

Prayers for Certain Occasions

“The grace of God means something like: Here is your life. You might never have been, but you are because the party wouldn’t have been complete without you.” —Frederick Buechner

When You Are Feeling Happy

Gracious and Loving God, you make it clear that true happiness is only found in you. Speak to me this day, and every day. Watch over my thoughts and actions. Be at the center of all I say and do. The blessings you have given me bring me happiness, contentment, and joy. I am so grateful for your kindness and mercy. Let me be filled with the comforting power of your presence. I praise you for your awesome wonder and ask that you enable me to share your kindness with everyone I meet. In the name of your gracious Son, **Amen.**

When You Need Healing

Lord, you are the great and mighty healer. Speak to me and heal my wounds and take away my pain. Sometimes it feels like the responsibilities I have been given are too much for me to handle. Heal me and lift me up that I may find joy again. God, I need strength that only you can give me. Send your Holy Spirit to comfort me, make me whole, and allow me to glorify you even in this moment. Remind me that even Jesus walked through painful, dark valleys, yet you never left him. Lead me beside the still waters and allow me to give all of my pain and anxiety back to you. In the name of your Son who restores sight to the blind, **Amen.**

When You Need Guidance

Gracious God, I know you are the great counselor. I am in need of advice and guidance, and I don’t know what to do. Help me do what you would want me to do in this situation. Send me someone to talk to who can show me what to do next. Remind me that you are always one step ahead of me and are always there to show me the way. In the name of your Son who is our greatest role model, **Amen.**

When You Need Friends

God, you are a gracious and loving God. I don’t have any friends, and I really miss having someone to hang out and do things with. Please bring people into my life that I can share my life and interests with. Open my eyes to see the good qualities in the people around me at school and youth group. Help me be the kind of friend that I would like to have. Thank you for loving me and being with me even when I feel alone and like nobody likes me. In the name of Christ, who was the perfect friend to everybody, **Amen.**

When You Have Lost a Friend

Lord Jesus, I place myself in your hands. Be with me, my family, and my friends as we grieve the death of our friend. Help us to stay close to you and to each other as we struggle to accept life without our friend. May he/she always be in your arms to share in the light and glory of your eternal life, happiness, and peace. Thank

you that the pain and struggles of this earth are no more for him/her. Comfort us God, and fill us with your peace, especially when our minds are full of questions. In the name of Your Son, who overcame even the sting of death, *Amen.*

When You Feel Tempted

Wise and wonderful God, I know you are strong. I need help right now. I am being tempted to do things that I know are not good or appropriate for me. Give me the strength to say “no thanks” to this pressure. Help me find something else to keep myself busy in place of these things. You are my strength in this, God. I thank you for understanding all of the temptations we face as teenagers, and what it takes to say “no.” Remind me that even Jesus was tempted and was not always the most popular person. In the name of Jesus, who said “no” to the temptations of this world, *Amen.*

When Your Family Needs Prayer

Creator God, I know you see everything and know how every situation turns out. I will put my trust in you. As you know, my family needs help, God. Show me what I can do to make life easier for all of us. Help my family find your salvation and grace so we don't fight and hurt each other anymore. Help me show them your love and forgiveness. Thank you for your love and for your compassion for us. May you be at the center of our family and may we depend on you for all things. In the name of Christ our comforter, *Amen.*

When It is Hard to Find God in School

Lord, at school, I see cheerleaders and athletes who seem to have it all together. I see the latest fashions on the coolest rich kids. I see cars in the parking lots that make me jealous. But then I think about a world I really don't see-an invisible world. It's the world where the lonely freshmen with acne are important. It's a world where a genuine smile means so much more than an expensive car. It's a world where the kid in the wheelchair is strong and powerful. It's a world that values honesty and integrity more than popular clothes. It's a world where I'd discover that even the cool kids and the rich kids struggle and feel insecure sometimes. Help me to catch a glimpse of this world this year. If I do, I might just value what you value, love who you love, and desire what you desire. In the name of your child who didn't conform to the ways of this world, *Amen.*

When It is Hard to Be a Christian at School

Father in Heaven, when I'm around my friends at church and in youth group, it's so easy to act like a Christian. But, when I'm with my friends at school, I'm like a completely different person. I want to keep my faith real this year, so please do whatever it takes to help me be the same person at school as I am at church. In spite of my flaws and the mistakes I make, help me to be totally committed to you. In the name of your Son, who I want to be more like, *Amen.*

When You Need a Sense of Purpose

Holiest Friend, I look to you in my time of need. I don't feel like I matter much right now to people in this world. My self-confidence is really low right now, and I don't know where to turn. Do you really have a specific plan for my life? That is an awesome thought. Help me to see myself and you see me. Teach me the things I need to learn to fulfill that purpose. I place myself into your hands because I trust in your opinion of me. Remind me, God, that you have promised me a hope and future, and a future filled with hope. In the name of your child, whose life changed the world, *Amen.*

When You Have Suffered Loss

Dear Lord, please be with me in this time of loss and overwhelming grief. I don't understand why my life is filled with this pain and heartache. But I come to you and I seek to find the strength and patience to trust in your faithfulness. I will wait upon you and not despair; I will quietly wait for your peace and comfort. My heart is crushed, but I know you will not leave me or abandon me. Show me your compassion, God. Take this pain away. I believe the promises of your Word that you send fresh mercies each day, and I will hope in you again. Even though I can't see past the darkness of this day, I trust that you will greet me in the morning with a light brighter than this darkness. In the name of your Son, who even prays on my behalf, *Amen*.

When You are Full of Anxiety

Dear God, I need you now as I am filled with anxiety and stress. I take each burden and feeling, one by one, and lay them at your feet. Please carry them for me so that I am no longer consumed with them. Replace these feelings with feelings of gentleness and allow my soul to find rest in you. Give me your deep peace which surpasses all human understanding and silence any voices in me but your own. I will not fear, because you are with me, and I believe you will keep me safe. Grant me peace and true rest tonight, God, when I go to sleep. In the name of the Prince of Peace, *Amen*.

When You Have Thoughts of Depression/Suicide

All powerful God, I feel like giving up, and I cannot muster up any hope for tomorrow. I don't want to go on like this anymore. I don't see the point. I am too tired to fight anymore. I need something to hang onto and I'm going to lose it. Everything is dark, God, and I cannot see any light. Show me again how much you love me. Remind me that there really is a plan for my future. Give me hope that tomorrow really will be better than today. I am scared of my own thoughts and feelings, God. I am scared, I am exhausted, and I cannot even think straight. Clear my mind, protect my heart, and quiet my thoughts. Help me to be able to appreciate the goodness that is in my life and your world and remind me of all the people and things I have to be thankful for. Help me keep my thoughts on you and praise you, for I am fearfully and wonderfully made. Be near to me, God. Hold me. Don't let me go. Don't ever let me go. In the name of the Light of the world, *Amen*.

***Note:** If you are having thoughts of harming yourself or worse, ending your life, please text or call your pastor, youth director, a trusted adult, teacher or friend, immediately. You mean the world to someone, and your life will make a difference in this world. You are beloved to God—let the community around you remind you of God's love.

National Suicide Prevention Lifeline
1-800-273-TALK (8255)

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