



**Prayer for Hope to Find
Myself Again**

God of all hope, my prayer. I am afraid and in despair. I can hardly remember a good day. It seems so long ago when I knew myself, when I felt the warmth of the sun on my face, and when friends filled my heart with laughter.

I long for the days when I reached out to a friend in need.

I am that one now... I can't find the strength, love, or laughter I used to share.

God of all hope, please hold me and help me to find myself again.

Amen



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