

The Girl Speaks



Faith & Comfort:
Holding On When the
Storm Won't Settle

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A quiet space
for prayer,
reflection, and
reminders
that God sees
what the
world
overlooks.

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There are seasons in life that feel like wilderness — where nothing makes sense, the road feels endless, and the weight you're carrying is heavier than words.

If you've found yourself here, navigating social services, family court, or deep emotional grief... this space is for you.

I don't offer all the answers — only the quiet knowing of someone who's lived it, wept through it, and still found God in the dust.

This isn't a guide of rules or rituals. It's a soft landing place. A space to breathe. To cry out. To be reminded that even when the world overlooks your pain — heaven never does.

*You are not walking alone.
Even here, even now... you are held.*

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A Prayer for When You're at Breaking Point

Lord, I am tired.

*Not just in my body,
but in my soul.*

*You see the silent tears,
the nights I can't sleep,
the weight I carry alone.*

Please hold what I can't.

Strengthen me where I've run out.

Remind me I am still Your child

not a case file,

not a failure,

but someone deeply loved.

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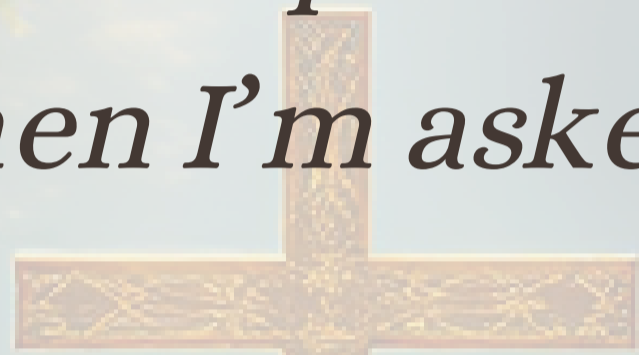
A Prayer for the Day of Court or Meetings

Lord,

You know what today holds.

*You know the weight I'm carrying before I even
speak a word.*

*Give me courage that doesn't shake,
Peace that doesn't depend on the room I walk into,
And clarity when I'm asked to defend my heart.*



*Help me to stay calm, even when I'm
misunderstood.*

Help me to speak truth, even if my voice trembles.

*Stand beside me — in every silence, every
sentence, every second.*

*I don't trust the system... but I trust You.
And I know that even here, I am not alone.*

Amen.

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A Prayer for My Children's Protection

Father,

*I entrust them to You
even when I can't hold them myself.*

*Surround them with
peace that the world cannot give.*

*Speak love into the
places I can't reach.
Be where I cannot be.*

Keep them safe.

Keep them whole.

Keep them connected to love.

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A Prayer for Night Time

Lord,

*The world is quiet now, but my thoughts are loud.
The weight of the day hasn't left me. The fears, the
doubts — they whisper louder in the dark.*

You see me here — tired, hurting, still hoping.

*Wrap peace around my mind like a blanket.
Remind me that I don't have to carry it all tonight.*

*Watch over the ones I love. Be near to the ones I
can't hold.*

And hold me too, in Your mercy.

Even now... especially now... I trust You.

Amen.

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A Prayer for Reconnection

For the parent longing to be close to their child — in presence, in heart, or in spirit.

Lord,

You know the love I carry — the kind that doesn't fade with distance or silence.

You know what was taken, what was broken, and what I still long to mend.

I place them in Your hands again.

Every memory. Every moment I missed.

Every part of me that aches for what should've been different.

Help me stay steady in love, even when the wait is long.

Help me forgive where I need to, and hope where it feels impossible.

Remind me that connection runs deeper than reports or rulings.

And that love — real love — leaves its mark, even across the miles.

Bring us back to each other, God.

In Your way. In Your time. In a way that heals.

Amen.

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A Prayer for Mental Health

God,

*Some days the heaviness in my mind is louder
than the world around me.*

*Thoughts I didn't choose. Emotions I can't explain.
Exhaustion that sinks into my bones.*

You see it all.

*Not just the parts I show the world — but the
shadows I hide.*

Remind me that I'm not broken.

*That I'm still Yours. Still loved. Still worthy, even
in the fog.*

Help me find moments of stillness,

People who speak softly,

*And the courage to keep reaching for light — even
when I can't see it.*

You are the God who sits with the hurting.

Sit with me now.

Amen.

The Girl Speaks



A Quiet Closing

You've reached the end of this small offering
– but I know your journey is still unfolding.

If you only remember one thing from
these pages, let it be this:

You are not walking alone.

God is with you – in the silence, in the
struggle, and in the strength you didn't
know you had.

He sees what the system can't.

He hears what you can't say out loud.

And He holds every tear you thought no
one noticed.

Come back to these pages whenever you
need. Breathe. Pray: Rest.

You are still His. You are still enough.

— *The Great Speaks*