

From Darkness to Hope in the Holiday Season.

When the Grief is Extra Heavy

Father, hold me in Your loving arms and carry me through this grief experience. Deeply minister to me the truth of Your love and infuse me with Your hope, powerfully speak and gently comfort my hurting heart and spirit.

Restore My Hope

"Dear Jesus, thank you for hope! I ask specifically for You to give me the good gift of hope and allow me to find and experience Your hope and peace to the fullest. I ask You to bless my heart with Your healing touch and shower me with Your love. Father, will You please heal my heart and carry me through this holiday season? I pray You will powerfully speak to my spirit as I seek Your heart (and guidance) as I read Your Word. Grant me Your precious new mercies each morning and please comfort my soul every day. Thank You for being my truest Friend! I treasure and adore Your friendship! I love You, Lord! In Your precious Name I pray, amen."

Lamentations 3:20-25

I will never forget this awful time, as I grieve over my loss. ²¹Yet I still dare to hope when I remember this: ²²The faithful love of the Lord never ends! His mercies never cease. ²³Great is his faithfulness; his mercies begin afresh each morning. ²⁴I say to myself, "The Lord is my inheritance; therefore, I will hope in him!" ²⁵The Lord is good to those who depend on him, to those who search for him.

Feel God's Presence

"Dear Most Gracious Heavenly Father, I give You thanks that I do not have to go through the holidays alone. I thank You from a heart of deep gratitude for always being here for me and loving me, and for never, ever leaving or forsaking me. Abba Father, please help me each and every day as I navigate through my grief and heartache. Help me to lovingly remember and honor my loved ones, to let go of anything that is holding my heart hostage, and to clearly see Your goodness and blessings through the storm I am experiencing in life. I love You, Lord, and I praise Your holy Name. In Jesus Name I pray, Amen."

Isaiah 41:10 Don't be afraid, for I am with you. Don't be discouraged, for I am your God.

I will strengthen you and help you. I will hold you up with my victorious right hand.

Psalms 33:22 Let your unfailing love surround us, Lord, for our hope is in you alone.

Past Holiday Memories are inevitable, sadness will sweep in. It's ok to be sad. Take heart you can mourn your loss and still be filled with the joy of the Lord. He will help you navigate the delicate dance of emotions as you keep your eyes focused on Him.

Ask Him to show you how to enjoy the holiday through your loss and shower you with encouragement, comfort, and peace.

Psalm 116:2 Because He bends down to listen, I will pray as long as I have breath!

Prayer:

"Heavenly Father, thank You so much for everything You have done for my family and me—past, present, and future—and thank You for all You will always continue to do for us, too!

Please fill our hearts with Your supernatural joy! Help us to feel Your joy radiating in our hearts this holiday season. Make Your presence so known, as well as Your love, hope, encouragement and comfort! I praise You that we can experience godly joy even though some are in such great heartache and pain. Whenever we are feeling down or discouraged this holiday season, fill our hearts with Your love and presence! Fill us fresh with HOPE!

Help each of us to also be an instrument of encouragement, hope, love, joy, and peace to all who You place in our paths.

We love You, Lord! In Jesus Name, Amen."

How to Pray for Others

Pray for all who are hurting around the holidays—especially this Thanksgiving and Christmas season.

Ask Father to heal and deeply comfort their hurting hearts.

Ask Father to shower them with His extravagant love, incredible hope, grace, and mercy each moment of every day.

Ask Father to help them navigate the holiday traditions embrace the memories and create new ones.

Romans 15:13 "Pray that God, the source of hope, will fill you completely with joy and peace because you trust in Him. Then you will overflow with confident hope through the power of Holy Spirit.

Prayer:

"Dear Most Gracious Heavenly Father, I ask You to do a great work in each person's heart today and in the days to come. When they are overwhelmed with sadness, I ask You to wrap them up in Your love and deeply comfort their heart. When days are hard, I ask that You carry their heartache and burdens. I pray You infuse each of them with Your precious, treasured HOPE.

Please grant them the gift of a meaningful special holiday season, especially with You. We love You, Lord, and thank You in advance for all You will do. In Jesus Name we pray, amen!"