

# Angel Prayers

Requests for Some of Life's Biggest Issues

We all have moments where we're just not sure what to do. Life can be hectic, and it is easy to get swept into the stress and turmoil that seems to surround us.

But love and peace surround us too, if we are willing to reach out for it. In this PDF you will find requests that you can make at a moment's notice to receive assistance and guidance from your angels. Some of them are attached to specific Archangels due to their specialties, while others are just for your angels in general.

There are many things that you can ask your angels for help with – just a few are listed here. Nothing is too big or small for you to ask your angels for assistance with, so feel free to ask them no matter what it is or where you are. They will hear you even if your request is silent.

Don't be concerned about whether you're addressing the right angel or if they hear you. Your angels are always listening, and the message always gets relayed to the right recipient.

If you scroll down, you'll find the prayers on the next two pages. I let the angels lead me to choose a handful of issues that we seem to deal with almost daily. I hope you enjoy them and that they bring a lot of good to you.

\*blessings!\*

-- Lindsey Rainwater

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# Angel Prayers

Requests for some of life's biggest issues.



## **De-Stressing:**

*Angels, please be with me now. Ease the tension in my body and mind. Remind me that tension solves nothing, and that I will be better able to deal with the situation at hand if I am calm, relaxed, and thinking clearly. Relax my muscles so that my energy can flow freely, and clear the unnecessary noise in my head so that I can make plans and decisions that are for the highest and best good of everyone involved. Thank you.*

## **Physical Healing:**

*Archangel Raphael, please help me with [insert specific issue here.] Lay your healing hands on me, and relieve the discomfort I'm in. Please help my body to put itself back the way it should be, and guide me to foods, exercises, and other forms of healing that will speed my recovery. Thank you.*

## **Sleeplessness/Insomnia:**

*Dream angel, please aid me in falling asleep quickly. Ease my body so that I am comfortable, and ease my mind so that I may find peace. Remind me that nothing is so important that I should lose sleep and weaken my body over it, and that everything is being taken care of by God and the angels. Help me to drift to sleep soon, and please help my rest to be deep and refreshing so I am ready to start tomorrow anew. Thank you.*

## **Courage:**

*Archangel Michael, please lend me your courage and strength in this situation. Keep my head clear and my heart strong as I move forward. Help me to handle this in the most loving way possible, but remind me that I am much more than I think I am, and so I am perfectly capable of doing what needs to be done. Thank you.*

**Parenting Issues:**

*Angels, please help me to understand what is happening with my child. Allow me to see where the problem lies – if it is in how I handle them, if it is broken communication, or something else. Please speak to my child's angels on my behalf, and ask them to help my child express their needs and feelings, as well as understand when their behavior is wrong. Angels, help me to stay calm and loving with my children, even if discipline is necessary on occasion. Remind me that nobody is perfect, and that I am a good parent because I want to do everything for the highest good of my children, and that I should never compare myself to other parents – because they are not me, and their children are not my children. Help me every day to be the best parent that I can be. Thank you.*

**Anger:**

*Angels, ease these turbulent feelings within me. I am angry, but I do not want to be, because anger doesn't solve anything. Remind me that anger is a normal response, but that staying angry is unhealthy, and that acting in anger is foolish. Help me to forgive the person or situation that made me angry, even if it was me. Clear my mind and calm my thoughts so that I may proceed in a loving and intelligent fashion. Thank you.*

**Focus (Work or School):**

*Archangel Uriel, please help me to focus on what I need to be doing now. Assist me in keeping my mind on the task at hand, and learning what I should be learning. Keep my mind open and clear, my curiosity strong, and my problem solving skills sharp. Help me to get my projects done well, and ahead of schedule so they don't cause me unnecessary stress. Thank you.*

**Depression:**

*Angels, please lift my spirits from where they are now. I'm feeling low, but I don't want to. Help me to wash away feelings of loneliness, inadequacy, stress, anxiety, or anything else that is not for my highest and best good. Remind me of how many blessings I have in my life, and help me to hold onto those good feelings so that I can enlarge them until they fill my whole life and I can leave my depression behind me. Thank you.*

**Grief:**

*Archangel Azrael, please help me to ease these feelings of grief I am dealing with. Right now I'm thinking about [insert name of person, pet, or life change that is on your mind] and these thoughts are hurting me. Help me to look at these things in a new light, and see the situation not as an end, but as the beginning of something new. Remind me of all the lessons that I learned and good times that were had, and that I should take those memories and use them to propel me forward into even better things. Thank you.*

### **Financial Worries:**

*Angels, please help me to ease my worries about money. Remind me that which funds are scarce right now, and I have bills to pay, worrying about them does nothing to help the situation. Help me to take time that some would use for worrying, and use it in better ways, such as spending time with those I love so they do not feel neglected, or finding different ways to bring in extra money. Please open my eyes to any paths I could take that would make more funds available to us, and help me to follow those paths in the best way possible. Thank you.*

### **Lost Items:**

*Archangel Chamuel, please help me to find [insert item that is missing.] I need this item back, and I don't know where it is. But I know that nothing is lost in the eyes of God, and that you can help me to locate it. Please give me signs or feelings to show me where it is. Thank you.*

### **Getting Fit**

*Angels, please help me to be more conscious of how I treat my body. Help me to be excited about working out, and to feel better every time I exercise. Also help me to tune into my body and listen to what it tells me that it needs. Finally, help me to resist foods that are not good for me, and encourage me to eat foods that will do the most good for my body. Thank you.*

### **Fatigue**

*Angels, please help me to feel energized and uplifted. Lend me your energy and strength for a while so that I can do the things I need to do. Keep my mind focused on the wonderful projects ahead of me, and what blessings they are. Also remind me of all the progress I've made and how proud I should be of that. Cleanse away my fatigue and weariness, and let me look on the situation with fresh eyes and a renewed spirit. Thank you.*

### **Forgiveness**

*Angels, please help me to forgive. I know forgiveness is critical to moving forward in life, but I also know that it isn't easy to do. Help me to forgive others who have wronged me, whether it was intentional or accidental. Also assist me in forgiving myself for mistakes I've made and any other reason why I harbor resentment against myself. Remind me that by not forgiving, the only person I harm is myself, no matter what the situation is or was. Thank you.*

**-- Lindsey Rainwater**

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