
PRAYER TO CARRY TODAY
CAN'T LOOK UP.
HE LIFTS YOUR HEAD.
Lord, I've been hiding with my head down. Lift me up.
"...my glory, and the one who lifts up my head."
PSALM 3:3 (WEBBE)
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PRAYER TO CARRY TODAY

THE ONE WHO LIFTS YOUR HEAD

Some nights your head stays down. Disappointment, embarrassment or plain exhaustion makes it hard to face anyone, God included.

David wrote Psalm 3 while running from his own son, Absalom, with people saying there was no help for him in God. Yet he prayed, "But you, LORD, are a shield around me, my glory, and the one who lifts up my head." God doesn't wait for you to hold your head up first. He is the one who lifts it, gently, and helps you look up again.

Before you sleep, lift your eyes for a moment, toward the ceiling or the window. Say, "You are the one who lifts my head." Then lie down knowing you're shielded tonight, and that tomorrow you won't have to face things with your head down.

PRAYER TO CARRY TODAY

SCRIPTURE

...my glory, and the one who lifts up my head.

PSALM 3:3 (WEB)

A PRAYER FOR TODAY

Lord, my head has been down all day and I'm tired of hiding. Be my shield tonight, and lift my head when I wake.

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