

A PRAYER GUIDE FOR CHRISTIAN WOMEN

# 5 Prayers for the Woman Who Feels *Lost*

*Reconnect with God's voice in ten minutes or less*

*"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you."*

— JEREMIAH 29:11-12

**HOW TO USE** Find a quiet place. Read each prayer slowly out loud — or whisper it from your heart. Pause after each one. Check the action box when you feel it land. You don't need to pray all five at once — one honest prayer is enough to begin.

### When You Feel Directionless

01

PROVERBS 3:5-6

*"Lord, I don't know which way to turn. My plans feel unclear and my heart feels unsettled. I choose right now to trust You more than my own understanding. Lead me. I'm listening."*

Sit quietly for 60 seconds. Notice what rises in your heart.

### When You Don't Feel God's Presence

02

PSALM 139:7-10

*"Father, I feel distant from You — like You're far away or silent. But Your Word says You never leave. Draw near to me even now. Help me feel what I cannot see."*

Place your hand on your heart. Breathe and receive His nearness.

### When You Question Your Worth

03

PSALM 139:14

*"God, I've been listening to voices that say I'm not enough — not talented, not loved, not called. Today I reject those lies. Remind me that I am fearfully and wonderfully made by You."*

Write your name and the words: "Chosen. Loved. Called."

### When You're Afraid of the Future

04

ISAIAH 41:10

*"Lord, the unknown ahead of me feels heavy. Fear keeps whispering what if. I hand You my worries right now. Strengthen me. I believe Your plans for me are good — help my unbelief."*

Name one fear out loud, then say: "I give this to You, Lord."

### When You're Ready to Surrender & Begin Again

05

LAMENTATIONS 3:22-23 · ROMANS 8:28

*"Father, I come to You with open hands. I've been carrying things that were never mine to carry. Today, I let go. I don't have all the answers, but I trust that You do. Use my life — even the broken parts — for Your glory. I am Yours. Lead me forward."*

Write one thing you're surrendering to God today.

End with this declaration: "God is faithful. I am not lost — I am being led."

#### Remember This

Feeling lost is not the end of your story — it is often the very place where God begins to write the most beautiful chapter. You are seen. You are held. Keep praying.



#### Want to Go Deeper?

Return to whichever prayer stirred something in you. Pray it daily for 7 days. Journal what God begins to show you. His voice gets clearer the more you lean in.