



# Prayer

God,

Help me release the pressure to rush  
and the fear that I am falling behind.

Quiet the noise of comparison  
and remind me that my  
life has its own rhythm.

Give me peace in this season...  
even when I don't fully understand it.

Help me trust that what is for me  
is already finding its way to me.

And teach me to see this moment  
not as delay...

but as preparation.

Amen.