

A SHORT GUIDE FOR TIRED MOTHERS



5 Prayers for the Mom Who's Carrying Everything



Five honest prayers for the ordinary, invisible, holy
work of holding a family together — and the exact
moments to pray them.

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BEFORE YOU BEGIN

You were never meant to carry it alone

Mothers are usually the ones sailing the family ship — steering, steadying, keeping everyone fed and afloat. And most of us do it while quietly running on empty.

These five prayers are short on purpose. You can pray them in the car, at the sink, in the two minutes before everyone wakes up. You don't need the right words or a quiet house. You just need to stop steering for a moment and hand the wheel over.



How to use this guide

Read the moment at the top of each page. When you find the one that sounds like today, stop there. One prayer, prayed honestly, is worth more than five read quickly.

“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.”



O N E

FOR THE MORNING YOU WAKE UP ALREADY BEHIND

Before My Feet Hit the Floor

*Lord, the day has already started without me.
Before I answer anyone else, let me answer You.
Order the hours I can't control.
Show me the one thing that actually matters today,
and give me the peace to let the rest wait.
Amen.*

*"My voice shalt thou hear in the morning, O LORD; in
the morning will I direct my prayer unto thee, and will
look up."*

P S A L M 5 : 3

Pray it before you pick up your phone.



T W O

FOR THE DAY THERE IS NOTHING LEFT TO GIVE

When the Tank Is Empty

*God, I am tired in a way sleep doesn't fix.
I have poured out more than I had.
Be the strength in me that isn't mine.
Carry what I cannot carry today,
and remind me that needing help is not failing.
Amen.*

“My grace is sufficient for thee: for my strength is made
perfect in weakness.”

2 CORINTHIANS 12:9

Say it out loud. Empty prayers still count.



T H R E E

FOR AFTER YOU LOST YOUR PATIENCE

The Prayer I Pray With Guilt

Father, I wasn't the mother I wanted to be today.

I was sharp when they needed soft.

Forgive me, and help me repair it well –

let them see a mother who says sorry.

Don't let my worst moment write the whole story.

Amen.

*"It is of the LORD's mercies that we are not consumed,
because his compassions fail not. They are new every
morning."*

L A M E N T A T I O N S 3 : 2 2 – 2 3

Then go and apologise to them. That is the second half of this prayer.



FOUR

FOR THE CHILD YOU CAN'T FIX

What I Can't Carry for Them

*Lord, You know exactly what my child is walking
through.*

I can't fix it, and it is breaking me to watch.

Go where I can't go. Speak where they won't hear me.

Guard their heart, and steady mine while I wait.

They were Yours before they were mine.

Amen.

| "Casting all your care upon him; for he careth for you." |

1 PETER 5:7

Say their name out loud in the middle of it.



FIVE

FOR THE WORK NOBODY SEES

Seen in Secret

*God, so much of what I do disappears by morning.
The meals, the laundry, the worrying, the holding it
together.*

Thank You that none of it is invisible to You.

*Keep me from doing it for applause,
and let this quiet work build something that lasts.
Amen.*

*“Thy Father which seeth in secret himself shall reward
thee openly.”*

MATTHEW 6:4

Name one thing you did today that no one thanked you for.

ONE LAST THING

Don't parent without God



After all these years, that's still the best advice I have. Not because faith makes motherhood easy — it doesn't — but because it means you are never the only one holding the ship steady.

If you're carrying it all right now and running on empty, I keep a few free 20-minute clarity calls open each week. No pitch, no pressure — just a conversation about what you're holding and what could come off your shoulders.

Reply ANCHOR to this email to book yours

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