

# Praying Without Words

Sometimes it can be difficult to find the words to pray when faced with pain we don't understand. We know that we want to see God intervene and bring healing, reconciliation, and peace, but it can be hard to find the right words for complex or painful situations.

Sometimes we might feel we're running out of words if we've already prayed many times about the same things. We know we need to be persistent in prayer, but we don't want to keep repeating the same phrases.

Think about painful or difficult issues that you want to bring to God. It can be anything related to you or someone you know.

Draw or write the situation that comes to mind. Your drawings do not need to be exact representations and feel free to use colors or shapes to express your feelings.