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At one time the friends of Jesus, not knowing exactly how to pray, said to Jesus, “Teach us to pray.” He did. He taught them His prayer.

There are moments today when people don’t know exactly how to pray. The prayers following may help.

## Hurting Physically

This pain, Lord, is almost unbearable. It goes on and on—day after day. Sometimes it hurts just to breathe.

When will it end, Lord? How will it end? Is this the beginning of the end of life for me, Lord? What is going to happen?

And why, Lord? Why me? Why do I have to suffer so? What have I done to deserve this? I mean, everyone has to hurt somewhat—but why must I hurt so much, so long?

My hurting—it does make me think about Jesus and His hurting, His hurting on the cross. But my hurting now can’t compare to how He hurt then. And why did Jesus suffer? So I wouldn’t have to hurt forever—that’s what you’ve said.

Oh, thank You, Lord. Thanks that Jesus hurt for me. Thanks that I will not have to hurt in hell. Thanks that my hurts now aren’t as bad as hell.

But I really do hurt, as You know. So please, if possible, give me some relief—or at least the strength to get through today. Yes.

He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the LORD, “My refuge and my fortress, my God, in whom I trust.” *Psalms 91:1–2*

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## Hurting Emotionally

Lord, I am so angry and upset! The way that person has hurt me! It isn’t fair! How could that person be so mean? What did I ever do to make that person do that evil thing!

Maybe it was just thoughtlessness, as someone has said. But it sure doesn’t feel like it—it hurts like it was meant deliberately. I hurt so much that I wish I could get even!

Oh Lord, have mercy and help me get over this. Calm my turmoil. Forgive my thoughts of revenge. Help me be forgiving. Cause me to act with kindness, even toward this one who has hurt me so much now. Amen.

Forgive us our debts, as we also have forgiven our debtors. . . . For if you forgive others their trespasses, your heavenly Father will also forgive you. *Matthew 6:12, 14*

## Hurting Spiritually

How can I know, Lord? How can I know for sure? This uncertainty and doubt makes me so uncomfortable! I know the words of faith—I know what You’ve said! But it keeps nagging at me whether it’s really all true!

Are You there? Is Jesus the only way? Is it true about heaven and hell and forgiveness and life for You now? Is it?

I can say the right words about You, but I don’t know if I really believe. And that’s what hurts, Lord—this wondering, this doubt. Especially because even my praying now seems somewhat hypocritical.

Yet I am praying, because I do have at least a glimmer of hope. The message about Jesus is the only thing that makes at least

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some sense to me. I know I’m absolutely lost if He isn’t the Savior. And if that is faith, then I do believe it—if just barely.

But, Lord, can’t You make this all more real for me? Won’t You make me more confident? It would help so much. Amen.

Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. *Romans 5:1*

## Hurting Mentally

I’m really afraid, Lord, afraid of myself and how I’ve been thinking. Life seems so bleak and hopeless. At times I wonder if I can go on.

And that’s what scares me, Lord. Because what kind of evil makes me think like that?

I don’t want to think those thoughts. I try not to, but sometimes I do anyway. Sometimes life just seems too much. Oh, help me, Lord. I hurt and I’m afraid.

Does anyone else feel like this, Lord? Can anyone else know what the turmoil and fear and danger is like? I feel so alone.

Others try to help and they mean well, I know. But they don’t help when they say to “forget it . . . cheer up . . . look at the bright side” or even “count your blessings.” If only that would solve it for me. But it doesn’t!

Will You help, Lord? Can You help me? Because You haven’t so far—though I’ve been asking for a long time. Can’t You help, Lord?

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I'm so ashamed for even thinking like that, Lord. To question Your power! Forgive me as You promised because of Jesus.

And please help me. Help me make it through today. Maybe that's where I've been asking wrong in the past, wanting everything solved completely. Yes, help me just for today—to see a little more hope, to have enough strength, enough for today—that's all I ask. Amen.

Be merciful to me, O God, be merciful to me, for in You my soul takes refuge; in the shadow of your wings I will take refuge, till the storms of destruction pass by. I cry out to God Most High, to God who fulfills His purpose for me.

*Psalm 57:1-2*

## Hurting in Frustration

I'm angry with You, Lord. It bothers me what You've let happen in my life lately. I wonder at how You've been directing my life recently. I hurt so much right now that I even doubt whether You care. And that makes me feel even worse, because Your Word says that You always care—but these days it's so hard to see!

Oh, forgive me, Lord. Forgive my doubt and confusion, my anger and rebellion. Forgive me because of Jesus.

And please help me—today, please! I need it so! Give me some peace to calm me. Give me some insight into these frustrating experiences. Give me willingness to serve You in spite of how I feel. Please help me, Lord. Amen.

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Peace I leave with you; My peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

*John 14:27*

## Hurting in Bereavement

Lord, how could you! How could You let my dear one die? Others live longer and they are no better. Why did You let death come now? Why?

And how can I go on? I feel so alone—it hurts to be alone. Others around me mean well and try to help—but I miss my dear one whom You took away! Even Your promises about heaven and reunion and resurrection don't seem to help much right now.

Lord, how I hurt!

So, help me, please, Lord. Help me get through this day. Give me strength to carry on. Somehow soothe the aching of my heart and life. Help me really be comforted with Your message of forgiveness and eternal life. Amen.

If we live, we live to the Lord, and if we die, we die to the Lord. So then, whether we live or whether we die, we are the Lord's. *Romans 14:8*



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# Lord, I Hurt!:



## Prayers That Teach Us to Pray