

Tiny Prayers for When You Cannot Pray

A low-capacity prayer sheet for Christians who still believe but do not feel okay.

Some days, prayer is not a paragraph. It is one breath. One sentence. One honest word. If all you can pray is "help," that is still prayer.

Ten tiny prayers

1.	<i>God, hold this.</i>
2.	<i>Jesus, stay near.</i>
3.	<i>I do not know what to say.</i>
4.	<i>Help me make it through today.</i>
5.	<i>Please be gentle with me.</i>
6.	<i>I still need You.</i>
7.	<i>Sit with me here.</i>
8.	<i>Give me one next breath.</i>
9.	<i>I am tired. Please carry me.</i>
10.	<i>Lord, have mercy.</i>

Three breath prayers

Inhale: God, You are here.

Exhale: I do not have to carry this alone.

Inhale: Jesus, stay near.

Exhale: I do not have to be okay right now.

Inhale: Lord, have mercy.

Exhale: On me.

Three Bible references for heavy days

Psalm 34:18 - God is near to the brokenhearted.

Matthew 11:28 - Jesus invites the weary to come to Him.

Romans 8:38-39 - Nothing can separate God's people from His love.

Safety note

Still Here Faith offers Christian encouragement and resource navigation, not medical advice, diagnosis, treatment, therapy, emergency care, or crisis care. If you are in immediate danger or thinking about harming yourself in the United States, call or text 988 or contact emergency services.

A closing blessing

May God meet you gently in the place where words run out. May one breath be enough for this moment. May you remember that being unwell does not make you unloved. You are still here. That matters.

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