

# *7 Prayers for the Heartbroken This Valentine's Day*

*by Jennifer Waddle*



This isn't a post you typically see around Valentine's Day as people celebrate their love for one another. Yet, it's a much-needed post for those who are in the trenches of sorrow and grief.

Whatever heartbreak you're experiencing this Valentine's Day, I hope God will comfort you and give you His peace. As you read through these prayers, consider writing them down or printing them out to carry with you. And remember, God is the God of all comfort "who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God."

Here are seven prayers for the heartbroken this Valentine's Day:

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## 1. *A Prayer for Understanding*

Gracious Lord,

I don't understand why You would allow things to happen that cause us grief and heartache. However, I know You are a good Father, and I trust You. Please help me understand why this might be happening and give me insight into this situation. Open my eyes to the good You can bring from it. Not only do I pray for understanding, but I also pray for wisdom. Your word says that when I pray for wisdom, You will give it. Remove all doubt, Lord, and give me the wisdom needed to get through this painful season. As Valentine's Day approaches, help me lean on You even more for comfort, strength, and understanding.

In the name of Jesus, I pray,  
Amen.

*Notes*



## 2. A Prayer for Peace

Lord,

The peace You have to offer is indescribable, and I need that today. By the power of Your Spirit, please let an abundance of Your peace flood my soul and ease the burdens. Just knowing You are with me gives me a great sense of comfort. Thank You for never leaving me or forsaking me. Keep my mind fixed on You, as Isaiah 26:3 says, "You will keep in perfect peace those whose minds are steadfast, because they trust in you." Please keep my mind steadfast on You this Valentine's Day and immerse me in Your indescribable peace.

In Jesus' holy name,  
Amen.

## 3. A Prayer for Healing

Gracious Father,

I come to you in faith today - the smallest mustard seed of faith - and ask for Your divine healing. My heart is broken, and only You can mend it. Just as a potter seals a broken pot so it can function as it was designed, I ask You, the Potter of my heart, to seal the broken places in me. Please, God, heal every part of me, body, mind, and soul, so I will be restored and made whole. As others celebrate Valentine's Day with joy, guard my heart against feeling envious. Instead, turn my thoughts to You and the mighty ways in which You make all things new. I trust You for complete healing.

In Jesus' precious name,  
Amen.

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## 4. A Prayer for Acceptance

Heavenly Father,

I feel vulnerable right now and know that Valentine's Day will be hard for me. Part of my vulnerability is feeling isolated, alone, and rejected. I know this is not Your best for me, and You always accept me when I come to You. Please remind me of this and fill the void of emptiness I feel. Help me focus on Jesus and the acceptance He provided when He took my sins to the cross. By His blood, He reconciled me to You, Father, and I am blessed to be included in Your plan of salvation. Even when others reject me, please give me the assurance that you deeply love me. I know others need a friend at this time, too, so please show me how I can be there for them this Valentine's Day. Bind us together in unity so we can support each other through this difficult time.

In the name of Jesus,  
Amen.

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## 5. A Prayer for Hope

Lord God,

I feel like I've lost hope this Valentine's Day. So much has happened, and I'm struggling to find the good in my circumstances. Please fill me with hope again! In the name of Jesus, give me a clear vision of the future You've planned for me - a future filled with purpose. I ask for a glimpse of what is in store for my life so I will not lose heart. Please, God, hear my prayer today and light the flame of hope found only in You. Thank You for promising to be with me through it all. I need You more and more.

In Jesus' holy name,  
Amen.



## 6. A Prayer for a Right Heart

Heavenly Father,

My heart is broken and shattered, and I can't see how it will ever be put back together. But You are the mender of my heart, and I look to You today to gather every piece and make me whole again. Please, Lord, help me live according to Proverbs 4:23, which says, "Above all else guard your heart, for it is the wellspring of life." Thank You for the imagery of a wellspring. I trust in You to guard my heart and restore it completely. As Valentine's Day approaches, please fill my heart with a deep sense of peace, knowing You can overcome every heartbreak. In You, I have gladness of heart, even when it doesn't make sense. Thank You for being my comfort. I love You, Lord, and I know that You love me too.

In the precious name of Jesus,  
Amen.

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## 7. A Prayer for Joy

Lord,

I pray for inexpressible joy today and remember Psalm 16:11, which says, "You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand." Please replace my sorrow with an abundance of joy and let Your presence replace the empty void. Even when it makes no sense for me to be happy, please flow through me with pure joy, hope, and peace. Especially on Valentine's Day, surround me with songs of deliverance so that I am free from pain and suffering. Thank You for loving me and caring about every detail of my life. I rest in Your joy today - the joy of Your presence.

In Jesus' mighty name,  
Amen.

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