

A prayer to send to a friend

Father, I bring my friend to You. You know what she is carrying, including the parts she has not been able to explain. Meet her in the hurt, discouragement, sickness, confusion, waiting, and uncertainty of this season.

Give her strength for today rather than pressure to have the whole future figured out. Surround her with people who listen well, help practically, and do not rush her healing. Lead her toward wise care and trustworthy support wherever she needs it.

When she feels forgotten, remind her that she is seen. When she feels afraid, steady her. When she is waiting for an answer, protect her from hopelessness and from choices made only out of panic. Give her clarity for the next step and rest when rest is the faithful thing.

Show me how to be a good friend—not only with words, but with presence, patience, and practical love. Let her know she does not have to perform strength for me or for You. Hold her close and give her hope that is honest and durable. In Jesus' name, amen.

From "A Prayer for a Friend Who Is Going Through a Difficult Season"
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