

MY PRAYERS FOR



# My 5 Days of Prayer for

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## WANDERING & WEEPING (WIDOW/WIDOWER)

*“You’ve kept track of all my **wandering** and my **weeping**. You’ve stored my many tears in your bottle—not one will be lost. For they are all recorded in your book of remembrance.”*

*Psalm 56:8*

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Keeper of tears, You keep track of \_\_\_’s wandering and weeping. Restore their strength when they lose sleep in the night. Restore their strength when the days are full of endless tears. Father, this may feel like more than \_\_\_ can handle, but You promised to not give us more than we can handle.

Be with them when their mind wanders to all the unanswered questions.

As You promised in Exodus 22:22, if the widowed calls out to You, Lord, You will certainly hear their cry. Show \_\_\_ by Your mighty hand that their tears do not fall on deaf ears. You have recorded every one of their tears. I am thankful You stand with open arms ready to provide comfort and rest for \_\_\_ whenever they need it. Surround them with people who have been through the loss of a loved one and can understand their heartache and what they need in this season of grief. Father, the days may seem long, but in the coming days joy will be restored, hope will be restored, strength will be restored, and peace will be restored. Help \_\_\_’s mind not to wander to all the uncertainties, but to rest knowing that even in grief You have the days ahead beautifully orchestrated for them. Amen.



## ONE MOMENT AT A TIME (AFTER LOSS)

*"Whenever my busy thoughts were out of control, the soothing comfort of your presence calmed me down and overwhelmed me with delight."*

*Psalms 94:19*

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God of the present, give \_\_\_ strength to stay in the present and keep their thoughts from roaming out of control. You hold the past, present, and future in Your hands so we do not have to. You don't need \_\_\_ to have the next year, month, week, day, or even hour figured out. I pray \_\_\_ does not fear the future, but draws strength from a never-ending hope in Your faithfulness.

You will not leave them. You will walk with them every step of the way through the unknowns. Father, in the loss of their loved one, \_\_\_ may be struggling with a loss of trust in You. Please show \_\_\_ it is safe to ask You any question, because even in their grief You will not move from their side. Surround them with Your presence, bringing a soothing comfort into every space they enter. When they feel overwhelmed, steady their heart, helping them take deep breaths and not letting their mind wander further than the moment. Amen.



## NEVER WALK ALONE (WIDOW/WIDOWER)

*"The Lord replied, 'My Presence will go with you, and I will give you rest.'"*  
*Exodus 33:14, NIV*

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Father, may \_\_\_ continuously feel Your presence and know they are not walking this journey alone. In marriage, as two become one, \_\_\_ feels a piece of them missing without their love by their side. Father, fill all the empty spaces in \_\_\_'s heart with Your love. In the days when they feel they cannot stand, sweep them off their feet and carry them through their day in Your arms. Give them grace for the days they do not feel like getting out of bed. Give them strength for the days they feel up to returning to the world. As joy returns to their heart, may they not feel guilty for being happy without their loved one. Show them there is life after death, a sweet life still to be lived. As \_\_\_ reflects on memories with their loved one, let them not inflict pain, but fill their heart with joy and thanksgiving for the time they had together. Walk with them, talk with them, weep with them, and be with them always. Amen.



## IN THE SHADOW OF HIS WINGS (AFTER LOSS)

*"His massive arms are wrapped around you, protecting you. You can run under his covering of majesty and hide. His arms of faithfulness are a shield keeping you from harm."*

*Psalm 91:4*

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God, our Covering, \_\_\_ needs to feel the safety and comfort that comes from hiding under Your wings. Spread Your wings wide, protecting them from the despair and hopelessness that is trying to take root in their head and heart. Although the pain feels like it is penetrating to the roots of their heart, \_\_\_ can be confident it is not doing permanent damage because You are protecting them from harm. I stand with them and believe You will heal every wound caused by this loss better than new. Your faithfulness will not waver. Your love will not waver. You will be consistent in Your care for \_\_\_. May \_\_\_ always find refuge and rest in the quiet of Your presence where they have nothing to fear. When they feel misunderstood by others and uncertain about how to answer their questions, may \_\_\_ be able to smile and say, "Jesus is walking me through every step." Amen.



## JOY IN THE MOURNING (AFTER LOSS)

*"Weeping may endure for a night, but **joy** comes in the morning."  
Psalm 30:5*

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Father, may \_\_\_ not be embarrassed and hold back their tears, but let them be the water that cleanses their heart. Let these precious tears release the pressure from their heart. May they feel the freedom to mourn the loss of their loved one. Help them not to bypass the process, but embrace the process of grieving. Although weeping may endure for a night season, joy will come in the morning, even in the mourning season. Thank You for being \_\_\_'s guiding light leading them back to joy. Allow sparks of joy to ignite their heart to enjoy life again. The sun will rise again. The dark night of the soul will pass. You are the God who sees us and never leaves us. You stay by our side in the light of day and in the dark of night. You are the God of light, but this does not mean You leave in the night. Your light shines brighter in the night. Thank You for letting \_\_\_ go at their own pace during this process and being patient with them as they return to the light of day.

Amen.

# Give Pray Grow

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