

4 Prayer Prompts for Moms

**WHEN YOU DON'T KNOW
WHAT TO PRAY**

WHEN YOU FEEL LIKE YOU'RE NOT ENOUGH

Lord, remind me that I don't have to be perfect—I just need to be present.
Help me parent from a place of grace, not guilt.

2 Corinthians 12:9



WHEN PATIENCE IS RUNNING THIN

Jesus, slow my heart. Fill me with compassion and patience when my kids
push every button I have. Let my response reflect Your love, not my
frustration. Ephesians 4:2



WHEN YOU'RE WORRIED ABOUT YOUR CHILD

Father, I place my child in Your hands. You love them even more than I do.
Protect their heart, guide their steps, and give me peace when I feel helpless.

1 Peter 5:7



WHEN YOU'RE JUST PLAIN TIRED

God, I'm worn out. But I know You are my strength. Refresh my spirit. Help me
find rest in You—even if it's in five minutes behind a locked bathroom door.

Matthew 11:28