

# Prayer When You Want to Give Up

Safety-first prayers for moments when staying here feels hard.

Still Here Faith - Not a ladder. A chair.

## Start with safety

If you might hurt yourself, call or text 988 now, contact emergency services, or get near a trusted person. Prayer can support you, but it should not replace immediate help.

## Tiny prayers

Jesus, help me stay alive for the next breath.

God, send help near me.

Lord, I cannot carry this alone. Bring a person close.

Keep me here. Keep me safe. Keep me from being alone.

## Next 10 minutes

Move away from isolation if possible. Text one person. Call 988. Put one barrier between you and danger. Sit near a doorway, living room, lobby, nurse desk, or another person.

**Safety note:** This resource is encouragement and resource navigation, not therapy, medical advice, diagnosis, treatment, or crisis care. If you might hurt yourself or are not safe, call or text 988 in the U.S., contact emergency services, or get near a trusted person now.