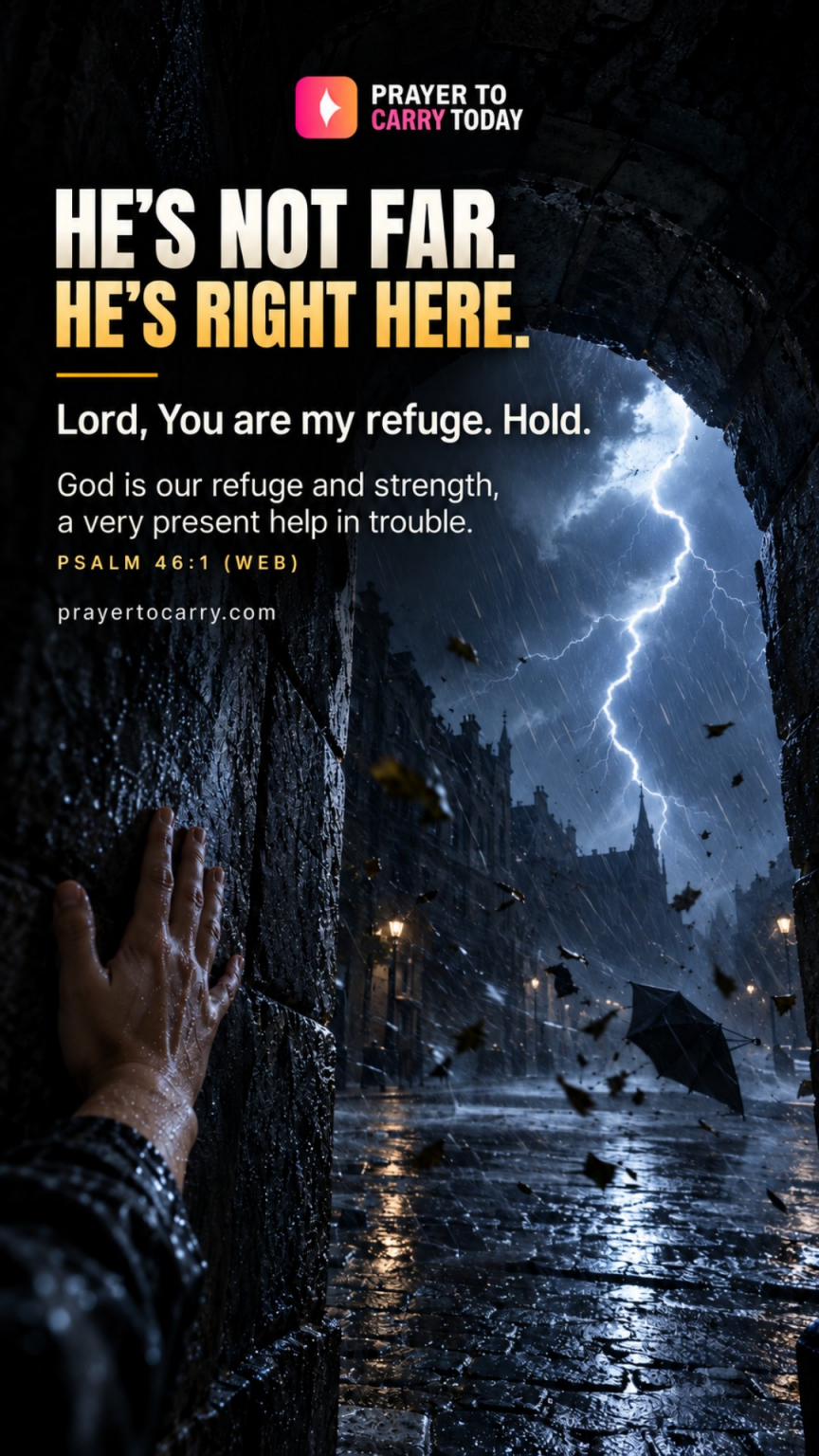

PRAYER TO CARRY TODAY
HE'S NOT FAR.
HE'S RIGHT HERE.
Lord, You are my refuge. Hold.
God is our refuge and strength,
a very present help in trouble.
PSALM 46:1 (WEB)
prayertocarry.com

PRAYER TO CARRY TODAY

NEARER THAN IT FEELS

Some mornings God feels far away. You pray and it seems to go nowhere, and the day ahead looks like something you'll have to manage on your own.

Psalm 46 starts with the opposite claim: "God is our refuge and strength, a very present help in trouble." Present, not distant. Near the end of the same psalm God says, "Be still, and know that I am God." The nearness is already true; stillness is how you begin to notice it. You don't have to make God come close. You only have to stop long enough to know He is.

Before you start anything this morning, sit still for one full minute. Breathe slowly and say, "You are here." Then carry that minute of stillness with you into the first hour of your day.

PRAYER TO CARRY TODAY

PRAYER TO CARRY TODAY

SCRIPTURE

God is our refuge and strength, a very present help in trouble.

PSALM 46:1 (WEB)

A PRAYER FOR TODAY

Lord, You feel far away this morning. You are my refuge and strength, so I'll be still and let You help.

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