

A Prayer When Battling Worry, Stress, & Anxiety

Dear Heavenly Father,

Today, I confess that I am feeling the stresses and anxieties of this world. My heart feels heavy and my mind feels overwhelmed. Specifically, I feel worried about _____. Sometimes, I don't even feel worried about just one thing--instead, it feels like the weight of the world is on my shoulders.

God, give me wisdom to understand the source of my anxiety. Instruct me on the way that I should go to resolve the issues in my life. If I can do something to change my circumstances, show me. Let your word be a lamp to my feet and a light to my path (Psalm 119:105). If the source of my anxiety is a spiritual attack, reveal that to me, Holy Spirit. Help me hold up the shield of faith to extinguish the fiery darts of the Enemy that seek to disturb my peace (Ephesians 6:16).

Father, You say in your word not to be anxious about anything, but to come to You instead with thanksgiving and petition (Philippians 4:6). So right now, I come to your throne and thank You for your love, and your goodness. I thank you that You always provide for your children (Philippians 4:19). I thank you that You make a way for us when it seems like there is no way forward (Isaiah 43:16-19). I thank you that You are the God of miracles (Psalm 77:14). I thank you that You lead us beside quiet waters and restore the peace in our souls (Psalm 23).

Lord, I thank you for your son's death on the cross to free me from all anxiety. Thank you that He bore the weight of the world so I don't have to (1 Peter 2:24). Whatever the anxiety stems from--work, family, relationships, finances--you are there to carry the weight. You want to relieve me of this burden and give me rest (Matthew 11:28).

Forgive me for trying to carry everything myself. Help me become more dependent on You and go to Your cross first in all parts of my life. Right now, I surrender control to You. I cast my cares on You, because I know You care for me (1 Peter 5:7). I surrender these cares to You now: _____.

As I surrender these cares to You, I freely receive the peace You want to give me, a peace that passes all understanding (Philippians 4:4-6). I accept peace and freedom now in Jesus' name. Holy Spirit, guard my heart and my mind with this peace. Help me renew my mind from the bondage of worry by thinking of only on things that are true, lovely, pure, and praiseworthy. When an attack of worry comes, help me remember that I have protection through your cross. I take up the armor of the Spirit against all attacks of anxiety. I take up the helmet of salvation that guards my mind with the knowledge that I am fully saved and loved by God. I fasten on the belt of truth that guards me against lies. I take up the shield of faith against doubt and fear and declare that I believe God is for me! (Ephesians 6).

God, I praise You because you give me everything I need today emotionally, physically, and spiritually through the powerful name of Your son Jesus. Even though I walk through the valley of the shadow of death, even if things seems uncertain or scary, I will fear no evil. For your goodness will follow me all the days of my life! (Psalm 23). Amen.