

VoiceRise Prayer Prompts

Speak life. Renew your mind. Rise again.

VoiceRise™ | Cathy Jewell



How to Use This



Sometimes when we are struggling, we know we need to pray — but we don't always know where to start or what to say.

That's why these VoiceRise Prayer Prompts were created. They are simply a starting point to help you bring your thoughts, emotions, and needs before God when words feel hard to find.

Take each prompt slowly.

You can:

- speak it out loud
- pray it in your own words
- or use it as a guide as you journal

Let it lead you into honest conversation with God — not perfect words.

Scripture reminds us:

“Pray without ceasing.” – 1 Thessalonians 5:17

“Ask, and it will be given to you; seek, and you will find...” – Matthew 7:7

Prayer doesn't have to be complicated.

It just has to be real.

I hope these prompts meet you right where you are and help you draw closer to God in your everyday life.

When You Need Peace

Prayer Prompt:

Lord, I bring my worries and anxious thoughts to You today...

When You Need Confidence

Prayer Prompt:

Father, help me see myself the way You see me...

When You Feel Overwhelmed

Prayer Prompt:

God, life feels heavy right now, and I need Your strength...

When You Need Direction

Prayer Prompt:

Lord, I need wisdom for the decisions in front of me...

When You Feel Lonely

Prayer Prompt:

Lord, in this season of loneliness, I feel unseen and I need Your presence with me...

When You Need To Strengthen Your Faith

Prayer Prompt:

Father, when my faith feels weak, help me trust You even when I don't understand...

When You Are Grieving

Prayer Prompt:

God, my heart is hurting from loss, and I need Your comfort right now...

When You Need Hope

Prayer Prompt:

Lord, when I feel discouraged, help me hold on to hope for what is ahead...

When You Feel Self-Doubt

Prayer Prompt:

God, when I question myself, remind me of who You created me to be...

When You Feel Fear

Prayer Prompt:

Father, when fear rises in me, help me remember that You are with me...

When You Need Gratitude

Prayer Prompt:

God, help me notice the blessings in my life and develop a heart of gratitude...

When You Need Joy

Prayer Prompt:

God, when my heart feels heavy or dull, help me rediscover joy in You and in the simple gifts of today...

When You Need Help In Relationships

Prayer Prompt:

Father, guide my relationships and help me love others with wisdom and grace...

When You Need Help Forgiving

Prayer Prompt:

Lord, help me release unforgiveness and heal the places in my heart that are still hurting...

When You Need Healing

Prayer Prompt:

God, I need healing in my heart, mind, body, and life right now. Please restore what feels broken and give me strength to keep going...

When You Need Patience

Prayer Prompt:

Father, teach me patience in the waiting and help me trust Your timing...

When You Need Strength

Prayer Prompt:

Lord, when I feel weak, be my strength and help me keep going...

When You Need Trust

Prayer Prompt:

God, help me trust You more deeply, especially when I don't know what's ahead...

When You Need Wisdom

Prayer Prompt:

Lord, give me wisdom for the decisions I need to make and help me choose wisely...

When You Are Starting Over

Prayer Prompt:

Father, I receive the new season You are leading me into and let go of what's behind me..

Before you go...

I hope these prayer prompts met you right where you are today.

Remember, you don't have to find the perfect words when you come to God — you just have to come honestly.

Keep returning here whenever you need guidance, peace, strength, or simply a place to start your prayers.

You are never alone in what you're walking through.

Keep speaking life.

Keep growing.

Keep rising.

— *Cathy Jewell*
VoiceRise™

