THE LOST PRAYER

PRIVATE MEMBER COLLECTION

EVERYDAY PRAYER COLLECTION

Prayers for Real-Life Moments



Grounded words for anxiety, decisions, protection, finances, relationships and rest.

PRAYER 01 - PEACE

When You Feel Anxious

"Meet me in this moment. Slow the thoughts that race ahead and help me return to what is here, real and within my care."

GROUNDING ACTION

Place both feet on the floor. Name five things you can see, then repeat the prayer slowly.

REFLECTION

What can I safely release for today?

PRAYER 02 - GUIDANCE

Before an Important Decision

"Clear away fear, urgency and the need to please. Help me recognize the choice that is honest, responsible and aligned."

GROUNDING ACTION

Write the facts, the fears and the values involved in three separate lists.

REFLECTION

Which choice allows me to remain truthful to myself?

PRAYER 03 - SAFETY

When You Need Protection

"Surround me with wisdom, discernment and steady courage. Help me recognize safe boundaries and choose actions that protect what matters."

GROUNDING ACTION

Identify one trusted person or practical step you can contact or take today.

REFLECTION

What boundary or practical action would support safety now?

PRAYER 04 - STEADINESS

When Finances Feel Heavy

"Quiet the fear that tells me there is no way forward. Help me see clearly, act wisely and remain open to honest opportunities."

GROUNDING ACTION

Choose one concrete step: review, ask, reduce, plan or follow up.

REFLECTION

What is the next financial action within my control?

PRAYER 05 - CONNECTION

For Family and Relationships

"Bring patience to my words and wisdom to my listening. Help me love without losing honesty, respect or healthy boundaries."

GROUNDING ACTION

Choose one action: listen, appreciate, apologize or state a clear boundary.

REFLECTION

What does this relationship need from me - and what do I need from it?

PRAYER 06 - RELEASE

Before Sleep

"The day is complete. I release unfinished conversations, unanswered questions and the pressure to solve tomorrow tonight."

GROUNDING ACTION

Write one unfinished thought on paper, close it, and give yourself permission to rest.

REFLECTION

What can wait until tomorrow?