

# Prayers for Inner Strength

Perky believes in the power of prayer and that it can transform lives, fostering hope and faith along the way. Prayer offers numerous benefits including inner peace and calmness, gratitude and positivity, strength and resilience, and others. A selection of prayers follows with distinctive themes.

# Perky's Help

STRIVE, THRIVE AND UNVEIL BEST OF SELF

## *Courage to Move Forward*

Dear God,

I seek courage and bravery to pursue the dreams and goals You have placed in my heart. Grant me strength to face uncertainty with confidence, trusting You're with me every step.

Give me boldness to take risks, resilience to overcome obstacles, and faith to keep going. Fill my heart with courage to honour You and fulfil Your purpose. Thank you for being my strength and courage. Lead me with bravery, trusting Your plans are greater than I can imagine. Amen.

## *Embracing Self-Worth*

Dear God,

I seek to see myself as You see me, finding worth in Your love and purpose. Help me embrace my value as Your child, made in Your image, and loved unconditionally. Open my eyes to my gifts and teach me to value myself as You do.

Grant me strength to reject the world's doubts about my worth. Let me find confidence in Your cherishing love, not my accomplishments. Guide me to accept myself fully, flaws and strengths, knowing You see me as whole and complete. Amen.

## *Gratitude for Progress*

Dear God,

I thank You for guiding me forward, and for being a constant source of strength and presence in challenges and growth. You remind me that growth is not always visible, but perseverance is victory.

Help me move forward with gratitude, trusting Your plan. I praise You for progress, past and future. Your unwavering presence and love empower me. May my heart remain thankful, hopeful, and faithful. Amen.

## *Healing from Negative Thought Patterns*

Dear God,

I come to You burdened by negative thoughts and self-doubt. Heal me from destructive patterns, replacing unworthiness with Your love and grace. Teach me to see myself as worthy, beloved, and capable.

Renew my mind with hope, confidence, and purpose. Guide me to speak kindly to myself, letting Your voice drown out my inner critic. Your love and patience will restore confidence in who I am. Amen.

## *Peace and Mindfulness*

Dear God,

I seek Your peace and clarity. Calm the storm within me, helping me stay grounded. Grant me mindfulness, presence, and freedom from worry and focus me on Your creation's beauty and trust in Your control.

Help me accept imperfection, embracing each moment with gratitude. Fill my heart with calm, clarity, and faith. Thank You for being my peace and guide. Amen.