

PRAYER GUIDE

*Prayers for* THE  
OVERWHELMED



PrayerPower

Helping God's people learn to pray.

*Prayer Guide: Prayers for the Overwhelmed*  
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OVERWHELMED

**PrayerPower**

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## Prayers from God's Word

These Bible-based prayers have been written in a way that makes them easy to pray. They include requests for not only practical, material needs, but for deeper spiritual needs as well. Because they are written from Scripture, they express God's will. And when we pray His will, He promises to answer! (1 John 5:14-15)

### Easy Ways to Use These Prayers

- Read them just as they appear:  
“Help me to know You as the One who calms the storms of life....” (Mark 4:39)
- Use them as an outline for your personal prayer.  
Pray a sentence or two, just enough to present a complete thought. Then add your own personal prayer, before moving on to the next thought:  
“Help me to know You as the One who calms the storms of life....” (Mark 4:39)

You might add something like— *“Help me to keep my eyes on You and not all that I'm facing right now.”*

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## Overwhelmed

Father, I need You...

When I feel buried under problems, help me instead to take refuge in You, to live in the shelter of Your presence through prayer. Help me to turn my attention to You, to fill my mind with Your Word so there will be no room for anxious thoughts. Thank You for the privilege of prayer, for hearing our prayers. (Psalm 31:1; 91:1-2; 119:15; Philippians 4:6; Psalm 65:2)

Help me to trust You as my God who goes before me, who guards me from behind, who knows the number of hairs on my head, who loves me with unfailing love, who holds the days of my life in Your hands. I know these things are true, for Your Word is true—help me to move these truths from my head to my heart, that I may believe. I feel like the man who cried, “I believe—help my unbelief!” (Isaiah 52:12; Matthew 10:30; Psalm 31:16; 14-15; 119:160; Mark 9:24)

Help me to fear You as one should fear Almighty God, with deep reverence and awe—for You bless those who fear and honor and trust You. (Psalm 31:19)

Calm my spirit. In Jesus' name, amen.

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## Wrung Out

Father, I need You...

I'm more than tired of trying to cope with problems, with life! You tell me that I can give my burdens to You, and I want to—show me how! Help me to trust You, to rely on You, no matter what the circumstances may seem. (Psalm 55:22, 23; John 14:1)

I'm grateful that Your eyes are on us as You look throughout the earth to find those whose hearts are fully committed to You, because You want to strengthen them. Help me to be that committed! Help me to live my life for You, giving You all my cares, depending on You, relying on You, being confident in You, trusting You. (2 Chronicles 16:9a; Galatians 2:19; 1 Peter 5:7; 2 Chronicles 16:8; 2 Corinthians 1:9; Jeremiah 17:7)

Be my strength, One who is always there for me in times of trouble. Help me to choose to live in Your presence, turning my thoughts toward You—for in You I can find strength and joy, in Your hand You hold enough power to give strength to everyone. I need You to be my strength and my shield! (Exodus 15:2; Psalm 46:1; 61:4; Colossians 3:2; 1 Chronicles 16:27; 29:12; Psalm 28:7)

Let me feel Your love. In Jesus' name, amen.

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## Frustrated

Father, I need You...

I feel as if I'm caught in a maze and I can't find my way out! Sometimes I'm so frustrated I could cry, because I don't know what to do or which way to turn. Help me to trust You, to be confident that as I do You will show me the path to follow. Lead me, teach me, help me to put my hope in You! (Psalm 25:2-5)

It's hard for me not to be overcome by circumstances, trying to figure things out for myself, relying on my own understanding of things, but that's not the way I want to live. I want to trust You in every situation, even though I can't fully understand Your thoughts or the ways You work in the world. Help me to believe that no matter how bad things may seem, You are faithful! (Proverbs 3:5; Isaiah 55:8; Psalm 33:4)

Help me to have faith in You no matter how tough things get, and to seek Your will and be confident that You will direct my path. Teach me how to listen for Your voice, how to hear You with my heart wherever I am, whatever I'm doing. (Luke 17:6; Proverbs 3:6; John 10:4)

Help me to follow only You. In Jesus' name, amen.

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## Confused

Father, I need You...

