



6 UPLIFTING PRAYERS

for

CHANGING SEASONS



A PRACTICAL PRAYER GUIDE
FOR EVERYDAY LIFE



Sophia Bricker

PRAYING THROUGH CHANGE




Change is inevitable in life. We grow older and see things differently than we did before. Friends move away. Teens graduate and go to college, often leaving home for the first time. People get married and have children. We say goodbye to loved ones who die.

Although we will all continue to experience shifts in life, we are not always ready for new seasons. These times can feel unsteady. Even if the change is positive and invites new opportunities, there can also be a sense of loss at seeing previous chapters of life end. Sometimes, the new season is not welcome at all. We long for the past but can never relive it because people, places, and circumstances are gone or have changed.

Whether we are excited or sorrowful about change, we can take our feelings to God in prayer. He wants us to talk to Him as if we were close friends. As we pray about facing new seasons in life, we can trust that He hears and cares (1 Peter 5:7).





"Give all your worries and cares to God,
for he cares about you."
- 1 Timothy 5:7



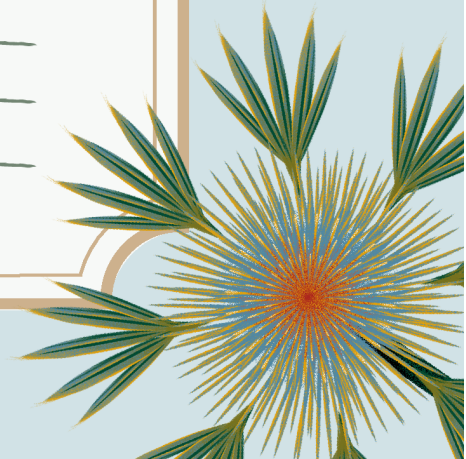
The verse above reminds us we are never alone in
the changing seasons of life.

Reflect

What has changed in your life in the last 3
months, 6 months, or 1 year? List them below.

Pray

Use 1 Timothy 5:7 to inspire a prayer asking for
God's comfort and guidance in changing seasons.



A decorative border surrounds the central text area, featuring a large orange and yellow flower with green leaves at the top right, and several red and orange leaves at the bottom left. The central text is enclosed in a white rectangular frame with rounded corners and a thin brown border. Two horizontal lines with a central starburst symbol separate the title from the text and the text from the bottom line.

1. A Prayer for Perspective

We often cannot see the full picture of what is happening in life. Changes come and we only see disruption or opportunity. We fail to comprehend how God is using the shift of circumstances. Yet, the Lord is always working for the good of those who love Him (Romans 8:28). He can take the joyful changes as well as the ones that cause us discomfort and use them for His glory.



“And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.”

ROMANS 8:28



During new seasons in life, we can pray for God to help us develop perspective of the changes, to help us see things more from His view. This does not mean denying our emotions or pretending things have not changed. Rather, we ask the Lord to help us approach seasons in life with a perspective grounded in His Word.

The examples of prayers in the Bible show us that we can be honest and raw when talking to God while also redirecting our focus to His will. Our Savior did this in Gethsemane. He knew what was coming, that

He would be brutally treated and crucified. Yet, He sought the Father's will instead of His own (Matthew 26:36-46). We can do the same as we express how we feel in prayer and commit ourselves to following the Lord.





“Then Jesus went with them to the olive grove called Gethsemane, and he said, “Sit here while I go over there to pray.” He took Peter and Zebedee’s two sons, James and John, and he became anguished and distressed. He told them, “My soul is crushed with grief to the point of death. Stay here and keep watch with me.”

He went on a little farther and bowed with his face to the ground, praying, “My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine.” Then he returned to the disciples and found them asleep. He said to Peter, “Couldn’t you watch with me even one hour? Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!”

Then Jesus left them a second time and prayed, “My Father! If this cup cannot be taken away unless I drink it, your will be done.” When he returned to them again, he found them sleeping, for they couldn’t keep their eyes open.

So he went to pray a third time, saying the same things again. Then he came to the disciples and said, “Go ahead and sleep. Have your rest. But look—the time has come. The Son of Man is betrayed into the hands of sinners. Up, let’s be going. Look, my betrayer is here!”

