

Prayer for Help

Lord God, I am so tired. Mornings have not been the best time for me during this pregnancy; my body keeps telling me I do not want breakfast. Cleaning has never been my special talent, but now it has become a real burden. It seems I just do not have the energy to do the things I need to do. I love the feeling of having new life within me but sometimes wonder whether you are making my child too large.

What do I do with my feelings, Lord? I know emotions are a gift from you, but this is getting ridiculous. I find myself excited and joyful one minute, and the next I am angry and frustrated. I can be elated and within a few minutes depressed. Laughter comes easily and is appreciated, only to be followed by tears that just keep coming.

My imagination is working overtime. Will the child I carry be healthy in mind and body? Will I be able to deal with the labor pains? What if there are problems with the delivery? Why am I so tired? Is there something wrong with me or our child?

Lord, I know you are present, taking care of me and our child. Help me experience your presence and know your loving care. Give me strength of body and mind to carry my child to term. Increase my faith and trust in you. I turn myself and the life I carry over to you, for I know you love us both unconditionally. Deepen my love for you, and let me get some rest, Lord.

AMEN.