

1 - The Prayer of Presence

Prayer #1

"Heavenly Father, I come to You now, not with requests or plans, but with an open heart, longing only for You. I acknowledge that You are always present, closer than my own breath, yet so often I miss You in the noise of my life.

I let go of my need for control, my expectations, and my own agendas, asking only that You fill this space with Your own presence. Come, Holy Spirit, breathe into the quiet corners of my soul, into the places I've hidden, even from myself.

I don't ask for a specific feeling or an answer today, but simply for Your nearness, Your love, and Your transforming touch. Be with me in my sadness, my chaos, my emptiness, and remind me that I am never alone.

My only agenda is You, Lord. Be glorified in this moment, in my stillness, and in the quiet awareness of Your unfailing companionship. I rest in Your being, knowing that in Your presence, I find everything I truly need. In Jesus' name, Amen".

Prayer #2

"Heavenly Father, I come before You now with no list of requests and no hidden agenda. I simply desire to be in Your presence. I release my need for answers, my drive for productivity, and the weight of my own expectations.

Lord, help me to quiet my heart and mind. I choose to be still and know that You are God. I welcome Your Spirit to fill this space and my soul. I am here to behold You, to listen, and to rest in the light of Your love. Whatever You wish to reveal—or even if You choose only to remain with me in silence—I am available.

Let Your presence be my only priority. In Jesus' name, Amen."