



A GENTLE PRAYER

A Prayer for a New Beginning

Father, I come to you today just as I am. I don't need to have all the answers. I don't need to understand everything that lies ahead. I simply want to be still and remember that I am not alone.

Lord, help me release the things I cannot change. Help me let go of the mistakes I keep carrying, the words I wish I had never spoken, the choices I wish I could make differently, and the moments I keep replaying in my mind.

Remind me that yesterday has already passed, and tomorrow has not yet arrived. Give me the grace to live this moment.

When I am afraid to begin again, give me courage. When I don't know which way to go, give me faith. When I feel that I have failed too many times, remind me that failure is not the end of my story. Teach me to begin again with a humble heart, with an open heart, and with trust in you, Jesus.

When I cannot see the whole road, help me trust you with the next step. When I feel lost, walk beside me. When I feel weak, give me strength. When my heart is heavy, give me peace.

And when I forget how beautiful life can be, open my eyes. Help me notice the light, the morning, the people I love, the small moments I so often overlook. Help me remember that life itself is a gift.

Teach me not only to survive my days, but to truly live them: to love more deeply, to forgive more freely, to be grateful for what I have instead of always waiting for what comes next.

And when I have to begin again, remind me that I do not have to walk alone. You are with me. You have always been with me.

So today, I choose to take the next step — not because I know exactly where it will lead, but because I trust the One who walks beside me.

Give me peace for today, courage for tomorrow, and faith for every step in between. Thank you for another morning. Thank you for another breath. Thank you for another chance to begin again.

I place this day in your hands. Amen.

“It is of the LORD's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness.”

LAMENTATIONS 3:22–23 (KJV)