

A PRAYER WHEN I FEEL LOST BASED ON PSALM 22

God, sometimes I feel alone and far from You.
Life is hard, and I don't know what to do.
I cry out, wondering if You hear me.
Help me trust that You are always near.

I feel surrounded by problems I can't solve.
I feel weak and afraid of what's ahead.
But I remember that You have helped me before.
You were faithful then, and You are faithful now.

Jesus, You know what it's like to suffer.
You prayed to the Father even in Your pain.
Help me hold onto You when life feels heavy.
Give me strength to trust, even when I don't understand.

I believe You will not leave me alone.
You are working, even when I can't see it.
Help me to trust Your plan and Your timing.
I will praise You for all You have done.

God, bring peace and hope to all who feel lost.
Let us remember that You are with us always.
Help us to share Your love with others,
So that everyone may know Your goodness. Amen.

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