MATTHEW 26:36-46

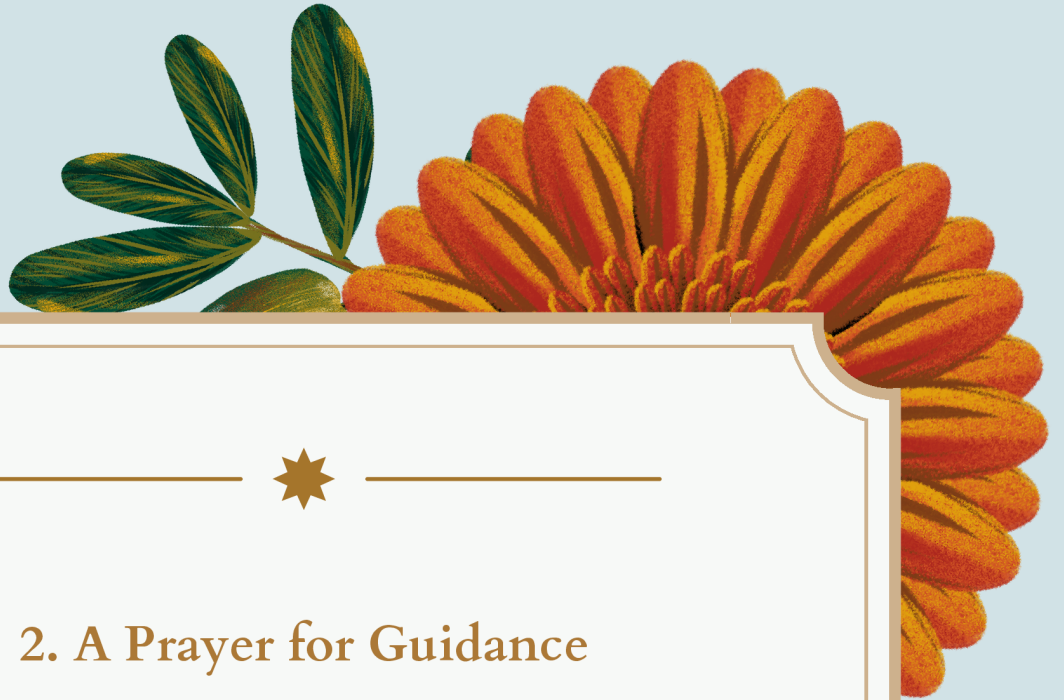
A PRAYER

for

PERSPECTIVE



God of every season,
I do not fully understand why the
circumstances in my life are occurring. Please
help me to see from Your perspective and to
grow in my understanding based on Your Word.
But even if You do not give me the full
picture until later or in eternity, give me
the strength to trust You with the changes.
Amen.



2. A Prayer for Guidance

A question that employers commonly ask job applicants during interviews is, “Where do you see yourself in five or ten years?” For many people, this is simple to answer since they have a detailed plan to reach their goals. Others, though, can struggle to know what to do. Sure, they have goals, but life can be unpredictable at times. Having a detailed, charted map of the future is not always possible or obtainable.





During these times, we are wise to seek guidance from our Lord. The unexpected situations in our lives do not take Him by surprise since He remains Sovereign even when everything around us is out of control. We can turn to Him in prayer to seek direction about what to do and how to move forward. As Proverbs 3:5-6

reminds us,

“Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.”





— ★ —

“Trust in the Lord with all your heart;
do not depend on your own
understanding.
Seek his will in all you do,
and he will show you which path to take.”

PROVERBS 3:5-6

A PRAYER

for

GUIDANCE



Father,
This new season of life has left me
questioning what to do, Lord. My plans and
goals all seem scattered now. I pray that You
will guide me according to Your perfect plan
because I do not know how to move forward. May
Your will be done above all else.
In Jesus' name,
Amen.





2. A Prayer Asking for God's Peace

Entering new phases of life can feel unsettling. We long for peace in the situation as we learn to adjust to the changes. Yet, the serenity we seek can be difficult to obtain if we attempt to manufacture it on our own. We need a peace that lasts regardless of if we are experiencing hardship or a positive change.

