

## **Prayers in Times of Trial, Suffering, and Anxiety**

All of these prayers are signs of trust in the unconditional love of God. Trust is an act that invites God into our sufferings and darkness. Our temptation is to run away from Him. We should do the opposite, and here are some prayers to help. These short but powerfully effective prayers reorient our focus to the one who has conquered evil. It changes your life.

Simply crying out “**Help**” is a powerful prayer full of trust.

“**The Hail Mary**” is a prayer of contemplation and help in time of struggle

“**Lord, make optimal good come out of this suffering.**” - through this prayer we can recognize a good in suffering for ourselves, for others, the culture, the community, and even the mystical body of Christ, suffering can become not only meaningful, but redemptive.

“**I offer this up to You, Lord Jesus.**” - This is actually a very powerful stance. We make a gift of self to God through offer our suffering to Him for the salvation of others. We imitate Jesus who offered Himself completely to the Father for our salvation. Plus, we follow Grandma’s advice.

“**I give up, Lord. You take care of it.**” - Surrender and abandonment to Divine Providence is a powerful source of grace and virtue. It is beneficial at all times, but especially in those moments where all control is gone, and life’s circumstances have got the better of us.

“**Lord, push back the darkness and foreboding, You’re in charge.**” - There are times when the darkness and the fear and anxiety of suffering seem to be overwhelming. In these times, this prayer is a helpful way to push it back - even making the gesture of pushing back the darkness and foreboding. We will need to repeat it as often as needed, but it will subside.

“**Jesus, I Trust in You.**” I pray this throughout the day, when I encounter difficulties, obstacles, temptations, or sufferings. It is amazing how it keeps our mind and heart from going down a path that leads to darkness and sin.

“**Lord Jesus Christ, have mercy on me a sinner.**” - the sinner’s prayer.

All prayer leads to the most profound prayer ever uttered by our Savior, “**Not my will, but thy will be done.**” I pray this one all the time. Holiness is found in my will being united with God’s will. It is a prayer for holiness and trust.