Prayer Prompts

For heartbreak, dating, and singleness, for the days you don't have the words. Start a sentence. Let God finish the conversation.

You don't need the right words

Some days prayer comes easy. Most days after a breakup, or after another bad date, or another wedding invite, it doesn't. That's okay. God can handle "I don't get it."

Pick one prompt. Pray it out loud, write it down, or just sit with it. Fill in the blanks honestly. There's no wrong answer.

> *"In the same way, the Spirit also helps our weaknesses, for we don't know how to pray as we ought. But the Spirit himself makes intercession for us with groanings which can't be uttered."*
> **Romans 8:26 (WEB)**

> *"Trust in him at all times, you people. Pour out your heart before him. God is a refuge for us."*
> **Psalm 62:8 (WEB)**

When you're heartbroken

God, I don't understand why this happened. Here's what hurts the most right now: _____.

I'm angry about _____. I'm not going to pretend I'm not. Help me not let it turn into bitterness.

Help me grieve this honestly, without numbing it or running to something that makes it worse.

I bring you my ex. I don't know how to pray for them yet. Teach me, when I'm ready.

Remind me that this ending isn't the end of my story with you.

> *"Yahweh is near to those who have a broken heart, and saves those who have a crushed spirit."*
> **Psalm 34:18 (WEB)**

When you're dating

Give me wisdom to see this person clearly, not just how I want them to be.

Help me guard my heart without closing it.

Show me where I'm rushing, and where I'm hiding.

If this is good, grow it. If it isn't, give me the courage to end it kindly.

Help me honor you and them with my words, my time, and my body.

> *"But if any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach; and it will be given to him."*
> **James 1:5 (WEB)**

When you're single

I'm tired of waiting. Here's what I actually feel about it: _____.

Help me stop treating this season like a waiting room.

Show me what you want to build in me right now, not just what I want to get.

When I compare my life to everyone else's feed, pull my eyes back to you.

Thank you for _____ in my life right now. Help me see more of it.

> *"For everything there is a season, and a time for every purpose under heaven."*
> **Ecclesiastes 3:1 (WEB)**

When you just can't

God, I've got nothing. Just this: _____.

I want to say f* it all today. I'm telling you instead.**

Here's the thing I keep going back to that I know isn't good for me: _____. Help.

I don't feel you right now. I'm choosing to talk to you anyway.

Be with me tonight. That's all I've got.

> *"Come to me, all you who labor and are heavily burdened, and I will give you rest."*
> **Matthew 11:28 (WEB)**

My own prayer

Write it however it comes out. Messy is fine.

If you're in crisis, call or text 988 (US) or your local emergency number.