Jesus can give us the peace for which we so desperately yearn during transitions. He is the Prince of Peace and has promised to give us His peace (Isaiah 9:6; John 14:27). This is not the calmness that the world promises, which is contingent on when things are going well, but an inner contentment and joy that remains despite the situations around us. The peace our Savior imparts is long-lasting and unshakeable.




“For a child is born to us,
a son is given to us.
The government will rest on his shoulders.
And he will be called:
Wonderful Counselor, Mighty God,
Everlasting Father, Prince of Peace.”

ISAIAH 9:6



“I am leaving you with a gift—peace of mind
and heart. And the peace I give is a gift the
world cannot give. So don’t be troubled or
afraid.”

JOHN 14:7



————— ✨ —————

When we encounter a new season in life,
we can ask God to give us His peace to
sustain and encourage us. Our questions
may remain, and the situation could still
be difficult to adapt to, but we will
have the presence of our Savior, who
gives us the ability to be content no
matter our circumstances (Philippians
4:11-13).

————— ✨ —————



“Not that I was ever in need, for I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength.”

PHILIPPIANS 4:11-13

A PRAYER

for

PEACE



Lord,
Grant me peace during this time of transition.
Change is often difficult, and I am trying to
adjust to this new rhythm. Please help me to
experience the peace that You promise in Your
Word so that I may be content no matter what
situations I face.

Amen.



4. A Prayer for Making the Most of Every Opportunity

Although new phases in life can sometimes be unwelcome, they can also bring new opportunities. God can use these times to get us out of our comfort zones and to grow as His disciples. A change in situation could spur us onto greater maturity in our faith and challenge us to reach out to others in ways we had not otherwise considered. The Apostle Paul told the believers in Colossae to “make the most of every opportunity” (Colossians 4:5, NIV). We are wise to obey this verse and redeem the time we have been given. Circumstances are often out of our control, but how we use them is not. We can leverage new seasons to serve the Lord and bring Him glory.





“Live wisely among those who are not believers, and make the most of every opportunity.”

COLOSSIANS 4:5



Considering the context of Paul's statement to the Colossians, we also need to be aware that our lives are a testimony to a watching world (Colossians 4:5-6). Those around us who have not yet placed faith in Christ can see the way we live and be drawn to faith by our love and steadfast hope in God. We should not forget that how we respond to shifts in our circumstances is not only an opportunity for growth but also a way to testify to the grace of Jesus.



— ★ —

“Let your conversation be gracious and attractive so that you will have the right response for everyone.”

COLOSSIANS 4:6



A PRAYER

for

OPPORTUNITIES



Jesus,
I do not want to miss what You are cultivating
in my life by bringing changes. May I be open
to what You are doing in and through me. Use
everything I have to help others experience
Your love so that they, too, may worship and
glorify You.
Amen.





5. A Prayer Expressing Grief

Certain shifts in life are painful, like facing a serious health crisis or losing a loved one. Even positive milestones can be tinged with grief, since beginning a new adventure often means the end of another. Regardless of if a person is just starting out or is elderly, the closing of past seasons is often sorrowful.

The Lord wants us to be honest with Him about how we feel because He desires a close relationship with us. Scripture is filled with authentic prayers, including ones that express feelings like anger and grief (for example, see Psalm 13 and 109). Taking up our own lament during changing seasons can help us stay connected to the Lord even when sorrow makes us want to turn away.





PSALM 109

O God, whom I praise,
don't stand silent and aloof
while the wicked slander me
and tell lies about me.
They surround me with hateful words
and fight against me for no reason.
I love them, but they try to destroy me
with accusations
even as I am praying for them!
They repay evil for good,
and hatred for my love.
They say, "Get an evil person to turn
against him.
Send an accuser to bring him to trial.
When his case comes up for judgment,
let him be pronounced guilty.
Count his prayers as sins.
Let his years be few;
let someone else take his position.
May his children become fatherless,
and his wife a widow.
May his children wander as beggars
and be driven from their ruined
homes.
May creditors seize his entire estate,
and strangers take all he has earned.
Let no one be kind to him;
let no one pity his fatherless children.
May all his offspring die.
May his family name be blotted out
in the next generation.
May the Lord never forget the sins of
his fathers;
may his mother's sins never be erased
from the record.
May the Lord always remember these
sins,
and may his name disappear from
human memory.
For he refused all kindness to others;
he persecuted the poor and needy,
and he hounded the brokenhearted to
death.
He loved to curse others;
now you curse him.
He never blessed others;
now don't you bless him.

