

# KIM MOLZAHN

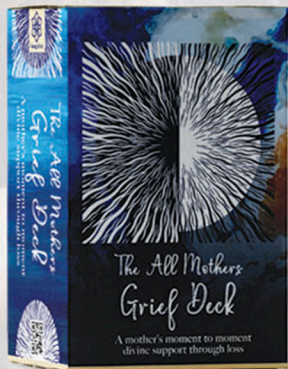
## The Power of Prayer

The attached prayer card is the first card from **The All Mothers Grief Deck™**, a resource I created from my own child loss grief journey. I share my path and original prayers in the deck in the hope that it will be a useful guide and tool for other mothers who also grieve. The full deck and journal will be available in 2023.

### How To Use This Card:

Carry this prayer card with you and use it when grief has taken hold of you. This prayer will **encourage, strengthen, reposition** and **illuminate** your path. I recommend you use it daily/weekly when you need it most. Watch how your life will transform. Remember, you are stronger than you think you are.

I would love to know how this prayer may have helped you. Share your story by visiting [www.kimmolzahn.com](http://www.kimmolzahn.com). If you feel this prayer card may help someone you know, please pass this card along!



More to come,

Kim

**Kim Molzahn**  
Founder of Innergy Revival  
& The All Mothers Grief Deck



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## Prayer #1 The Mother Prayer

*Short Version:*  
“(God) Restore Me”

*Long Version:*  
“God, illuminate what I do not see. Help me shift my eyes, heart, and mind. Infuse me with strength. God encourage me in my motherhood journey so that I can walk the path that is front of me. Foster my spirit to allow for your peace to permeate throughout my body.”

### Prayer Summary:

The Mother Prayer is helpful for any grief state you are in. It encompasses all four key elements of the Illumination, Repositioning, Strength, and Encouragement prayers found in this deck. These are the four core elements needed to restore peace within. This prayer is especially helpful when you feel completely overwhelmed or disconnected. The Mother Prayer asks for every part of our being to alter and seek a more peaceful state. There is a duality that exists, peace and grief dwell within each of us. This prayer helps us move from what holds us captive in a given moment (grief state) to peace state - what sets us free.

### How To Work With This Prayer:

The Mother prayer addresses our whole being. When we cannot recognize, renew, reinforce, or reaffirm ourselves, the Mother prayer is our compass to return and guide us back to a peaceful state. A peaceful state can still be achieved even when chaos is present. When the negative emotions and triggers that cause those negative emotions in our lives feel overwhelming, start with this prayer.

### Think About:

Is there something on your heart that you can ask God to help with?

### God's Message:

We as beings are made up of three parts: mind, body, and spirit. Nurturing each of these areas is essential. When our mind, body, and spirit are fostered, our peaceful being begins to find a permanent residence within our souls regardless of the Grief State we are in. Acknowledging and cultivating these areas allows us to recognize when those triggers that cause an emotional shift are present. We can transform our negative emotions quicker and easier when all three are in balance. This work is not easy. It is through recognizing and shifting that we begin to transform.

### In The Bible - Mary's Journey:

Mary of Nazareth, whom we are connected to through motherhood, undoubtedly was completely overcome with grief as her son, Jesus was crucified and ultimately died on the cross in John 19:25-27. Mary undoubtedly called to God in those moments and she trusted in Him as is illustrated in Acts 1:14-15 and Acts 2:1-4 where she prayed with the disciples and got baptized, as she too believed in God's word. Trust that God will work through this prayer to carefully restore you, whether your mind, body, and spirit are capable of carrying you at this moment. Do not be afraid of the hard. It is through "the hard" that we evolve into our Peace State.

### A Mother's Words - Author's Note:

When I am taken over by Grief State, I use the Mother prayer to restore peace within myself and return to my Peace State. I also use the wisdom that a friend shared with me that she learned through her walk of loss. The first Christmas after the loss of our son Ryan, I called her one night when I was in complete despair. I did not know how I was going to continue to go on. The words she shared with me that night after she listened to the agony of my heart and soul, changed the way and the amount that I allowed triggers. She had learned she had to limit her exposure and now, so did I. By the grace of God I knew who I needed to call that night. It was her words that spurred the journey to the prayers I am sharing with you. Her words illuminated the fact that I can not let the triggers control me, repositioned my thoughts to recognize how I had gotten to where I was, strengthened me in the words she shared, and encouraged me through the hope that she had also been where I was and had withstood the battle and had the wisdom to share with me. Sometimes we are unable to control the emotional triggers, however, when we are, we must honor and preserve ourselves by limiting them.