

Finding Words for Prayer

A seven-day guide | Pastor David Small

Read each passage in your King James Bible. Reflect on the question, then speak honestly to God. Use one prompt a day, and repeat a day whenever you need to.

Day 1 - Begin honestly. Read Psalm 62:8. What are you finding hardest to admit? Complete: "God, today I feel..."

My prayer: _____

Day 2 - Remember that God knows. Read Matthew 6:8. What are you trying to explain perfectly? Complete: "Father, you know my need for..."

My prayer: _____

Day 3 - Ask for help in weakness. Read Romans 8:26. Where have you run out of words? Complete: "Help me pray about..."

My prayer: _____

Day 4 - Come for mercy. Read Hebrews 4:16. Is shame keeping you away? Name what you need to confess and ask for mercy.

My prayer: _____

Day 5 - Bring one person before God. Read Psalm 62:8. Name someone you love and one concern you have for them. Ask how you might offer practical care.

My prayer: _____

Day 6 - Seek grace for today. Read Hebrews 4:16. Choose one difficult responsibility. Ask for help with the next step rather than trying to solve the whole future.

My prayer: _____

Day 7 - Return without performing. Read Matthew 6:8. What helped you speak honestly this week? Thank God for that help and choose a simple time to pray again.

My prayer: _____