



# COME, SIT WITH ME

PRAYER GUIDE

ADAPTED FROM PASSION PRAYER 2026

# Preparing Your Heart

You do not need perfect words—only a willingness to return.

Come honestly, trusting in His mercy, and allow the Lord to meet you as you begin this time of reflection and prayer.

“Even now,” declares the Lord, “return to me with all your heart, with fasting and weeping and mourning.” Rend your heart and not your garments. Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity.

**JOEL 2:12-13**

## STATION 1

# Return to the Lord

Pause here.

Let the hurried rhythm of your world settle into the stillness of this space. Imagine Jesus seated beside you—not as a judge waiting for an explanation, but as a friend offering a chair.

God's first movement toward us is not a demand; it is an invitation: "Return."

Jesus is not asking you to "prove yourself" or "fix everything" before you approach Him. He simply asks you to be.

Returning begins not with a frantic effort to change, but with the quiet courage to sit. Not with a list of excuses, but with the simple truth of your presence. Before the sacrifice of the Cross, there is the gentleness of the Call – Return to Me.

Return, Israel,  
to the Lord your  
God. Your sins  
have been your  
downfall!

**HOSEA 14:1**

## REFLECTION

- What is the hardest part about sitting quietly with Jesus? Is it the silence, the guilt, or the feeling that you should be "doing" something for Him instead? Or are you waiting to be "better" before you feel you can truly sit with Jesus?
- How does it feel to hear God say "Return to Me", rather than "Explain yourself"?

## STATION 2

# Take Words with You

On the way to the Cross,  
Jesus encountered many voices:  
the accusations of the high priests,  
the denials of Peter, and the shouts of  
the crowd.

Amidst that noise, He still leans in to hear  
your voice.

God invites us to return without masks.  
He already knows the weight you are  
carrying, yet He invites you to name it.  
Take words with you—simple, raw,  
unpolished words. God invites your  
honesty, not eloquence.

Confession is not a transaction to buy  
forgiveness; it is an act of intimacy. It is  
not about humiliation; it is about stepping  
out of the shadows and into the Light  
where healing can begin.

Take words with you  
and return to the Lord.  
Say to him: "Forgive  
all our sins and receive  
us graciously, that we  
may offer the fruit of  
our lips. Assyria cannot  
save us; we will not  
mount warhorses.  
We will never again say  
'Our gods' to what our  
own hands have made,  
for in you the fatherless  
find compassion."

**HOSEA 14:2-3**

## REFLECTION

- What sins, griefs, disappointments, or questions have you kept hidden? What words do you need to bring honestly before God today?
- If you took off your "mask" today, what would your soul look like?

## STATION 3

# I Will Heal You

You have sat with Him. You have given Him your "words."

Now behold the Cross where God's love was given freely through Christ's costly sacrifice – for you and I.

Healing flows from God's free love, not our effort. At the Cross, we see that Jesus did not step away from our brokenness; He entered it fully. He took our "waywardness" and wore it as a crown of thorns.

At the foot of the Cross, we wait. We surrender. We behold the Love that absorbed our sin and shame. And like the gentle dew that refreshes the parched earth, His grace flows into the dry places of your soul—quietly, steadily, and without condition.

"I will heal their waywardness and love them freely, for my anger has turned away from them. I will be like the dew to Israel.

**HOSEA 14:4-5a**

## REFLECTION

- Jesus has already carried the weight of your words. What are you still holding back that God is calling you to release and surrender at the foot of the Cross?
- Where do you need healing and restoration, not just forgiveness?
- Where in your life does it feel like a "dry desert" right now? Ask God to be like the dew in that specific place—quiet, refreshing, and steady.

## STATION 4

# I Will Flourish You

Returning to the Lord ends not in shame, but in a life that begins to bloom again. Every return to the Lord ends not in the darkness of the tomb, but in the promise of the garden.

Even as we wait in the "Saturday" of our lives—those quiet, dark spaces where it feels like nothing is happening—God is at work beneath the surface. Flourishing is a slow work. The splendour God promises is not a life without scars, but a life restored—roots deepened, shoots emerging, fruit growing.

The Cross was the planting, the Resurrection is the bloom. In Christ, even your "dead ends" can become the soil for new life.

He will blossom like a lily. Like a cedar of Lebanon he will send down his roots; his young shoots will grow. His splendor will be like an olive tree, his fragrance like a cedar of Lebanon. People will dwell again in his shade; they will flourish like the grain, they will blossom like the vine—Israel's fame will be like the wine of Lebanon. Ephraim, what more have I to do with idols? I will answer him and care for him. I am like a flourishing juniper; your fruitfulness comes from me. Who is wise? Let them realize these things. Who is discerning? Let them understand. The ways of the Lord are right; the righteous walk in them, but the rebellious stumble in them.

**HOSEA 14:5b-9**

## REFLECTION

- Where in your life does it feel like "nothing is happening"? Can you trust that God is working in the dark?
- Where might God be inviting you to grow deeper roots in Him? Where do you sense quiet signs of renewal in this season?
- Who in your life needs the grace you have received today? How can your flourishing become a gift to someone else?

