

PRAYER GUIDE 7

Praying Through Anxiety and Fear

*"Do not be anxious about anything, but in every situation, by prayer... present your requests to God." —
Philippians 4:6*

How to Use This Guide

Anxiety tells us that we are alone in our worry. Prayer is the act of saying: I am not carrying this alone. Use this guide whenever fear starts to feel louder than faith.

Opening Prayer

God, my mind is full and my heart is heavy. I am worried about things I cannot control. I know You tell me not to be anxious — but I need Your help to get there. I am bringing every worry to You right now. Take them. Amen.

Praying Through the Fear

When anxiety feels overwhelming:

Father, my thoughts are racing and I cannot find peace. Your Word says You have not given me a spirit of fear, but of power, love, and a sound mind (2 Timothy 1:7). I claim that truth right now. Quiet my mind and fill me with Your peace.

When you are afraid of the future:

Lord, I am scared of what is coming — or what might come. But You already hold tomorrow. Help me release my grip on what I cannot control and trust the One who holds it all.

When fear is keeping you stuck:

Jesus, fear has been stopping me from moving forward. I do not want to live small because of what might go wrong. Give me the courage to take the next step, trusting that You are ahead of me and behind me at the same time.

A Breathing Prayer

Try this slowly: Breathe in and say — "God, You are here." Breathe out and say — "I release this fear to You." Repeat for one minute.

Closing Prayer

Lord, I trade my anxiety for Your peace. Not the peace the world gives — but the peace that makes no sense and passes all understanding (Philippians 4:7). Guard my heart and my mind today. Amen.

Reflection Question

What specific fear do you want to hand over to God today? Write it here, then physically set the paper down as an act of surrender.

You are seen. You are known. You are loved.