

Prayer

God,

Help me to trust You in the pause.

When I feel the urge to rush ahead,
quiet my spirit and remind me that You
are already at work.

Teach me to rest without guilt,
to listen without fear,
and to wait without doubting Your timing.
If this pause is protection, let me receive it.

If it is preparation, shape me in it.
If it is an invitation, give me the courage to
stay present.

I release the pressure to force what isn't
ready and choose to believe that what is
meant for me will arrive right on time.

Amen.