### + FOR MY FEAR

Lord, single parenting has ushered in all new fears that threaten to paralyze me. Give me peace and calm my anxious heart.

When I am afraid, I put my trust in you. In God, whose word I praise—in God I trust and am not afraid. What can mere mortals do to me?
- Psalm 56:3-4

# + FOR MY OVERWHELMEDNESS

Oh, Lord, as I look at so many daunting tasks ahead with my children, the house, work, bills, and more, steady my heart and order my steps.

From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I. - Psalm 61:2

### + FOR MY BROKEN HEART

Lord, I am hurting. I am grieving, with a broken heart and broken dreams. Please heal the pain and restore joy.

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

## + FOR MY DECISIONS

God, you've promised to give wisdom generously when we ask, so I ask for clarity, insight, and guidance on this decision before me.

I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you. - Psalm 32:8

# + FOR MY CHILDREN

God, please help my children to love you and to love others. Give them discernment to know what's best and strength to carry it out.

Jesus replied: "'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' - Matthew 22:37-39

# + FOR MY TRUST

Lord, help me open both hands to You, let go of what I can't control, and trust that You love my children and me.

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. - Proverbs 3:5-6

### + FOR MY HARD TASKS

God, I feel weak and incapable of the tasks that lie ahead. I ask for Your strength to do what I cannot.

I can do all this through him who gives me strength. - Philippians 4:13

# + FOR MY FINANCES

Dear God, You promise to meet all my needs. As You clothe the lilies of the field and take care of the sparrows, please take care of us.

And my God will meet all your needs according to the riches of his glory in Christ Jesus.
- Philippians 4:19

## + FOR MY LONELINESS

Lord, being alone can be excruciating. Help me feel Your strong presence and keep me from filling loneliness with anything unhealthy for me.

May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word. - 2 Thessalonians 2:16-17

# + FOR MY FUTURE

God, help me not to despair but to put my hope in You, knowing that You will take care of me and that You have a hope and a future planned for me.

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. - Jeremiah 29:11