

PRAYER FOR OVERCOMING ANXIETY



Heavenly Father, I ask You to heal me from this anxiety I am battling. Father, take away the fear and panic that is trying to overwhelm me. Help me to not worry about anything, but to pray about everything. And as You promised in Your Word, let me experience Your peace, which exceeds anything I can understand; and let Your peace guard my heart and mind as I live in Christ Jesus. Father, You said fear does not come from You. But, You have given me power, love, and a sound mind. Father, let me experience Your power, love, and soundness of mind in my life.

Father, I rejoice and take comfort in remembering Your promise in Isaiah 41:10, You said: Don't be afraid, for I am with you. Don't be discouraged, for I am your God.

I will strengthen you and help you. I will hold you up with my victorious right hand. Thank you Father for the hope I have in You. In Jesus Christ name I pray. Amen.

GOD'S PROMISES TO REFERENCE

Philippians 4:6-7

2 Timothy 1:7

Isaiah 41:10