FREE DISCIPLESHIP RESOURCE



How to Pray

When You Don’t Know What to Say

A fillable guide for praying with Scripture

LivingWord International Outreach Ministry

PUBLICATION INFORMATION

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Scripture references

Read the cited passages in your preferred Bible translation. The sample prayers are original devotional responses to the passages listed.

WELCOME

Begin Where You Are

A guide for the days when prayer feels difficult

You may know what is weighing on you and still struggle to say it aloud. You may be tired, grieving, angry, or unsure what you need. Bring that moment to God. An honest sentence, a passage of Scripture, or a quiet pause can be your starting point.

How to use this guide

Start with the page that speaks to your situation. Read the passage in your Bible, try the sample prayer, and write a few words of your own. To type in the boxes, download the PDF, open it in Adobe Acrobat Reader, and save your completed copy. You can also print blank pages.

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What brought me to this guide today?

PRAYER AND WEAKNESS

When Words Are Hard to Find

Read Romans 8:22–27 and Psalm 62:5–8

The Spirit helps us in our weakness

In Romans 8, creation groans, believers groan, and the Spirit helps us as we wait in hope. Paul includes the moment when we do not know what to pray for. The Spirit intercedes for us according to God's will. You can come to God even when you cannot explain what you need.

Try one honest sentence

Take a quiet moment. If you can, name one thing you are carrying. If words still feel out of reach, begin with "Lord, help me," and sit quietly with God before you continue.

A prayer to begin

Lord, I don't know how to pray about this. You know what I'm carrying. Help me bring it to You and show me what I need for today. Amen.

What feels difficult to put into words today?

What can I ask God for in one honest sentence?

Pray as Jesus Taught

Read Matthew 6:5–15

In the Sermon on the Mount, Jesus teaches His disciples to pray to the Father. The prayer begins with God's name, kingdom, and will. It then brings everyday needs, forgiveness, and help in temptation before Him. Use the movements below to make the pattern your own.

Honor God

What can I praise God for today?

Seek God's will

Where do I need God's will to guide my choices?

Ask for daily provision

What do I need today, and who else needs provision?

Ask for forgiveness

What do I need to confess, and whom am I struggling to forgive?

Ask for help in temptation

Where do I need strength or protection to do what is right?

Praying Through Grief and Confusion

Read Psalm 13

Bring the whole story to God

Psalm 13 begins with repeated questions about how long the pain will last. The psalmist names distress, asks God to respond, and turns toward trust in God's steadfast love. You can pray through the same movements even while the situation is unresolved.

A prayer to begin

Lord, I feel worn down, and I don't know how much longer this will last. Hear me and give me enough strength for today. Help me remember Your love while I wait. Amen.

God, this is what hurts or feels unresolved.

This is the help I am asking You for today.

This is what I want to remember about You while I wait.

SCRIPTURE AND PRAYER

Praying Scripture in Your Own Words

Read Philippians 4:4–9

Read, notice, and respond

Read the surrounding verses first. In Philippians 4, Paul invites believers to bring their requests to God with thanksgiving and speaks of God's peace guarding their hearts and minds in Christ. Name the concern you want to bring to God, then let the passage guide what you ask for.

A prayer to begin

Father, I keep turning this decision over in my mind. Thank You for the people who have helped me. As I bring this concern to You, guard my heart and mind in Christ and guide my next step. Amen.

What passage am I reading, and what does it invite me to bring to God?

Write a prayer shaped by what you read.

GUIDED WORKSHEET

Write Your Own Prayer

Read Hebrews 4:14–16

Hebrews connects our confidence in prayer to Jesus, our high priest who sympathizes with our weakness. Bring your need before God and ask for mercy and grace. Use any of the prompts below to begin, then write the prayer in your own words.

God, today I'm carrying…

I thank You for…

I need Your help with…

My prayer

INTERCESSION WORKSHEET

Pray for Someone Else

Read Colossians 1:9–12

Pray for the person and what they need

Paul and Timothy pray for the Colossians to grow in spiritual wisdom, live faithfully, and receive strength for endurance and patience. As you pray for someone, bring their specific need to God and ask how you can support them.

Who am I praying for, and what are they facing?

What Scripture can guide my prayer for this person?

My prayer for them

One way I can follow up with care

REUSABLE JOURNAL PAGE

Keep a Prayer Record

Read Psalm 77:11–12

Return to this page after a few days or weeks. Record answers you recognize, changes you notice, or requests you are still bringing to God.

Date and prayer request

Scripture I'm returning to as I pray

What has changed, or where have I noticed God's care?

What am I still praying for?

A ONE-WEEK PRACTICE

Seven Days of Prayer

Read one passage and pray one sentence each day

DAY 1 | Psalm 62:5–8
Tell God what is on your heart.

DAY 2 | Romans 8:22–27
Ask for help when you cannot find the words.

DAY 3 | Matthew 6:9–13
Ask for what you need today.

DAY 4 | Psalm 13
Bring one unresolved hurt to God.

DAY 5 | Philippians 4:4–9
Name one concern and one reason to give thanks.

DAY 6 | Colossians 1:9–12
Pray for someone's wisdom or endurance.

DAY 7 | Hebrews 4:14–16
Ask for mercy and grace for the week ahead.

What did I learn about praying this week?

For further reading

Walter Brueggemann, Spirituality of the Psalms. Fortress Press, 2001.

A study of how the Psalms give voice to faith in seasons of stability, distress, and renewed hope.