

A PRAYER IN TIMES OF STRESS

Lord God, you have promised
that you are never far away, even when I feel alone;
that you will never leave me, even when I feel abandoned;
that I will never be overcome, even when I feel defeated;
that there is beauty where I do not see it;
that there is music where I do not hear it;
that there is life where I do not feel it.

Whatever I am going through,
whatever the future may bring,
whatever questions I have,
whatever bad news I hear,
whatever pain comes my way,
whatever I cannot control,
be with me, my God, and this will be enough.

Whatever I lose,
whatever I have lost,
whatever is said,
whatever is done,
whatever is broken,
whatever won't heal,
be with me, my God, and this will be enough.

Whatever decisions I struggle to make,
whatever pressure weighs down on me,
whatever I regret,
whatever I confess,
whatever I remember,
whatever I forget,
be with me, my God, and this will be enough.

Fill my restless spirit with your presence, and this will be enough.
Fill my tired mind with your peace, and this will be enough.
Fill my aching heart with your love, and this will be enough.

Amen.

Amy Ekeh
Finding Peace: Letting Go of Stress and Worry

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