

Pinky Promise Prayers: Finding Light Together

Finding the LIGHT in Prayer

A simple prayer companion for the breast cancer journey

*Some days, you may have many words for God.
Other days, you may not know what to pray at all.
The LIGHT Prayer Guide offers five simple places to begin.
You don't need perfect words or perfect faith.
Come to God as you are, and let His Light meet you there.*

L — Lean on God

Prayer Prompt

What feels too heavy for me to carry today?

Prayer

Lord, I give You what feels too heavy for me today. When fear, uncertainty, or exhaustion weighs on my heart, remind me that I do not have to carry it alone. Help me lean on Your strength and rest in Your presence. Amen.



I — Invite Connection

Prayer Prompt

Who might God be inviting me to reach toward—or receive support from—today?

Prayer:

God, thank You for the people You place along this journey. Give me courage to ask for help when I need it and grace to receive the love and support of others. Remind me that I was never meant to walk the hard roads alone. Amen.



G — Give Thanks

Prayer Prompt

What small gift of grace can I notice today?

Prayer

Father, even in a difficult season, help me notice the gifts You place in front of me—a kind word, a quiet moment, a helping hand, a reason to smile. Thank You for meeting me in both the ordinary and unexpected moments of this day. Amen.



H — Hold Onto Hope

Prayer Prompt

Where do I need God's hope most today?

Prayer

Lord, when I cannot see what comes next, help me hold onto hope. Remind me that my circumstances do not change who You are. Be my anchor in the waiting and my Light when the road ahead feels uncertain. Amen.



T — Trust Tomorrow to God

Prayer Prompt

What am I worrying about tomorrow that I can place in God's hands today?

Prayer

God, tomorrow belongs to You. Help me release the questions I cannot answer and the outcomes I cannot control. Give me grace for today and courage for the next step. I trust You to meet me there. Amen.



A Pinky Promise for Today

Today, I pinky promise to take this journey one day, one prayer, and one promise at a time. I will look for God's Light and remember that I do not have to walk the hard roads alone.

— Tracy C. Smith

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