So often in the midst of my problems I feel confused, and I don't know which way to turn. I know You don't want us to live in confusion and disorder—but sometimes You allow us to be confused if we're disobedient. So I have to ask, am I being disobedient in ways I haven't realized? Are there sins I haven't recognized? If so, please show me; help me to confess and repent, to change. (1 Corinthians 14:33; Deuteronomy 28:20;

1 John 1:8-9; 2 Timothy 2:25)

Help me to live so that my prayers are not hindered, so that I stay in personal fellowship with You. Help me to spend time with You every day praying and listening so that You can explain things to me. (Isaiah 59:2; Psalm 66:18;

1 Peter 3:7; 1 John 1:3; Matthew 6:6; Mark 4:34)

May I depend on You, the way a sheep depends on his shepherd, so that I may hear and recognize Your voice. Help me to be willing to say no to myself—to my will—and to follow You, knowing You will lead me to make right decisions for Your name's sake. (Psalm 23:1; John 10:4; Luke 9:23; Psalm 23:3)

Help me to hear Your voice. In Jesus' name, amen.

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## Worried

Father, I need You...

I know we're not supposed to worry about what might happen tomorrow—but here I am, almost worried sick. We're especially not to be concerned about having our daily needs met, so long as we're seeking You and Your righteousness. Help me to live that way! (Matthew 6:34, 25-33)

I want to live a righteous life. I know that I come to You in the righteousness of Christ, and I'm grateful that because of You I'm living in Christ. Still, I know I'm responsible to make right choices, to think and live according to Your will. I want to live a life that's obedient and pleasing to You. (1 Corinthians 1:30; Ephesians 5:8-11; 1 John 3:21-22)

You love righteousness, and You make many promises to those who live righteously: You will never let them fall, You watch over their lives, You bless them and surround them with Your favor. Help me to put on righteousness and wear it as a way of life. (Psalm 33:5; 55:22; 1:6; 5:12; Job 29:14)

I can't live this life apart from Your strength. In Jesus' name, amen.

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## Anxious

Father, I need You ...

Your Word says an anxious heart weighs a person down, and that's how I feel—as if I'm carrying a heavy load, more than I can bear. I feel upset and beside myself, and ask You to calm me down, to comfort me with assurance of Your love. Help me not to be overwhelmed by anxious thoughts. (Proverbs 12:25; Psalm 94:19)

Our hearts are not supposed to be troubled; but that's my struggle. Help me to trust You, for I know You are the One who makes a way when things seem impossible. There's nothing is too hard for You! (John 14:1; Isaiah 43:19; Jeremiah 32:17; Luke 1:37)

Help me to be faithful to You and to the way You want me to live, for You guard the lives of those who are faithful. You protect them, and You never turn away from them. Help me to know You as my fortress, as the rock in whom I take refuge, as One who is good, whose love endures forever, whose faithfulness continues through all generations. (Psalm 97:10; Proverbs 2:8; Psalm 37:28; 94:22; 100:5)

Increase my faith! In Jesus' name, amen.

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## Helpless

Father, I need You...

In my helplessness I call out to You, knowing that there's nothing I can do to change things. But with Your help, I'm like a soldier who can defeat any army that comes against me; I can climb over any wall that's in my way. Help me to believe it! Make it real in my life! (Psalm 18:6, 29)

Reach down and take hold of me, pull me out of what feels like deep water. You rescue those who please You, so I ask You to help me to live that kind of life. Help me not to sin, to be obedient and live a faithful, blameless, pure, and humble life in the strength of Your Spirit. Help me to be quick to confess when I'm don't live that way!

(Psalm 18:16, 19, 21-23, 25-27; Ephesians 5:18; Acts 2:38; Matthew 6:12)

At night help me to remember You, to think of You when I'm tossing and turning, unable to sleep. Help me to remember how much You have helped me in the past, to know that as I stay close to You, You hold me steady and You won't let go! (Psalm 63:6-8)

Help me to have confidence in You, and in no one, in nothing else. In Jesus' name, amen.

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## Hopeless

Father, I need You...

My problems seem hopeless because on my own I don't know what to do. Lead me to be strong and to find the courage I need, to trust and depend on You. (Psalm 31:24)

Help me to find refuge in You, to put my hope in Your Word because Your promises are certain and Your character is unchanging. You're compassionate, and You help us when we face problems that weigh us down and are too much for us to handle. (Psalm 36:7; 119:74; Malachi 3:6; Psalm 145:14)

When a sense of hopelessness overwhelms me, when I'm filled with turmoil, help me to refuse to give in to those thoughts. Help me instead to set my mind on praising You. (Psalm 42:5)

Help me to trust You, to have faith that You are the God of hope who will fill me with joy and peace because of my faith, who will cause me to overflow with hope by the power of Your Spirit! (Romans 15:13)

Help me to know that when I hope in You I won't be disappointed. In Jesus' name, amen.

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## Frightened

Father, I need You...

