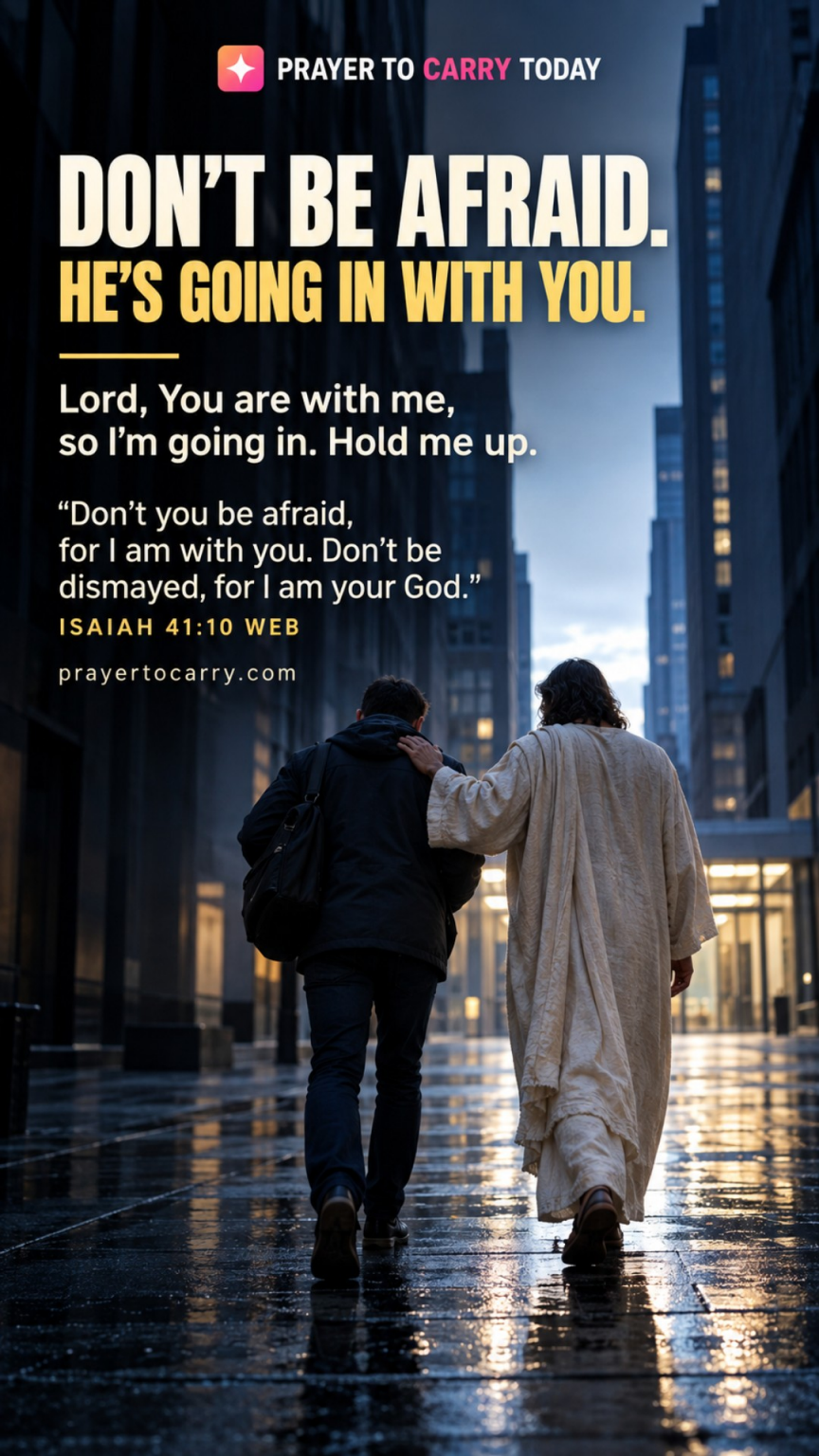

PRAYER TO CARRY TODAY
DON'T BE AFRAID.
HE'S GOING IN WITH YOU.
Lord, You are with me,
so I'm going in. Hold me up.
"Don't you be afraid,
for I am with you. Don't be
dismayed, for I am your God."
ISAIAH 41:10 WEB
prayertocarry.com

PRAYER TO CARRY TODAY

YOU'RE NOT WALKING IN ALONE

Maybe there's one thing on today's calendar you've been bracing for since you woke up. A meeting, a hard conversation, a room full of people, a call you'd rather not make. The nerves get there before you do.

God doesn't tell you to stop feeling them. He tells you why they don't get the last word: "Don’t you be afraid, for I am with you" (Isaiah 41:10). He said it to people far from home, facing a future they couldn't see, and in the same breath He promised strength, help, and a right hand that holds them up. There is no door you'll walk through today that He isn't walking through with you.

So name the moment you're dreading. When you reach the door of it, stop for one slow breath before you go in, and remember who is beside you. Then go in together.

PRAYER TO CARRY TODAY

SCRIPTURE

Don't you be afraid, for I am with you. Don't be dismayed, for I am your God.

ISAIAH 41:10 (WEB)

A PRAYER FOR TODAY

Lord, my stomach is in knots about today. Walk beside me through every door, and keep Your hand on my shoulder. With You, I can go in.

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