

A prayer for strength today

Father, I am tired of being strong. This season has asked more of me than I expected, and I do not have enough for every problem at once. You see the grief, the money stress, the family concerns, the loneliness, the disappointment, and the uncertainty beneath my brave face.

Please give me strength for today. Not imaginary strength for every possible tomorrow—just enough light for the next step, enough courage for the necessary conversation, and enough grace to rest when I need to rest.

Send help through wise and trustworthy people. Keep pride and shame from making me hide. Give me practical provision and clear judgment. Where I need medical, mental-health, financial, pastoral, or community support, help me reach for it.

Meet me in the quiet places where nobody sees how hard this is. Remind me that weakness is not failure and asking for help is not a lack of faith. Hold what I cannot carry and keep hope alive without asking me to pretend the pain is small. In Jesus' name, amen.

From "Prayer for Strength When Life Feels Overwhelming"
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