

Drippings of Grace Ministries

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Prayer on Chronic Sorrow

God of Brokenhearted,
You know the ache that never leaves,
the quiet grief that lingers beneath daily life—
not sharp like fresh mourning,
but steady,
woven into the fabric of our days.

This sorrow—chronic and familiar—
is not for lack of faith,
but from situations outside of our control.
Situations that beckon us into hopelessness,
desperation, isolation, and depression.

It is birthed from the loss of a loved one,
either experienced or expected,
Long-term critical illness,
with never ending treatment,
And the death of dreams and
altered realities.

Hold us in this place,
where healing doesn't mean forgetting,
and peace must coexist with pain.
Teach us to carry this sorrow
without shame,
without isolation,
without losing ourselves to despair.

Let Your presence be the place we rest
when joy feels far
and hope feels thin.

Remind us that even Jesus wept,
even He bore wounds that remained
after resurrection.

So, give us the grace
to breathe through each moment,
to find meaning even here,
and to know that we are not abandoned by You
during this long ache.

Amen.