PRAYERS FOR ANXIETY

SLOW ME DOWN, LORD

Slow me down, Lord! Ease the pounding of my heart. Calm my anxious thoughts and quiet my mind. Steady my frantic pace and remind me to slowly breathe in and out. In and out. In and out. Release the stress I hold in my body, shoulders high, muscles tense, grinding jaw, debilitating headache.

Remind me to close my eyes and then open them, so I can be fully present to watch a bird sing, pet a dog, read a few lines from a good book, sing the lyrics of a favorite song, or chat with an old friend.

Remind me to look up into the branches of a towering oak, to breathe in the scent of a pine forest, and to feel the gentle rain on the palm of my hand. Life isn't about a race to the top; it's about sinking my roots deep into You.

Calm my heart, Lord, and let me breathe deeply with You. In Jesus' name, amen.

LIGHTEN MY LOAD, LORD

Father, teach me to recognize how burdened I am with everything I'm carrying. I've been picking up stones for so long. I'm weary and afraid. Something has to go.

Help me release these thousand little stones I'm carrying until even the satchel itself must go. I don't know what will happen then, but I've read that someone walking this way has seen a burning bush. How I long to lay down my anxiety, doubt, fear, and overwhelm to stand on holy ground! Amen!

I WANT TO BE READY

Holy and perfect God, I want to be ready—ready to go, ready to pray, ready to help, ready to surrender. I am ready to say "no" to stress, drama, pressure, expectations, and some things so I can say "yes" to better things.

Remind me to say "no" to one worthy but not urgent task today so I can be open to today's best "yes." How I long to linger in Your Presence, Lord! May it be so today, amen.

FILL MY HEART WITH PEACE

Lord, fill my heart with Your peace. I am worried and anxious. My mind races and obsesses, spinning with problems. I feel like I'm sinking into quicksand. I'm stuck and cannot climb out. Calm me, Lord. Slow me down, fill me with Your peace.

No matter what I face, You are bigger and more powerful. I long for Your goodness and wisdom, Lord. I place my circumstances into Your hands. Hold me close, Lord. I need you. Amen.

MY SOUL IS LIKE A WILD OCEAN

Loving God, my soul is like a wild ocean. I cannot find my balance. I stumble constantly, thrown side to side. I need Your strength. I need to know Your purpose for my life. Help me find the path you've laid out for me.

Please bring clarity into this dark night. Light my way. Fill me with peace. Remind me of Your love. Thank you for Your mercy, Lord, and for Your boundless grace. Gather me into Your arms. In Your holy name, I pray, amen.

YOU ARE AN OVERCOMING GOD!

Heavenly Father, You are an overcoming God! You have overcome the world! Strengthen me to walk this path You've laid out for me. Remind me to cast my anxiety on You because You care for me. Flood my soul with Your peace and my heart with Your love. In Jesus' Name, amen.

YOU ARE ALL I NEED, LORD

Gracious Father, too often, I try to worry about every possible situation. Yet I can't see the future and when I focus on everything that *could* happen, I miss everything that *is* happening. Remind me to pause, Lord, and focus on just this minute.

How I long to be filled with Your Presence and steeped in Your peace! You are my God. You will strengthen me and carry me. You will uphold me and be gracious to me. You will love me and never leave me. In You there is no anxiety, no overwhelm, no doubt, for perfect love drives out fear. You are all I need, Lord. Amen.

I NEED YOU, LORD

Lord Jesus, I have carried this burden for so long. Anxiety is disabling my heart. Shame is paralyzing my future. I am worn out. I need you, Lord. How I long for this burden to be lightened, for the spinning in my mind to stop! Teach me to surrender, Lord. Teach me to rest. In Your name, amen.