

You may feel alone and find the future so bleak that life is a burden too heavy to carry. Jesus Christ is speaking to you now – offering help. “Come home, all of you who are tired from carrying heavy loads, and I will give you rest.”

Matthew 11:28

Jesus' words to you

“Do not be worried or upset. Believe in God, and believe also in me.”

John 14:1

A morning prayer

Lord Jesus

thank you for this new day, for the gifts of courage, wisdom and understanding you give.

Please help me to discover new, good things about You, about those I meet and about myself.

Lord – take this day and all it holds.

I give it back to You.

Amen

Sample

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A whisper
of love

Given with love

We have passing feelings of despair, but when the darkness persists, it can shut out even the love of friends and family.

As you use these Bible verses and prayers, may the sunshine of God's love break through.

'You, O Lord, are a merciful and loving God, always patient, always kind and faithful.'

Psalm 86:15

A Prayer

Lord Jesus

please help me. I feel so alone with my problems. I don't feel able to trust anyone or anything.

Please help me to pray, to talk with you now openly, honestly, hiding nothing.

I come with all my despair, my fears and my confusion.

Please help me to hear your words of comfort and receive the peace you alone can give.

Amen.

Sample

God's love

The Lord's unfailing love and mercy still continue, fresh as the morning, as sure as the sunrise.'

Lamentations 3:22,23