

# **Come As You Are**

***A 7-Day Prayer Guide for the Tired, the Hurting and the Honest***

From Pastor Dr. Sully Sullivan · Anchored SA · San Antonio

No pressure here. Take these one day at a time, at your own pace. Skip a day, start over, pray them out loud or in silence. God isn't grading you. He's glad you showed up.

## **Day 1: You Are Seen**

*"The LORD is nigh unto them that are of a broken heart." — Psalm 34:18 (KJV)*

**Pray:** Lord, I don't have to pretend with You. You see what I carry. Be close to me today. Amen.

**Sit with it:** Where do you need God to be close right now?

## **Day 2: Honest Prayers Are Real Prayers**

*"Pour out your heart before him: God is a refuge for us." — Psalm 62:8 (KJV)*

**Pray:** Father, here is the truth of how I feel. I give it to You, all of it. Amen.

**Sit with it:** Write one honest sentence to God.

## **Day 3: Rest Without Guilt**

*"Come unto me, all ye that labour and are heavy laden, and I will give you rest." — Matthew 11:28 (KJV)*

**Pray:** Jesus, I am tired. Teach me to rest in You, not just to try harder. Amen.

**Sit with it:** What would real rest look like this week?

## **Day 4: Healing From Hurt**

*"He healeth the broken in heart, and bindeth up their wounds." — Psalm 147:3 (KJV)*

**Pray:** God, some of my wounds came from people who said they spoke for You. Heal what they broke. Amen.

**Sit with it:** Who do you need to release to God, not to excuse, but to be free?

## **Day 5: Not Alone**

*"I will never leave thee, nor forsake thee." — Hebrews 13:5 (KJV)*

**Pray:** Lord, remind me I'm not walking this alone. Send me one safe person. Amen.

**Sit with it:** Who is one person you could reach out to?

## **Day 6: Light in the Dark**

*"For thou wilt light my candle: the LORD my God will enlighten my darkness." —  
Psalm 18:28 (KJV)*

**Pray:** God, I don't need all the answers. I just need enough light for the next step. Amen.

**Sit with it:** What is your next small step?

## **Day 7: Come as You Are**

*"Nothing shall be able to separate us from the love of God." — Romans 8:38-39 (KJV)*

**Pray:** Father, thank You that Your love doesn't depend on my performance. I come as I am. Amen.

**Sit with it:** What would change if you believed you already belong?

## **You Already Belong**

Anchored SA meets Sundays at 2:12 PM at 9323 Perrin Beitel, San Antonio, TX 78217. Watch online first at [anchoredsa.com](http://anchoredsa.com), or text us a question at (210) 549-8453. Community over culture.

If you are in crisis or thinking about hurting yourself, call or text 988 (Suicide & Crisis Lifeline) any time.