

Praying through

Scripture When

Anxiety Strikes

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1. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:7

God, I acknowledge our need for you today. I pray that you would breathe peace onto me through your Holy Spirit. Would you guard my hearts? Would you show me how to protect my minds? 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.

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

Psalms 56:3

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.

3. 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

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.

4. 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 us-- gifts that help ease our anxious spirits and remind us of who we are in Christ. Thank you for giving us power to fight the lies. Thank you for loving us even in our brokenness. Thank you for clearing our minds and whispering your words over us. We are grateful, Lord. Amen.

5. Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go.

Joshua 1:9

Lord Jesus, we know in you we are conquerors. Sometimes, it can feel so hard to believe that. We don't feel strong or courageous, and we worry relentlessly about our lives and circumstances. Would you remind us today that we can be strong and brave in you? Would you send your Spirit to remind us we are not alone? We surrender our hearts to you today. Be our strength. In your name, amen.

6. The LORD is close to the brokenhearted and saves those who are crushed in spirit.

Psalms 34:18

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.

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

Proverbs 12:25

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.

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

Colossians 3:15

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.

**9. The LORD gives strength to his people;
the LORD blesses his people with peace.**

Psalms 29:11

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.