

FREE PRINTABLE • 8 PRAYER CARDS

# *Prayers for the Hard Days*

For parents walking through the silence of no contact with an adult child

Some days hit harder than others: a birthday, a photo online, a question at church, a night that won't end. These cards are for those days. Each one holds a verse, one truth to carry, and a prayer for when you can't find your own words.

**How to use them:** print on cardstock, cut along the dotted lines, and keep them where you'll need them: your Bible, your purse, your nightstand, your car.

From Love That Waits by PM Sully

A PRAYER FOR THE HARD DAYS

## On a birthday or holiday

*"God is our refuge and strength, A very present help in trouble."*

Psalm 46:1 (NASB)

**On the hardest days of the year, God is a very present help. I don't face the empty chair alone.**

Lord, this day is so hard. Everything reminds me of who's missing. Be my refuge today. Help me find moments of peace, and give me grace for my tears. Thank You for being present in my trouble. In Jesus' name, amen.

Love That Waits · Day 29 · PM Sully

A PRAYER FOR THE HARD DAYS

## When you see their photos

*"There is an appointed time for everything. And there is a time for every event under heaven."*

Ecclesiastes 3:1 (NASB)

**This is a season, not forever. I don't have to force the door open, and I can guard my heart while I wait.**

Lord, seeing my child's life without me in it hurts so much. Give me wisdom about what to look at and what to leave alone. When I see something that stings, help me bring it to You right away. I trust You with the seasons. In Jesus' name, amen.

Love That Waits · Day 22 · PM Sully

A PRAYER FOR THE HARD DAYS

## When someone asks, "How are the kids?"

*"Everyone must be quick to hear, slow to speak and slow to anger."*

James 1:19 (NASB)

**I don't owe everyone my story. I can answer with grace and bring the hurt to God.**

Lord, give me grace when people say the wrong thing. Help me hear their hearts, guard my tongue, and bring my hurt to You instead of lashing out. Give me wisdom to know who is safe to share with. In Jesus' name, amen.

Love That Waits · Day 15 · PM Sully

A PRAYER FOR THE HARD DAYS

## When the guilt is crushing

*"Therefore there is now no condemnation for those who are in Christ Jesus."*

Romans 8:1 (NASB)

**The Holy Spirit convicts to bring me close. He never condemns to push me away.**

Lord, I've been so hard on myself. Help me hear the difference between Your gentle conviction and the voice of condemnation. Show me anything I truly need to bring to You, and free me from everything You've already forgiven. In Jesus' name, amen.

Love That Waits · Day 9 · PM Sully

Cut along the dotted lines. Cardstock works best.

A PRAYER FOR THE HARD DAYS

# When you're angry

*"Be angry, and yet do not sin; do not let the sun go down on your anger."*

Ephesians 4:26 (NASB)

**My anger is safe with God. I can give it to Him instead of burying it or aiming it at my child.**

Lord, I'm angry, and You already know it. I'm bringing it to You instead of holding it in or lashing out. Guard my mouth and my messages. Take what I can't carry, and keep bitterness from taking root in me. In Jesus' name, amen.

Love That Waits · Day 5 · PM Sully

A PRAYER FOR THE HARD DAYS

# When you can't sleep

*"...Weeping may last for the night, But a shout of joy comes in the morning."*

Psalm 30:5 (NASB)

**The night is real, but it is not forever. God is awake when I can't sleep.**

Lord, the nights are so long. When my thoughts won't stop, quiet them. When fear gets loud, remind me that You never sleep. Give me rest, and help me hold on until morning. In Jesus' name, amen.

Love That Waits · Day 4 · PM Sully

A PRAYER FOR THE HARD DAYS

# When you miss your grandchildren

*"But the lovingkindness of the LORD is from everlasting to everlasting on those who fear Him, And His righteousness to children's children."*

Psalm 103:17 (NASB)

**I can't hold my grandchildren right now, but God's mercy reaches to them. My prayers can go where I can't.**

Lord, I miss my grandchildren so much. It hurts to be left out of their lives. Comfort me in this loss. Help me trust You with them, and use my prayers to bless them even from a distance. In Jesus' name, amen.

Love That Waits · Day 30 · PM Sully

A PRAYER FOR THE HARD DAYS

# When you can't find the words

*"The Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for us with groanings too deep for words."*

Romans 8:26 (NASB)

**When I don't know what to pray, the Holy Spirit prays for me. My sighs and tears are heard.**

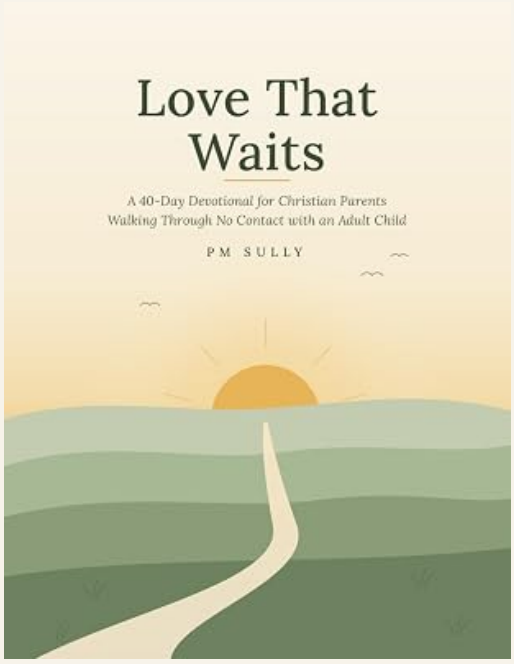
Holy Spirit, I don't have the words today. Take my sighs and my tears and carry them to the Father. Pray for me what I don't know how to pray. Thank You that I'm heard even in silence. In Jesus' name, amen.

Love That Waits · Day 20 · PM Sully

Cut along the dotted lines. Cardstock works best.

KEEP GOING

# *The full 40 days are waiting for you*




Scan for lovethatwaits.com

*Love That Waits* walks with you through grief, guilt, surrender and hope, one day at a time, with scripture, prayer for you and your child, and room to write. It won't promise your child will come back. It promises that Jesus will walk with you either way.

**You don't have to walk this alone.** A Christian counselor can help you carry what these pages can't. If you're struggling and don't want to go on, please call or text **988** right now.