



Sunday Night Prayer

A quiet reset before Monday

God, here I am at the edge of a new week.
I don't know what it will hold,
but I don't want to walk into it alone.

Thank You for carrying me through the week behind me —
for strength I didn't expect,
for help I received,
for small joys I might have missed.

I'm sorry for where I fell short —
for the moments I spoke from irritation instead of love,
for trying to control what I couldn't,
for forgetting to be gentle.

Tonight, I place down what I'm carrying.
I release the pressure to be everything for everyone.
I release the fear of what might happen.
I release the regret that keeps looping in my mind.

Give me what I need for the days ahead:
a clear mind,
a steady heart,
and the kind of strength that looks like peace.

Teach me to choose what matters most.
Teach me patience with others
and kindness toward myself.

Bless my home.
Bless the people I love.
Bless my work and my responsibilities.
And if this week grows heavy,
meet me there — close and unmistakable.

Amen.