I'm trying not to be frightened, but sometimes I am. Help me to trust You and praise Your Word—then I won't be afraid! Whatever storm I'm facing, help me to run into the shadow of Your wings until the storm blows by. (Psalm 56:3-4; 57:1)

Help me not to be overcome by fears, to remember that not even a sparrow falls to the ground unless it's Your will—and I'm worth more to You than a sparrow! Help me to believe that I'm precious to You and You love me. May I trust that You have Your eye on me, watching everything I do and everywhere I go, that You are with me, now and always. (Matthew 10:29, 31; Isaiah 43:4; Psalm 139:3; Isaiah 43:5; Deuteronomy 31:6)

Help me to know You as the One who calms the storms of life, who turns the darkness into light, who smooths out the rough road ahead—and is willing to take hold of my hand. Help me to live in the confidence that You are the LORD Almighty, the First and the Last, the only God—that there is no other Rock! (Mark 4:39; Isaiah 42:16; 41:10; 44:6, 8)

Be my Rock! In Jesus' name, amen.

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## Alone

Father, I need You...

Where are You? I know that You're with me, because You've promised You will never leave me, nor forsake me, that You'll be with me always—but sometimes I can't sense Your presence and I feel so alone. (Psalm 10:1; Hebrews 13:5; Matthew 28:20)

When my heart fails and my spirits fall, help me to sense that You are with me, holding me by my right hand, guiding me with Your counsel. Help me to choose to draw near You with clean hands and a pure heart, knowing You will draw near me. That's a wonderful promise. I need to be close to You, especially in times like these! (Psalm 73:26, 23-24; James 4:8; Psalm 73:28)

When I feel alone, help me to seek You with all of my heart. Help me to set You before me, to think about You all the time—then I won't be shaken. (Jeremiah 29:11; James 5:16; Psalm 16:8)

Help me to believe Your promise that You won't leave me, to count on the fact that You will come to me, no matter how totally alone I feel. (John 14:18)

May I sense Your presence. In Jesus' name, amen.

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## Tired of Waiting

Father, I need You...

I feel as if I wait and watch and nothing happens, nothing changes, and I'm discouraged. I feel like the prophet who cried out—how long must I call for help, before You listen? Help me not to give up, to keep watching for Your answers, to be willing to keep on praying. (Habakkuk 1:2; 2:1; Luke 18:1-5)

Help me to be determined to rejoice in You no matter what's happening in my life, to be joyful in You, my Savior, no matter how hard things are or how tired I am. Be my strength! (Habakkuk 3:17-19)

Give me faith strong enough to wait on You the way Abraham, David, and Joseph did. Help me not to lose my confidence in You and Your faithfulness, to know that I will see how good You are. Help me to wait for You, to be strong and take heart and wait. (Genesis 17:19; 21:2, 5; 1 Samuel 16:13; 2 Samuel 2:4; Genesis 37:2; 41:46; Psalm 27:13-14)

And as I wait, help me to put my hope in Your Word and all that it tells me about You. Help me to trust in Your unfailing love. (Psalm 130:5; 135:5)

Help me to pray with faith. In Jesus' name, amen.

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## Disappointed

Father, I need You...

I'm so disappointed that You haven't answered my prayers, or seemed to have made any move to change things yet. Forgive my impatience. Help me to live like the prophets who were steadfast and didn't quit, though they must have felt like it sometimes. Help me not to quit either. (James 5:10)

Help me to trust You and believe that You care, that You haven't forgotten me and You won't! When trouble comes my way, when I'm facing challenges, help me to be willing to thank You in and for all circumstances, difficult as that is. (Nahum 1:7; Isaiah 49:15; 1 Thessalonians 5:18; Ephesians 5:20)

Help me to love You with all my heart, soul, and mind, for You cause all things to work together for our good when we love You and are called according to Your purpose for us. Help me to realize that somehow You are fitting me into Your plans. Help my love for You to be as steadfast and unchanging as Your love for me.

(Matthew 22:37; Romans 8:28, 38-39)

Keep me faithful. Let Your joy be my strength! In Jesus' name, amen.

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## Weary

Father, I need You...

