

Pray Before Contacting Your Ex

A Heart Healing Reflection & Journal Guide Created for Awe-InspiringYou.com

Sometimes heartbreak creates emotional urgency. You may feel tempted to text, call, reconnect, or search for closure. But before reacting emotionally, give yourself space to pause, pray, process your emotions honestly, and seek God's wisdom first. This guide is designed to help you slow down emotionally and make decisions from healing instead of loneliness, anxiety, rejection, or emotional attachment.

Before You Reach Out, Ask Yourself

- Am I reaching out because I genuinely healed or because I feel lonely?
- What am I hoping will happen if they respond?
- Would reconnecting help my healing or reopen the wound?
- Am I seeking closure, validation, comfort, or reconciliation?
- Has anything actually changed in this relationship dynamic?
- Am I emotionally stable enough to handle rejection or silence?

Prayer Before Contacting An Ex

God, You know my heart completely. You see the emotions I have been carrying — the loneliness, confusion, sadness, attachment, hope, disappointment, and hurt. Before I make any emotional decisions, help me slow down and seek wisdom instead of reacting impulsively. Please heal the parts of me that still feel emotionally tied to this relationship. Give me clarity about whether reconnecting would truly bring peace or simply reopen wounds that still need healing. If I am seeking validation, comfort, or temporary relief instead of genuine healing, help me recognize it honestly. Calm my emotions, guide my

thoughts, and protect my heart from decisions rooted in pain, fear, or emotional desperation. Teach me to trust You with my healing journey. Help me release what is unhealthy and hold onto what brings peace, wisdom, and emotional growth. Amen.

Scriptures To Meditate On

- Psalm 34:18 — “The Lord is close to the brokenhearted and saves those who are crushed in spirit.”
- Philippians 4:6-7 — “Do not be anxious about anything... and the peace of God... will guard your hearts and your minds.”
- Proverbs 4:23 — “Above all else, guard your heart, for everything you do flows from it.”
- Isaiah 41:10 — “Do not fear, for I am with you... I will strengthen you and help you.”
- Matthew 11:28 — “Come to me, all you who are weary and burdened, and I will give you rest.”

Journal Prompts

- What emotions am I truly feeling right now?
- What do I believe contacting them will fix emotionally?
- Have I accepted the reality of the breakup?
- What unhealthy cycles existed in this relationship?
- What boundaries would help protect my healing?
- What has God been trying to teach me during this season?
- What healthier habits can I focus on instead of reconnecting impulsively?
- What kind of relationship do I truly deserve?
- What would healing look like for me emotionally and spiritually?

- What am I afraid of letting go of?

Healthy Alternatives Before Reaching Out

- Go on a prayer walk
- Journal honestly about your emotions
- Talk to a trusted friend or mentor
- Listen to worship music
- Read scripture before reacting emotionally
- Mute social media triggers temporarily
- Exercise or go outside
- Write the message in your journal instead of sending it
- Give yourself 24 hours before making emotional decisions

Healing is not always immediate, but every emotionally healthy decision moves you closer to peace. You do not have to rush your healing or reopen wounds just because you miss someone. Sometimes protecting your peace is the most loving thing you can do for yourself. — Awe-InspiringYou.com