

*Dear Father,*

*My soul cries out in my anguish, as your Son cried out, "My God, my God, why hast thou forsaken me?" I want this pain to end, more than anything I've ever wanted. But I know that you are wise, oh God. I know that in this pain, my heart will find access to you.*

*In this moment, Father, I am willing. I set aside my pain and pray to you here and now, because I am willing to seek understanding.*

*Give me understanding, Father, that I might see this pain as a blessing. I cannot see it now. But I know you can guide me. Guide me to a better understanding.*

*Father, if it is your will, let this pain be eased. Show me solutions that will help and not hurt. For each breath and each moment of relief, I give you full praise and thanks.*

*No matter what comes, I thank you, oh God, for your goodness and light. I thank you for the chance to you know, and your Son.*

*In His name I pray, Amen.*

#### PRAYER NOTES:

This prayer is part of a small series of prayers for understanding. We often pray to receive a blessing, or to eliminate a trial. These prayers seek greater wisdom and knowledge.

As with all prayers, these are guides. Use them however you feel you ought. Change the wording as needed, to align with your personal feelings toward God.

God is all-powerful, and is capable of hearing any prayer. Pray in your heart or out loud. The manner of your prayer is not as important as your heart. These prayers are written from a Christian perspective. Adjust them as needed to fit your understanding and practice.