

22 DAYS OF PRAYER FOR YOUR PTSD PARTNER

Day 4

Song:

Bible Verse:

“Do not fear: I am with you; do not be anxious: I am your God. I will strengthen you, I will help you, I will uphold you with my victorious right hand” Isaiah 41:10.

Commentary:

Daily Prayer:

22 Days of Prayer for your PTSD partner:

Lord, as we reflect on Isaiah 41:10 “do not fear...do not be anxious” we pray for all those who go into a hypervigilant state or become uncomfortable in their surroundings while they may temporarily feel protected the feeling wanes quickly. We also pray for those around them who do not understand what is going on and can sometimes feel like they are caught in the whirlwind of negative emotions and behaviors that can sometimes present themselves in this state. Lord, in those moments that cause the hypervigilant state help us to become so disciplined that we call on You every time and trust that You will strengthen us and bring us peace. In Jesus Name We Pray, Amen.

