



A Gentle Prayer Practice *Receiving a Word for the Year*

This prayer practice is offered by **Sacred Sorrows** for grieving mothers. It is meant to be entered slowly and gently, without pressure or expectation. As mothers who carry loss, it often takes time to rest after the holidays and to feel ready to listen again. God is not in a hurry with you.

Prepare Your Space

Set aside about 25 minutes. Make yourself a comforting beverage. Have your Bible and a journal nearby. Colored pencils or pens are optional. Take a deep breath and allow yourself to settle.

Scripture

John 1:1 — “In the beginning was the Word, and the Word was with God, and the Word was God.”

John 1:14 — “And the Word became flesh and dwelt among us.”

Psalm 119:105 — “Your word is a lamp for my feet, and a light for my path.”

Prayer

As you rest with Jesus—the Word made flesh—you may gently ask:

“What does my heart long to hear from You right now?”

Journaling

- What word or phrase did I notice?
- What stirred in me as I prayed?

If a word comes to you—whether clear or faint—you may write it down as a remembrance. This is not a goal or a promise. It is simply a gentle marker of how God met you in prayer. Carry it with tenderness into the days ahead.