

PRAYERS FOR WHEN YOU FEEL *Lonely*

Everyone experiences loneliness at one time or another. Turning to the Lord in prayer is more important than ever when you're lonely because He loves you and you can believe in His promise to stick by you and never leave you (Heb. 13:5). Use these biblical prayers to help sustain and encourage you when you're experiencing loneliness.

Hope. O God of hope, fill me with all joy as I trust in You, so that I can overflow with hope by the power of the Holy Spirit. When I'm feeling lonely, I put my hope in You because You are my rock, my fortress, and my deliverer in whom I take refuge. (Ro. 15:13; Ps. 18:2)

God's Love. Jesus, sometimes I feel so rejected. Because You were rejected by men, You understand what that feels like and have compassion on me. Even when I feel pushed away by others, I thank You that neither height nor depth, nor anything else in all creation, will separate me from Your love. (Is. 53:3; Ro. 8:39)

Peace. Lord, may Your peace, which transcends all understanding, flow over me and guard my heart and mind. During seasons of loneliness, open my eyes to the peace I have with You. (Phil. 4:7; Ro. 5:1)

Comfort. Please turn to me during this lonely time, Father. Thank You for Your grace and Your power, which reassure and calm me. Help me to receive Your unfailing love as my comfort. (Ps. 25:16; 2 Cor. 12:9; Ps. 119:76)

Community. When You created the world, God, You said that it was not good for man or woman to be alone, but during lonely times I tend to withdraw from those around me. Help me to remember that when I feel lonely it doesn't mean something is wrong with me—I'm just longing for the community You've created me for. (Gen. 2:18)

God's Perspective. Lord, Your ways are so much higher than mine, and You think about things so differently than I do. Would You please show me how You are looking at my loneliness? What do You want me to see or understand about this painful thing I am going through? Teach me Your ways, O Lord, so I can walk in Your truth. (Is. 55:9; Ps. 86:11)

Protection. Jesus, when I'm lonely, I may be tempted to form close bonds with the wrong people or to make bad choices just to numb the pain. Help me to trust in Your protection instead of trying to escape this lonely season. (Prov. 13:20; 2 Cor. 6:14; Is. 50:10-11)

Close to God. I know that if I come near to You, God, You will come near to me. And I want to draw closer to You because You love me more than I can ever imagine and have promised to never leave me. (Jas. 4:8; Heb. 13:5)

Communication. Abba Father, I am so glad that when we confess our struggles to our friends, it builds relationships and shows us—and them—that we are not alone. Give me the courage to open my heart and honestly share what I'm going through and, in turn, listen to and build up others. (1 Thess. 5:11)

Courage. Jesus, when I am lonely, I sometimes focus only on myself. Lord, strengthen me to look beyond my own wants and problems so I can reach out to others and create relationships. Help me act on the fact I didn't receive a spirit that makes me a slave again to fear, but instead received the Spirit of sonship. (Ro. 8:15)

Friends. You've promised to set the lonely in families, God. Guide me to true friends who will stick closer than a brother so that we can carry each other's burdens, and in this way fulfill Your law. Show me how to be the kind of friend who picks another up when he falls down. (Ps. 68:6; Gal. 6:2; Eccl. 4:10)

© 2007 by NavPress

To subscribe to *Pray!*® magazine, call 1-800-691-PRAY.
For other prayer cards and resources, call 1-800-366-7788.
www.praymag.com

ISBN #1600062563