

Le monde aujourd'hui

Article à partager



Prayers in English

For those who read these lines, perhaps in the silence of an empty room, or in the middle of a crowd that does not see them...

These prayers are for you. They were written for the hours when words fail us, when the heart is too heavy, when the night seems endless. You are not alone in those moments. Millions of Christians, in all four corners of the world, know this same crossing of the desert, this same thirst for a presence.

But here is the Good News that I come to remind you of today: you have a Coach, a Guide, a Companion who never takes a vacation, who never sleeps when you keep vigil, who never looks away when you cry.

His name is Jesus Christ.

He is not a coach like the others. He doesn't sell you a miracle method. He doesn't judge you on your performance. He doesn't ask you to be strong: He simply says to you, as to Paul: "My grace is sufficient for you, for my power is made perfect in weakness" (2 Corinthians 12:9).

Jesus is the One who knew hunger in the desert, nights without a pillow, abandonment by His friends, tears at a tomb, anguish in the Garden of Olives. He knows. He understands what you are going through, because He went through it before you. And today, alive forever, He stands at the door of your heart and knocks, patiently, tenderly, waiting for you to open to Him.

Talking to God is simpler than you think. No need for complicated formulas, long sentences, or perfect postures. A tear is a prayer. A sigh is a prayer. Even a cry of anger can be a prayer. Look at the Psalms: they are filled with howls, questions, doubts. God kept them all in His Word. He is not afraid of your truth. He awaits it.

You have a heavenly Coach, available 24 hours a day, 7 days a week, no internet connection required. His number is the silence of your heart. His office is the depths of your soul. His language is the love that never fails.

The prayers that follow are like handrails, supports to help you start the conversation. But never forget: the most important thing is not the beauty of the words, but the movement of your heart turning towards Him.

So, breathe deeply. Place your hand on your chest. And simply say to Him: "Jesus, I am here. Are you here too?"



1. Prayer for a Sick Person

To place a loved one, fragile as a flickering lamp, into the hands of the God who heals and consoles.

Lord Jesus, you who took upon yourself our sufferings and our illnesses, turn your gaze of compassion towards [name of the person]. Just as you touched the hand of Peter's mother-in-law and the fever left her, place your gentle and firm hand on their body and heart. May your presence be a balm in their restless nights, a strength in their days of weariness. Grant the caregivers wisdom and diligence, and to us, who keep vigil, the grace of hope. You who are the way, the truth, and the life, be their life when theirs fails. Amen.

2. Prayer for the Mourning of a Loved One

To cross the valley of tears without losing the thread of the love that remains.

Father of mercies and God of all consolation, my heart is in pieces and my breath is short. You know the name I weep for, the face I search for in vain in the crowd. Welcome [name of the deceased] into your unfading light, where there is no more mourning, nor crying, nor pain. Grant me the grace not to sink into absence, but to dwell in gratitude for all that was shared. Like a child who abandons themselves into the arms of their mother, I abandon my sorrow into your hands. Amen.

3. Prayer for Insomnia

When the night becomes an anxious vigil, a call for the peace that guards the heart.

Holy Spirit, gentle host of my soul, the night envelops me but sleep eludes me. My thoughts whirl like frightened birds. Calm this inner turmoil, let the silence of Bethlehem descend upon me, the silence of the manger where the Word was made flesh without a sound. Let every breath become an invocation: "Abba, Father, I abandon myself to You." Let your peace, which surpasses all understanding, stand guard around my heart and my mind. Amen.

4. Prayer to Speak to God Against Loneliness

A cry from the deserted island of the heart, to feel a Presence at one's side.

You who are, O my God, here I am alone in the midst of the crowd, alone in the silence of my room. You said, "It is not good for man to be alone." Are you not the Friend who never disappoints, the Companion of the empty hours? Make me feel, not by the senses but by faith, that you walk by my side, as with the disciples of Emmaus. Let my loneliness become a flowering desert, a space where I hear only your gentle, quiet voice. Speak, Lord, your servant listens, for without you, even the multitude is an exile. Amen.

5. Prayer for Abundance

Not only to ask for goods, but to welcome the fullness of divine life that pours into all areas.

Most good Father, source of every perfect gift, you open your hand and satisfy every living thing with your blessing. I ask you not only for daily bread, but for the abundance of your grace, the overflowing of your joy, the surplus of your love that spills over into my work, my relationships, and my projects. Multiply in me the fruits of the Spirit, and may, like the loaves and fishes in your hands, the little I offer become a feast for many. Give me a generous heart to receive, open hands to share, and the wisdom to seek first your Kingdom. Amen.

You have just read these prayers. Perhaps some words echoed in you, put words to your pain or your hope.

So, before returning to your occupations, to your silence, or to your daily struggle, receive this as a sweet and firm certainty: you are no longer alone. You never truly were, in reality, but now you know. Jesus Christ, your divine Coach, walks by your side. He does not promise you a life without trials, but He promises you His presence in every trial. He does not promise you the absence of dark nights, but He promises to be the light that shines in the heart of those nights.



Remember His promise, the last one He made before ascending to the Father: "I am with you always, even to the end of the age" (Matthew 28:20).

Not "I will be" in the future. Not "I could be" in the conditional. "I AM," in the present. Now. Right away. In your car, in your kitchen, in your hospital bed, in your insomnia, in your mourning. He is there.

So speak to Him. Not only with the words of these prayers, but with your own, the ones that come out all clumsy and true from your heart. Tell Him about your day. Tell Him your fears. Confide in Him your anger. Ask Him for forgiveness. Thank Him for the song of a bird, for a ray of sunshine, for a helping hand. Let Him into the concrete details of your life. He is waiting for them. He desires them.

You have a Coach, a King, a Brother, a Savior. He has conquered death so that you may have life. His expertise is resurrection. His domain is the impossible. And He specializes in hopeless cases, broken hearts, and abyssal loneliness.

So, when you close this page, do not close your heart. Let the conversation continue. Whisper, sing, cry out, or smile in His direction. He listens to you. He will answer you, perhaps not with words, but with a peace, a strength, a sign, a meeting.

Go, and remember: with Jesus on your team, you are already a winner, even when all seems lost. The match is not over. The resurrection is always the last word.

"If God is for us, who can be against us?" (Romans 8:31) No one. Neither loneliness, nor sickness, nor death, nor fear.

No one.

So, forward. One step after another. With Him.

Always with Him.

Amen.