

iBelieve

*10 Pocket Prayers
to Get You Through Grief
This Holiday Season*

by Alicia Searl



As the holiday season draws near, it may create a mix of emotions. For some, it is truly the most wonderful time of the year as they put up their Christmas tree long before Thanksgiving Day or opt for apple cider weeks before the weather grows cold enough for steamy drinks. But for others, the holidays are heavy, cold reminders of a new normal that will forever mourn the beauty of what once was. Baking pumpkin pie or passing around the sugar cookie sprinkles may now only serve as triggers. Old favorite jingles are now skipped. In short, grief is never easy, but it can prove especially difficult this time of year when everyone seems cheerful, and we are deemed “Scrooge” if we don’t feel so holly and jolly.

Below, you will find ten pocket prayers to cling to in hopes of bringing your heart a little hug and your soul a little peace this holiday season.

You’ve never used pocket prayers? That’s okay! It’s simple: print these short prayers, cut them out, and place them around your home or office to lean on when you need to be comforted by your Heavenly Father. (Feel free to get creative and print them on cardstock to add magnetic stripping or velcro on the back.) They are also great to fit snugly inside your wallet or the back of a clear cell phone case, so they are visible daily.



Time of Sorrow

Lord,

I call upon You in my time of sorrow. This time of year always stirs up an emotional response, and now my heart is aching with the absence of my loved one. Please draw near and provide me comfort as only You can.

In your Name, I pray.

Amen.



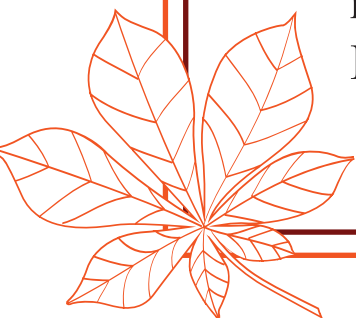
To Believe in God's Promises

O God,

I am desperately trying to cling to your promises, but I often feel alone in this grief. Please bring forth friends and family to come alongside me to see the beauty in this season.

In your holy Name, Father,

Amen.



When Joy Feels Stolen

Dear God,

This grief tries to steal so much of me that I often fail to see the many blessings You have so graciously given. Open the eyes of my heart to see You in this season, and forgive me when I fail or fall short.

Amen.



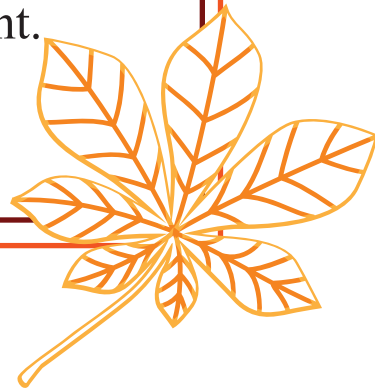
Healthy Space for Grief

O Lord,

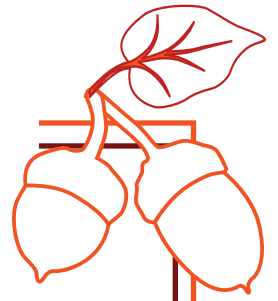
Please be my Fortress and Protector. Help me create healthy boundaries around my heart so I can grieve. Shield me from the busyness of this season so I can seek solace in You alone. And in times when I have no choice but to be with others, may I discover your strength to be fully present.

In your precious Name,

Amen.



Finding Joy Amid Heartache



Gracious God,

Give me the courage to see the joy through this loss. Help me share my loved one's stories by bringing their legacy into this season, even if an empty chair wants me to believe no happiness can be found. Come alongside me in this journey and provide ways to reflect with a purpose. In Jesus' name, I pray,

Amen.



Desire for God's Nearness

Dear Father,

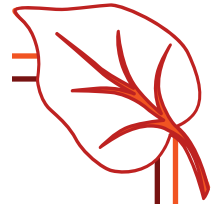
On the toughest days when my loved one is sorely missed, I give You my whole heart. Be merciful to me and provide ways to heal from this pain, and as I search for what healing looks like in this season, I pray I will feel your presence beside me. Always.

I ask this in Jesus' name,

Amen.



Choosing to Believe in Faith



Faithful Father,

You are indeed good, and your promises are true. Help me see that when my heart and flesh fail me. You are my source of hope. Fill me with your joy—the unshakeable, unchanging contentment that only comes from a relationship with you.

In your holy Name, I pray.

Amen.

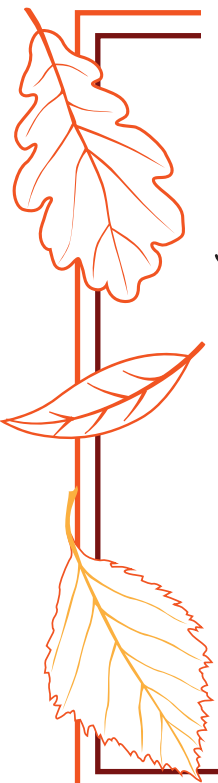
The Need for Strength Amid the Routine

Father,

I ask for strength as I go about my day. Though routines allow my mind to turn to what I have lost, I ask that You help me perform the tasks needed with a pure heart that longs to glorify You. Help me find a healthy space to be mindful of my loss, but please don't let the pain of it consume me.

I ask this in your precious Name.

Amen.

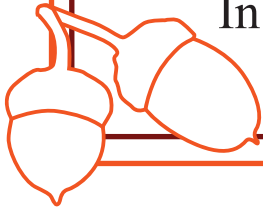


When Sorrow Is Foggy

Precious Abba Father,

Remind my heart who You are when I fail to see You in the fog of my grief. When I grow angry or consumed by sadness, touch my heart and remind me of your unfailing love. You are a good and gracious Father who isn't afraid of my humanity and who isn't thrown off by my emotions. Thank you for your steadfastness in my times of sorrow. In your heavenly Name, I pray.

Amen.



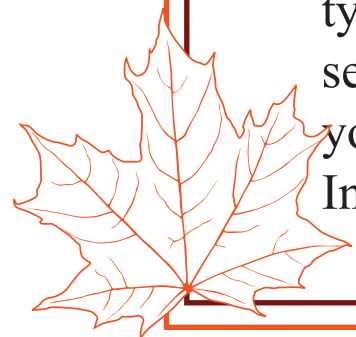
Hope for a Good Plan

Heavenly Father,

Heavenly Father, Your comfort and peace are what I seek. Wrap me in your presence this season and help me see the will You have for my life. Remind me that your plan is perfect and You have a purpose for everything. May I seek to know that beauty comes from ashes and life from death, and in the searching, may I find the assurance and hope of your constant love.

In the gracious Name of God,

Amen.



Notes & Prayers



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Alicia Searl is a devotional author, blogger, and speaker that is passionate about pouring out her heart and pointing ladies of all ages back to Jesus. She has an education background and master's in literacy. Her favorite people call her Mom, which is why much of her time is spent cheering them on at a softball game or dance class. She is married to her heartthrob (a tall, spiky-haired blond) who can whip up a mean latte. She sips that goodness while writing her heart on a page while her puppy licks her feet. Visit her website at aliciasearl.com and connect with her on Instagram and Facebook.

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