

This is a prayer that you can say this week. Talking with God is a simple task. Try and spend a few minutes a day saying a short prayer. You can use this one every day if you cannot think of anything else to say.

We are tired.

I am tired.

I am tired of waiting for things to get better and I am tired of things being the way they are. All of this is tough.

I want things to get better faster.

Help us find rest and help us find moments that bring us laughter.

Thank you for the small moments of joy that we find. And thank you for loving us so much.