



Praying God's Word

Scripture-Based Prayers for When Life Feels Like a Test

There are seasons when we do not know what God is doing, what He is asking of us, or how everything will turn out. In those moments, prayer can become less about finding the perfect words and more about bringing God what is already in our hearts.

These prayers are meant to help you do that. Read the Scripture first, then use the prayer as a starting place. You can pray it exactly as written or let it lead you into your own conversation with God.

Read the Scripture. Pray the prayer. Then stay with God long enough to let the words become your own.



When I'm Afraid I'm Failing the Test

Genesis 22:1

SCRIPTURE - BEREAN STANDARD BIBLE

Some time later God tested Abraham and said to him, "Abraham!" "Here I am," he answered.

PRAY

God, sometimes I look at what I am walking through and wonder whether You are testing me to see if I will get it right. I start measuring my faith by how calm I am, how much I trust, or whether I am handling everything well enough. Remind me that You already know my heart. I do not have to prove anything to You. Help me stop asking whether I am passing or failing and begin asking what You want me to see. If there is something in my heart You are bringing to the surface, give me the courage to bring it honestly to You.

Make it your own:



When I Don't Know What to Do

James 1:5

SCRIPTURE - BEREAN STANDARD BIBLE

Now if any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.

PRAY

God, I need wisdom for what is in front of me. I do not need to know the entire road today, but I do need Your help with the next step. Keep me from making decisions out of fear, panic, or the need to control what happens. Give me wisdom that reflects Your character and help me recognize it when You give it.

Make it your own:



When I'm Afraid of Losing Something Important

Genesis 22:2; Hebrews 11:17-19

SCRIPTURE - BEREAN STANDARD BIBLE

Genesis 22:2 - "Take your son," God said, "your only son Isaac, whom you love, and go to the land of Moriah. Offer him there as a burnt offering on one of the mountains, which I will show you."

Hebrews 11:17-19 - By faith Abraham, when he was tested, offered up Isaac on the altar. He who had received the promises was ready to offer his one and only son, even though God had said to him, "Through Isaac your offspring will be reckoned." Abraham reasoned that God could raise the dead, and in a sense, he did receive Isaac back from death.

PRAY

God, You know what I am afraid of losing. You know the people, plans, hopes, and outcomes I hold close to my heart. Show me whether I have begun holding onto something so tightly that my security has shifted away from You. I do not want to pretend that what matters to me does not matter. Help me bring it to You honestly and trust that You are still God even when I do not know what will happen.

Make it your own:



When My Circumstances Don't Make Sense

Proverbs 3:5-6

SCRIPTURE - BEREAN STANDARD BIBLE

Trust in the LORD with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight.

PRAY

God, I cannot make all of this fit together. What I see in front of me does not always seem to match what I know about You. Help me trust Your character when I cannot understand the circumstances. Keep me from leaning only on what I can see, calculate, or explain. Show me how to acknowledge You in this season and help me take the next faithful step.

Make it your own:



When Fear and Control Come to the Surface

Deuteronomy 8:2

SCRIPTURE - BEREAN STANDARD BIBLE

Remember that these forty years the LORD your God led you all the way in the wilderness, so that He might humble you and test you in order to know what was in your heart, whether or not you would keep His commandments.

PRAY

God, this season is showing me things about myself that I may not have noticed before. Some of what I see is uncomfortable. Fear, frustration, disappointment, and the need to control the outcome can rise so quickly in me. Help me look at what is being revealed without shame. Show me what needs to be surrendered, what needs to be healed, and what You have already been growing in me.

Make it your own:



When I Cannot See the Provision

Genesis 22:8, 13-14

SCRIPTURE - BEREAN STANDARD BIBLE

Genesis 22:8 - Abraham answered, "God Himself will provide the lamb for the burnt offering, my son." And the two walked on together.

Genesis 22:13-14 - Then Abraham looked up and saw behind him a ram in a thicket, caught by its horns. So he went and took the ram and offered it as a burnt offering in place of his son. And Abraham called that place The LORD Will Provide. So to this day it is said, "On the mountain of the LORD it will be provided."

PRAY

God, I would much rather see the answer before I have to trust You. I would like to know where the provision is coming from and how everything will work out. But Abraham had to keep walking before he could see the ram. Help me remember that my inability to see what You are doing does not mean You have stopped seeing me. You know what I need. Teach me to trust You with what I cannot see yet.

Make it your own:



When I Need to Remember That God Is With Me

Hebrews 13:5

SCRIPTURE - BEREAN STANDARD BIBLE

Keep your lives free from the love of money and be content with what you have, for God has said: "Never will I leave you, never will I forsake you."

PRAY

God, when life feels uncertain, it is easy for me to feel alone in it. Remind me that Your presence is not dependent on my circumstances changing. You are with me here, not only when the answer comes. Help me notice Your presence in the ordinary moments of this season and let that be enough for today.

