Here is a simple prayer for you to get started. Feel free to expand on what you need help with, what sins to forgive, what else you're thankful for, what else you're feeling and dealing with, and what else you specifically need help with.

Find a quiet place to pray where you will not be interrupted.

Maybe play instrumental music.

Jesus. Come into my life today. I need your help. Please forgive me for my sins. Thank you for your existence, for your truth, and love. Thank you for... Jesus, I am exhausted and confused. Life is hard. Please help me to... And please protect me. In Jesus' name, Amen.

If you have a prayer request, I am more than happy to pray for you. Please contact me using the contact page of the website.