



The unknown is terrifying. The responsibility is overwhelming.
My nights are lonely and I cannot seem to speak, think or move.
Oh God of love, hear my cry. I feel so trapped in my pain and fears.
In this stillness and silence... open my heart to trust your presence.
Help me to know that I am not alone. Guide me in healthy ways
to share and release my anger, grief, shame and fears.
I am reaching out for some glimpse of hope and light.
I have been shaken to wake up to see new possibilities
and new beginnings.
Your ever present power, grace and strength can sustain me.
Show me how to mend the broken pieces of my spirit and soul.
Let me remember I am blessed, capable, worthy and whole.

Prayer by Jewel Diamond Taylor
www.DoNotGiveUp.net

Suggested use:

- 1) Print
- 2) Laminate
- 3) Keep near you as a reminder
- 4) Give as a gift to someone
- 5) Place in your Bible
- 6) Post on your bulletin board

Thank you for visiting my web site. Be encouraged and stay in the Light ~

Jewel Diamond Taylor