

The Heartlifter Way
A GUIDED PRAYER



Heavenly Father,
Thank You for the people You have placed in my life.
Thank You for the opportunity to reflect Your love through how I support others.

Lord, open my eyes
to notice those who are weary, discouraged, or carrying unseen burdens.

Help me not to rush past people,
but to be present, attentive, and compassionate.

Give me words that build up, not tear down.
Let my voice carry kindness, truth, and encouragement.

Teach me to speak life into others,
especially when they cannot see their own strength.

Fill my heart with humility and love.

Remove comparison, pride, or self-focus,
and replace it with a genuine desire to lift others higher.

Holy Spirit, guide my actions.

Show me when to listen,
when to step in,
and when to simply sit beside someone in their pain.

Help me to be a safe place for others—
a reflection of Your grace, patience, and mercy.

Lord, remind me
that even small acts of encouragement matter.

Use my words, my presence, and my life
to plant seeds of hope, courage, and healing.

And when I feel empty,
lift me too, God.

So that what I pour out
comes from a place of being filled by You.

Together, we rise—because of You.

In Jesus' name,
Amen.