

Dear Lord, we come to you weary and stretched and overwhelmed. Our hearts are heavy with the chaos that surrounds us, but You promise to be our counselor, our advocate, our hope.

Lord, please comfort the women who are here today. Trying to so hard to choose the right things and being distracted with commitments, choices and uncertainty.

Please teach us to number our days, as the writer of Psalms pleaded for, so that we too may gain a heart of wisdom. Strip the chains of comparison or any other bondage from our hearts, so that we may lead a life where you place a clear path before us. One that leads to joy and an outpouring of peace to others, because we are content in our circumstances and joyful to the brim which encourages those around us.

Thank you for creating our exquisite brains that control our functions and let us appreciate the wonder that is our body. Please bring peace and fresh hope to our hearts.

In Jesus' might name, Amen.