



Heavenly Father,

I come before You today feeling so distant, so disconnected from everything around me. I feel numb, like my heart is wrapped in layers I can't seem to break through. I can't feel joy or pain. The things that used to matter to me just don't anymore, and I don't know how to break free from this emotional void. Life's experiences, the hurt, the disappointments, they've worn me down. LORD, I need Your help because I don't want to remain in this state.

Your Word says in Psalm 34:18, "The LORD is close to the brokenhearted and saves those who are crushed in spirit." GOD, I know You see me even when I feel invisible to the world. You see beyond this numbness, beyond the walls I've built to protect myself. I ask that You meet me here in this place of emptiness. LORD, please be close to me now. Wrap Your arms around my weary soul and remind me that You are near.

I confess that some of this numbness may come from not processing the pain I've experienced. I've buried it so deep, trying to survive. But now, I can't feel anything, good or bad. Your Word also says in Ezekiel 36:26, "I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh." I need that new heart, LORD. My heart feels so hardened by life's trials and traumas. I need Your Spirit to breathe new life into me, to soften my heart and help me feel again.

Holy Spirit, I ask You to guide me as I walk through this season. Help me face the things I've avoided, whether it's past wounds or disappointments. Show me how to heal in a way that glorifies You. I can't do this on my own. Isaiah 61:1 says that You came to bind up the brokenhearted and to set the captives free. I believe that includes me, LORD. Free me from the chains of numbness that have bound me for so long. Set me free so I can experience life as You intended, with full emotions and with joy, even in the midst of pain.

GOD, I also ask for Your wisdom to know if I need help from others during this time. If You want me to seek counsel, show me who I can trust to walk with me in this process. Give me the strength to be vulnerable again, to open up to You and to others about what I've been going through. You tell us in Galatians 6:2 to carry each other's burdens, and I realize I don't have to go through this alone.

LORD, I lay my heart before You. I admit that I've struggled to trust You fully, especially in areas where I've been deeply hurt. But I know You are a healer, and I believe You can heal this emotional numbness, too. Restore my joy, LORD. Restore my peace. Give me hope for the future, and help me believe that I can feel again—that I can love again. Psalm 51:10 says, "Create in me a pure heart, O GOD, and renew a steadfast spirit within me." Renew me, GOD. Give me the strength to face whatever I've been avoiding and the courage to embrace healing.

# PUZZLE PIECES LIFE

YOUR PURPOSE. GOD'S PLAN. ONE PUZZLE PIECE AT A TIME.



And even as I wait, I thank You. I thank You because I believe You are working on my behalf. You are working in ways I can't even see right now. I trust that in Your time, I will see the fruit of this prayer. I believe that one day soon, I will feel again, joy, peace, love, everything that has been stolen from me. I will feel it again because You are faithful.

In JESUS' name, amen.

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## Scripture References:

Psalms 34:18, Ezekiel 36:26, Isaiah 61:1, Galatians 6:2, Psalm 51:10 3–4