Cursing is as natural to him as his
clothing,
or the water he drinks,
or the rich food he eats.
Now may his curses return and cling
to him like clothing;
may they be tied around him like a
belt."
May those curses become the Lord's
punishment
for my accusers who speak evil of me.
But deal well with me, O Sovereign
Lord,
for the sake of your own reputation!
Rescue me
because you are so faithful and good.
For I am poor and needy,
and my heart is full of pain.
I am fading like a shadow at dusk;
I am brushed off like a locust.
My knees are weak from fasting,
and I am skin and bones.
I am a joke to people everywhere;
when they see me, they shake their
heads in scorn.
Help me, O Lord my God!
Save me because of your unfailing
love.
Let them see that this is your doing,
that you yourself have done it, Lord.
Then let them curse me if they like,
but you will bless me!
When they attack me, they will be
disgraced!
But I, your servant, will go right on
rejoicing!
May my accusers be clothed with
disgrace;
may their humiliation cover them like
a cloak.
But I will give repeated thanks to the
Lord,
praising him to everyone.
For he stands beside the needy,
ready to save them from those who
condemn them.



— ★ —

“But I trust in your unfailing love.
I will rejoice because you have rescued
me.”

PSALM 13:5

A PRAYER
— for —
EXPRESSING GRIEF



Father,
If I am honest, God, I do not like that things
around me are changing. I feel sad that a
chapter in my life is ending and that things
can never be as they once were. There are many
things I have had to say goodbye to, and my
heart is heavy. Yet, despite the pain, I will
“trust in Your unfailing love” and rejoice in
the salvation You have given me (Psalm 13:5,
NIV). In Jesus’ name,
Amen.

A decorative page with a light blue background. At the top right, there is a large orange and yellow chrysanthemum flower with green leaves. At the bottom left, there are several red and orange autumn leaves. In the center, a white rectangular box with a gold border contains the text. The box is flanked by horizontal lines and a gold starburst symbol.

6. A Prayer of Thanksgiving

A truth we can cling to even when everything else is uncertain is that God remains the same (Malachi 3:6; Hebrews 13:8). He is with us in the good and bad times (Hebrews 13:5). His love for us is unchanging. We will never encounter a situation where the Lord is not with us and working for our good. For this, we can give thanks in any season.



“I am the Lord, and I do not change. That is why you descendants of Jacob are not already destroyed.”

MALACHI 3:6

“Jesus Christ is the same yesterday, today, and forever.”

HEBREWS 13:8

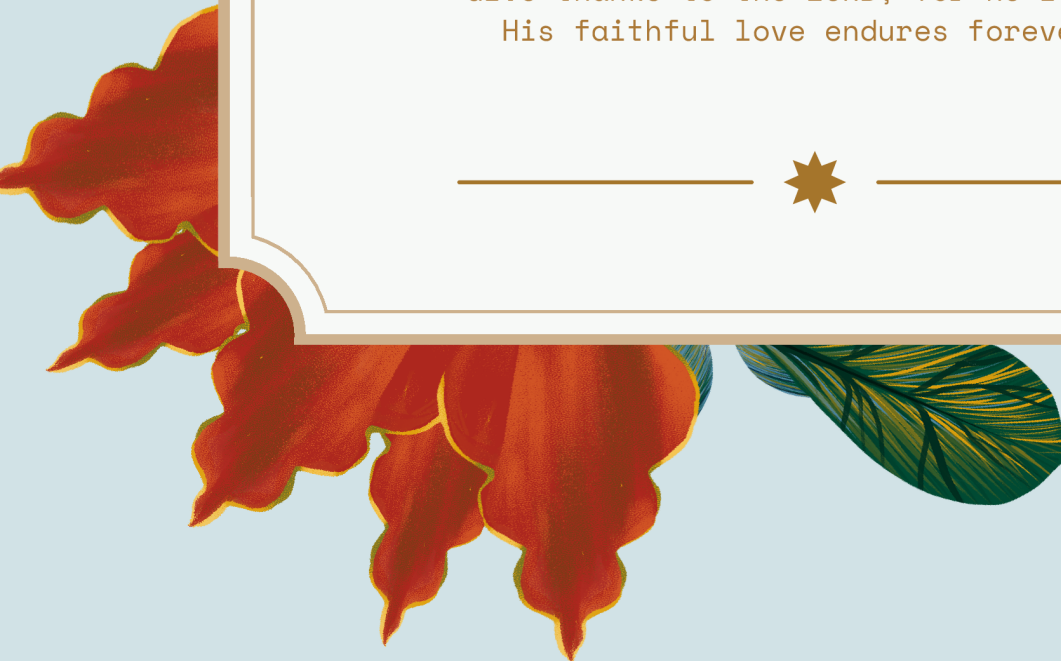
“Don’t love money; be satisfied with what you have. For God has said, ‘I will never fail you. I will never abandon you.’”

