When Your Soul Is Weary

Some days prayer feels impossible. The words won't come, and the silence feels heavy. That's okay. God hears the groans too — the ones with no sentences in them. Start wherever you are. Even a fragment counts.

> And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.
>
> — Romans 8:26 (NLT)

God, today I feel

I'm handing You

I don't understand

Thank You for

Tomorrow I need

One thing I want to say out loud:

You don't need the right words. You just need to show up — He's already here.

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