

Prayer When You Don't Know What to Say

Simple ways to pray when grief leaves you without words

Grief can make prayer difficult. You may be too tired to concentrate, too angry to speak, or unsure what you believe at the moment. Prayer does not have to be long, eloquent, or emotionally peaceful. Sometimes the most honest prayer is only a few words.

LET PRAYER BE SIMPLE

A short sentence can carry what you need when longer prayers feel impossible.

- 'Help me through today.'
- 'Stay close to me.'
- 'I miss them.'

SILENCE CAN BE PRAYERFUL

You do not have to fill every quiet moment with words. Sitting in stillness can be a way of showing up exactly as you are.

- Light a candle and sit quietly.
- Hold a meaningful photograph or keepsake.
- Breathe slowly and allow whatever feelings come.

BORROW WORDS WHEN NEEDED

Written prayers, hymns, Psalms, or the prayers of trusted people can carry you when your own words are unavailable.

- Ask someone to pray with you.
- Use a familiar prayer from your tradition.
- Write a prayer in a journal without editing it.

A GENTLE REMINDER

You do not have to find perfect words. Your grief itself can be part of the prayer.

