is rarely instant. This guide is not a formula — it is an invitation to bring your pain to the only One who can truly heal it. Come as you are.

Opening Prayer

God, I am hurting. I do not always know how to explain it, but You already know. I come to You with the wounds I carry — the ones people can see and the ones they cannot. I trust You with all of it. Amen.

Praying Through the Pain

When you are carrying grief:

Lord, this loss is heavy. Some days I do not know how to move forward. Your Word says You are close to the brokenhearted (Psalm 34:18). Be close to me now. I do not need all the answers today — I just need to know You are here.

When you are carrying wounds from others:

Jesus, people have hurt me. Some of those wounds still ache. I am asking You to come into those places that still feel raw. Help me find the courage to forgive — not because they deserve it, but because I deserve to be free.

When healing feels too slow:

Father, I have been waiting for this pain to pass and it feels like it never will. Help me trust Your timing. Help me believe that You are doing something in me even in the waiting. Give me patience and hope for the road ahead.

A Prayer for Peace

God, I release this pain to You. Not because I no longer feel it — but because I trust that You are bigger than it. Fill the spaces where the hurt has been with Your peace, which surpasses all understanding (Philippians 4:7). Amen.

Closing Prayer

Lord, walk with me through this season. Remind me that healing is a journey and that You are with me every step of the way. Thank You that You do not waste our pain. Amen.

Reflection Question

What is one wound you have been carrying alone that you want to bring to God today? Write it here as an act of trust.

You are seen. You are known. You are loved.