



### **A Prayer For Comfort**

All-powerful God,  
Help me and bring me hope when I feel powerless.  
When I feel like there is no way out  
I will pray to you,  
and ask people around me for help.

I will try to follow Jesus' example,  
and notice those who need support,  
those who are alone, hungry or hurt.

When I have the power to help others,  
give me the opportunity and courage to do this.  
I can listen to them, learn from them,  
and stand alongside them when they need a friend.

Amen