

## 10 Bible-Based Prayers to Encourage You through Chronic Illness

Dear Friend,

As a fellow sojourner in chronic illness, I hope you find encouragement and strength in God's Word. He has carried you since before you were born, and He will not fail you now.

*You whom I have upheld since your birth, and have carried since you were born. Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you. (Isaiah 46:3-4 NIV)*

Run to Him each day with these Bible-based prayers and be amazed by His faithfulness to you, His beloved.

Joyfully,

Annie

# 10 Bible-Based Prayers to Encourage You through Chronic Illness

## Pain

Dear Father, I am Yours through my Lord, Jesus Christ. My Savior suffered pain and humiliation on my behalf, so He sympathizes with me in my pain today. When I wonder if I can bear it, please surround me with Your mercy and comfort. Help me to be aware of Your presence and care. Show me how I may pass on Your love and comfort to others. I pray in Jesus' name, amen.

*Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort; who comforts us in all our affliction, that we may be able to comfort those who are in any affliction, through the comfort with which we ourselves are comforted by God. (2 Corinthians 1:3-4 WEB)*

## Loneliness

Dear Father, my illness isolates me, and I wonder if anyone understands or cares. But Your Word says You are always with me through the deep waters and scorching fires of life. You hold me above the torrents. You shield me from the flames. You are my constant companion. I will trust You today. I pray in Jesus' name, amen.

*When you pass through the waters, I will be with you, and through the rivers, they will not overflow you. When you walk through the fire, you will not be burned, and flame will not scorch you. (Isaiah 43:2 WEB)*

## Weariness

Dear Father, my burden is more than the physical exhaustion of pain and illness. My mind and spirit also drag under the weight. It is too heavy for me to bear. I release every encumbrance to You. You will easily carry it and give me the respite I sorely need. I rest in Your gentleness and humility. I pray in Jesus' name, amen.

*Come to me, all you who labor and are heavily burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart; and you will find rest for your souls. (Matthew 11:28-29 WEB)*

## Self-Worth

Dear Father, sometimes I have allowed my ability to define my worth. Now, limited by illness, I doubt my value to the world, and even to You. But Your Word says You will never withdraw Your everlasting love from me, even when my life turns upside down, and even when I cannot produce anything for You. Your love for me flows from Your unchanging nature. I am secure. I pray in Jesus' name, amen.

*For the mountains may depart, and the hills be removed; but my loving kindness will not depart from you, and my covenant of peace will not be removed," says Yahweh who has mercy on you. (Isaiah 54:10 WEB)*

## Hope

Dear Father, pain, anxiety, illness, and exhaustion threaten to snuff out the lamp of hope in my heart. But I don't need to provide the fuel to keep the flame strong. No, You are the power source. I never need to dwell in darkness because You light up every dim corner with everlasting hope. I pray in Jesus' name, amen.

*You, Lord, keep my lamp burning; my God turns my darkness into light. (Psalm 18:28 NIV)*

## Gratitude

Dear Father, I confess I struggle to muster gratitude for chronic illness and pain. But You are always worthy of my praise and thanks. Please help me to see beyond my daily circumstances to Your beauty and goodness. I thank You for Christ, who dwells in me. I will sing praises to You because of the grace You've put in my heart. May my gratitude inspire a chorus of worship to You because You are worthy. I pray in Jesus' name, amen.

*And let the peace of God rule in your hearts, to which also you were called in one body, and be thankful. Let the word of Christ dwell in you richly; in all wisdom teaching and admonishing one another with psalms, hymns, and spiritual songs, singing with grace in your heart to the Lord. (Colossians 3:15-16 WEB)*

## Provision

Dear Father, I cannot provide everything I need for myself. You designed me to depend on Your provision for daily living. Your storehouse contains more than enough to take care of me every day. Please give me abundant grace to cover every situation in my life. I will depend on You alone. I pray in Jesus' name, amen.

*And God is able to make all grace abound to you, that you, always having all sufficiency in everything, may abound to every good work. (2 Corinthians 9:8 WEB)*

## Purpose

Dear Father, I confess I sometimes wonder if my life has purpose with chronic illness. I cannot serve You in the way I did in the past. But Your Word says You infuse purpose and meaning into every part of life. You allow circumstances which advance Your kingdom. Please show me how You plan to use me in this season of my life. Give me a willing spirit that will seek and obey You each day. I pray in Jesus' name, amen.

*For everything there is a season, and a time for every purpose under heaven. (Ecclesiastes 3:1 WEB)*

## Worry

Dear Father, why does anxiety so easily surface when I am physically or mentally weakened? My illness reveals my tendency to exert my own control rather than trust You. I admit I am a poor commander of my life, so I turn over control to You. You have already established a plan for me and will take care of all the details I'm fretting over. I can relax in Your perfect care. I pray in Jesus' name, amen.

*Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time, casting all your worries on him, because he cares for you. (1 Peter 5:6-7 WEB)*

## Strength

Dear Father, my human strength fails day by day. But Your strength never diminishes, never needs refreshing. Your supply is endless. Because You love me, You give me Your might to bear up and shine for You in the middle of every struggle. Please help me run to You, my Strong Tower. I pray in Jesus' name, amen.

*Haven't you known? Haven't you heard? The everlasting God, Yahweh, the Creator of the ends of the earth, doesn't faint. He isn't weary. His understanding is unsearchable. He gives power to the weak. He increases the strength of him who has no might. (Isaiah 40:28-29 WEB)*