PRAYING THROUGH CHRONIC PAIN

Chronic pain can be difficult and unyielding, causing us to feel overwhelmed, misunderstood, and sometimes even desperate. We long for someone to understand. Yet even if there isn't a friend or family member who listens and understands, Jesus does. He is always present and has experienced every form of suffering. Let these words guide you into prayer where you are known, seen, and loved completely.

JESUS, I NEED YOU

Jesus, my body aches, and my spirit is weary. I need You. You are my refuge and fortress. I surrender this pain to You. Please, take it, but if not, hold me close through the suffering. Fill me with Your peace and cover me with love. In Your name, I pray, amen.

WHAT IS THE BALANCE?

Heavenly Father, help me discover the balance between being honest about how I'm doing and supporting and encouraging others. I don't want to be the person who cancels at the last minute, needs constant help, or requires accommodations for every invitation. Yet, I am. Please show me how I can be honest and supportive or in pain and still participate, and that I appreciate each invitation in spite of canceling at the last minute. Please show me how to balance this with love and grace, Lord. Amen.

OVERWHELMED BY PAIN

God, I am overwhelmed by the pain today. How I long for comfort, for a respite, for healing. Pour out Your mercy. Fill me with Your love in a deep and tangible way. Strengthen me and give me the courage to continue, even if the pain never ends this side of heaven. In Jesus' name, amen.

DESPERATE FOR RELIEF

Lord, I am in so much pain today. I am desperate for relief. Redeem this suffering! I want to surrender to Your will, but what if that means more suffering? It's scary to imagine that this pain might not abate. I need You now, Lord. Please be with me and help me to endure. In Christ alone, amen.

IF IT IS YOUR WILL, HEAL THIS CHRONIC PAIN

Lord, this unrelenting pain makes every little thing feel big and impossible. Please quiet this suffering. Calm my body and settle my soul. I don't understand the reason for the pain, but I will trust You in it. Thank you for mercies that are new each morning. If it is Your will, please take this pain. If not, I will boast of Your strength even in my weakness. Amen.

HELP ME FACE THIS PAIN WITH COURAGE

Compassionate and Loving Father, I am weary. I long for peace and comfort. Strengthen me to face this pain with courage. I know that You are always with me. I trust Your plan, even when I do not understand it. Thank you for loving me more than I deserve and beyond all imagining. I love You. Amen.

EASE MY SUFFERING

Lord, I hurt all the time, and feel at the end of what I can endure. I know You are with me, but I long for a respite. Yet will I pray: *Father, if you are willing, take this cup from me; yet not my will, but yours be done.* (Luke 22:42). If this is what I must endure today, strengthen me and shift my focus from this world to the next when I will leave this broken body behind. I love You, Lord! Amen.

ENTER INTO PRAYER THROUGH QUESTIONS

Sometimes we are beyond words and desperate for answers. At those times, a single question might be all we need. When that happens, let these questions be your guide.

Lord,

- why is my pain so overwhelming today?
- where are You in this suffering?
- why are You allowing the pain? What are you using it to accomplish?
- how do I process what is happening right now?
- will You show me how to trust You if this pain never ends?

If you don't sense a response, perhaps God is inviting you to simply be with Him—or maybe He is working in unseen and unheard ways. Just as a seed planted in the soil in the dark continues to grow toward the light, perhaps this is a season of growing in the dark as God draws you toward the light.

Christianity is not the removal of suffering, but the addition of grace to endure suffering triumphantly.
(Thomas Watson)