

22 DAYS OF PRAYER FOR YOUR PTSD PARTNER

Day 8

Song:

Bible Verse:

“Cast all your worries upon him because he cares for you” 1 Peter 5:7.

Commentary:

Daily Prayer:

22 Days of Prayer for your PTSD partner:

Lord, we know that You want all Your children to be successful. At times though, especially after a traumatic event we can get caught in a cycle of worry and fear, reliving the experience or pieces of the experience repeatedly in our mind distracting us from our true purpose. Lord, help us to become so disciplined that we consistently turn to You in those moments and lay our worries, our fears, our negative experiences at the foot of the cross trusting that You are working for our highest good. Help us to find the strength to refocus our energy and time on the greater plans that you have for us and bring us peace even amid the storm.

