PRAYER TO CARRY TODAY

THE LIGHT STAYS ON. FEAR DOESN'T.

Lord, I carried some fear home with me today.
The quiet makes it louder.
But You are my light, and the dark answers to You.
You are the strength of my life, not my nerves,
not my plans.
So I'm setting the fear down.
I'm not alone in this room.

"The LORD is my light and my salvation.
Whom shall I fear? The LORD is the strength
of my life. Of whom shall I be afraid?"

PSALMS 27:1 WEB

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PRAYER TO CARRY TODAY

NOT ALONE IN THE DARK

Some fear doesn't stay at work or on the road. It comes home with you. When the house settles, there's nothing left to distract you from it, and it can feel bigger than it did all day.

David wrote, "The LORD is my light and my salvation. Whom shall I fear?" He wasn't someone without enemies or danger; the rest of the psalm is full of both. But he had learned where his strength actually came from. Not from how brave he felt or how well things were going, but from God Himself. Fear is real, but it isn't in charge.

Before you sleep, name the fear that has been with you this evening, out loud if you can. Then say the first line of that psalm, and leave a small light on if it helps. You aren't facing this night alone.

PRAYER TO CARRY TODAY

SCRIPTURE

The LORD is my light and my salvation. Whom shall I fear? The LORD is the strength of my life. Of whom shall I be afraid?

PSALMS 27:1 (WEB)

A PRAYER FOR TODAY

Lord, this fear followed me home, and it's loud in the quiet. Be the light in this room, and the strength I lean on while I sleep.

