



7-Day Prayer of Restoration

A short daily liturgy for the seasons when words feel hard to find.

Welcome

I am so glad you are here.

There are days where we just don't know what to do, or even what to say to God...

Yet be comforted. He already knows what you are facing and what you are feeling and He wants to walk with you... if you let Him, He will even carry you.

These prayers are not meant to be used once and put away. Hold them close and pray them often to strengthen and renew you.

“*The Lord is near unto them that are of a broken heart.*”
— Psalm 34:18

DAY ONE

When My Soul Feels Weary

“Come unto me, all ye that labour and are heavy laden, and I will give you rest.”

Matthew 11:28

Jesus,

I come to You tired, carrying more than I know how to name. You see the hidden ache, the silent grief, the places I have tried to hold together in my own strength.

Today, I lay them down before You.

Teach my heart to rest in Your presence again.

Quiet the striving within me. Remind me that I do not have to earn Your love or fight for Your nearness.

Be the Shepherd of my soul today.

Lead me beside still waters.

Restore what has become weary within me.

In Your gentle name,

Amen.

DAY TWO

When I Need Peace

“*Thou wilt keep him in perfect peace, whose
mind is stayed on thee.*”

Isaiah 26:3

Father,

My thoughts feel loud, but Your voice is steady.

**When fear rises like waves around me, anchor me
again in Your truth.**

**Let Your peace settle over my heart like morning
light across quiet waters.**

**Guard my mind from anxious spirals and weary
imaginings.**

**Teach me to return to You again and again
throughout this day.**

You are not distant from me.

You are near to the brokenhearted.

And Your peace is stronger than the storm inside me.

I choose to trust You here.

Amen.

DAY THREE

When Shame Tries to Speak

————— “ —————
*“There is therefore now no condemnation
to them which are in Christ Jesus.”*

Romans 8:1

————— ” —————

Lord,

**Where shame has tried to define me, speak Your
truth louder.**

**Where old words still echo, wash them clean with
Your mercy.**

You do not call me abandoned.

You do not call me disqualified.

You call me beloved. Redeemed. Restored.

**Help me stop rehearsing what You have already
forgiven.**

**Teach me to walk in the freedom You purchased for
me at the cross.**

Lift my head again, Father.

Let me see myself through the kindness of Your eyes.

Amen.

DAY FOUR

When I Feel Lost

————— “ —————
“The Lord will guide thee continually.”
Isaiah 58:11

————— ” —————
God of wisdom,

Some days I cannot see the path ahead.

But You are not confused about my future.

When I feel uncertain, steady my steps.

**When I feel forgotten, remind me that You are the
One who leaves the ninety-nine to find the one.**

Lead me gently today.

**Open the doors You desire for me and close the ones
not meant for me.**

**Teach me to trust Your timing even when I cannot
yet understand it.**

You are faithful to finish what You began in me.

I place this day into Your hands.

Amen.

DAY FIVE

When My Heart Needs Healing

“*He healeth the broken in heart, and
bindeth up their wounds.*”

Psalm 147:3

Father,

**You see every wound I carry — even the ones I hide
well from others.**

**Nothing in me is too shattered for Your healing
touch.**

Come into the tender places today.

Into the memories that still ache.

Into the disappointments I never fully grieved.

Into the loneliness I rarely speak aloud.

Bind up what has been broken.

Restore what bitterness tried to harden.

Teach my heart how to hope again.

Your love is not afraid of my pain.

And Your healing is deeper than my wounds.

Amen.

DAY SIX

When I Need Strength to Continue

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

2 Corinthians 12:9

Lord,

**I do not always feel strong enough for this journey.
But You have never asked me to carry it alone.**

Be strength where I am weak.

Be courage where I am afraid.

Be endurance where I feel like giving up.

**Let Your Spirit breathe fresh life into my weary
places.**

Help me take the next faithful step, even if it is small.

**I trust that Your grace will meet me again today —
not only in my victories,
but also in my becoming.**

Amen.

DAY SEVEN

A Prayer of Restoration

————— “ —————
*“And I will restore to you the years that the
locust hath eaten.”*

Joel 2:25
————— ” —————

Restoring God,

Thank You that nothing surrendered to You is wasted.

Not the years of wandering.

Not the tears cried in secret.

Not the seasons of waiting, grief, or becoming.

**You are able to restore what was lost and breathe life
into what felt forgotten.**

Where there has been sorrow, plant new joy.

Where there has been heaviness, awaken hope again.

**Where there has been silence, let praise rise softly once
more.**

Make my life a testimony of Your redemption.

Not because I was strong,

but because You were faithful.

I belong to You.

And You are making all things new.

In the name of Jesus,

Amen.



“

“The Lord bless you and keep you; The Lord make His face shine upon you, And be gracious to you; The Lord lift up His countenance upon you, And give you peace.” ’ “So they shall put My name on the children of Israel, and I will bless them.”

Numbers 6:24-27 NKJV

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*With Love,
Marci*