Praying through Scripture

FOR WORRY & FEAR

guided meditations for peace and strength

Bible Study Tools
It’s tempting when fear arises to run to things we think will comfort us, but nothing in the world will be able to bring us the comfort that Christ can. He can feel distant at times, especially when anxiety begins to overwhelm you, but reading the truth of the Bible reminds us that he is always near to the brokenhearted and close to those in need.

Find peace in knowing he has always been faithful, that he will still be faithful even now, and that he will be faithful in the future, no matter what might come your way.
God, I acknowledge my need for you today. I pray that you would breathe peace onto me through your Holy Spirit. Would you guard my heart? Would you show me how to protect my mind? I know I am weak on my own, and I fall back on your strength today. Be near to me, guiding me and equipping me as I go.

In your name, amen.
Jesus, I put my trust in you today. Anxious thoughts are taking over my mind, and it’s easy to take my eyes off of you when I feel afraid. Would you remind me of who you are? Would you pour out your love on me, that I might remember you are always good and always faithful, even when I am afraid? I want to put all my trust, all my hope, and all my faith in you alone.

Amen.

When I am afraid,
I put my trust in you.

PSALM 56:3
Lord Jesus, thank you for always being with me. Your name, Immanuel, means God with us. I’m so grateful today that you are near to me no matter what anxious thoughts might try to creep into my mind. Thank you for being my strength when I feel weak. Thank you for upholding me and never letting me fall. You are faithful, always. I love you, Lord, and I rely on you today and every day.

Amen.

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

ISAIAH 41:10
For God has not given us a spirit of fear, but of power and of love and of a sound mind.

2 TIMOTHY 1:7

God, thank you for this truth. Thank you for the gifts you bestow on me, gifts that help ease my anxious spirit and remind me of who I am in Christ. Thank you for giving me power to fight the lies. Thank you for loving me even in my brokenness. Thank you for clearing my mind and whispering your words over me. I am grateful, Lord.

Amen.
Lord Jesus, I know in you I am a conqueror. Sometimes, it can feel so hard to believe that. I don’t feel strong or courageous, and I worry relentlessly about my life and circumstances. Would you remind me today that I can be strong and brave in you? Would you send your Spirit to remind me that I am not alone? I surrender my heart to you today. Be my strength.

In your name, amen.
Lord, my heart feels broken. My mind is restless and my spirit is uneasy. When I feel broken down or defeated, I want to run to you, knowing you are always present and always near. Would you speak to me today, Lord, and save me from my anxiety? Comfort me, Jesus.

In your mighty and holy name, amen.
Jesus, my anxious heart is weighing me down today. I confess that I have become consumed by my own thoughts, and I have lost sight of who you are. Speak kindly to my heart, Lord, and remind me of what is true. Thank you for forgiveness and your endless grace for me.

In your name I pray, amen.

An anxious heart weighs a man down, but a kind word cheers him up.

PROVERBS 12:25
Dear Lord, it is my deep desire that your peace would rule in my heart. When I feel uneasy or unsettled, I want to know you are near to me. I surrender my heart to you today. Would you calm my fears, settle my spirit, and bring rest to my heart?

Amen.

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace.

COLOSSIANS 3:15
Lord, thank you for giving me strength. On the hard days, help me to remember you are never far away. Your strength is always fighting for me—I need only to be still in your presence. Thank you for bringing peace to me. Thank you for every blessing. I want to name and remember them today, for you are always good.

Amen.
This prayer guide is part of our larger Prayers resource meant to inspire and encourage your prayer life when you face uncertain times. Visit our most popular prayers if you are wondering how to pray or what to pray. Remember, the Holy Spirit intercedes for us and God knows your heart even if you can’t find the words to pray.