HEBREWS 13:5



Our prayers can express our emotions about change and requests for His help and peace, but we should also include praise and thanksgiving. Scripture encourages us to give thanks in every situation (1 Thessalonians 5:18). And we should, because no matter what the future holds, we have the promise of everlasting life in Christ who died for us and rose again. He is the reason we can have hope and joy.

May the words of Psalm 118:1 become our own:
"Give thanks to the LORD, for he is good!
His faithful love endures forever."





**“Give thanks to the Lord, for he is good!
His faithful love endures forever.”**

PSALM 118:1

A PRAYER

of

THANKSGIVING



Lord,
You remain good, loving, and faithful
regardless of my situation. Thank You for
saving me and giving me an amazing future with
You forever. You alone are worthy, O God, of
all praise and honor. In every season, may I
exalt You.
Amen.

Printable Prayers



A PRAYER FOR PERSPECTIVE

God of every season,
I do not fully understand
why the circumstances in my
life are occurring. Please
help me to see from Your
perspective and to grow in
my understanding based on
Your Word. But even if You
do not give me the full
picture until later or in
eternity, give me the
strength to trust You with
the changes.
Amen.

A PRAYER FOR GUIDANCE

Father,
This new season of life has
left me questioning what to
do, Lord. My plans and goals
all seem scattered now. I
pray that You will guide me
according to Your perfect
plan because I do not know
how to move forward. May
Your will be done above all
else.
In Jesus' name,
Amen.

A PRAYER FOR PEACE

Lord,
Grant me peace during this
time of transition. Change
is often difficult, and I am
trying to adjust to this new
rhythm. Please help me to
experience the peace that
You promise in Your Word so
that I may be content no
matter what situations I
face.
Amen.

A PRAYER FOR OPPORTUNITY

Jesus,
I do not want to miss what
You are cultivating in my
life by bringing changes.
May I be open to what You
are doing in and through me.
Use everything I have to
help others experience Your
love so that they, too, may
worship and glorify You.
Amen.

A PRAYER EXPRESSING GRIEF

Father,
If I am honest, God, I do not like that things around me are changing. I feel sad that a chapter in my life is ending and that things can never be as they once were. There are many things I have had to say goodbye to, and my heart is heavy. Yet, despite the pain, I will “trust in Your unfailing love” and rejoice in the salvation You have given me (Psalm 13:5, NIV). In Jesus’ name,
Amen

A PRAYER OF THANKSGIVING

Lord,
You remain good, loving, and faithful regardless of my situation. Thank You for saving me and giving me an amazing future with You forever. You alone are worthy, O God, of all praise and honor. In every season, may I exalt You.
Amen.

Notes



A series of 20 horizontal, hand-drawn green lines, spaced evenly down the page, providing a template for writing notes.

Sophia Bricker is a writer. Her mission is to help others grow in their relationship with Jesus through thoughtful articles, devotionals, and stories. She completed a BA and MA in Christian ministry, which included extensive study of the Bible and theology, and an MFA in creative writing. You can follow her blog about her story, faith, and creativity at [The Cross, a Pen, and a Page](#).