

22 DAYS OF PRAYER FOR YOUR PTSD PARTNER

Day 17

Song:

Bible Verse:

“For God did not give us a spirit of cowardice...but rather of power and love and self-control” 2 Timothy 1:7.

Commentary:

Daily Prayer:

22 Days of Prayer for your PTSD partner:

Dear PTSD Partner,

You are one of the bravest people that I know. You have endured so much, have survived and worked through it. You are incredible! I know there will be moments when you are scared, unsure, angry or frustrated and for a moment you will want to bolt, withdraw, retaliate or any number of other unhealthy behaviors. I pray those moments are few and far between, but I pray that in those moments that you will be able to tune into what your body is telling you, breathe in, and address the situation with self-control, pulling from the strength and power of God. I pray that you will always look to Him for guidance and support in those stressful moments. I pray that you trust that He is holding you close and keeping you safe and protected. In Jesus Name We Pray, Amen!