I feel used up—physically, emotionally, spiritually. I'm feeling totally tired, down to my bones. I need You to be my shepherd who picks me up and carries me close to Your heart. (Isaiah 40:11)

I'm calling out to You as our everlasting God, our Creator who is never tired or weary. You're kind and patient, compassionate and full of love. You give us power when we're tired and worn out, and strength when we're weak. (Isaiah 40:28; Psalm 103:8; Isaiah 40:29)

Help me to trust in You, for I know as I do I'll find new strength, feeling like I can walk and not faint, run and not grow weary, even fly like an eagle! Strengthen me from within; I need You. (Isaiah 40:31)

Help me to know You as my resting place, to find my rest—my inward peace—in You alone, the mighty rock that keeps me safe, the fortress where I feel secure. Help me to trust in You at all times; hear me as I pour out my heart to You, my strong and loving God. (Jeremiah 50:6; Psalm 62:5, 6-7, 11-12)

Restore and refresh me. In Jesus' name, amen.

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## Empty

Father, I need You...

I feel like I'm running on empty, no strength, no energy, no joy—and I need a touch from You. Give me the inner strength that comes through Your Holy Spirit, that Christ may live in my heart through faith. Help me to be deeply rooted in His love, and to begin to understand how high and long, wide and deep it is, though I'll never fully comprehend it. (Ephesians 3:16-19)

I ask for the fullness of life and power that can only come from You. Help me to live a Spirit-filled life. Keep me from grieving Your Spirit with unconfessed sins. Don't let me stifle what He wants to do in my life because of disobedience. Keep me from failing to do the good things that I know I should do. (Ephesians 3:19; 5:18; 4:30; 1 Thessalonians 5:19; James 4:17)

Fill me with joy in Your presence. Help me to understand what I need to know about life, about what's going on in my life right now. Instead of emptiness, fill me with light and goodness and faith. (Psalm 16:11; Luke 11:35b-36; Romans 15:14; Acts 6:5)

Answer me in my distress. In Jesus' name, amen.

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## **As You Pray These Prayers...**

### **You Are Praying God's Will**

Think what it will mean as God hears and answers these prayers. You're praying His will to help overcome feeling overwhelmed, to find faith and strength in Him (1 John 5:14-15)! If you've prayed one prayer a day, you've realized it takes only a minute or two. Keep praying through these prayers, each time adding your own prayers to make them even more personal.

### **Consider that Prayer Is More than Asking**

The main purpose of prayer is to help us know God. To do this, we have to spend time with Him, just as we must with any person if we want to know that person well.

(John 17:3; 1 John 1:3)

### **1. Begin Each Day with God**

Jesus taught us that it is important to have some quiet time with our Father every day. Early morning is usually the best time, before we're caught up in busyness. If this isn't a part of your daily life now, ask God to help you begin with just a few minutes, and He will.

(Matthew 6:6; 9-13)

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## **2. Come with clean hands and a pure heart.**

The Bible promises that we can draw close to God if we have clean hands and a pure heart, and He will come close to us (James 4:8). That simply means we must confess our sins. When we do, God forgives us and makes us clean (1 John 1:9), and we may come to Him.

## **3. Have a listening ear.**

God usually speaks to us (John 10:4-5) as we read the Bible. You don't have to spend a long time in the Word, but for you to hear His voice clearly, it is important to spend at least a few minutes in the Bible every day. Pray as you read. Ask God to speak to your heart: *What do you want me to know today? What do I need to learn?*

## **Knowing God Personally**

Jesus said that eternal life is *knowing God* (John 17:3). We have that life the moment we trust Jesus for salvation. We can then live every day in a real, vital, personal relationship with God. What a privilege, available to all of God's children! (See page 18.)

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## Are You a Child of God?

This is a question that is easy to answer—if you aren't sure—by verses from the Bible that reveal this truth:

- Have you believed in Christ, trusting Him, relying on Him for everything? Have you received Christ into your heart and life? (John 1:12)
- Have you “believed in Your heart” that God raised Jesus from the dead, and “spoken with your mouth” that Jesus is Lord? (Romans 10:9)
- Do you sense that you are a new creation in Christ evidenced by a desire to spend time in God's Word? (2 Corinthians 5:17)
- Are you experiencing God's call to live as “a child of light,” including the conviction and power to turn away from sin? (Ephesians 5:8-9; Luke 13:3, 5)
- Is the “fruit of the Holy Spirit” influencing your life and relationships in increasing measure? (Galatians 5:22-23)

If these things don't seem real in your life and you want them to be, speak to a pastor or godly friend, or pray like this:

*“God, I believe Jesus is Your Son. I now receive Him as the Lord, who is the Savior of my life. I believe that Jesus died for my sins, that He was buried and raised again from the dead. I confess that I have sinned against You and I am sorry. Thank You for forgiving me! Thank You for the gift of salvation!*

*“Please strengthen me to love You, to serve You and to turn away from the temptations and sins of this world. Thank You for the Lord Jesus Christ as my personal and forever Savior! I pray in His name, amen.”*

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