Make it your own:



When I Feel Weak

2 Corinthians 12:9

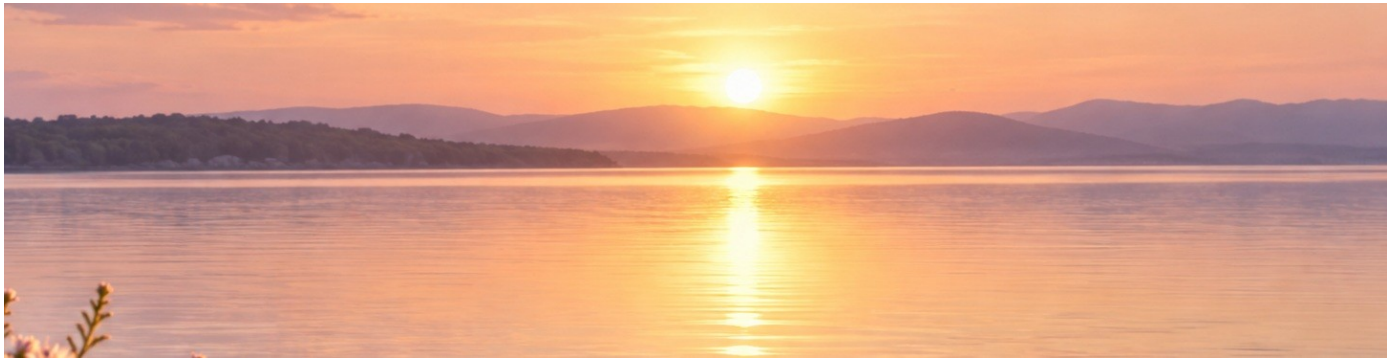
SCRIPTURE - BEREAN STANDARD BIBLE

But He said to me, “My grace is sufficient for you, for My power is perfected in weakness.” Therefore I will boast all the more gladly in my weaknesses, so that the power of Christ may rest on me.

PRAY

God, I do not feel strong enough for this. I am tired of trying to hold everything together. Thank You that I do not have to manufacture strength on my own. Let Your grace meet me in the places where I feel weak. Help me stop seeing weakness as proof that my faith is failing and begin seeing it as a place where I can depend on You more deeply.

Make it your own:



When I Need Peace Before I Have Answers

Philippians 4:6-7

SCRIPTURE - BEREAN STANDARD BIBLE

Be anxious for nothing, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

PRAY

God, I am bringing You the things I keep turning over in my mind. You know the questions I cannot answer and the outcomes I cannot control. Help me bring them to You instead of carrying them alone. Guard my heart and mind with Your peace, even while some things remain unresolved.

Make it your own:



When I Need to Remember What Is Still True

Romans 8:38-39

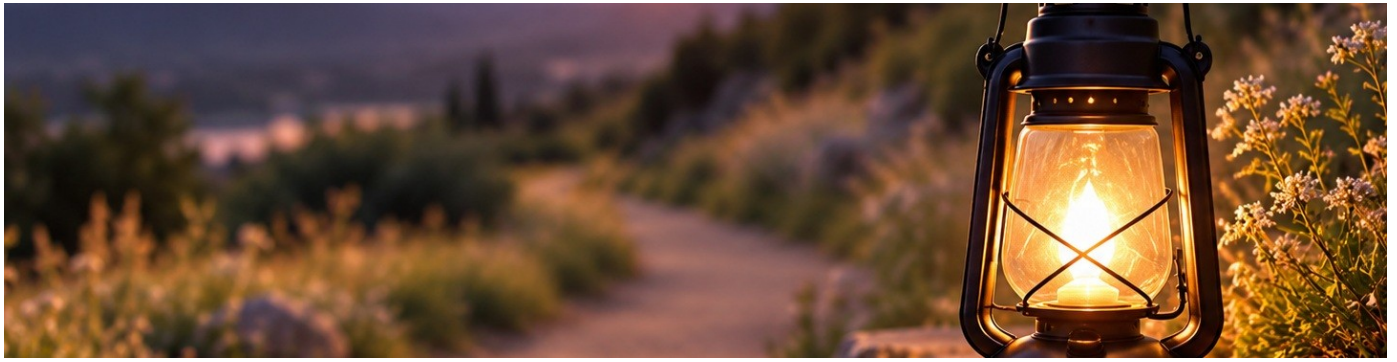
SCRIPTURE - BEREAN STANDARD BIBLE

For I am convinced that neither death nor life, neither angels nor principalities, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

PRAY

God, when my circumstances are hard, help me remember that they do not change Your love for me. Nothing I am walking through can separate me from Your love in Christ. Let that truth become more real to me than the fear I am feeling today.

Make it your own:



When I'm Tired of the Road

Psalm 119:105

SCRIPTURE - BEREAN STANDARD BIBLE

Your word is a lamp to my feet and a light to my path.

PRAY

God, sometimes I want You to show me the whole path so I can finally relax. But You often give me enough light for the step in front of me. Help me stop demanding the whole map before I move. Give me courage for today's step and trust for the part of the road I cannot see yet.

Make it your own:



When I Need to Remember That the Road Matters Too

Philippians 1:6

SCRIPTURE - BEREAN STANDARD BIBLE

being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus.

PRAY

God, I often think I will understand what You are doing once I finally reach the other side of this season. But I know You are also working in me while I am still on the road. Do not let me miss what You are teaching me here. Continue the work You began in me, and help me trust that this part of the journey is not wasted.

Make it your own:

A Closing Prayer

For the road you are still walking

God, I do not know everything You are doing in this season, but I want to walk through it with You. Show me what is in my heart without making me afraid of what I find. Teach me more about who You are while I am here. Help me hold my hopes honestly, release what I cannot control, and stand on what You have actually promised.

When I cannot see the provision, remind me that You still see me. When I do not understand the road, remind me that You are walking it with me. And when I begin grading my own faith, bring me back to grace.

In Jesus' Name, amen.

Scripture quotations are from the Berean Standard Bible (BSB), dedicated to the public domain.

A Message of Hope Ministry

You are seen. You are known. You are loved.