A Young Person’s Prayer

# Introduction

This prayer is written for a young person, and can be used in a meeting, at home or during any type of activity. Feel free to use this prayer as an inspiration to write your own.

# Prayer

Look up!

Don’t you know?   
Haven’t you heard?   
The Lord is eternal.  
Our God, our Father, Creator of the universe,  
He has all power in heaven and on earth.  
He dwells in the high and in the holy  
And he always stands with the broken-hearted.

God, my Creator,

Help me to look (up) to you and to see more of who you are.  
Help me to look up from my phone to better see the people around me.  
Help me to see those in my class or at activities after school,   
especially help me to see those who are not doing so great.  
Help me to show others that we are all equally loved by you, created in your image.  
Help me to believe what *you* say about me when I look in the mirror,   
instead of listening to my inner critic.

God, my Father,

Help me to look to you, especially when I am struggling.  
Help me to come to you with what hurts, so that you can show me your mending love,  
So that you can make what feels broken whole again.  
Help me to forgive others, as you have forgiven me, even when it costs.

God,

my peace,  
my hope,  
my light.

I look to you.

Amen.