

# When You Can't Find the Words to Pray

Have you ever struggled to find the words to pray? Maybe you've felt overwhelmed by your circumstances, or lost in your thoughts. You know that you need to pray, but the words just won't come out.



## When You Can't Find The Words To Pray: 30 Days of Prayer Through Infertility by Heidi Dusek

★★★★★ 5 out of 5

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You're not alone. Many people struggle with prayer, especially when they're going through tough times. But even when it's difficult, prayer is still one of the most important things we can do.

Prayer is how we communicate with God. It's how we express our needs, our desires, and our thanks. It's also how we build a relationship with Him.

When we pray, we're not just talking to ourselves. We're talking to the God who created us and loves us. He knows our hearts, and He understands our needs even when we can't express them ourselves.

So what do you do when you can't find the words to pray? Here are a few tips:

1. **Start with silence.** Sometimes, the best way to pray is to simply be silent before God. Just sit in His presence and let Him know that you're there. You can also try listening to some calming music or reading a passage of Scripture.
2. **Talk to God as if you're talking to a friend.** Don't worry about using perfect grammar or sounding eloquent. Just tell God what's on your heart. He'll understand.
3. **Use the Lord's Prayer.** The Lord's Prayer is a great model for prayer. It's simple, but it covers all the important aspects of prayer.
4. **Pray in tongues.** If you're struggling to pray in your native language, try praying in tongues. Tongues is a spiritual language that allows us to pray when we don't know what to say.
5. **Find a prayer partner.** If you're having trouble praying on your own, find a prayer partner to pray with you. They can support you and encourage you when you're struggling.

Prayer doesn't have to be complicated. It's simply a matter of talking to God. When you can't find the words to pray, don't give up. Just start with silence, and let God lead you.

Here are some additional insights from the Bible about prayer:



***“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” (Philippians 4:6)***

***"I call on you, my God, for you will answer me; turn your ear to me and hear my prayer." (Psalm 17:6)***

***"Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need." (Hebrews 4:16)"***

Prayer is a powerful tool that can help us in all areas of our lives. When we pray, we're not only talking to God, but we're also inviting Him into our lives. He wants to help us, but He can't do it unless we ask Him.

So next time you're struggling to find the words to pray, don't give up. Just start with silence, and let God lead you. He will help you find the words you need to express your heart to Him.



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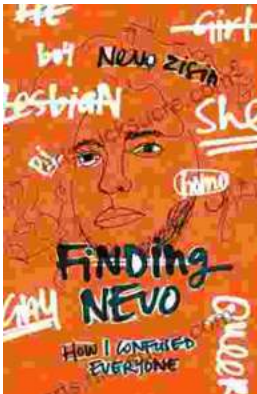
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